



# FREYSTROP COMMUNITY NEWSLETTER

December 2020



*"Coming Home" a picture by Jan Locke from the Freystrop Calendar 2014*



## Report on Community Council and Village Hall Matters

Well another year has passed and what a year it has been-one I think most people would willingly like to forget but it seems we are going to have to put up with the constraints imposed due to this terrible virus for some months to come.

One good thing that came out of this however was the way in which the residents rallied around to help vulnerable relatives and neighbours during the major lockdown. In late March/early April a "Community Hub" was established via the Freystrop Facebook page to assist elderly and/or vulnerable residents in all manner of ways from shopping, collecting prescriptions to simply making a comforting phone call. The need for this local hub obviously decreased once the County Council set up the County-wide Hub manned with full-time staff. The Community Council want to put on record how appreciative they are of all the volunteers who came forward so readily to help.

Due to the pandemic the Community Council was unable to meet in person for five months but still had to deal with the usual issues such as planning, financial returns, highway and other complaints. Just prior to the initial lockdown the Community Council heard that their application for a new bus shelter at Lower Freystrop had been successful and this is currently being erected. Also the Community Council have purchased the telephone kiosk at Freystrop Cross from BT. Not a single call had been made from the box in the previous 12 months and so it was offered to the Community Council for alternative uses. It is proposed to install a defibrillator once the telephone equipment has been removed. The County Council's updated Local Development Plan LDP2 programme has been hampered by the pandemic and the public enquiry to determine which sites will be approved for future development-some of which are in Freystrop-is now unlikely to take place before Summer 2021.

The Community Council have been ably supported by County Councillor Michael John again over the past year and appreciate his commitment to community issues whether large or small.

On a sad note the Community Council have lost a much valued councillor with the recent passing of Roy John. Roy loved the village and was passionate about community affairs and values. He will be sadly missed.

The Village Hall had to close from mid-March to early September due to the pandemic with an inevitable loss of income. This was offset however by a successful application for a Welsh Govt. Business Recovery Grant of £10000 and more recently a further £1000 under the WG. Firebreak Grant scheme.

When we were allowed to re-open all the previous hirers were contacted to see if and when they would be returning. Unfortunately a few of the groups have decided not to come back—at least until the situation regarding the end of the pandemic becomes clearer. We have however gained 3 new groups and the hall diary is looking much healthier now.

Prior to re-opening the hall was "deep-cleaned", sanitising stations set up and a comprehensive list of Covid 19 precautions prepared for hall users to abide by.

All users have said how impressed they are by the new wireless controlled heating system installed just prior to the initial lockdown.

The Hall Committee also have responsibility for the playing field and childrens' play area. This again was closed over the major lockdown and even when allowed to re-open some sets of swings had to be removed to maintain social distancing. The Committee have been setting aside funds to purchase new equipment but replacement items are extremely expensive and a major fund-raising effort coupled with further grant applications will be needed.

Finally on behalf of the Community Council and the Village Hall Committee may I wish you all a happy, peaceful and safe Christmas together with a sincere hope for a much better 2021.

David Thomas, Chairman, Freystrop CC



**County  
Council  
Report**  
by  
**Cllr  
Michael  
John**

COVID 19 – Who would have imagined the events we have seen since the last newsletter! The last eight months have seen unprecedented events in our lifetimes, and seen huge changes to society, which I'm sure we never thought we would see.

As things started to get back to some sort of normality after the Summer, events took a turn for the worse with further restrictions and lock downs put

in place. We have been relatively lucky in Pembrokeshire, but that doesn't mean we should be complacent given the way things can change so quickly.

What has been apparent though this year, is the tremendous support available in the communities we are fortunate to live in. It was fantastic earlier in the year to see support groups quickly spring up in all three villages in the area, and fantastic to see the number of volunteers willing to offer help and support across the Llangwm, Hook and Freystrop areas. I'm sure we would all pass on thanks to those many volunteers who have come forward to offer their services so readily at this time of need.

We are also extremely fortunate to have such fantastic local shops and businesses who have adapted their services to ensure those needing supplies have been able to have them delivered to their doors. They have been exceptional in their efforts, providing home deliveries for many across the area, and are providing an essential service at this time of need.

