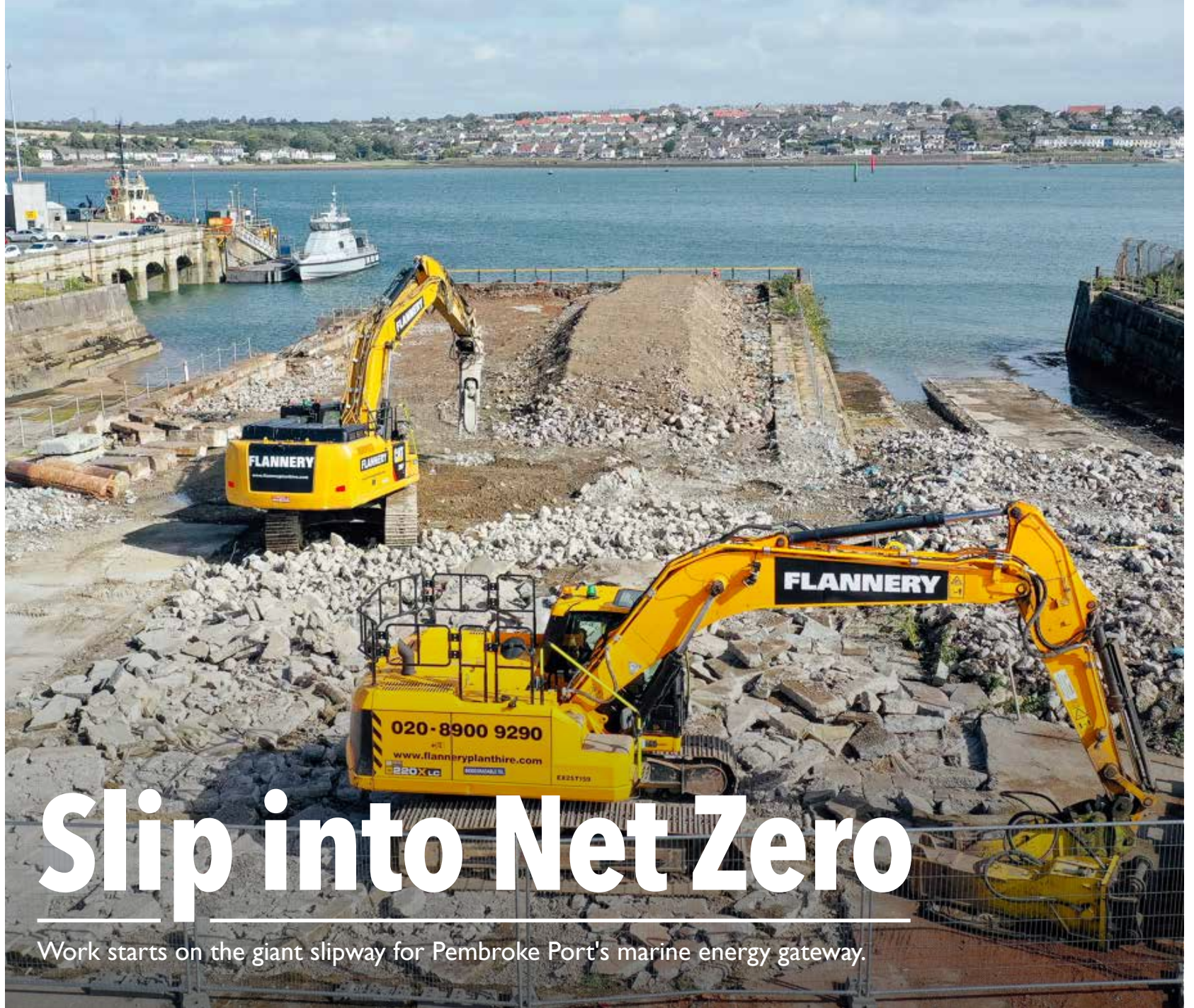


ONBOARD



Port of Milford Haven
Autumn 2022 | Issue 15
News from the Port of Milford Haven



Slip into Net Zero

Work starts on the giant slipway for Pembroke Port's marine energy gateway.



A WARM WELCOME

New hotel exceeds expectations



NEW CHIEF EXECUTIVE

Meet Tom Sawyer, the Port's new CEO



LNG EMBRACES DECARBONISATION

Dragon LNG diversifies into renewables



FLOAT TO LIVE

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FIREWORKS
EXTRAVAGANZA**
5th November



Hello,

I don't think my feet have touched the ground since I took over as CEO on the 1st of May. It has been an eventful, challenging and very rewarding few months for me. A huge thank you to everyone, across the Haven, and more widely, for making me feel so welcome.

I completely underestimated how aware members of the public are of the Port's - and by extension the Chief Executive's - role in their daily lives. I am often stopped by people wanting to tackle me on issues that are important to them. It's a healthy reminder of the social contract that exists between the Port and the community; and I welcome the challenge. There should be no boundary between the Port as a corporate entity and the wider community around the Waterway. We have a public face, of course: our people, offices and our facilities; but we are profoundly connected on many, many levels with the people who live and work here, and with the other companies and organisations that contribute to making the Waterway the economic heart of Pembrokeshire.

For a business such as ours to configure and structure itself to recognise this interconnectedness is a constant challenge, and we strive every day to find the right balance. We've been pondering this challenge through the Summer and we've found it useful to break it down into two separate themes: Prosperity and Resilience. Prosperity - our core business centres on the safe and reliable movement

and service provision of our customers' ships. In addition, we insulate ourselves against on-the-water fluctuations in demand, by having a diversified portfolio of other revenue sources - Hospitality, Tourism, Investment Portfolio - that enable us to have a strong commercial engine - our new hotel being a successful example of this approach. Resilience - with a strong commercial engine, we are able to make choices about how, and at what scale, we deliver upon our social and environmental contract within the wider Haven community and deliver on our obligations to future generations.

I know that our team is 100% committed to delivering on this social contract; and it's never been more important. The Winter period is always challenging for our teams on the Waterway; but this Winter, all of our partners, clients and stakeholders are going to have to battle a number of economic headwinds. Now is the time to draw closer as a Haven Community and we are committed to working collectively so that we can all get through to the Spring in good order.

Let me close by saying that we don't want to see any of the businesses that we work with left behind, and so if you have the opportunity to shop, eat and stay locally, you will be doing a great service to the County.

Tom Sawyer
Chief Executive



TRIBUTE TO HER MAJESTY QUEEN ELIZABETH II

Like many others across the country, we were deeply saddened to learn of the passing of Her Majesty Queen Elizabeth II. She has been a truly remarkable presence in British life over the past seven decades and we thank her for her dedication during her reign.

