



WHAT WE HAVE HERE...
A new way to communicate - a word from the CEO about ONBOARD



PROFILE - THE MAN WHO CANThe engineer who's helping build the Port's future



PETS WITH A FUTUREThe cause that gives lost and unloved animals a new home



DO YOU KNOW YOUR WATERWAY? Test your knowledge with our challenging crossword

Inside ONBOARD

News from across the Port's

Hear how a £6m project is transforming access to Milford

4 Port News

multiple operations

6 Milford Dock

Lock Project

Marina for boaters

stuff happen

Energy Ltd

Update

News

4 Safety Focus

The Knowledge

Editor: Adrian Lort-Phillips, Radiant Media Photography: Gareth Davies, Owen Howells

Gorsewood Drive, Milford Haven, Pembrokeshire SA73 3EP

communications@mhpa.co.uk

Design: Rockpool Design Print: Forrest Print

Port of Milford Haven

01646 696100

www.mhpa.co.uk @mh_port

PortofMilfordHaven

by email please contact us.

8 Employee Profile

Meet the Port's Engineering

Director who's making big

9 Customer News

the businesses who are

located around the Port

Customer Focus

2 Port Charitable

Port staff get hands on at Greeanacres Animal Rescue

3 Community Fund

A snap shot of who's benefiting from Port community funding

Hear from the Port's Health and Safety Manager who's striving for Zero Harm

Test your knowledge of Milford

Haven and all things nautical in our fun crossword challenge

Get to know the business of

Find out how a giant daffodil

will power a small city as we

catch up with the team at Tidal

FROM THE CHIEF EXECUTIVE

A word from the Chief Executive, Alec Don

Hello and welcome to the first edition of our new Port newsletter.

Did you know that the largest ship to visit the port last year weighed in at a massive 177,000 tonnes?

the weight of a small town into position on a berth with millimetre accuracy. This feat is achieved whether the wind is from the north or the south, at the dead of night or in broad daylight.

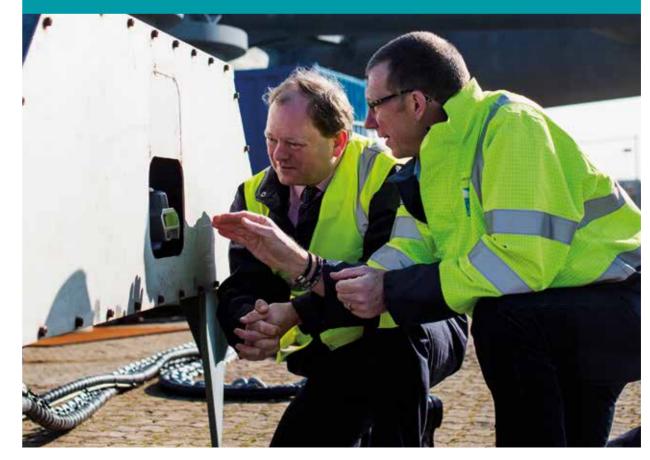
around the Haven to promote and develop both Milford Marina and Pembroke Port. This includes setting out to make Milford Haven, which is actually still Wales' largest Fishing Dock, once again famous for being "where fish comes from". That is why we're especially looking forward to running Milford Fish Festival at Milford Fish Docks on Saturday 27th June and we hope that as many people as possible are able to come and enjoy what promises to be a fun filled day for all the family.

women handling the Irish Ferries twice-daily service to Rosslare. Plans to make Pembroke Port the region's centre of excellence for the marine renewable engineering industry are fast coming to fruition.

hope you will find it not only interesting but also entertaining, and possibly also useful, if only for wrapping fish.

Alec Don Chief Executive

→ Renewable Promise - Alec Don and Clive Adshead from Tidal Energy Ltd inspect the company's DeltaStream device.



The average small house weighs about 150 tonnes so one full crude carrier is the same weight as a small

Any day you stand on the shores of the Haven you can watch the Port at work as it safely moves an object

We are the UK's top energy port and Wales' largest port, but we are also working hard with partners all

Pembroke Port is the base for over 800 working people including the Border Force and other men and

Outline plans for the £70m redevelopment of Milford Marina and Fish Docks have been given the thumbs up by planners so we will now be moving ahead with detailed preparations. But it's not just about the big stuff. There have been three exciting new restaurant openings at Milford Marina in the last year and from this summer you will be able to take a boat tour of the Haven, including getting up close and personal with some of the mega ships visiting the port.