The effective and co-ordinated mobilisation of volunteers across the county, has been overseen by the Community Hub set up by the County Council. They co-ordinated lists of voluntary groups across the county, and also worked closely with voluntary and community sector partners. The Community Hub can be accessed at: [www.pembrokeshire.gov.uk/coronavirus-covid-19-communityinformation/community-hub](http://www.pembrokeshire.gov.uk/coronavirus-covid-19-communityinformation/community-hub)

Some other useful links:

[www.pembrokeshire.gov.uk/coronavirus](http://www.pembrokeshire.gov.uk/coronavirus)

[phw.nhs.uk/](http://phw.nhs.uk/)

[www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance](http://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance)

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If you do have any issues or queries, I can be contacted on 01437 890175 or [cllr.michael.john@pembrokeshire.gov.uk](mailto:cllr.michael.john@pembrokeshire.gov.uk)  
You can also contact PCC direct on 01437 764551  
or - <https://www.pembrokeshire.gov.uk/resident>

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# Freystrop Community Council

Meetings of Freystrop Community Council are held on the second Monday of the month, except for the months of August and December. The meetings are held at the Village Hall, Freystrop and commence at 7.30pm. All residents are welcome to attend. Please contact the Clerk for further information.

## Community Councillors

David Thomas, CHAIR  
Dawn Harries, COUNCILLOR  
George Hughes, COUNCILLOR

Esme Utting, DEPUTY CHAIR  
Ross Harries, COUNCILLOR

Michael John, PEMBROKESHIRE COUNTY COUNCILLOR - LLANGWM WARD

Clive Griffiths, CLERK TO THE COMMUNITY COUNCIL

15 Westaway Park, Rosemarket, SA73 1JL

Email: freystropcc@yahoo.com

Telephone: 07934 655550

On the occasion of his his 80th birthday this December we'd like to offer our very best wishes to David Thomas and to thank him for all the work he does on behalf of the community.

## To Hire The Village Hall

Long term bookings, David Thomas, 01437 890297

Individual bookings, Esme Utiing, 01437 890682

Group activities are £6.75 for the first 3 hours but capped at £20.

Parties requiring preparation & tidying time £25.



*This collage was the first of 3 used as cover pictures for the Freystrop Group on Facebook.*

*The pictures were taken around the community during March and April this year.*

*These are just a few of the many creations that were (and some still can be) found on walls, in hedgerows, hanging off trees and many more niches. Each new discovery, on every walk, brightened lockdown exercise.*

**Thank you to all the artists.**



## Freystrop Village Hall Activities Update

Activities are subject to change according to coronavirus restrictions

**Red Activities** are currently suspended

Monday Afternoon	Tai Chi	Contact Suzanne Davies, 01646 601304
Monday Evening	Community Council	Second Monday of each month, except August & December
Monday Evening	<b>Mission Fit</b>	1800--1900
Tuesday Morning	Yoga	Contact Lin, 01437 929313 Until further notice 2 sessions of 5 persons are held to comply with restrictions. No new participants can be taken on.
Tuesday Afternoon	<b>Craft</b>	Contact Esme Utting, 01437 890682
Tuesday Evening	<b>Short Mat Bowls</b>	Contact Margaret Lewis, 01437 763301 All Short Mat Bowls sessions and competitions are suspended until further notice.
Wednesday Evening	<b>Short Mat Bowls</b>	
Wednesday Evening	<b>WI</b>	2nd Wednesday of each month
Thursday Evening	Line Dancing	It is with regret we announce that Line Dancing is no longer an activity in the hall
Friday Morning	Crochet & Patchwork Group	Pembrokeshire College
Friday Afternoon	<b>Friendly Freystrop</b>	First Friday of the month (2nd Friday of January) No meetings for the foreseeable future, but we will be back
Friday Evening	<b>Mission Fit</b>	
Sunday Evening	<b>SMBC Practice Session</b>	

## St Justinian's Church News

March 23rd 2020 and we had to lock the church door. Our little village church has been open to visitors and for quiet prayer for many years so it was a great shame for lots of people that we had to do that. However, we have been holding weekly Zoom services on Wednesdays at 9.30am which have up to 25 people taking part. Email Rev Marcus for logging in details if you'd like to join us. We also have a recorded service on a Sunday morning from 10am through the Llangwm Heritage site which is available for the rest of the week.

