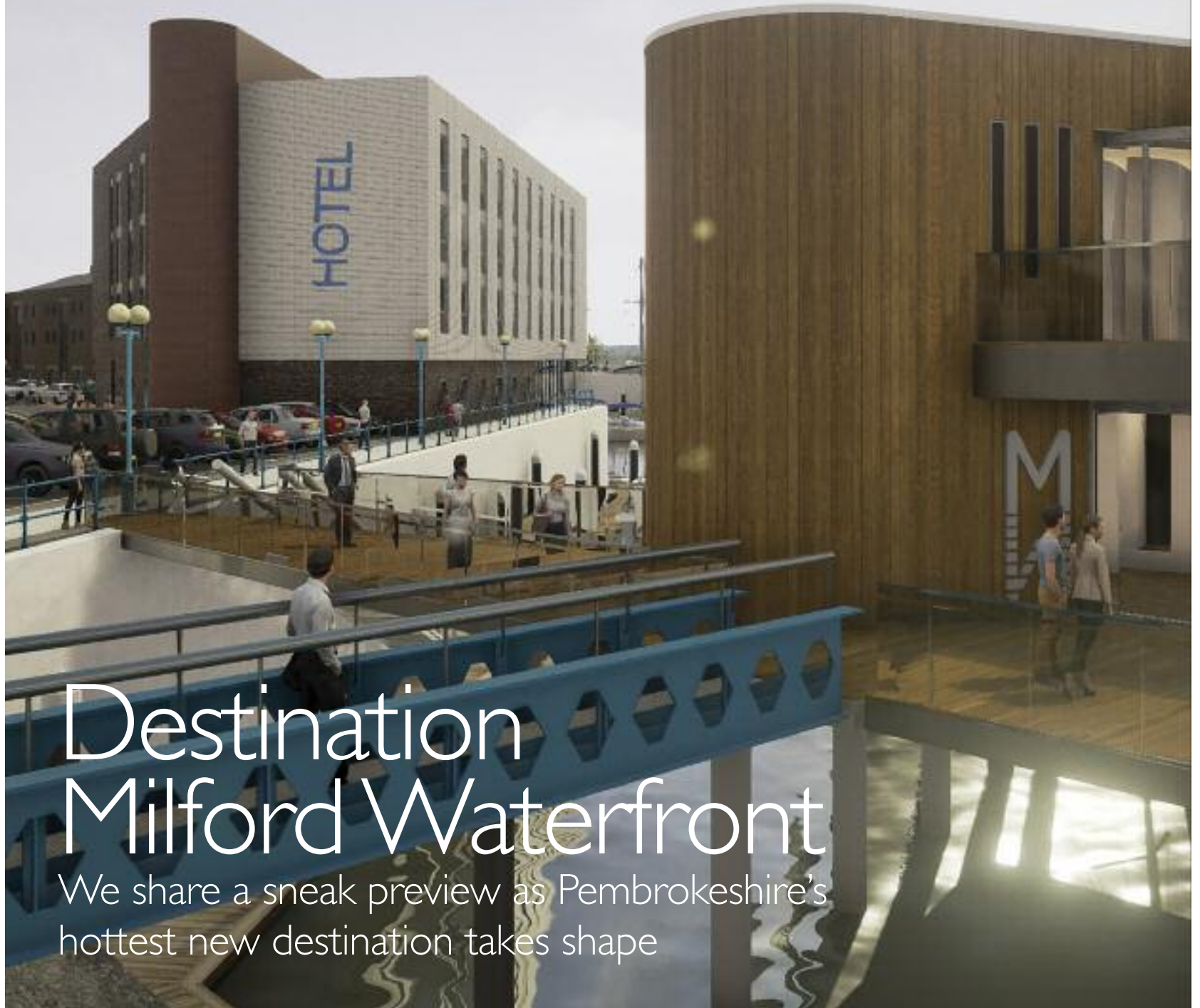


ONBOARD



Port of Milford Haven

Summer 2017 | Issue 5
News from the Port of Milford Haven



Destination Milford Waterfront

We share a sneak preview as Pembrokeshire's hottest new destination takes shape



Big Deal
Huge investment for Pembroke Port heralds exciting opportunities for the local economy



Chain Reaction
Waterway businesses get set for the energy revolution



Deeply Caring
How the work of Fr Paul Sartori inspired a unique charity



Deals Galore
Great discounts inside for top outlets at Milford Marina

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Check out our
video of the
marina and the
waterway



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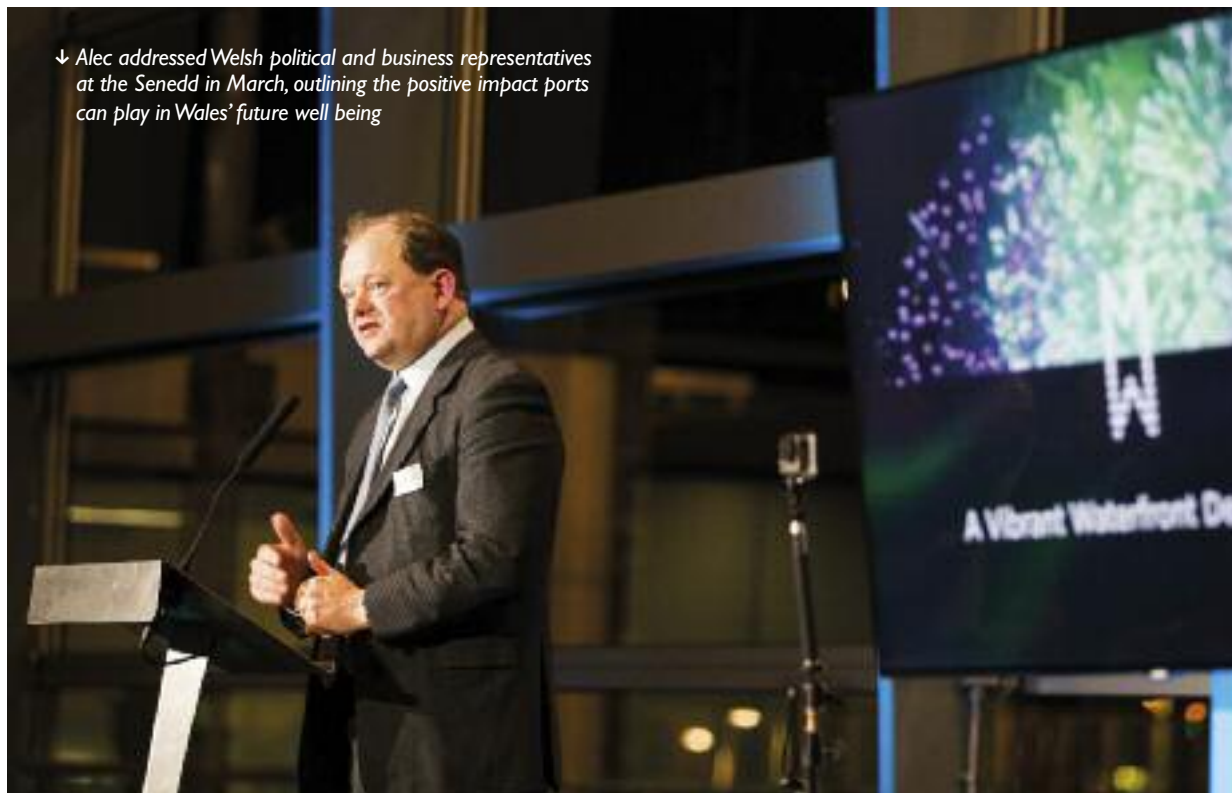
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↓ Alec addressed Welsh political and business representatives at the Senedd in March, outlining the positive impact ports can play in Wales' future well being