The Port of Milford Haven was brought into existence by an Act of Parliament which received royal assent in 1958 and we will continue to work to build the Haven's prosperity for future generations in her honour. The Royal Family has a long affiliation with the maritime industry and many will remember The Queen attending the official opening of South Hook - the first of the Haven's LNG terminals in Herbrandston in 2009, a proud day for everyone involved. Her Majesty made many visits to Pembrokeshire over the past seventy years and many people will have very fond memories of those times.

We send our heartfelt condolences to her family at this sad time. Long live King Charles III.



Her Majesty Queen Elizabeth II was greeted by the then Emir of Qatar, Sheikh Hamad bin Khalifa Al Thani at the Inauguration of South Hook LNG terminal in 2009.

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PEMBROKESHIRE ENERGY BUSINESSES HEAD TO THE HOUSES OF PARLIAMENT

One of the highlights of 2022 was a visit to the Houses of Parliament. Organised by the Milford Haven Waterway Future Energy Cluster and hosted by the Rt Hon Stephen Crabb MP, the event brought politicians together with Pembrokeshire's dynamic energy businesses. Joined by the Rt Hon Greg Hands MP, Minister for Energy, Clean Growth and Climate Change at the time, and the Rt Hon Simon Hart MP, the focus was on how the Milford Haven Waterway can deliver the UK's net zero ambitions.

During the reception in the House of Commons, the Cluster outlined the Waterway's whole energy cycle potential and its role in helping reach UK hydrogen and Floating Offshore Wind (FLOW) energy targets.

Members of the Cluster also demonstrated how continued investment, adaptation and innovation on the Waterway will also support the development of low carbon liquid fuels, CO2 shipping, marine renewables and energy storage. In turn this creates jobs, strengthens the UK economy, and delivers net zero targets quickly.

Keynote speaker, the **Rt Hon Greg Hands MP, Minister for Energy, Clean Growth and Climate Change**, welcomed the Cluster's vision, saying "From floating offshore wind to hydrogen, the Milford Haven Waterway Future Energy Cluster will bring thousands of jobs and growth to South Wales. This will cement the region's position as a leading player in delivering clean, affordable, home-grown energy for Britain."

THE MILFORD HAVEN WATERWAY FUTURE ENERGY CLUSTER VISION:

By the 2040s, the Milford Haven Waterway aims to be a significant exporter of low carbon electricity and hydrogen, and a globally recognised example of a low carbon, smart energy system fully capable of supporting society's energy needs reliably, cost effectively and with significantly reduced emissions.

Scan and watch the Cluster's ambition video.



Crew members Bob Lineker, John Hancock and Gary Chester on board the Verity K just after she arrived at Milford Marina.

DISABLED SAILORS ENJOY THE MILFORD HAVEN WATERWAY

Since August 2022, the world's only purpose built monohulled yacht with 'roll-on roll-off' wheelchair access, Verity K, has been providing accessible sailing for people with disabilities to explore the Milford Haven Waterway and beyond.

Verity K was launched by Princess Anne in 1995. The 35ft vessel was specially commissioned and built by Colvic Yachts for the Disabled Sailors Association (DSA) under the inspiration of Mike Wood, who then sailed the vessel extensively and single-handed from his wheel chair. The yacht has level ramp access from pontoons and an internal lift with fully accessible facilities below.

During the summer, John Hancock and a team of five volunteers sailed Verity K 1,800 nautical miles from Mer Menor on the Spanish Mediterranean to Milford Marina. John said "It was an epic challenge for the Sea Legs 2 crew to be able to bring this unique yacht to Milford Haven. We are very grateful to have both the use of Verity K and the ongoing support of the DSA, the Port of Milford Haven and Neyland Yacht Haven, plus our growing band of volunteers, as we bring accessible sailing back to Pembrokeshire".

For more information about booking a trip with the Sea Legs 2 team visit: www.sealegs2.org or contact John Hancock on 07960 733257 or john.hancock3@me.com



Dulse restaurant

For more information visit:

www.ty-hotels.com/destinations/milford-waterfront

HOTEL RECEIVES A WARM WELCOME

The iconic Tŷ Hotel at Milford Waterfront has enjoyed a bumper first season since opening in April this year. Owned by the Port of Milford Haven and operated by The Celtic Collection (owners of the Celtic Manor Resort in Newport), the 100 bedroom hotel experienced a busy Easter holiday period which has kept on going throughout the summer, exceeding expectations for occupancy levels and revenue.

Just a few weeks after opening its doors, the hotel secured a four-star grading from Visit Wales, being recognised for the impressive 'buzz and vibe' that had been created in such a short space of time, and received particular praise for the dining experience at the Dulse restaurant.

Not only has Tŷ Hotel Milford Waterfront proved popular with visitors, the team has enjoyed a fantastic response from the local community who have been keen to see what they have to offer. Adrian Andrews, Hotel Manager, said "What has really pleased us is the number of people who have just popped in for a drink at Dulse bar to enjoy the wonderful location here at Milford Waterfront and the cocktails we have created have really gone down a storm! We have also been keen to immerse ourselves in the community and we've thoroughly enjoyed attending and supporting events like the Festival of Fire, the Round Table Beer Festival, Long Course Weekend and the Pembrokeshire County Show."

Operators, The Celtic Collection, are enthusiastic to play their part in ensuring the whole county reaps the rewards of Pembrokeshire's draw to visitors and have become strategic partners with Visit Pembrokeshire in order to establish the hotel as a key destination for tourists visiting West Wales.

Over the past few months the hotel has attracted the attention of some well-known faces with stays from radio DJ Scott Mills as well as Anthea Turner and Susan Calman who were filming the TV programme 'Grand Week By The Sea'. Media interest has also been high with positive coverage in The Independent, The Guardian, The Times, The Sun and Metro, as well as featuring on BBC Wales Today.

The team are now looking forward to their first Christmas and the festive celebrations they'll be putting on for their guests.



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History In The Making

The UK needs energy from the sea to meet ambitious CO₂ emissions targets. In what will be Pembroke Port's historic third reincarnation, work has begun to make it ready to handle some of the marine giants that will make Net Zero possible.

Six years ago this October, the Port of Milford Haven threw its support behind a bid for money from UK and Welsh Government's new City Deal initiative, the aim of which was to fund innovative projects around the country. Across the Swansea Bay City Region different projects resonating with their own areas' past, present and hoped-for futures were assembled. Pembrokeshire's contribution was Pembroke Dock Marine, a £60m project that would give new life and purpose to the former Royal Dockyard in Pembroke Dock and kick-start this critical green manufacturing industry.

The Port has been working alongside its partners, Marine Energy Wales, Offshore

Renewable Energy Catapult and Celtic Sea Power and all are progressing with their respective projects. The project led by the Port of Milford Haven got underway last November with the renovation of the Hangar Annexes at Pembroke Port. These spaces will create offices and workshops for industry and are on track for completion by Spring 2023 (see the Spring 2022 edition of OnBoard for more information). Another major aspect of works broke ground last month. The Port is creating a new extra large slipway, pontoons and dockside roads and spaces ready to handle and service some of the giant marine energy devices already being developed here, that will be deployed off the Pembrokeshire coast.

