



Freystrop Community Newsletter Christmas 2019



Village Hall of Fame



**Congratulations to Gareth James
British Super Kart Champion 2019**

Community Council Chairman's Review

So, yet another year has gone by, they seem to be going faster each year or is it just the pace of life is increasing?

I wish to thank the Clerk and fellow Councillors for their support during the year and also to our County Councillor Michael John, who attends all our meetings and gives us feed-back on matters from the County Council. His quarterly review can be found on the Freystrop website which can be accessed via www.pembstcc.co.uk and clicking on Freystrop in the Community Councils listing.

During 2018 an independent review into the future shape of Town and Community Councils came up with 47 recommendations which were submitted to the Welsh Government. However, the Local Democracy Bill currently going through Welsh Government has taken on board only three of the forty-seven recommendations and even these relating to training of Councillors, Clerks qualifications and requirement for an annual report will be subject to further consultation before implementation.

The next stage in the PCC Local Development plan (No.2) is currently awaited – the County Council consider that the split of housing development should be 60% urban and 40% rural giving a better balance, whilst Government seem to be insisting on 70% urban and 30% rural. The outcome of this will have a significant bearing on how rural communities develop over the next 10 – 12 years.

We are pleased that the Community Speed Watch Team is carrying out regular checks in Freystrop. These have resulted in a number of prosecutions.

The Village Hall and Playing Field Committee currently being run as a sub-committee of the Community Council have carried out major improvements to the heating system at the village hall which have been welcomed by all users. Bookings continue at a high level as can be seen by reports elsewhere in this newsletter.

The Playing Field is currently used by Llangwm lions U12 football team for some of their home matches. However, a major problem concerned the removal of the large climbing frame which was considered to be unsafe following an inspection by PCC. The Community had no prior knowledge of this removal which would have given time for them to consider the substantial fund-raising necessary for a replacement which will probably cost about £15,000.

The playing field is known to be used by dog walkers which cannot be policed on a regular basis so we ask such users to remove dog mess when they leave and especially not to let dogs loose on the football pitch itself.

Sadly, we have to report that the community has lost many valued residents during the past year. We remember them all with great affection and our thoughts go out

to their respective families.

On behalf of the Community Council and County Councillor Michael John may I wish all residents of the Parish a Happy Christmas and a peaceful New Year.

David Thomas, Chairman.

The Community Council meet in the Village Hall every 2nd Monday of the month 7:30pm except for August and December.

Members of the Community are welcome to attend. If they wish to raise a question, please contact the Clerk to the Council Mr Clive Griffith.

Peep into Freystrop's Past.



Rice Pudding Row.

Extract from Beryl of Nash book Freystrop Folk.

The area to the north of present-day Moorlands road was known as Cardmakers Pool and before the present modern houses were built there were 3 cottages known jokingly by the locals as Rice Pudding Row.

Any cottager with surplus milk would make a big pan of pudding which when cold would slice like cake. The miners would be given this or buy it as they passed home from work. There are still copies of the book available. Please contact Janette Lock or Esme Utting.

The Village Hall is available for hire!

For long term bookings please contact: Mr David Thomas - Tel: 01437 890297

For individual bookings please contact: Mrs Esme Utting - Tel: 01437 890682

Village Hall Activities

Yoga Class - Tuesdays 10am – Midday

Yoga classes will continue in the New Year on Tuesday mornings. Why not come and join us and try some of the gentle exercises to help us all get over the festive season. **For more information, contact Lin on 01437 929313 or 07305276475**



Craft Afternoon – Tuesdays 2pm till 4pm

Commencing again in January 2020

Come along for a chat and cup of tea or coffee.

Contact Esme Utting Tel: 01437 890682

Mission Fit - Monday & Friday 6pm

All levels of fitness are welcome 16yrs+. Challenge yourself and have fun. Six sessions for £15. Contact Melanie on 07815 737834 to book a place.

Line Dancing

Thursdays 7pm till 9pm

For more information contact

Jeff & Carol on 01437 779109

Freystrop Short Mat Bowls Club

Tuesday Evening 7:00pm

New members welcome! Why not come along and have a go?

Call Margaret Lewis on 01437 763301

Freystrop & District Women's Institute 2019

We had a very sad time in June when one of our own founder members Beryl Davies of Nash Farm died suddenly from cancer. Beryl had celebrated her 80th birthday a few weeks before with a lovely party so it came as a great shock to us all.