As a consequence of lock down we have had no gardener, so ever resourceful we took this over ourselves, with some help from our friendly church neighbours.

Cartlett in Snowdrop Lane donated a second hand lawn mower to us and with a bit of welding from Tom Davies it has done the job. It has also saved us some money because having no services means we have lost our weekly collections income and we have been unable to fundraise. All churches were given a holiday from paying their Ministry Share but that couldn't last forever so all help is welcome.

We have been able to hold a few services under Covid restrictions and it has been good to see friends again.

Our next service is a Communion service at 10am on 6th December.

We are holding a Christmas service on Sunday 20th

December at 10am at Lower Freystrop Farm. George and Nerine are kindly letting us hold this festive service in their barn. Only 30 people will be allowed to attend so booking is essential, phone Dawn Harries 01437 890291. Dress warmly, wear boots or stout shoes and bring a chair.

Rev Marcus can be contacted on 01437 899548 or [MarcusZipperlen@cinw.org.uk](mailto:MarcusZipperlen@cinw.org.uk)



**We treat each & every animal with the love & respect they deserve...**



**Opening Hours 7:00am – 7:00pm 7 Days**

**Crosshill House, Freystrop, SA62 4HA**

**[rachel@k9gold.dog](mailto:rachel@k9gold.dog)**

**01437 899308**

**[k9gold.dog](mailto:k9gold.dog)**

**Dog boarding & Day Care. Crate hire. Pet bedding laundry Service. 45+ years of experience of handling & showing dogs.**

*Submissions for the December 2021 Newsletter may be submitted at any time by emailing : [newsletter@freystrop.wales](mailto:newsletter@freystrop.wales). Deadline for all submissions is Sunday 14 November 2021.*

## Bethel - Middle Hill Chapel

Roy John was a faithful member of our chapel and we will all miss him greatly.



Roy's turkey who answers to the name of Charles, together with "Boss Gander", are pictured in front of the Christmas tree. Roy describes them as family, they are great company and always give visitors a hearty vocal welcome. There is also a Mrs Goose, and all 3 will celebrate Christmas & see in the New Year too.

### Sunday Worship

11.00 am via telephone conference.

To access please dial 03330 110 616

When asked for code press in 4630680# (NB the code must end with '#' which is requested as a '£')

When asked, give your name followed by '#'

If you are early you may be asked to hold the line for a short while.

Other ad-hoc services (only as announced at the telephone service and always subject to Government restrictions):

09.30am at Bethel on the following Sundays:

6 December, 20 December

Let us pray that 2021 will be all that we hope for and that the dreadful COVID-19 will be extinguished.

We wish everyone a blessed, peaceful Christmas and all our very best wishes for the New Year.



### LOCALS SERVING THE LOCAL COMMUNITY

We would like to wish all our customers a Merry Christmas & a Happy New Year

Christmas orders for fresh local poultry now being taken

Mayfield Golf Centre, Lower Freystrop  
01437 779451



# David ROY John

## Crossview Farm

**Called to rest Thursday 5th November 2020**

Roy was born at Moor Farm on 6th May 1938, the son of the late and well remembered Annie and Bertie John. There was a great bond between Roy and his Grandmother Rachel, with whom he spent his childhood years. From Roy's earliest memory he always helped his Granny, turning the handle for her on the Melotte Separator to make butter, helping her to make "Home Brew" for the haymaking; she encouraged him to put more nettles in the "Brew" to increase its strength - with the result that half way through leading in the hay some of their helpers would be found asleep in the hayfield!!

In Roy's 82 years there were many strands running through his life and among his great interests were Farming, Karting and together with his daughter Debbie, the breeding of very fine Belted Galloway cattle.

### Farming

Roy left school at 15. At school he became firm friends with George Hughes, David Davies, Babs King and Pat Davies, these were to be lifelong friends.

In 1953 having been brought up by his Grandmother Rachel and his Uncle Howard at Crossview Farm, Roy commenced his farming life. His Uncle had already acquired a new Ferguson TE20 Tractor, the first Tractor to have the hydraulic 3-point hitch and PTO. Roy started using the so called "Ferguson System" to improve production - growing oats, barley and potatoes which he marketed locally. Roy also established a fine dairy herd and always managed to fill his hayshed with 10,000 small bales of hay; ample feed for his cattle throughout the winter.