Spring is a great time to look positively to the future. I hope this issue of OnBoard will help because there is plenty of good news on the Waterway which should give cause to celebrate and take a fresh perspective on the prospects for our county.

Pembrokeshire can offer the very best work-life balance. The outstanding quality of life we enjoy here means we are able to attract talented people who want to live and work in the county. I know many born and raised Pembrokeshire men and women who may have moved away in search of work, only to return years later with their families, to raise their children in the same paradise they themselves enjoyed. Add to this the growing number of professionals moving here for the first time, to start a new life in the so-called Wild West and you see a curious paradox emerge.

Ask almost anyone living here if they think Pembrokeshire presents excellent career prospects and my bet is they would hesitate. Furthermore, ask many working in even reasonably sizeable businesses around the Waterway if they feel their industry is secure for the long term and, again, you may hear "no". This is not negativity, but rather cold reality. Our core industries are both seasonal (tourism) and - in the longer term - cyclical (energy, construction and farming are always either in a period of contraction or expansion). We have developed a pragmatic view of the county's economic stability based on years of experiencing feast or famine.

The time has come for us to think differently, I believe. The UK and Welsh governments are increasingly alive to the enormous potential our ports have, to help our economy grow in new sectors.

The Swansea Bay City Region Deal, headlined this Spring, will see large scale national and local government and private investment right here in Pembrokeshire. Most importantly, the investment will be targeted within a sector with enormous global economic opportunity for years to come: marine renewable energy.

As a world class location for design, development and testing of renewable technology, Pembroke Dock Marine has the potential to harness this opportunity to boost existing businesses (some of whom are featured in this issue) whose excellence has sustained world-class oil, gas and power generation industries over the years. But just as importantly, it will be welcome news for our current and future generations of young who need real opportunities to enjoy stable, rewarding jobs right here in one of the most beautiful corners of Britain.

Alec Don Chief Executive

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The renewable energy wave is building

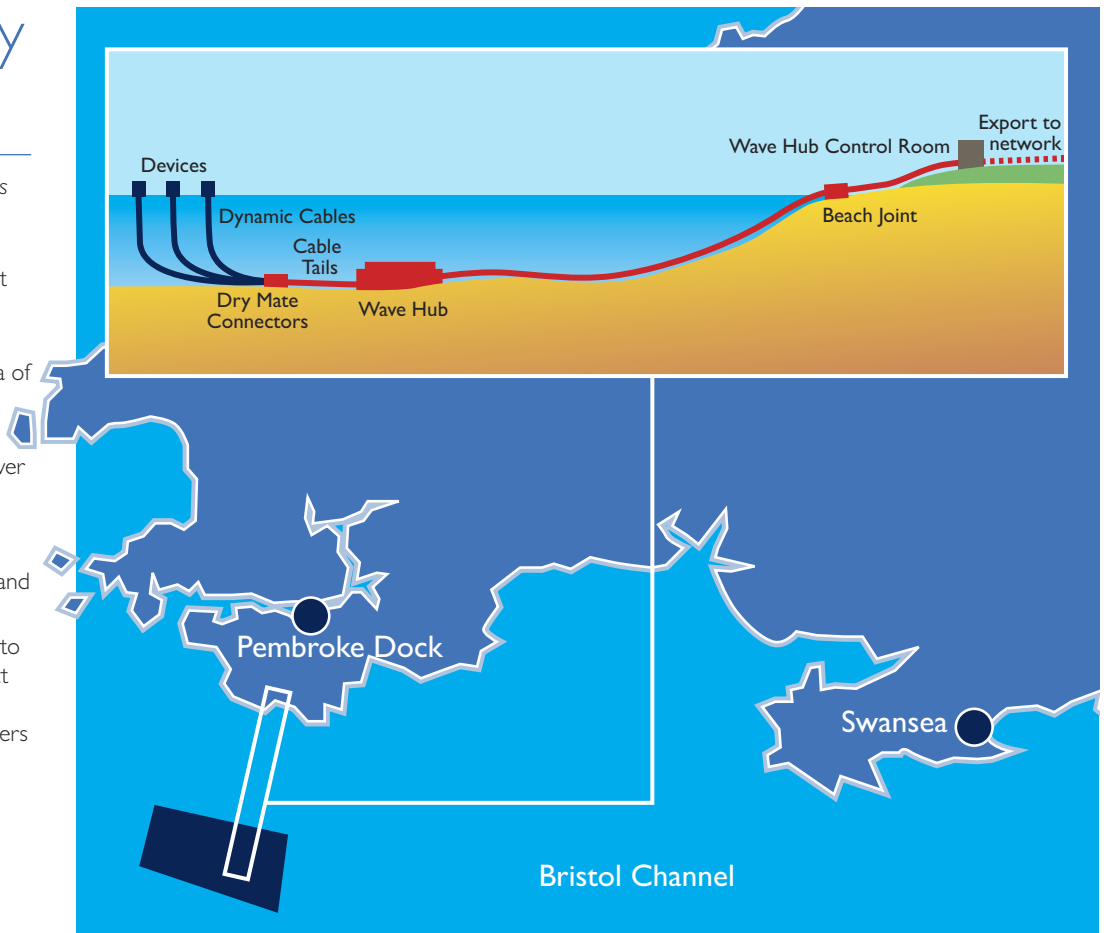
→ A 90km² test area could connect dozens of prototype devices to the national grid