The contractor BAM Nuttall has been appointed to carry out the work. Andrew Pointon-Ball is the site manager.

"To create the slipway, we will be excavating some 16,000 cubic metres from the dockside and reusing that material to fill in what's known as the pickling pond, which will create more yard space."

The rationale is straightforward. The UK expects to derive up to 95% of its energy from low carbon sources by 2030. Bearing in mind gas and coal right now account for 40% of our electricity generation, that is an extraordinary target, only achievable if we move fast to draw energy from

natural resources off our coastlines. That means putting big structures in the sea to harness wind, wave and tide. Lots of them.

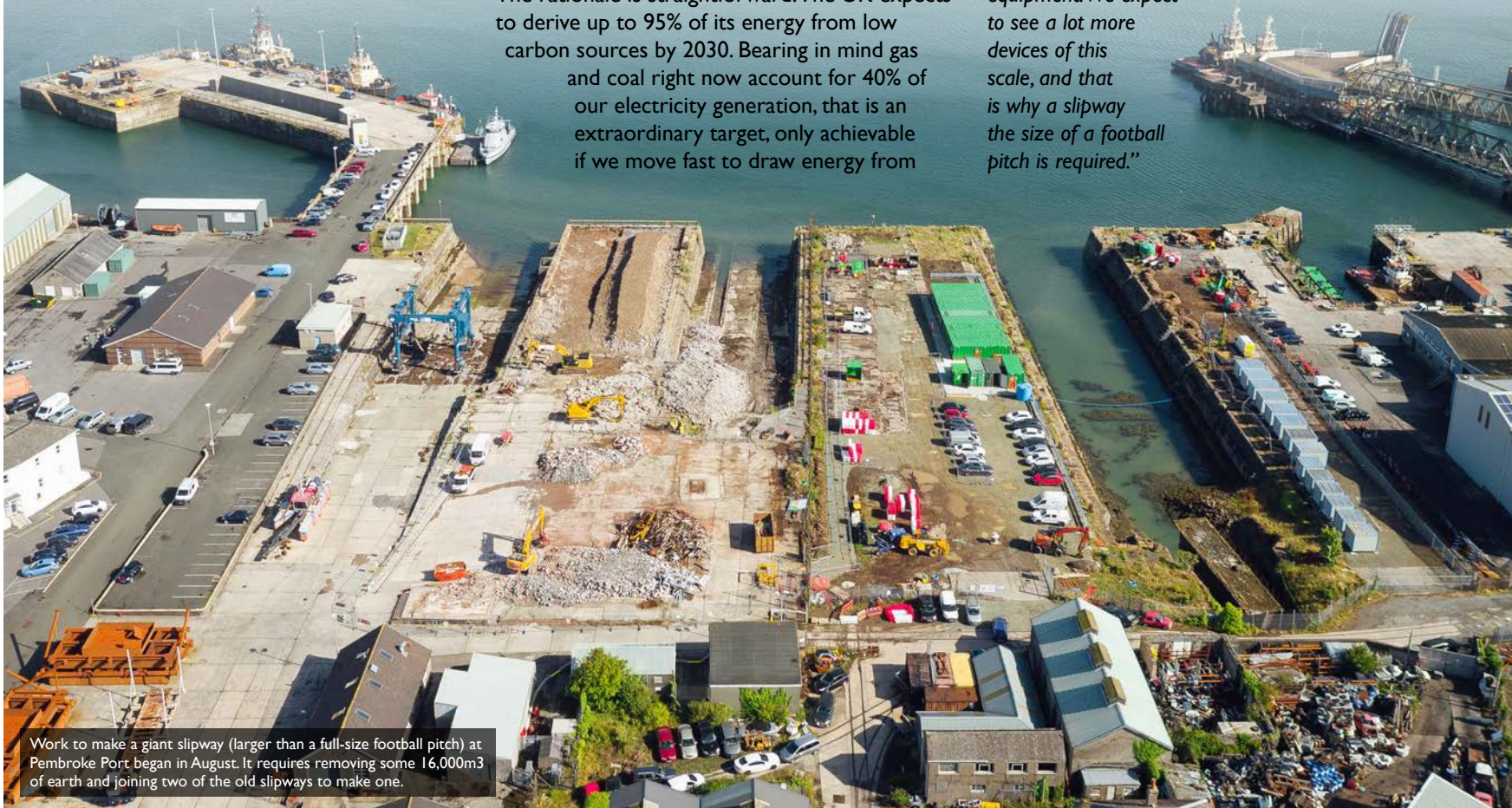
"We need the space to build, assemble and launch large marine energy equipment in the coming years," explained Jason Hester, the Port of Milford Haven's project manager overseeing the work. *"Pembroke Port's location, close to some of the most promising sites for offshore energy, makes it the obvious place to centre operations,"* said Jason.

“
We need the space to build, assemble and launch large marine energy equipment in the coming years
”

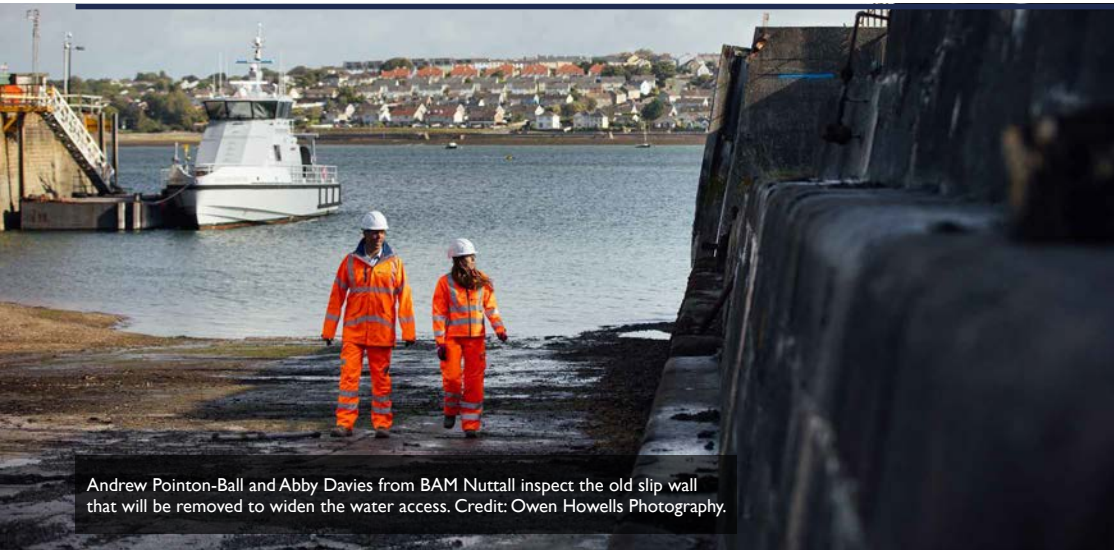
Jason Hester, Senior Project Manager, Port of Milford Haven.