Throughout his farming life Roy developed deep and lasting friendships throughout the farming community and ancillary businesses. He loved his farming life despite its challenges.



### Family Life

In 1974 Roy married Gwyneth, and they were soon blessed with the addition of a daughter, who they named Deborah Anne Rachel John. Roy loved being a Father and as Debbie matured he versed her in all aspects of his farming activities and life.

Whilst milking one night, his friends Glenda and Phyllis, were in the Cow Shed, talking of course, and Gwyneth appeared with Debbie a babe in the pram dressed in her best finery and Roy said "Go Gwyn and put her working clothes on"; Debbie to Roy's great delight went on to study agriculture for three years at Gelli Aur.

### Cattle Breeding

Together with Debbie and family he bred a number of Belted Galloway cattle. As a result of showing these cattle all over the country Roy

acquired a new range of lifelong friends. Rufus, the magnificent Belted Galloway bull, born and bred on Crossview Farm, won many prizes and was a Champion at the Three Counties Show. Debbie and her sons Gethin and Iestyn of whom Roy was so proud will cherish many happy memories of these times and events, preparing the cattle, showing them and the excitement of achieving success, so many stories to be told to young Connie when she is older.

### Karting

In the 1960s Roy became a keen Karting enthusiast. Karting gave him a diversion from farming and it enhanced his enjoyment of life and he achieved phenomenal success, winning the Welsh Championship.

### Roy, "The Boss"

Roy was sometimes referred to as "the Boss" or "Roy the Cross".

Roy lived on the Cross, the centre of the Village and the Cross had a great meaning for him, not just because he lived there, but he said my "Saviour died on it". Roy's Christian beliefs were an essential part of his life and character and he had a great love of his Chapel, Middle Hill, where he regularly worshipped. He would recall going to Chapel as a child and tell anecdotes such as the time that he, Uncle Howard and Granny could not go to Chapel one Sunday, because Granny could not find her gloves. Esme Utting recalls a Sunday in her Aunt and Uncle's cottage (Bennett's Shop opposite Crossview) and her Uncle William saying "go across and tell Roy to stop playing ball against the side of the house; it's the Lord's Day, the Sabbath". Roy's Granny, although born in the Victorian age with its strict observance that there should be no play and only essential work on a Sunday, obviously loved Roy so greatly as to allow him to play ball on a Sunday.



Roy was a great Welsh Patriot, always hoisting the Welsh flag when the Welsh Rugby Team was playing and always flying the flag on St. David's Day. He was also a fervent Scarlets supporter.

Roy loved music and song and he possessed a very fine tenor voice. When you walked past the new impressive

16 tie Cowshed (one of the biggest in the district) he could be heard singing at the top of his voice a succession of "pop" songs and hymns throughout the milking which would last around 2 hours.

There were many facets to Roy's life, his love of community, his village, the South Pembrokeshire dialect, his willingness to organise events to raise money for good causes and a commitment to always serve his village not least as a conscientious Community Councillor for long years. His renowned love of the countryside and his knowledge of the wild hedgerow in Spring and Summer and his ability to recognise the song of any native birds, **this was Roy John.**

Throughout all the different strands of his long and useful life there was a strong unbroken thread – it was friendship - and for us it was the greatest privilege to be in his company and to be counted as a fortunate friend of David Roy John, "The Boss", **goodnight good friend and thank you.**

# Friends of Hook School

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



It's been a very strange year so far and as you are aware there are many restrictions in place in Wales so unfortunately some of our annual events won't be able to happen this year. We were not able to hold our Harvest Service and Auction in October and also our popular Christmas Fair at the beginning of December will not be able to be held this year. With these events having to be cancelled, we are needing your help more than ever to raise funds for the Friends of Hook School to help provide resources for the children. During lockdown we held a Virtual Duck Race in July on Facebook which proved very popular and we are hoping to hold another one during November/December so look out for posts on Facebook for your chance to support us by buying a duck or two. There is still time for anyone who wishes to join our 100 Club to join and it would be £12 for the year and you get the chance to win money each month. 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 also collecting crisp packets of any variety and the outer packaging which we send back to Walkers Crisps via Terracycle and this gives us a small but constant revenue stream so please get collecting your crisp packets and feel free to drop them off to me at Priory View, Moorland Road, Freystrop.