Wave Hub, the group behind a Cornwall offshore marine renewables test facility, is opening an office in Pembroke Port as they look to locate a new test site off Pembrokeshire.

Wave Hub has received over £300,000 to carry out a feasibility and commercial viability study into the 90km² area of seabed leased from the Crown Estate.

If it goes ahead, the test site will enable hundreds of wave energy devices to connect up to 100MW of generating power to the National Grid via a cable running 12km off the south Pembrokeshire coast. The funding will employ a full-time project manager and the study will inform the port infrastructure requirements for the construction, operation and maintenance phases of the project.

Meanwhile, another renewables firm, Wavpower, is looking to submit a funding application to WEFO for a four-year project to develop their prototype from concept to full scale. The developers are seeking to employ between 25 to 30 engineers based in Pembroke Port.



piSCES Smart fish - project set to cut energy usage

↑ The fishing industry is energy intensive. Smart technology could help channel renewable energy when it's available

A €1.8m, three-year project is underway to dramatically reduce energy waste in the fishing industry. Funded through the EU's Ireland-Wales program, the piSCES programme hopes to improve the quality and security of energy supply for fisheries businesses in remote locations while minimising their exposure to energy price peaks and reducing their carbon footprints.

The Port of Milford Haven is an implementation partner and will be using its facilities in Milford Fish Docks to trial and support the two piSCES technical partners in Waterford and Cardiff.

They will develop a software platform that monitors and switches electrically driven infrastructure automatically, maximising use of renewable sources such as solar energy and making use of cheap electricity where possible.

The funding is also part-financing two positions, both of which will support the Port and the technical partners in auditing and installing the various equipment on site and progress other energy efficiency related projects across the Port's estate.



Water beds offer unique stays in the Marina

↑ Fancy getting on the water? Well, why not sleep on it first?

Four floating hotel suites are coming to berth in Milford Marina this year. Planning permission was recently granted by Pembrokeshire County Council for the innovative bobbing bedrooms which are expected to be in place by the end of the year.

The units are part of the Port of Milford Haven's strategy to develop Milford Waterfront as an overnight destination. "Imagine waking up to the sound of rigging and seagulls overhead, with the water lapping at the end of your private deck," said Destination Director, Neil Jenkins. "Guests will be able to get a great feel for the area with all its cafés, restaurants and shops. It's a great base for exploring this wonderful area, too", he added.

The luxury rafts will have double beds and will be fully ensuite. It's hoped that, to tie in with Visit Wales'Year of Legends campaign, each of the suites will be named after a local legendary person, place or experience.

Ports make Wales work!

Chief Executive delivers a positive message to policy makers of how our ports can help the Welsh economy to grow.

← *Senedd Briefing - Chief Executive Alec Don delivered an upbeat vision to policy makers and businesses of how ports can drive the economy*

Chief Executive Alec Don laid out the Port's plans to promote the Welsh economy in both tourism and renewable energy in early March. Using as an example projects the Port itself is undertaking, he demonstrated to Assembly Members, government officials and key industry representatives, the unique capability ports have as hubs of business and transport to create growth and prosperity for the nation.

Welcomed to the stage by Paul Davies, Assembly Member for Preseli Pembrokeshire, Alec Don talked about the challenges and opportunities facing Welsh ports - using the Milford Haven Waterway to showcase the scale of activity already happening and to outline future opportunities.

"It's increasingly important that we engage with the Welsh political sector," said Alec after the event. "Wales is increasingly in control of her destiny and by working together we can help create the right infrastructure and conditions to ensure Welsh ports can deliver on their full potential; creating jobs, economic growth and healthier, happier, more prosperous communities."

A summary film of the event is available at www.mhpa.co.uk/future-of-ports



Alec's opening statement

"Monumental changes are taking place in the way Wales and the UK work together in trading with the rest of the world. Ports account for 95% of goods traded in and out of the country. They are a vital part of the national infrastructure and will play a key role in securing a buoyant economy. But they need support.

Recognising the ways Government can shape port development is vital. Our partners can help us to position Wales to best advantage within this dynamic environment.

We share the same goals as the Welsh Government - to create jobs and encourage economic growth, to attract investment, and to create opportunities for all. Ports can help to position Wales as a world facing nation and to secure a bright, more prosperous future for the people of Wales."

All eyes on Milford Waterfront for the PI epic

→ *Daisy and Sam Coleman at the helm of the 28ft PI Panther. It's powered by a 250HP outboard and hits speeds of more than 70mph*

One of the most high-octane and exhilarating events on the international powerboat racing calendar is heading to Milford Haven in July. The spectacular PI Superstock Welsh Grand Prix is being held on the weekend of July 15th and 16th at Milford Waterfront.

Around fifteen thousand visitors are expected on site, and tens of thousands more, from around the world, will watch the racing on TV which will see local siblings Daisy and Sam Coleman from Saundersfoot defend their world title.

"This is an epic fixture and a massive boost for the local area," said Neil Jenkins, Destination Director at the Port of Milford Haven.

"We have worked extremely hard with Visit Wales and Pembrokeshire County Council to bring this here. It gives local businesses a platform to sell themselves, and with all eyes on the waterfront, it shows the world what a fantastic place the Waterway is as a destination."

PI Superstock is the fastest growing marine motorsport series in the world. The teams race in identical production boats so it's all down to the skill of the crews as they battle on the tight and fast course close to the shore.