Offshore wind will play the greatest role, expected to contribute 50GW of capacity around the UK within 8 years. But technologies including wave energy generation are advancing rapidly. Pembroke Dock-based engineers Bombora are close to completing their first test device, the mWave. This leviathan is Witness No. 1 in the case for upgrading the Port's infrastructure.

"mWave is 76 metres long and 18 metres wide. It weighs 900 tonnes!" explained Jason. *"Moving something like that from Mainstay Marine's yard to the water requires an enormous amount of space and specialist equipment. We expect to see a lot more devices of this scale, and that is why a slipway the size of a football pitch is required."*



Work to make a giant slipway (larger than a full-size football pitch) at Pembroke Port began in August. It requires removing some 16,000m³ of earth and joining two of the old slipways to make one.



Andrew Pointon-Ball and Abby Davies from BAM Nuttall inspect the old slip wall that will be removed to widen the water access. Credit: Owen Howells Photography.

“This is a great project,” said BAM Nuttall’s Andrew Pointon-Ball. *“It’s a fantastic location and we are working with a dynamic client. Even to us, it’s obvious how what is happening here is going to benefit local businesses. It’s not without challenges however,”* he added. *“We’re working in a tidal environment in an active working port right next to a busy ferry terminal. We have to make sure our work doesn’t impact their operations or our other neighbours.”*

The work doesn’t stop there. The Port will also be creating new laydown space to the far south of the site. Finally, all the transport links which will allow large equipment to be moved from one side of Pembroke Port to the other will be completed in phase three, as well as looking at better use of the Carriage Drive area. All the work is expected to be completed early in 2025.

“There’s a lot of history under these docks and we don’t want to lose that,” said Jason. *“We have undertaken a 3D laser scan of the existing walls along with a photographic and written record. The data will go into an app which means that,*

by using virtual reality, everyone will be able to see what was here. In addition to this, an archaeologist will be undertaking a watching brief as we excavate the site to ensure that anything we find of historical interest is identified and recorded”.

“In each century of its existence, both Pembroke Port and the town which grew alongside it have repurposed themselves to serve national needs,” said Port of Milford Haven chief executive, Tom Sawyer. *“Once completed, Pembroke Dock Marine will play a key role in the UK’s move to Net Zero. We are really looking forward to seeing the opportunities that flow from the marine energy revolution for people living and working around the Waterway.”*

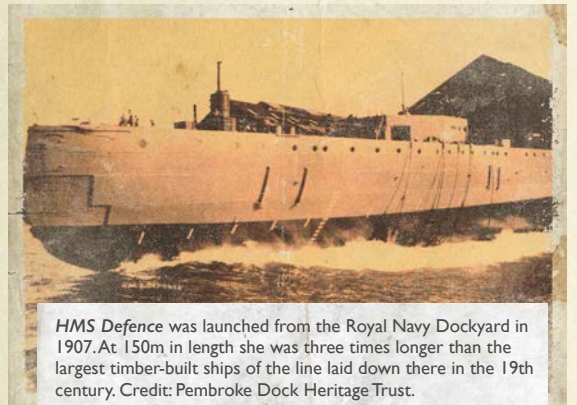
Pembroke Dock Marine is funded by the UK Government and Welsh Government through the Swansea Bay City Deal, and through the public and private sectors. It is also part funded by the European Regional Development Fund through the Welsh Government.



Adapting to survive

A little over 200 years ago, the area we now know broadly as Pembroke Dock was lightly wooded pasture and marsh land. It must have been a becoming spot for a shepherd to sit and watch the sun setting in the 18th century. But an industrial world was soon dawning.

Skip forward a generation and any peaceful reflection would have been difficult. Hundreds of men and women toiled at the new Royal Navy Dockyard to build warships that would sail away to join the most powerful navy on earth, protecting a global trading empire.



HMS Defence was launched from the Royal Navy Dockyard in 1907. At 150m in length she was three times longer than the largest timber-built ships of the line laid down there in the 19th century. Credit: Pembroke Dock Heritage Trust.

Progress half a century, and the rasp of saws was replaced by the ring of rivets being pummelled into ironclad hulls. Global competition demanded the need to adapt. Gone were the rope and sail lofts and sawyers’ yards. Too-small slipways were enlarged to make space for mighty ships twice as long and three times the weight of their largest wooden forebears. They would grow so large, in fact, that they outgrew the dockyards. The yards closed in 1926.

After several years of silence, the docks again found purpose. They hosted the RAF’s new generation of seaplanes that would shape the Battle of Atlantic and ensure the convoys feeding the UK and the war against Nazi Germany kept flowing. Buildings were cleared, giant hangars erected, and slips widened yet again to accommodate the wingspan of the Sunderlands.

Post war, except for a few private boatbuilders, it’s been the diverse demands of a commercially operated waterway that have shaped the look of the docks. Until now, there has been no singular undertaking that has given the wider dockyards a renewed and common purpose. It’s hoped that building a centre for marine renewable energy will also bring a new 21st century sense of purpose to the town that emerged out of the pastures alongside the Dockyard.

Introducing the new chief executive

“There’s never been a career plan for me ... I’ve always just done the things that interest and energise me!” says Tom Sawyer, the Port of Milford Haven’s Chief Executive, now six months into his new role.

He’ll surely have heard this before, but it’s tempting to wonder if there is some nominative determinism going on here. Our fictional hero Tom Sawyer may have been a little mischievous, but a hunger for adventure and strong moral compass seem to be traits they share along with the name. Tom Sawyer is actually ‘Tom’ Sawyer. Born Richard, he wasn’t many years into his life before he took on the nickname and it’s stuck for life.

Tom was raised as a child of the Armed Forces. His dad served in the RAF. *“My first job was working as a lighthouse keeper in Scotland,”* he says breezily, as if that was the most obvious opening move in anyone’s career. Following that, there was a period in the military which was *“fascinating, challenging, rewarding; if unspectacular”*. Next, he wanted to try something quite different (of course) and he took up a civilian career in defence science and technology, working for QinetiQ. This job led onto a consulting role in the Middle East, working with the Qatari government.

Then last year, Tom was made aware that the Port of Milford Haven was looking for a new chief executive. *“I did my research and made sure to ring around to really understand what the role would involve,”* he recalled. *“This is the perfect job for me, but I thought I would be an outsider so I was delighted and surprised when I got it.”*

Tom’s joy at winning the dream job is still plain to see. But the actual appointment was only half of the win for him and his wife Shelagh. Because Tom is almost a local.