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 and Chairman Anna-Jayne Harries at friendsofhookschool@gmail.com or contact the school directly.

Regards

Anna-Jayne Harries  
Chairperson

## SUPPORT LOCAL

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

Tel 01437 765687

Search "Caddies Cafe at Mayfield" on Facebook

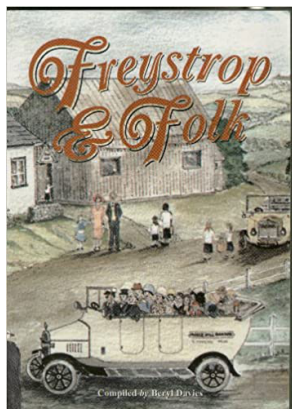
## Mayfield Golf Range & Golf Course

**Weekdays**  
**10.30am-8pm**  
**Weekends**  
**10.30am-7pm**



**Lower  
Freystrop**  
**01437 764300**





Stories of Freystrop Parish  
Copies can be purchased by  
contacting Esme Utting or  
Jan Locke  
£5; profits go to the Village  
Hall



Before Lockdown....

After Lockdown →

**The Winner!!!**  
**Liz Tipping - Freystrop & District**  
**WI**  
**Pembrokeshire Federation Of WIs**  
**"Luscious Locks In Lockdown"**



*During May many more works of art were to be found.*

*Creativity was not restricted to little treasures.*

*It was good to see the re-emergence of den making during the long, hot dry spring.*

**Pembrokeshire  
Plumbing & Heating**

Ross Prytherch  
07929 201876

**Plumber & Heating Engineer**

Joe Brick  
07930 845791

**Hand Weaving**

by Riitta Sinkonen Davies  
Open for visitors by appointment  
01437 890712  
Mathom House, Moorland Road  
riitta@riitta.co.uk

# The Well Meadow Development

An update from Gareth Philips, General Manager



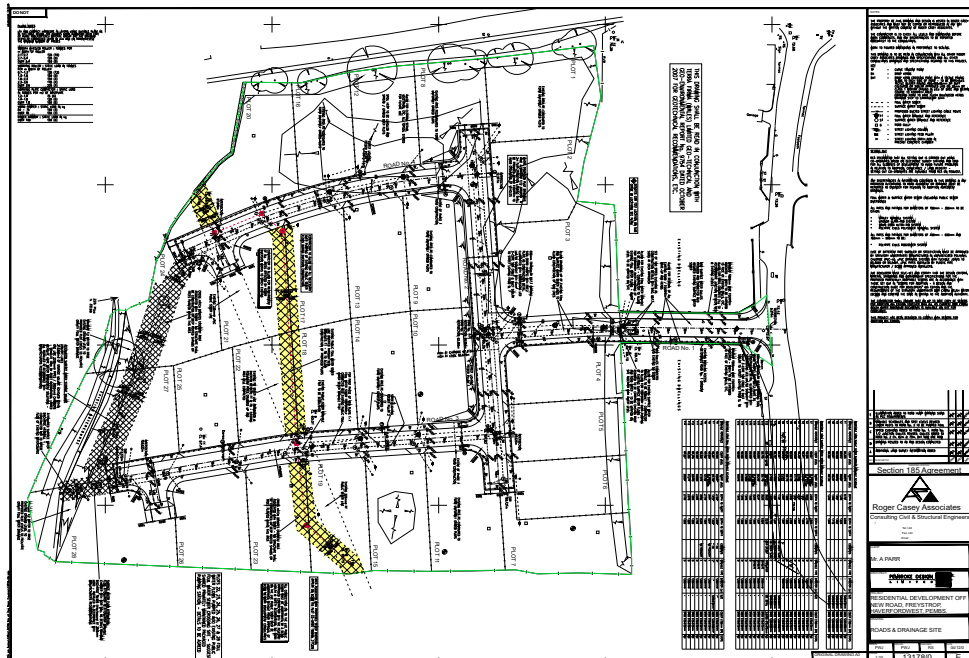
As you may know we have started the infrastructure works to the new site with temporary road construction, the mine investigation works and reducing levels.

The new services drawing has now been submitted for approval to the planning office and welsh water and they have 21 days to review and comment on before we start the drainage works and roads which will take approximately 20 weeks to complete from approval.