Welcome to the blue economy

On both sides of the Waterway, exciting plans are taking shape that could help to transform this special part of Pembrokeshire. Two key projects led by the Port of Milford Haven harness the so called 'Blue Economy' which looks to the sea and maritime assets as a source of sustainable economic development.



↑ Caffeine culture - a mix of national and local offerings will provide something for everyone

The centrepiece will be the leisure offer - this will be a place people will travel to come rain or shine.

Milford Waterfront

The Port of Milford Haven's plans are fast taking shape for the biggest redevelopment of Milford Waterfront in decades. We caught up with Destination Director Neil Jenkins for the latest updates.

"The challenge we have is to change peoples' perceptions of Milford," says Neil as he leafs through some of the latest images to come from the architects. "We are proud of what we are, so we need to open peoples' eyes to the fact this is a stunning portside town with some amazing businesses, set in one of the most beautiful stretches of coastline anywhere in the country."

Neil is heading up the multi-million-pound redevelopment of Milford Waterfront that is set to transform the marina and fish docks. "We have a thriving, busy docks here. It's brought the infrastructure, the rich culture and fascinating heritage, so we are building from that. You'll see a lot of reference to the surroundings in these plans."

Neil's title - Destination Director - tips the Port of Milford Haven's hand when it comes to understanding what is the goal. It is to create a compelling pull to Milford Waterfront. To achieve that, the current plans show a centrepiece of 100,000ft² covered leisure space. "Our aspiration is to create somewhere to come, rain or shine," explains Neil.

To tempt in the foodies, a restaurant over the water would be a signature addition to the impressive choice of eateries and cafés by the water. Retail therapy will be intense, with national brands mixing in with the local shops at the marina.

"We are looking to add hotel accommodation of around 150 beds on Milford Waterfront too, so families can come from further afield and stretch out their stay in Pembrokeshire. It is a great base from which to explore the county," adds Neil.

"It can be a slow process," says Neil. "We really want local people to stay engaged, keep talking and working with us. Remember, we are a local business too, investing heavily in Milford Haven's economy so we need to get these plans right."

There will be another round of consultation happening soon, with further planning permission being sought throughout the year.



↑ Watching the ships roll in - waterside hotels, cafés and restaurants will add to the pull to Milford Waterfront's shops and attractions



Generation H²O

The UK and Welsh Governments have backed a Swansea Bay City Region Deal bid to create a centre for marine renewables in Pembroke Dock. Worth nearly £80m in public and private investment, the deal is a green light for the Port and its partners to get to work making Pembroke Port the commercialised epicentre for wave and tidal generation technologies.

↑ Port plans - An artist's impression of how Pembroke Port might look when Pembroke Dock Marine project is completed

Pembroke Port is already gearing up to be a world-class centre for marine engineering, with four marine energy companies already in situ, two with devices almost ready for testing. However, Pembroke Dock Marine, the name of the project that will attract City Deal funding, goes further.

“There are four pillars to this project,” explains Tim James, the Port of Milford Haven’s Director of Energy Development. “It will provide facilities that will support the technical journey a new device takes through design, build, testing and commercial deployment.”

“The most visible impact of the investment will be at Pembroke Port where devices can be built, launched and serviced. It’s a great, deep-water port with outstanding onshore facilities already. But we will invest to improve water access, fabrication areas and heavy lift capability.”

In the water, developers need a test area to trial components and models. The Marine Energy Test Area (META) will provide early stage test sites around the Haven Waterway.

The third pillar, a Demonstration Zone covering 90km² of sea off South Pembrokeshire will also be supported by

the project. The Zone is expected to deliver up to 100MW of generation into the National Grid and this would be the end game for any developer wishing to showcase a workable technology.

Supporting all these infrastructure projects is a Marine Energy Engineering Centre of Excellence. MEECE, led by the Offshore Renewable Energy Catapult, will be more than a knowledge and research institution. It will tackle industry-wide problems for the benefit of all potential developers and their partners.

The Swansea Bay Region City Deal was a once-in-a-generation opportunity for the Port to lead a powerful collaboration with an industry already making great progress in Pembrokeshire.

“When the city region team looked at our bid, they could see we’d brought all the right elements together, creating a unified project that was stronger than the sum of its parts,” explained Tim James. “Unlike elsewhere, we have existing skills and supply chain, energy infrastructure, an extensive deep-water port and we are next to one of Europe’s best marine energy resources.”

Marine Energy and the Blue Economy

What a successful marine renewables energy industry could look like in Wales over 20 years:

- Total Investment: £1.5bn
 - Total generation capacity: 1 Gigawatt (6% of Wales’ current demand)
 - Economic Impact: £840m GVA (gross value added)
 - Employment: 440 full time (equivalent) jobs
- (Source: Welsh Government)

Online version: For more details, see the full report compiled for the Welsh Government here: www.marineenergywales.co.uk/developers/research/the-economic-impact-of-the-development-of-marine-energy-in-wales

New Wave

↓ *Doing right by the planet - a restless traveller, David came back to Wales to make a difference. Which he did*

Harnessing wave and tidal energy is an exciting proposition.... We meet one of the visionaries leading Pembrokeshire's bid to make the Haven a nucleus of that energy revolution.

"The tipping point came when we heard €100 million in European funding would be coming to Wales," says David Jones, Project Director at Marine Energy Wales. "We knew then that everything would change. That gave us huge momentum."

David tends to look forward a lot, so it's hard work getting him to recap on how he helped Pembrokeshire move to the front of the queue as marine renewable energy takes shape as a global industry.

David grew up in the Welsh coastal town of Barmouth. His father was a commercial fisherman and David spent a happy childhood helping on the boats. A passionate surfer, he developed a powerful relationship with the sea.

"I ended up travelling, but I nearly always had the sea close by," David explained. "I've been incredibly lucky to have visited and worked in some amazing marine environments."

As a professional diver he spent much time on coral reefs. It was here, he explained, that he experienced a 'light bulb' moment. "I could clearly see the decline of the reefs," said David. "I decided it was time to be part of the solution, rather than adding to the problem with all my travelling."