“Shelagh and I met in Germany,” he says. *“She’s a Noott, from Haverfordwest.”* It’s a name many locals may recognise. *“And my father-in-law would have loved to see me take up this job. Our family [they have two sons] has spent so much time here that it is a home for me already, with many wonderful memories. Pembrokeshire is in our souls.”*

Tom is already deeply immersed in his new role. *“I love it, I really do,”* he says. *“I love that people come and talk to you about the importance of the Port in their family lives. This is such a community role. But at the same time, we are entering a very challenging and exciting period – we are the Western Gateway to the UK and the country’s biggest energy port. And as we prepare to play an increasingly larger role in the opportunities presented by Floating Offshore Wind and Hydrogen, we must also ensure, every day, that we keep the hydrocarbons flowing into the UK.”*

Perhaps it is because of his personal connections with the area, but Tom returns to the theme of strong business performance, community and a social contract again and again. While he is at pains to state that a high performing business core underpins everything the Port does, he peppers his conversation with ideas of collaboration between the public and private sector, reaching into communities more, (*“no child should go hungry in this day and age,”* he says) and forming new partnerships to deliver on a social contract.

“
This is the perfect job for me, but I thought I would be an outsider so I was delighted and surprised when I got it.
”

Tom Sawyer, Chief Executive,
Port of Milford Haven.



CUSTOMER NEWS

A SURFER'S PARADISE

A Milford Haven resident has swapped the oil and gas industry for a more chilled out lifestyle running a new surf and coastal wear shop at Milford Waterfront.

Alistair Richardson and his wife Sally opened Salt on the Strand in Saundersfoot in 2021 and after a year of operating noticed a unit was available overlooking the marina. They knew that their products would fit in well with the waterside

lifestyle and are now successfully selling popular brands such as Salt Rock, Weird Fish, Rip Curl and Billabong. They also stock a range of wetsuits, changing towels and changing robes which have been very popular this year with open water swimmers.

Alistair said "We live in Milford Haven and over the years we have watched the marina grow into a vibrant destination that we wanted to be part of."

Salt on the Strand can be contacted on their Facebook page or on 01646 839409.



Alistair Richardson in Salt on the Strand at Milford Waterfront

SHIP REPAIR BUSINESS SIGNS NEW LEASE

The dry dock has been part of Milford Haven's history since the 1870s and today it's busier than ever at a time when Port Engineering has signed a new lease with the Port.

Port Engineering began in 2005 with a pool of welders and has since grown to provide services to major construction firms within Pembrokeshire, as well as international engineering, oil and gas, and utilities companies. At the dry dock facility the team can carry out repairs to vessels but they can also go alongside deep water berths in the Waterway or provide travelling squads to work anywhere in the UK and Europe.

The company's main focus is servicing the local Svitzer tug fleet and those based in the Bristol Channel, but they are also working with QinetiQ's military testing range in Aberporth and dredging businesses such as Hanson Aggregates and Tarmac.

Business Development Manager, Adrian Owens, said "We're delighted to be continuing our association with this facility which has been in place since before the main dock was constructed. It's our aim to retain and develop the skills base locally, as well as bringing in specialist contractors who will no doubt use the services around the docks and surrounding area such as the new hotel and the vast array of restaurants at Milford Waterfront, bringing much needed revenue to the area."



AKAMUTI BRINGS ORGANIC SKINCARE PRODUCTS TO MILFORD WATERFRONT

A natural skincare business that started out with just six products back in 2003 has flourished and now stocks over one hundred, with a waterside store and workshop based in Milford Haven. Akamuti was established by qualified aromatherapist Lindsey Hedges who has turned her love for healing herbs into a thriving business venture.

Akamuti sells a wonderful range of 100% natural skincare products including body

butters, facial oils, scrubs and soaps, all brimming with botanical goodness and nourishment. All are made from scratch, handcrafted in their workshop, with no synthetic ingredients, artificial fragrances or preservatives.

Lindsey is delighted with the location of her premises, commenting "We're so pleased to be sharing the stunning marina with so many other lovely businesses and, of course, the new hotel. It's the perfect place for a stroll in the sunshine, a bit of shopping and finding a bite to eat. We love talking to our customers so please feel free to come and visit our new shop."

To find out more visit www.akamuti.co.uk or email info@akamuti.co.uk



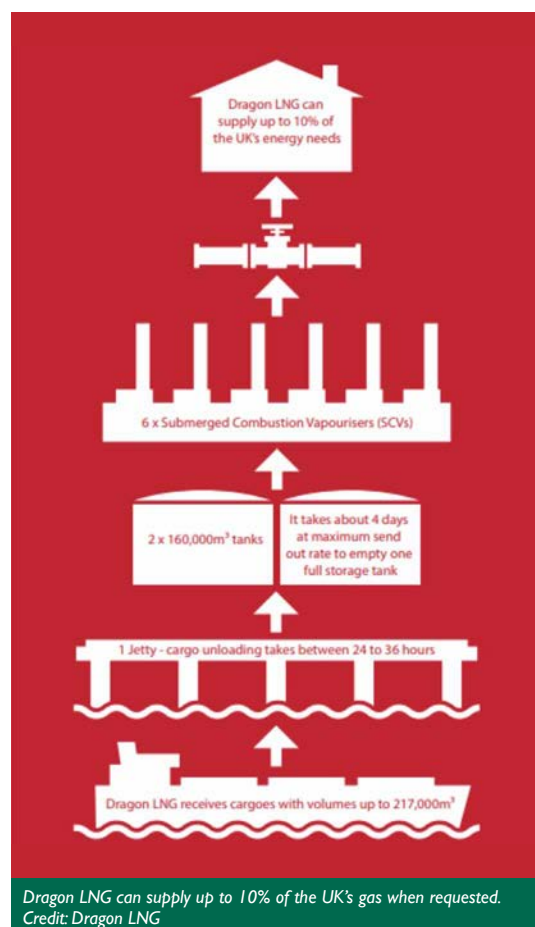


National Asset; Local Champion

There are only three liquid natural gas import terminals in the UK. Two of them are here in Pembrokeshire. South Hook LNG Terminal sits on the site of the former Esso refinery outside Milford Haven and Dragon LNG is in Waterston, near Neyland, where the Gulf refinery once sat.

To understand why the Milford Haven Waterway became one of the most important players in the UK's gas strategy you need to turn the clock back to 2004. In that year, the nation started using more gas than its own depleted North Sea fields could supply. Anticipating the risk of being over reliant on European gas supplied by pipeline, the government called for new terminals to be constructed to import gas via shipments from further afield. Both terminals were commissioned in 2009.

The only practical way to transport large volumes of gas by sea is by first turning it into a liquid. This is done by chilling it down to just below -160°C.



"When natural gas is liquefied, it takes up a lot less space," explains Karen Wood, Stakeholder and Communications Manager at Dragon LNG. "In its liquid state, it has 600 times less volume. Dragon can accommodate LNG ships that can carry up to 217,000m³ of LNG; that adds up to a lot of gas that comes to our jetty in each shipment."