This year for our annual outing we visited St Fagans National Museum of History. Members who have visited in the past saw several "new" buildings including the Tudor Merchants House which had been situated in Quay Street Haverfordwest. This had been dismantled stone by stone and rebuilt in St Fagans in 2012.

Our short trips out included Pointz Castle Ice cream for a demonstration of ice cream making followed by an all-important tasting session. To add to all the calories, we were then provided with an absolutely mouth-watering old-fashioned afternoon tea. Other trips included visits to the Shire Horse Farm at Eglwysrwrw and Melin Tregwynt Woollen Mill. Both provided tasty food, interesting information and demonstrations. The bonus was we were lucky with good weather on all occasions.

Pembrokeshire Coast National Park Authority gave a well-illustrated talk on marine and beach plastic pollution and the horrifying damage done by discarded plastic. Blood Bikes Wales transport much more than blood around Wales. They are entirely funded by donations and are run by volunteers 365 days a year. PCSO Judith Parr informed us of Crime Prevention in rural Wales and showed members how to check for scams on mobile phones.

We had two hands-on demonstrations. We made hedgehogs and lanterns from recycled paper books, the second demonstrations were making a Christmas Angel out of paper doilies, a polystyrene ping pong ball and glue. Suffice to say it was a

very sticky evening. There were a few fallen angels and a few upright ones nut much laughter throughout the evening.

Just for fun at the Spring Council meeting five members entered the Reduce, Reuse, Recycle competition and were impressively dressed as a dragon made from recycled apple storage trays bubble wrap and cardboard. Our member Alyson Lewis Edwards is a fantastic designer and maker of all things "crafty"!

We are a friendly group of ladies who meet on the 2nd Wednesday of the month (except August) at 7pm in Freystrop Village Hall and extend a warm welcome to new members Best wishes for a peaceful and healthy 2020.

Freystrop Fare Contributed by Russell Lavis.

Bread and Butter Pickle

Ingredients

750g Cucumber or Gherkins, 625g Onions red/white or mixed, 3tsp Salt, 375g Sweet peppers (mixed colours), 2tsp Turmeric, 1 litre of vinegar (cider, white wine or malt), 1tsp Mustard seeds, 2tsp Celery or Dill seed, 500g Soft brown sugar

Method

- In a bowl, pour boiling water over the cucumbers. Drain and refresh under cold water. Drain again.
- Prepare all vegetables, whether sliced or diced keep them the same size and shape – makes them a manageable pickle. 1cm cubes is a good start.
- Mix all vegetables together and sprinkle with salt. Cover with a clean cloth and leave over night.
- Next day drain off all excess liquid, rinse well and drain. Taste the cucumber, if it is too salty cover the vegetables in water and leave for 10 minutes. Drain rinse and drain again.
- Vinegar, sugar turmeric mustard and celery seeds should be brought to the boil in a preserving plan. Boil rapidly for 10 mins.
- Add the drained vegetables and bring the mixture back to the boil. Simmer for a few minutes enough to soften the vegetables but retaining a slight crunch. Remove from heat.
- Using a slotted spoon pack sterilised jars with the veg. Top the jars up covering the vegetables with the pickling broth and seal immediately.
- Excess picking broth can be bottled and used as a vinaigrette base or a dressing in its own right.

Its shelf life is at least a year but I am sure it will be all eaten before then.

Friends of Hook School

Hook CP School, Newtown Road, Hook,
Haverfordwest, Pembrokeshire, SA62 4 ND
Tel: 01437 890343



The Friends of Hook School have been busy over the last school term with lots of fundraising activities within the school. Our Harvest Concert & Auction in October was very well attended by our families and the community and we managed to make a wonderful total of £357 which will go towards the buses for the children to have a Christmas visit to the pantomime in Haverfordwest.

We have just had our Christmas Fair which was also very well supported and we are looking forward to our Christmas concerts which will take place on the 10th and 11th December at Mount Zion Hall.

We welcome all the community to our dress rehearsal for our Christmas concerts on Monday the 10th December at 1.30pm. We will be holding a raffle at each performance so someone will win something nice to eat or drink just in time for Christmas.

There is still time for anyone who wishes to join our 100 Club to do so. It would be £10 from December to September 2020 and you get the chance to win the monthly prize.

The amount of money up for grabs each month depends on how many people join, so the more people who join up, the more money there is to be won. Please contact me at friendsofhookschool@gmail.com if you or any family members would like to join.

We are very lucky to have had one of our parents, Mr Fransham, make three picnic benches for the children to sit on at break times in the school playground and these were paid for through the fundraising we do.