David returned to west Wales, gathering up a marine science degree from Pembrokeshire College. During his studies he started volunteering for Pembrokeshire Coastal Forum (PCF).

Hosted by the Port of Milford Haven, PCF was born from the realisation that Pembrokeshire had a remarkable coastline, yet was an area with extraordinary economic potential. David found himself in his element, and he and the team helped ensure that balance by bringing all interests to the table to help promote sustainable economic development.

The team was so effective, they were asked to take on more work on behalf of a wide range of organisations. Then finally, with a grant of £25,000 came the request to find exciting new sectors for Pembrokeshire that could provide sustainable economic benefit.



← *Close encounters with the natural world persuaded David to take a lead in the drive for a low carbon economy*

"It was 2008," recalled David. "We carried out a broad study and fixed on marine renewable energy as a sector with great potential and decided to hold a conference. The day came and we stood there nervously at the doors and we couldn't believe it when more than a hundred delegates turned up from all over Europe!"

This was the 'spark' moment. The connections David and the team (now under the banner of Marine Energy Wales) created at this and subsequent conferences helped forge an alliance which now includes over 25 global marine energy developers,

for whom the allocation of €100 million of EU funding has been pivotal.

"We don't really have time to reflect on what was a major moment for us," he pointed out. "Anyway, it's early days and we have still so much to do," he pointed out. "We live on a blue planet and depend on the ocean for so many things, including 50% of the air we breathe. Getting our energy from it, in a sustainable way just makes sense."

The UK is currently leading the world in marine energy and David is confident Wales can play a crucial part in that.

Others who work with David praise his can-do spirit. "People buy into people," said Tim James, the Port of Milford Haven's Director of Energy Development, who is working with David on the Pembroke Dock Marine project (see page 6). "Marine Energy Wales has grown from being a grassroots pioneer to become a nationally respected and award-winning body that's united the private and public sectors with a common goal. That's not easy, yet David's leadership has made that happen."



↑ *Small but perfectly formed - Members of the Marine Energy Wales team plan their next moves*

“If someone had said 100 years ago that we should float great rigs on the ocean and drill for oil they'd have been laughed at”



↑ Buy, commission or watch - Anna's open studio offers a glimpse of great art and its creator at work

Artist at work

Pembrokeshire artist Anna Waters has opened the doors to her work in a new studio and gallery on Milford Waterfront. The painter, who, as part of her portfolio, captures the beauty of Pembrokeshire's landscapes on canvas, also gives a glimpse of her work in progress. Her easel and brushes share space alongside a selection of completed works.

Anna says she is delighted with her new premises, provided by the Port of Milford Haven's estates division, Quayside Properties. "There is a wonderful light here and there's a really lovely little community of shops and cafés along the marina," she explained. She is also looking forward to the continued development of the waterfront, announced recently by the Port of Milford Haven.

"I think it's wonderful they are creating more of destination feel here. The local economy really needs it. The team at Quayside Properties has been really good to me and I look forward to seeing how things develop over the coming year."



↑ Suit you - Vanessa Hackett is overseeing the expansion of Image by Vanessa on Milford Waterfront

New Outfit

Well-known womens' clothes and fashion outlet Image by Vanessa is expanding its shop front on the marina at Milford Waterfront, taking up a unit recently purchased by Quayside Properties. The retailer which sells one-off pieces, seasonal casuals and outfits for important occasions is doubling its frontage at Victory Place.

Owner Vanessa Hackett says the expansion will allow them to offer an even wider range of accessories and collection. "We are also adding a range of shaping lingerie, helping ladies to achieve that perfect silhouette in their new outfit," explained Vanessa.

"There isn't anywhere else that I would rather have my business," she added. "The marina is a fabulous location and the perfect backdrop and it's wonderful to see people enjoying the scenery, visiting the many different shops along the waterfront and having a spot of lunch or a coffee in the open air."

Going nuclear - G.D Harries rocks

Local construction and infrastructure business GD Harries has secured a major contract to ship rock armour to the site of Britain's newest nuclear power station in Hinkley Point in Somerset, through Pembroke Port.

The giant blocks are being quarried from the company's Bolton Hill quarry and transported to Pembroke Port. They will then be shipped up the Bristol Channel.

G.D Harries Business Manager Janet Phillips said having a versatile deep water port on the doorstep brings new opportunities:

"Having a port here is fantastic," said Janet. "It gives us opportunities to both export and import. It also reduces carbon footprint and gives us an edge over the national competition we currently face."

→ Giant granite rocks at Pembroke Port wait to be shipped to Hinkley Point Nuclear Power Station



Aussie rules - new restaurant on the Waterfront

A brand new dockside restaurant has opened on Milford Waterfront this month. Coco's, described by the owner Chris Vane as a trendy and very 'now' restaurant, will serve breakfast and lunch every day and dinner Friday and Saturday nights.

"Coco's was the first restaurant - a great restaurant - I worked in as a dishwasher back home in Perth, Western Australia. I wanted to bring a taste of that over here to west Wales. After a few years looking for the right location I kept coming back to Milford and specifically the marina. To have a restaurant right on the water is what every restaurateur dreams off so this is a perfect fit for Coco's Restaurant," said Chris.

"I feel very excited to be part of the plans to enhance the marina and docks and to see the Port's Milford Waterfront project unfold," he added. "I think that the more hospitality and retail spaces that open up in the marina area, the more it will kick start visitor numbers to the marina and provide a really exciting future for all that live in and visit Milford."

← "The style is Reclaimed meets Chandelier", says Aussie owner Chris Vane, fitting out new restaurant Coco's in readiness for the summer season

Ledwood - Big Engineering

Ledwood is a well-known name in engineering within the oil and gas industry. However, with an eye to the future, they have been turning their skills to renewable energy.

Andrew Goodman is a superintendent at Ledwood Engineering and represents a proud lineage of craftsmen who have served shipbuilding and energy industries on the Milford Haven Waterway, and beyond, for more than two centuries.

"I started here as an apprentice when I was 17 and I am still here 30 years later," says the Pembroke man. He started out as an apprentice and worked his way up to be one of Ledwood's most experienced engineers. As is typical in this part of the world there's a strong family involvement. "At one point my wife, daughter, son in law and two sons were working here too!" he says.