Once on land, the LNG is stored in two giant tanks. Lead Instrument Technician, Wes Tucker, has worked at Dragon LNG from the start and has a clear memory of standing inside one of the new tanks. *"I remember standing inside in the pitch black. The light from my torch did not even reach the other side!"* The tanks' concrete walls are insulated with perlite and lined with a nickel alloy steel capable of withstanding the cold temperature.



"The LNG is kept typically at 100 to 200 mb above atmospheric pressure and any gas that boils off gets re-liquefied in a giant refrigeration process and pumped back in," explains Wes. Dragon LNG used to burn this so-called boil off gas to generate electricity and heat for their own needs. However, as part of plans to reduce the business's carbon footprint, they are hopeful that renewables (solar and wind) will soon provide up to half of the site's power.



"Our company group is in the middle of a planned £30m investment to decarbonise our energy usage," says Karen. "We are installing 18,500 solar panels and that work should be completed by the end of this year. We are also in mid-consultation with a view to installing three wind turbines next to the existing array on Wear Point. Together, the renewable energy sources could meet nearly half of our energy needs."

You might be forgiven for thinking our two LNG terminals, South Hook and Dragon LNG, have the same job to do. After all, the same sort of ships carrying identical product come in to berth at their respective jetties. But each terminal plays a slightly different role in the UK's energy mix.

It's a very rough analogy, but if you think of the Milford Haven Waterway as a 'kitchen' feeding energy to the UK, Valero Pembroke Refinery could be thought of as the stove where all the clever cooking is done. The tank farms on the north bank are the larders. South Hook LNG terminal is the fridge, on hand for fresh energy requests throughout the day. With Dragon LNG being both fridge and chest freezer for when you have unexpected numbers for dinner, you dig into the deep freeze. The '2019 Beast from the East' was an example when Dragon LNG played a significant role in continuing to provide energy for the UK.

Where we source our energy is one of the big issues of our time. While Dragon LNG helps give the UK the diversity of supply that we need, it has no influence over supply sources, prices or the amount that it sends into the network. It is an energy handler.

"Dragon LNG doesn't own the gas," explains Karen. "We are here to receive and store LNG for our customers and the terminal sends out to the UK's National Grid when required. Our job is to operate a safe and reliable service."



DRAGON IN THE COMMUNITY

For a site that can handle up to 10% of the UK's gas requirements (it's able to send up to 8.2 billion cubic metres of gas into the grid per year), Dragon LNG is a remarkably compact and low-profile operation. However, the company has built a substantial reputation for community outreach in Pembrokeshire, especially in its support for innovative educational programmes.

One such programme is the Dragon LNG Darwin Centre Experience, established in 2005 as a partnership between Dragon LNG, The Darwin Centre, Pembrokeshire College, and Pembrokeshire County Council. It delivers hundreds of hands-on field trips and experiential workshops, engaging over 3,500 participants every year. During the 17 years it has been running, the programme has worked with more than 65,000 budding scientists. The multi-UK and Wales award-winning STEM educational programme was highly commended in the national STEM Inspiration Awards in 2019.

"We wanted to play our part in creating the engineers of the future here in Pembrokeshire," explained managing director, Alexis Fletcher. "We are here for the long term and I've no doubt we have seen potential future employees come through the Darwin Experience," he added. "I hope we've been able to help nudge some towards a career in an energy industry that will be such an important part of the Pembrokeshire economy for generations to come."



James Phillips oversees the work of Control and Instrumentation Engineering apprentice Kelly Williams.

OPPORTUNITIES AT DRAGON

Dragon LNG employs 98 staff. Due to a remarkable retention record, most of their more senior staff have climbed up the line.

The company has a highly skilled and dedicated team. Between them they have over 858 years of experience at Dragon LNG alone! Retention of employees is high and turnover levels low, but in 2022 there have been 8 brand new positions added to support business developments in order to remain competitive in an ever-evolving energy sector.

The company has a four year apprenticeship programme, supported by Pembrokeshire College and Swansea University. There are currently three apprentices employed by Dragon LNG, two Operations apprentices, and a Control and Instrumentation Engineering apprentice, with further exciting opportunities planned for the future.

There are a wide range of skills within the team at Dragon, from Engineering and Maintenance, to Finance, Marine, Planning, Administration and Training. All these disciplines are underpinned by Dragon's four key values – Integrity, Respect, Ownership and Commitment, and the team at Dragon work together to make it a great place to work.

For more information about Dragon LNG's careers and apprenticeships, please visit:
www.dragonlng.co.uk/careers

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'Petflation' pain

With some families facing the impossible choice of feeding themselves or paying rising bills, the cost of every extra mouth to feed can mean having to let go of much-loved pets.

It's been an extremely hot, dry summer in Pembrokeshire. No fine weather trend can resist the Pembrokeshire County Show, however, and a gentle drizzle helps keep the dust from the show ring down, at least.

Mikey Lawlor, centre manager of Greenacres Animal Rescue, is busy chatting to people passing the charity's stall.

"It's definitely quieter this year," he observes. "We took £200 yesterday and around the same today. But we love being out and seeing people, and it's great to see people with dogs that have been adopted from us. We've seen 4 or 5 today."

Thanks in part to their presence at events such as the County Show, Greenacres has become very well known in Pembrokeshire. For anyone looking to adopt a pet, they are usually the first port of call. But success has brought challenges with it.

"Ultimately, we are here for the pets, and pets can often be early victims of peoples' change of personal circumstances," explains Mikey.

And recently, many peoples' personal circumstances have been deeply affected. With everyday costs climbing, the bill for keeping pets safe, healthy and happy are climbing too.

Research carried out by the pet charity, the PDSA (the People's Dispensary for Sick Animals) suggests that the minimum lifetime cost of owning a dog can range from £4,600 (for a very small dog) to £13,000 (for a larger dog). That's a minimum. Cat and dog charity Battersea reckons the average cost of owning a dog now could be as high as £2,000 per year.

The Government's own Office of National Statistics tracks pet care as a key index of the cost of living and sure enough, inflation, or petflation as it's now being tagged, was on target to hit 10% this September.

Mikey and the team at Greenacres Rescue are obvious bellwethers for any shifts in pet costs. With (at the time of writing) 53 dogs and 49 cats, they are very sensitive to prices going up.

"A good example is cat litter," says Mikey. "We buy it by the pallet load. The price of a pallet has gone up from £189 to £400!"

The impact of petflation has a double knock-on effect for Greenacres. As more owners struggle to afford to look after their pets, some take the decision to give them up. Meanwhile, fewer are willing to take on new responsibilities of ownership.

"One day last week, we had ten relinquish requests and just one adoption enquiry. That's the trend now and that means we are getting busier; not only more mouths to feed, but more costs to feed and look after them," says Mikey.

The PDSA suggests some low-cost ways to care for your pet and keep them at their happiest - without breaking the bank:

Spend more time together
Your pet's overall well-being can improve when they feel more connected and their social needs are met.