The coal board have a full report on the investigation works and have approved the site to build on with a raft foundation to all the properties.

We have submitted 3 types of house designs to the planning department for review and await answers and we are hoping to start the foundation works in March/April next year.

We also plan to extend the Freystrop Village Hall car park early next year to give more parking spaces and wider car park.



*Editor's Notes: Well Meadow is also known locally as Will Meadow.  
Access to Public Footpath PP21/18 forms part of the plans.*

**Gareth James Plant Hire**  
Ty Hel-gar  
Targate Road

01437 891222  
07814 861951  
gjamesplanthire@hotmail.co.uk

## Freystrop School History - 1981 the Final Days

Decision made, plans in place, pupils and teachers embarked on their final term in 1981 after the summer break. Billy Morris was appointed as the new Headteacher of St. Mark's Voluntary Aided Primary School Merlins Bridge. The schoolhouse was being utilised now as a small teaching space on the ground floor with the staffroom and Head's office upstairs. The teachers at the school for the photograph taken in September 1981 were Mr. Morris, Mrs. Hordley, Mrs. Jones and Miss Thomas. There were 82 pupils present for the photograph taken by the West Wales Guardian pictured here.



Freystrop School finally closed on Friday 18th December 1981 after being open for 114 years. The school building and grounds were initially sold to a private buyer who had plans to create an outdoor centre. This never materialised and the property became a residential home. For over a century Freystrop School was the centre of learning for the village and set the course for many different future life journeys for its pupils. Strong friendships have been formed from the shared experience of attending the school and the unique environment with its varied characters that have been members of staff over the decades.

There will be mixed memories of how well the education met the needs of individuals but there can be no doubt that being there was a unique experience and one of being part of a school family with a proud heritage and history. The school had served generations of families from Freystrop and expanded the school family to welcome many pupils from Merlins Bridge and local villages. Despite its limited site space, internal resources and remoteness Freystrop School has contributed to developing generations of talented, caring and community minded citizens in a unique rurally isolated environment.

Chris Harries

*This article was the last of a series of Freystrop School articles posted by Chris to the 'I Went to Freystrop School' Facebook group during the Spring lockdown.*

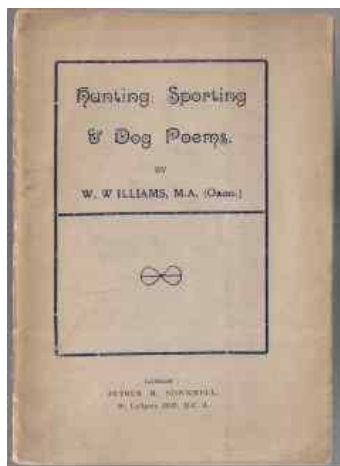


A New Book.—The Rev Wm. Williams, of Freystrop, who has for some time been enriching magazine literature with his contributions, is now about to have published a volume of his own works. It is entitled "Hunting, Sporting and Dog Poems," and the publisher is Mr Arthur H. Stockwell, of Ludgate Hill. The price will be 2s. per copy, and the books will shortly be available. They should have a ready sale amongst lovers of animals and amongst the author's many friends and readers in the locality. Mr Williams has, too, a short story in the current number of "Our Boys," and a fairy tale in "The Lady's World."

## Peeping into Freystrop's Past 14 May 1919

An article from the Haverfordwest and Milford Haven Telegraph and General Weekly Reporter for the Counties of Pembroke Cardigan Carmarthen Glamorgan and the Rest of South Wales.

A newspaper title that is almost a story in itself!



## Locke Brothers Plant Hire & Crushing

Office: 01437 891902  
lockebrothers@tiscali.co.uk

Fair Hill, Moorland Road

## The Slate Centre Ltd Middle Hill, Freystrop

01437 890451  
theslatecentreLtd@gmail.com

slatecentrewales.co.uk

## Puddleduck Trout Fishery

Two rainbow trout lakes in a beautiful woodland setting totalling three and a half acres, spring fed. Fly and coarse fishing. Well stocked lakes, weight three pounds plus. Flies and tackle for sale. Cafe, rest facilities, toilets and wheelchair access to all areas.

Fishery open all year 8am to 8pm.

Cafe open 9am to 4pm.

Closed on Thursday & Sunday.