Andrew is one of 120 employees at Ledwood whose (family) livelihood has deep ties to the energy industry. It's a sector that has always delivered peaks and troughs for its supply chain. Only last year, Ledwood was flat out operating a workforce of 870 around the country.

"This is a busy company, but the nature of the game we are in gives us a feeling of insecurity," says Andrew. "We need plenty in the pipeline to give us real confidence for our kids' future. My youngest has been out of work for 6 months and my advice to him is to get into another line of work."

The news that Pembroke Dock is being targeted by large scale investment as a centre for marine energy development comes at a critical time for Andrew and others who work on the Waterway. Oil and gas remains by far the biggest source of investment in the area - and Ledwood's

customers are global - but while the commitment of the existing players is clear, the nature of the industry is to deliver only periodic spikes of heavy investment, and with fewer refineries that means the spikes are more spread out.

Paul Axon is the Quality Assurance Manager at Ledwood. "We are already getting involved in marine renewables fabrication," he explains as we enter the main fabrication hall of the Pembroke Dock company. He points to a large steel frame sitting in one corner. "It is definitely an exciting time for the sector. This is a prototype wave energy device we are building for Marine Power Systems. The details are secret, so we can't show you too much for now, but they planning to deploy in the next month or two."

There are three equally secretive device developments going on across the port, all due to break cover this year. They are the first of many such devices that, it's hoped, will be developed and built for local and global markets.

"We've all heard about the renewables City Deal and it's good news," adds Andrew Goodman. "We need all the investment we can get," he adds wryly.

Paul Axon sees Pembrokeshire's great strength lying in collaboration between local companies. "By working together, we could be THE place where marine renewables revolution happens. We know steel, and the experience, talent and the technology we have here in Pembrokeshire is exceptional."

Find out more about Ledwood Engineering at www.ledwood.co.uk

The announcement that Pembrokeshire will see nearly £80m invested in port facilities and infrastructure under the Swansea Bay City Region Deal (see P6) could herald big changes for the companies who've been serving industry here in west Wales for decades.

THE CH

Diversification is the key to future sustainability

Paul Axon, Ledwood Engineering



← Andrew Goodman has concerns about the energy industry's feast and famine cycles, so the City Deal is welcome news in his home



↑ What hi-tech wave energy device? Marine Power Systems' secretive WaveSub device is taking shape in Ledwood's fabrication hall



← More work in the pipeline. Renewables and nuclear bring huge opportunities for engineering firms such as Ledwood

Pembrokeshire is lining up to become a UK leader in marine renewable energy technology development and it is the talent - the men and women of the companies in the supply chain already in place - that will take a lead.

Bartlett - Smart Engineering

When the spring tides push their way from the Irish Sea deep into Pembrokeshire, they leave a line high on the shores upriver, a fortnightly reminder of just how far inland the sea waters penetrate the county. The high-water mark is a workable metaphor for the economic reach of the UK's biggest energy port. Few people are aware how far inland you can go and still find very clever companies putting their talents to serving the port's industries.

Bartlett Engineering is a small family firm in Sageston, just 100 metres away from the spring tide mark upstream of Carew Castle.



↑ Richard Scourfield demonstrates that small, clever businesses like Bartlett have a key role to play in selling Pembrokeshire's engineering capabilities

"My father started this business in 1969," explains Richard Scourfield, who runs the firm with his wife Kay. Richard grew up in Sageston and went to school in Greenhill, before doing his apprenticeship in the Central Electricity Generating Board, ending up at Berkeley power station before returning to the family business. "We can produce highly engineered metal components and we can do it fast." Bartlett's ability to deliver smart engineering quickly is due to their heavy investment in advanced computer controlled (CNC) machining equipment. "We bought into CNC when we were let down by suppliers more interested in watching the FA cup final on a Saturday afternoon! That excuse wouldn't have gone down well with refineries who couldn't afford to lose production," laughs Richard.

The now self-sufficient company quickly gained a reputation in Pembrokeshire as a specialist, machining with speed and accuracy, even on large orders.

What happens 15 miles downriver does matter to Bartlett Engineering. They have supplied all the major operators on the Waterway but Richard is keenly aware of simple geography. "Our market lies within a 45° arc only and a short way along the M4. We have the sea on all other sides so what happens in the port matters a lot," explains Richard.

Bartlett has provided key components for Pembroke Dock boat builder Mainstay Marine's latest contract, a ferry destined for the Isle of Wight. As an experienced shipbuilder and marine fabricator, Mainstay is already a lead player in the move to marine renewables capability in the Waterway. That Bartlett is already linked on that same supply chain is crucial for their future.

Kay who, as her husband is quick to admit, holds the chequebook in the business has an eye to the future. "We've been reactive until now," explains Kay. "We need to attract this new industry to the area, not with inducements, but because we are very good at what we do."

“People walk in expecting an old stable with an anvil in the corner, and say “wow!”

Kay Scourfield, Bartlett Engineering

← £1m investment in state of the art machines gives Bartlett an important edge in a demanding sector

PORT CHARITABLE UPDATE

Angels at their sides

The Paul Sartori Foundation is a remarkable charity, bringing dignity to the dying and support to loved ones facing imminent loss.

When Susan discovered her dad, Jack, was dying, and that he had just days to live and wanted to go home, she was confronted not only with her impending loss, but also the huge task of caring for him in his final days. Susan's mother Lyn was unable to help; her own illness meant she too needed looking after. Besides, Lyn was also about to lose the man she loved.

Susan thought she faced the prospect of carrying these multiple ordeals alone, all the while having to keep a lid on her own grief.

The names have been changed but this is not an unusual case that comes before Sandra Dade, charity manager at the Paul Sartori Foundation.

"A friend referred Susan's case to us," explained Sandra. "A package of care from social services might have taken several days to put in place for Susan, Jack and Lyn," Sandra continued. "By working with other health professionals within the county, the Paul Sartori Foundation was able to get hands-on care and equipment to Jack and Lyn's home within six hours." A quick response was clearly critical.

Thanks to Paul Sartori, Jack's last few days were spent at home with his wife. A nurse was on hand in the house to give Susan some reprieve and the care team supplied urgently needed equipment - a special mattress topper to support Jack's frail body. Jack and Lyn could sleep alongside one another for those final nights.