We are very grateful for all the help we receive from the community and all the money we raise goes to buy equipment for the children to use or to enable them to go out on school trips.

If anyone would like to join the Friends of Hook School committee or feel you can help in any way then please contact the Secretary & Chairman Anna-Jayne Harries by email at friendsofhookschool@gmail.com or contact the school directly.

On behalf of the school and committee, I'd like to wish you all a Merry Christmas and a Happy New Year.

Anna-Jayne Harries, Chairperson.



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The Slate Centre LTD

Middle Hill, Freystrop, Haverfordwest . SA62 4LD

Tel: 01437 890451

Fax: 01437 891910

Email: theslatecentre ltd@gmail.com

<http://www.slatecentrewales.co.uk>

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Call Ross Prytherch on: 07929 201876.

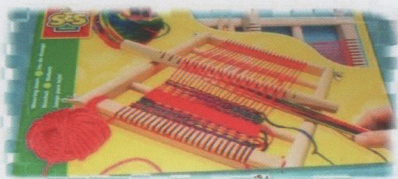
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Hand Weaving

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Open for visitors by appointment.



Please phone 01437 890712.
Mathom House, Moorland Rd,
Freystrop. Email: riitta@riitta.co.uk

Looking Good Salon

Moorland Road,
Freystrop
Tel: 07760 385130



Samantha would like to wish all her clients a Merry Christmas & a Happy New Year.

The salon offers hair, nail & beauty treatments in a friendly & relaxed atmosphere.



Paula Davies & her staff
would like to wish their customers a
Merry Christmas and Happy New
Year. We look forward to seeing you
in the New Year

Telephone: 01437 765687
Facebook.com/caddiescafemayfield/

Mayfield Golf Range & Golf Course
Lower Freystrop.
SA62 4NN.
Tel: 01437 764300.



Week days 10am-9pm.
Weekends 10am-7:30pm.



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Try our rare breed pork and home
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Tel 01437 779451

Gareth James Plant Hire



Ty Hel-gar, Targate Rd, Freystrop.

Tel: 01437 891222

Mob: 07814 861951

gjamesplanthire@hotmail.co.uk



Freystrop Mechanical & Body Shop Repairs

Shire Hall, Moorland Road, Freystrop
Call Martyn Rudd on: 01437 899354 or 07900 440303



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www.carlgriffithsbuilding.co.uk





FRIENDLY FREYSTROP

We all know that village life is constantly changing and our neighbours are becoming more like strangers and local cohesion doesn't appear to be as strong as before. Remember popping into the shop/post office and not knowing who, apart from the shopkeeper, you were going to meet and chat to? But you would see someone. Our Freystrop Facebook group does its job to pull us together but doesn't reach those who need an actual social life within their own community.

What happened in 2019?

On the First Friday of October, November and December we have been trialling Friendly Freystrop. Between 2pm and 4pm the hall has been open to anyone to drop in and have a chat and a cuppa. All are welcome and we are making special effort to include any in the Freystrop Community who are isolated through memory or other health issues to attend.

At the time of writing, as well as chatting, those attending have reminisced with some of the collection of village pictures and played musical bingo. We are currently planning an activity for December.

What's coming up in 2020?

Friendly Freystrop dates for the first quarter of 2020:

10 January, 7 February, 6 March and 3 April. 2pm to 4pm.

Two more Dementia Friends sessions are being planned. Becoming a Dementia Friend simply means finding out more about how dementia affects a person – and then, armed with this understanding, doing small everyday things that help. For example, being patient in a shop queue, or spending time with someone you know who's living with dementia.

The Friendly Freystrop AGM is also being planned, where the constitution will be reviewed, committee appointed and we look to ideas for the remainder of 2020. The dates for the two Dementia Friends sessions and the Friendly Freystrop AGM will be advertised on the Freystrop Facebook page and the noticeboard at the village hall.

If you would like to attend any of these sessions but have difficulties getting to the hall please contact Russell on 07812 508 202 or russ@russl.co.uk and we'll get something arranged.



St Justinian's Church
Candlelight Carol Service 8th December 4pm.
Christmas Day Service 10am.

Bethel Congregational Chapel, Middle Hill
15th December Carol Service - 2:30pm
Christmas Eve Midnight Service - 11:45pm.

Christmas Reading

After Jesus was born in Bethlehem in Judea, during the time of King Herod, Magi from the east came to Jerusalem and asked, "Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him." - Matthew 2:1-2

May peace joy and happiness
Be with you all throughout the coming year.