01437 891845



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

Christmas stock is now available to buy at the salon. ♥

Moorland Road, Freystrop  
07760 385130

Thank you for your continued support during these uncertain times, I appreciate you all. x

# Freystrop Fare

## Florence Greenberg's Honey Cake

Jewish cooking legend Florence Greenberg's easy spiced honey cake is a great vegetarian bake, one the whole family can get involved with, from the baking to the eating.

Preparation time: less than 30 mins  
Cooking time: 1 to 2 hours  
Serves: 8–10

### Ingredients

- 2 free-range eggs
- 110g/3¾oz caster sugar
- 3 tbsp vegetable oil
- 225g/8oz runny honey, plus 75g/2½oz for topping the cake
- 225g/8oz self-raising flour
- ½ tsp ground ginger
- ½ tsp ground cinnamon
- ½ tsp mixed spice
- ½ tsp bicarbonate of soda
- 150ml/5fl oz warm water
- 75g/2½oz runny honey, warmed
- 75g/2½oz toasted flaked almonds

### Method

1. Preheat the oven to 180C/160C F/Gas 4 and grease and line a 23cm/9in loose bottomed cake tin with baking paper.
2. Whisk the eggs and sugar together in a large bowl until thickened, you could do this in a stand mixer. Pour in the oil and honey and whisk again to combine.
3. Sift the flour, ginger, cinnamon and mixed spice into a bowl.
4. Dissolve the bicarbonate of soda in the warm water, then fold the dry ingredients and the water into the egg mixture.
5. Pour the batter into the tin and bake for 1 hour to 1 hour 15 minutes, or until springy to the touch and a skewer inserted into the centre comes out clean.
6. Gently warm the honey over a low heat, then brush over the surface of the hot cake. Leave in the tin for half an hour or so before removing from the tin and placing on a wire rack to cool completely. Sprinkle over the toasted flaked almonds and serve.



### Little tweaks

Not too keen on almonds?  
Toasted chopped walnuts make a good alternative.

Don't be mean with the warmed  
runny honey!

Vanilla ice cream on the side.  
Yummy.

*furniture*  
Directory



Freystrop, Haverfordwest, Pembrokeshire, SA62 4LD  
T : 01437 890390



FREE DELIVERY  
WITHIN  
SOUTH WALES

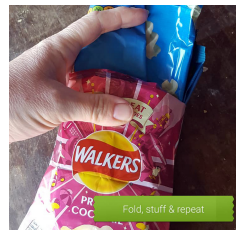
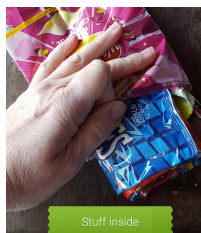
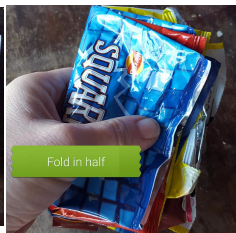
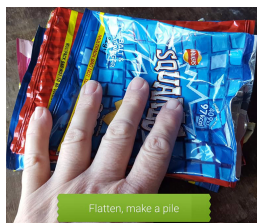
CELEBRATING  
25 YEARS  
1992-2017

## Freystrop WI Pre Spring Lockdown Outing to Melyn Tregwynt Woollen Mill



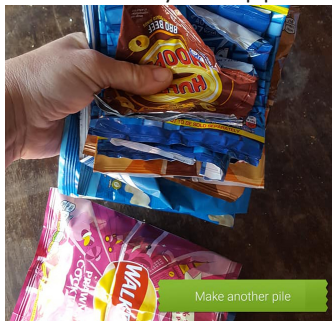
### Recycling Crisp Bags is Cool - And Raises Funds For Hook School

Make 'eco bricks' of crisp packets BEFORE you drop them off at Priory View, Moorland Road.  
It takes little time and is a great help to volunteer waste sorters.



To make the weight to volume ratio of your crisp packets as efficient as possible...

1. FLATTEN your empty packets (no need to split them open or clean them), make a pile.
2. FOLD your pile in half.
3. STUFF your folded pile into an empty crisp packet.
4. REPEAT until your crisp packet is full and there's your ECO BRICK!



#### TOP TIPS:

1. You can include folded multipack outs but these can be quite easy to tear so they don't make good "host" packets.
2. Fold in half only, the processing plant cannot deal with further folds.
3. Any make, any size packets.