The Paul Sartori Foundation is a remarkable organisation. That it is a well-recognised name in Pembrokeshire is no feat of marketing. The clinical team of nurses, the support staff, counsellors, volunteers and trustees who make this foundation tick, have made a difference to so many families lives that word has spread far and wide.

"Last year we responded to over 800 families, provided 17,000 hours of hands on care and loaned out critical care equipment more than a thousand times," explained Sandra. "And we only operate in Pembrokeshire."

The Paul Sartori Foundation celebrates its 35th Anniversary this year. In May, they moved into a large, new headquarters in Haverfordwest. As I moved through the labyrinth of rooms, I met and talked to staff and volunteers.

"It is an absolute privilege to work for a charity where everyone's so passionate about what they're doing," said Sandra, with obvious sincerity.

There is good health care in Pembrokeshire. But the Paul Sartori team provides people with the end-of-life skills, knowledge and equipment to help them spend their final days at home with dignity, independence, free from pain and surrounded by loved ones, if that is their choice.

"It is a privilege to work with these families during what is a difficult time," explained nurse Sandy Stark, echoing Sandra's remark. "You develop a strong bond and they never forget you."

Many who turn to them for support call them 'angels' but as Sandy pointed out, a nurse's presence often gives friends and family the chance to be there for their loved ones. "One woman said to me it allowed her to be a daughter, instead of a carer," said Sandy.

Nurse Pat Coombs agreed. "When they're at home, surrounded by their own things, it allows them to talk about things they wouldn't want to discuss behind a curtain in a hospital."

As Sandra was keen to stress, the Paul Sartori Foundation is not only there for those diagnosed with a cancer related illness. A third of the cases for which they provide care are non-cancer related, such as heart disease and neurological illnesses. The charity also emphasises that people can 'self-refer'.

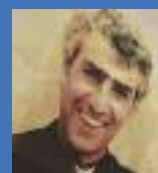
"Everything we do as a team is made possible by our many supporters, our army of volunteers, and our ten wonderful trustees, each of whom brings something different to our organisation," said Sandra.

For more information about the Paul Sartori Foundation go to <http://care.paulsartori.org>

The 'angels' take a tea break - the clinical team of the foundation are on the front line of support for families facing bereavement. Pictured L to R: Amanda Jones, Laura Hugman, Pat Coombs and Sandy Stark



↑ A blessing of the keys to the Paul Sartori Foundation's new offices took place in St David & St Patrick Catholic Church, Haverfordwest, the one time parish of the charity's inspirational figure, Father Paul Sartori



The remarkable, short life of Father Paul Sartori

Paul Sartori was born in 1940 in Llanelli.

He became a priest in the parish of St David & St Patrick Catholic Church in Haverfordwest.

A deeply charismatic man, Father Paul was widely loved, not only by his congregation but the wider community too. He would occasionally be

↑ *Inspirational - Fr Paul Sartori saw a way to help families dealing with end-of-life illness*

seen in the pub with a pint in hand and a cigarette behind the ear.

In carrying out his pastoral duties, Father Paul saw first-hand how families struggled to care for loved ones with life-limiting illnesses. In a deeply rural county with no hospice service, families had to travel daily to the hospital. Many would have to leave their farms or other businesses unattended.

With the help of Carmel Gould, a friend who was a working nurse, he began to offer home visits to people with severe illnesses. Carmel would make the visits outside her working hours. Sadly, Father Paul developed cancer aged 38 and died a year later. His pioneering approach to hospice care inspired his family, friends and parishioners to create a charity in his name, here in Pembrokeshire, that would continue the work he and Carmel had begun.



It is an absolute privilege to work for this foundation.

Sandra Dade, Charity Manager

COMMUNITY FUND NEWS

Every year organisations around Pembrokeshire apply for thousands of pounds from the Port of Milford Haven's Community Fund. Here's a round-up of some of those who benefitted so far this year.

To apply for funding, complete an online application form at www.mhpa.co.uk/community-fund



↑ Feva Pitch - The Port of Milford Haven's Sara Andrew with members of Tenby Sailing Club and the new Feva XL dinghies.

Tenby Sailing Club successfully applied to the Port's Community Fund for help to purchase two Feva XL dinghies, which are RYA recommended youth training boats. They will not only enhance the training experience, but help young sailors to compete on a regional and national basis.



↑ Just what the starters ordered - Swimmers celebrate the arrival of new starter blocks with the Port of Milford Haven's Anna Malloy

The club has been able to buy four new starter blocks for the 100+ members thanks to sponsorship from local companies. The equipment is similar to what the children compete on at swimming galas across the country, so will give them a more equal chance against their competitors.



↑ Game on - Sara with members of PATCH and some of the games and toys collected for their Christmas Appeal

PATCH (Pembrokeshire Action To Combat Hardship) has been giving free food parcels, clothing and household items to people in a financial crisis since 2008. This was their 7th Christmas Toy Appeal and the Port was pleased to support the charity once again in December. All children referred to PATCH receive 4-5 gender and age appropriate gifts. In 2016, over 500 children received Christmas presents through the Toy Appeal.



↑ Back of the net! - Boys from the Angle U14s show off their new training tops

The club secured funding from the Port to buy new boys training tops. The junior section teams play in the Pembrokeshire football league and train at least once a week. The club is run by volunteers and aims to provide a place where local children can keep fit and make new friends.

SAFETY BRIEFING

With an exciting new season underway on the water, here's a refresher on some important safety information.

Lobster guidance helps stop boaters going potty

Rules on where to place lobster pots and how to mark them need to be followed to avoid fouling incidents on the Waterway.

As the new boating season gets underway, there's been some talk about lobster pots again. The Port of Milford Haven issues guidance on where pots should be placed in the Waterway. New General Directions support MCA guidance on best practice of how pots should be placed and marked and they have been adopted by some fishermen. However there clearly is more work to be done to spread the word.

Badly placed or poorly marked pots can be a major hazard for commercial shipping and leisure boaters alike and there are regular reports of propellers being fouled on ropes from submerged pots.