Learn how to groom your pet at home
With the average cost of a dog grooming appointment in the UK totalling around £43, learning how to groom your pet at home can save you a lot of money!

Buy in bulk
Pet food is generally more cost-effective when bought in larger quantities, so it's always a good idea to shop around for bigger bags at a discounted price.

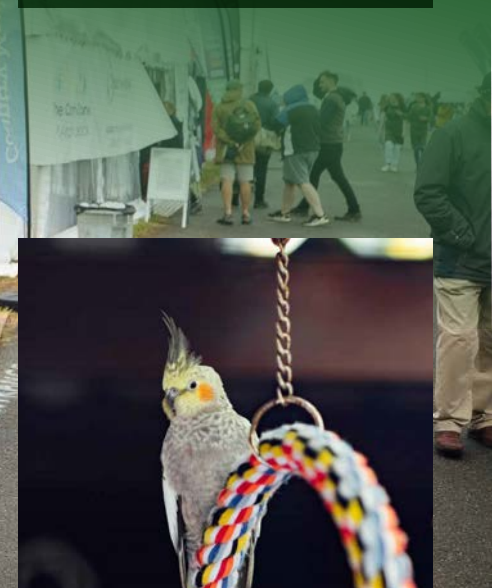
Get pet insurance
Pet insurance is a good investment for any owner and gives you the peace of mind that, should anything happen to your furry friend, you're protected from the bulk of the cost.

Use toys tactically or make them yourself!
While toys are great for playtime and keeping boredom at bay, your pet doesn't need loads! Even though it's a good idea to have a selection, you can rotate them by keeping some back and bringing them out.

**“
It's great to see people with dogs that have been adopted from us. We've seen 4 or 5 today.
”**

**Mikey Lawlor,
Greenacres Rescue**

Out and about – Mikey and the team from Greenacres use the County Show as a chance to meet the public and – sometimes – to see old friends. Credit: Owen Howells Photography.



Even small mouths need feeding and the price of staples such as sunflower seed has soared with the disruption caused by the war in Ukraine. Credit: Owen Howells Photography.

COMMUNITY NEWS



Pupils from Ysgol Harri Tudur performed the new song they wrote, 'If We Try', with guidance from the Aloud Charity.

MUSIC VIDEO CELEBRATES PEMBROKE DOCK'S SUSTAINABLE FUTURE

This summer the partners of the £60m Pembroke Dock Marine (PDM) project worked with the Aloud Charity to develop a music video involving school pupils and the local community. With work on PDM well underway, it was felt this was a unique way to educate students on the opportunities that renewable energy is creating for the region, the impacts of climate change and the types of careers available within the sector, right on their doorstep.

The Port of Milford Haven, Marine Energy Wales, Offshore Renewable Energy Catapult and Celtic Sea Power commissioned the charity to spend two days in Ysgol Harri Tudur where students composed their own lyrics which were performed and filmed professionally. On the final day the team met with a number of individuals and organisations in Pembroke Dock who were all keen to join in.

Pembroke Dock Marine is funded by the UK Government and Welsh Government through the Swansea Bay City Deal, and through the public and private sectors. It is also part funded by the European Regional Development Fund through the Welsh Government.

In addition to the funding provided by the PDM partners, the project also received financial support from Arts & Business Cymru.

To view the video visit www.mhpa.co.uk/song-writing-project



The Queen's Hall in Narberth received funding towards their community event to celebrate the Queen's Jubilee earlier this year.

COMMUNITY FUND

Over sixty applicants to the Port's Community Fund have been successful in receiving funding so far this year. Charities and community groups in Pembrokeshire are eligible to apply for support, as well as individuals who are raising money for a Pembrokeshire based charity or who are representing the county at an exceptional level.

A wide range of projects and events have already been supported throughout 2022 including rowing clubs, sports teams, sea cadets and many more. All applications are assessed on a monthly basis by a panel of employees.

For more details and to apply visit www.mhpa.co.uk/community-fund

GREEN ENERGY FUND

At the start of 2022, the Port launched its new Green Energy Fund to help local organisations to reduce carbon emissions, reduce waste and become more energy efficient. The first group to be awarded funding was Fishguard Sports AFC in order to purchase a battery system to accompany their new solar panels. This will enable them to power the building for club and community use, as well as being able to wash kit and charge their rechargeable floodlights so that training can take place on site.

A panel of Port staff meet on a quarterly basis to review the applications. Further information can be found at: www.mhpa.co.uk/green-energy-fund



RECORD-BREAKING UNDER THE BRIDGE SESSIONS!

A total of eighteen Under the Bridge sessions have been held at Milford Waterfront during 2022, more than any other year. Working with our community partners Milford Youth Matters, and with additional funding from The National Lottery, the project was extended to include every Tuesday and Friday nights in the Easter holidays, May half term and summer holidays.

Over 250 11-18 year olds came along and enjoyed free activities such as special effects make-up, giant inflatables, football and spray painting. The events have provided a space for young people to embrace new experiences and socialise with their friends in a safe environment, as well as reducing anti-social behaviour in the area.

For more information visit www.mhpa.co.uk/under-the-bridge

SAFETY BRIEFING



THE LITTLE RED BUTTON THAT COULD SAVE YOUR LIFE

The majority of sensible sailors carry VHF radios with them, but how many know about the potentially life-saving DSC feature?

DSC stands for Digital Selective Calling and is part of the Global Maritime Distress and Safety System. All new VHF radios now have a red button on them that can be pressed to make a distress call using built-in GPS to identify an accurate location. Even if you are unable to speak, your distress message is automatically sent to all VHF sets in range as well as direct to the Coastguard. The message is repeated continuously every

3-4 minutes until the radio receives an acknowledgement message from another party.

Many kayakers and paddleboarders carry a mobile phone which they can use to raise help should they need it, which is always recommended, however a handheld VHF radio can be a much better option. The major benefit is that you have an audience of all VHF radios in range, whereas a mobile phone only connects you to a single person. While better than nothing, a mobile phone needs protection from the water and access to a signal, neither are an issue for a DSC enabled VHF radio. The added benefit when in the Milford Haven Waterway is that by listening to channel 12 you will also hear about ship movements which will inform your route to ensure you and your vessel stay safe.

LIFE JACKETS. USELESS UNLESS WORN.

Spend any time out on the Milford Haven Waterway and you will observe a notable safety item is being largely ignored, the humble lifejacket. Lifejacket, personal flotation device (PFD), buoyancy aid, all different names and all are life saving devices. But what's the difference?

If you are dressed in normal clothes and aren't planning on entering the water, then a lifejacket should be your go-to piece of safety equipment. These are mostly devices that either manually or automatically inflate to bring the person to the surface and support the head out of the water. Crucially they are designed to turn a casualty face up. There are some lifejackets on the market that have fixed buoyancy similar to a buoyancy aid but have the notable addition of a foam collar, mainly designed for children, these will also assist in turning a casualty face up in the water.