"It's not uncommon for me, the RNLI or other users to have to help boats to get back to safety who have pot lines around the props," reports Brian Macfarlane, the Port of Milford Haven's water ranger. "Most worrying of all was the incident where one of our pilot boats lost power when a rope wrapped around one propeller. The launch had just delivered the pilot onto a waiting ship but had this happened at the point when the transfer was taking place it could have put the pilot and crew in a great deal of danger," Brian adds.

There has been a steep increase in the number of pots placed in the Waterway by fishermen catching lobster, whelks and crabs. The Cruising Association, a national group representing the interests of sailors around the country, is asking the government to review rules. However, Brian Macfarlane who has been working with fishermen says the current rules should be sufficient if they're followed.

"General Directions state that any gear should be outside the navigable channel," explains Brian. "The marker buoy or container must carry a black flag above it and must clearly display the identity of the laying vessel."

It's worth mentioning that boaters, too, need to be diligent. "Skippers sometimes don't pay attention," says Brian. "Even buoys marked and positioned correctly are being hit so it's important to remember keep a proper lookout at all times."

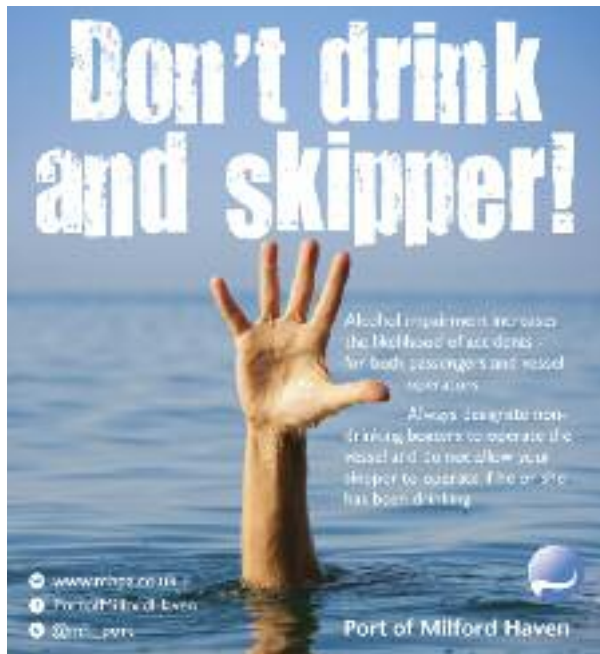


← Poorly placed or badly marked tackle is lifted, tagged and eventually removed

↑ Bad Buoy! - This fishing gear is a major hazard to commercial and leisure boats

“It's not uncommon for me to have to help boats who have pot lines around the props.”

Brian Macfarlane, Water Ranger



Tips for staying safe on the water

The RNLI publishes the following advice on how to stay safe on the water:

- Always wear an appropriate lifejacket or buoyancy aid unless it is safe not to do so.
- Always have a means of calling and signalling for help.
- Ensure there is an emergency action plan in place and everybody has an appropriate onboard briefing (particularly on the location and use of the safety equipment, including the spare kill cord for powerboats).
- Undertake the appropriate level of training for your craft.
- Always check the weather and tide times.
- Make sure someone ashore knows where you are going and who to call if you don't return on time.
- Always drive your boat at a speed that is appropriate to the weather conditions and to the environment you are operating within.

SPECIAL OFFERS

With some great places to shop, eat and drink, Milford Waterfront is an ideal destination for a day out. Here are some fantastic offers to whet your appetite.

Spinnaker's

Units 1-2 Sovereign House, Nelson Quay, Milford Haven
01646 694067

10% off food and drink



Terms: Offer valid on presentation of voucher

Cherubs

Unit 1 Barrallier House, The Docks, Milford Haven, 01646 695569

15% off all clothing, accessories and gifts over £30
10% of Bébécar and Venicci prams



Terms: Full priced items only. Sales and offers not included. Offer valid on presentation of voucher

All Pets Vet Care

Sybil Way, The Docks, Milford Haven, 01646 663883

Making caring for your pet easy and giving you piece of mind!

Free health check for pets and free nail clip (where required) between June and August.
Please quote OnBoard when booking.

Terms: Health check performed by nurse. If an examination is required by a veterinary surgeon a paid appointment will need to be made.
Tests will be charged at the normal rate.



B-Fit Health and Fitness

19B Cedar Court, Havens Head Business Park, Milford Haven, 01646 697841

Personal Training & Body Transformation
Down from £99 per month to £79 Includes:

- * 4 x Coached Sessions Per Week
- * 2 x Kids Fit Sessions Per Week (this can be for anyone you know)
- * Tailored Nutrition * Gym Membership
- * Personal Training App * And lots more!



Terms: Expiry 1st September
To sign up please bring this coupon to B-Fit Health and Fitness

Health Aspire

14 Temeraire House, Nelson Quay, Milford Haven

10% off Food intolerance testing
10% off nutrition consultations
10% off gut bacteria testing

Terms: Offer ends 1st September 2017.
Please present your coupon on arrival



The Scoop

The Old Pier Head Office, Mackerel Quay, Milford Haven, 07940 503991

BUY ONE, GET ONE HALF PRICE
on Ice Cream Waffles and Ice Cream Pancakes at The Scoop with this voucher.

Terms: Please present the original of this voucher at time of ordering.
Subject to availability. Valid until 30/09/17.



Milford Museum

The Old Customs House, The Docks, Milford Haven 01646 694496

Half price entry with this voucher



Terms: One voucher per visit. Offer ends 10/09/2017

Feedback

You can keep up to date with what's happening at the Port of Milford Haven on social media, as well as in the news. Not only do we welcome feedback, we encourage it.

If you would like a letter to be published in OnBoard please write or email using the details provided. We cannot guarantee every letter will be printed but will respond either way.

Contact us...

01646 696100
communications@mhpa.co.uk
www.mhpa.co.uk
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PortofMilfordHaven

Congratulations to Ms Sullivan for winning a day aboard Welsh Sailing Venture's boat Sea Legs for six people, and to Mr Daley for winning the RYA Powerboat Level 2 handling course.



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Milford Waterfront
Where the land meets the sea