If, however, you are dressed for getting in the water for activities such as paddle boarding or kayaking, then the buoyancy aid should be the preferred piece of safety equipment. A buoyancy aid will keep you afloat but will not necessarily turn you face up.

So why should you wear a lifejacket or PFD? Cold water is defined as 15 degrees and below, the average water temperature in Milford Haven is 12 degrees! Even in the peak of summer we only get to 15 or maybe 16 degrees for a very short period. Entering water at this temperature

causes cold water shock, particularly when you are not expecting it.

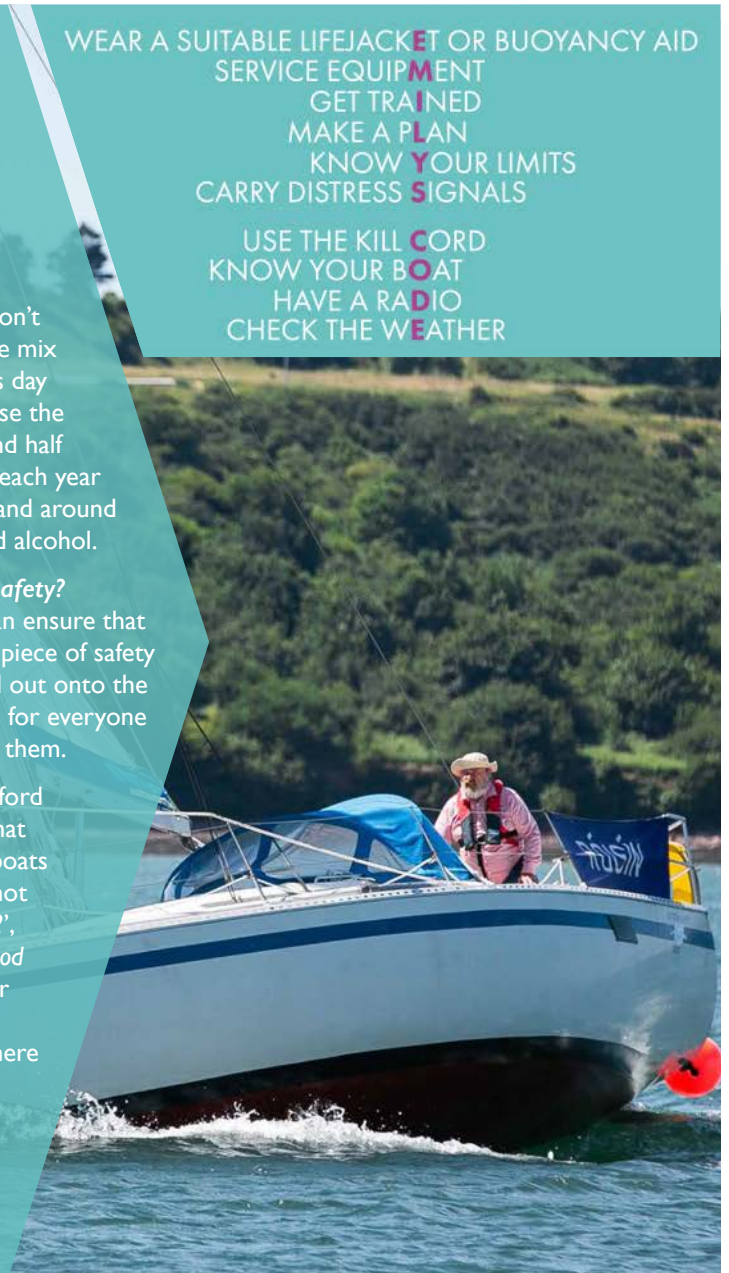
Cold water shock can steal the air from your lungs, numb your limbs and leave you helpless and is the main cause of death in the marine environment. No matter how fit you think you are, you won't beat the sea. Add alcohol into the mix as many do on a sunny summer's day out on the water and you increase the chances of losing your life. Around half of people that drown in the UK each year never intend going in the water and around 30% of those will have consumed alcohol.

What price do you put on your safety? From as little as £20 each you can ensure that everyone on board has this vital piece of safety equipment. No boat should head out onto the water without enough lifejackets for everyone and everyone should be wearing them.

Brian Macfarlane, the Port of Milford Haven's Water Ranger, reports that he sometimes sees children on boats wearing a lifejacket or PFD, but not the adults. When asked 'why not?', the answer is invariably "I'm a good swimmer". How often do we hear of adults going into the water to assist children wearing a PFD where the child survives, but the adult doesn't?

Brian's advice is to "Prepare, take care, and wear a lifejacket. Float to live!"

WEAR A SUITABLE LIFEJACKET OR BUOYANCY AID
SERVICE EQUIPMENT
GET TRAINED
MAKE A PLAN
KNOW YOUR LIMITS
CARRY DISTRESS SIGNALS
USE THE KILL CORD
KNOW YOUR BOAT
HAVE A RADIO
CHECK THE WEATHER



Think Big act small

These are tough times. We are living with double digit inflation caused by record commodity price rises, deep rifts in global politics and the prospect of a hard winter ahead. All this comes right off the back of a pandemic that almost stopped us in our tracks. If anyone were to look back at our bit of the 21st century in a history book, right now would be in the middle of a pretty dense chapter.

The pandemic reminded us of some human values that are so important that we ought to kick ourselves for forgetting them. In the depth of lockdown, we rediscovered the powerful forces that get us through tough times: community, humanity and collective purpose.

In 1961, the world faced similar global uncertainty following a period of prosperity and optimism. Newly inaugurated US president, John F Kennedy, challenged Americans to ask not what their country could do for them, but rather what they could do for their country. Today, as the impact of these crises disproportionately (and deeply) affects people most in need, we urgently need to channel that spirit of civic activism to which Kennedy referred.

Those of us who can do our bit, need to step up. Just like during the pandemic, that can mean one thing for businesses and another


for us all as individuals. For example, our business must remain resilient to enable us to keep the UK's energy flowing safely and efficiently. But we also must be vigilant about our staff's wellbeing and support the communities in which we operate. As individuals, any and every small act of kindness towards those less fortunate than us can make a huge difference.

And things will get better. But as they do, we mustn't lose this public activism, the renewed focus on families, friends, neighbours and communities. This spirit sets us on the right path not just in the tough times, but in the good times too. These small acts in our local workplace or

community are the foundations of our society and build trust between our institutions.

Meanwhile we should all think big! Think of how we want Pembrokeshire to be a resilient and thriving county, providing opportunities for our future generations, and leaving none behind. Our local and national governments will do what they can to support and enable our ambitions for the county, but they cannot be expected to deliver our future for us. The future of Pembrokeshire matters most to us, so the job of making it a bright future is ours.

As tough as it is at the moment, this is the right time to summon our collective purpose and take control of our own destiny.



A sense of community, humanity and collective purpose will help get us through tough times.

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