From the large to the small, the port is moving ahead. We intend to publish this newsletter twice a year, and I



Don't settle for good,

Milford

Your natural haven

@ enquiries@milfordmarina.com

www.milfordmarina.com

+44 (0) 1646 796524

Milford Marina

Marina @Milford_Marina

Marina

go for great.

you will enjoy:

24/7/365 operation

shops and services

RYA Active Marina events

Flexible payment options^

Visitor Berths Available*

Free WiFi

Discover, relax, shop, eat & play

Terms and conditions: ^Flexible payment options are subject to acceptance. �Visitor berths are subject to availability and

charged based on size. All offers are subject to boat length.

draft, beam length, berth availability and notification of arrival in advance. Please contact us on +44 (0) 1646 796524 to

With a range of independent shops, cafés and restaurants, boat tours*, walking tours, the Waterfront Gallery, Milford Haven Museum and Phoenix Bowl, there's something for everyone at Milford Marina.

Find out more at www.milfordmarina.com

*from Summer 2015

Milford Haven, Pembrokeshire SA73 3AF

+44 (0) 1646 796523 Milford Marina Milford_Marina Milford_Marina





Book a berth at Pembrokeshire's only 4 Gold Anchor marina and

Easy access to the UK's only coastal national park and beyond

Limited places available. Call us now to reserve your berth.

Vibrant waterfront destination with a selection of cafes, restaurants.



Milford
Marina

News from the Port of Milford Haven

News from the Port of Milford Haven

If you'd like to receive this publication

↑ Exciting - The biggest programme of investment in Milford Fish Docks for more than 50 years

Milford Haven: where the fish comes from

There are big changes happening at Milford Fish Docks this Spring. Two of the buildings serving Wales' largest fishing port had become unfit for purpose and, with support from the European Fisheries Fund and match funding from the Port, these have now been demolished and rebuilt to focus on future development of the area.

The first unit is for inshore fishermen and commercial uses, providing fish box washing facilities and secure storage. The second unit is being developed into four food grade units for adding value to landed fish. Two will offer space for first stage processes such as fish filleting, the other two will be for second stage processing such as cooking and smoking.

Alaric Churchill, Marina and Docks Manager, said "The fishing industry helped build Milford and we would like to see this industry continue to thrive. By investing like this, we aim to bring new businesses to the Docks and encourage economic development that creates local jobs."

Pembroke Port makes waste pay

A new facility at Pembroke Port is to export around 30,000 tonnes of non-recyclable household waste from Pembrokeshire and Ceredigion. The waste will be sorted and shipped from the port to Sweden where it's to be used to fuel power stations.

According to the councils, the approach will save each authority over $\pounds 350,000$ a year and also create eleven jobs at Pembroke Dock, while having environmental benefits at home and abroad.

Port of Milford Haven's Short Sea Director, Kevin Hobbs welcomed the news, saying that a well-serviced deepwater facility combined with innovative thinking was bringing more investment to the Port "This deal shows when you live on an island, good dock facilities are a vital asset for creating jobs and investment. We have already seen investment from companies wanting to make use of our facilities and skills because we are close to limitless offshore renewable energy sources."

State of the art Swedish facilities burn the rubbish to produce both electricity and heat for local Swedish households.



↑ Ready for Launch - the team at Milford Marina are helping berth holders prepare for a new season on the water

2015 sees by far the biggest change for berth holders and marina users since the marina was established in 1991. A brand new set of lock gates, a £6m project supported by Visit Wales to encourage coastal tourism in the region, has been installed which means that boaters can now get in and out quickly and more frequently.

Milford Marina is the only holder in West Wales of a coveted 4 Gold Anchors from The Yacht Harbour Association. Already attracting berth holders and visitors from across Wales and further afield, it's hoped the new lock will give berth holders more time out on the water, and bring more day visitors in off the waterway to enjoy the growing number of restaurants, cafés and shops here.

Alaric Churchill, Marina and Docks Manager, said the team is looking forward to a busy season. "To have access to the cruising waters on the Cleddau, our beautiful coastline and to Ireland and beyond is a huge selling point that brings boaters from far away. However, we have so much to offer local boaters too, who want a great base on the Haven," said Alaric. "With easy access, it's now simpler than ever for river users who are looking for a fun destination with great places to eat and drink, to come to Milford Marina for a family day out."

For further information on berthing options at Milford Marina, please visit www.milfordmarina.com

or call 01646 696312



Historic buildings in Milford Docks and Pembroke Port tell many stories of a long and illustrious history on the Haven and an ongoing project to renovate and breathe new life into old buildings is well underway.

Work is currently being carried out on one of the huge Second World War Sunderland Hangars in Pembroke Port, where the listed structure's huge 90ft high doors are being repaired.

Quayside Estates property renovation work continues

← "Use the doors, Luke" - Repairs underway at the famous Eastern Sunderland Hangar, where the Star Wars Millennium Falcon was built.

Clare Stowell from the Port of Milford Haven's Quayside Estates says the challenge is finding the right tenants for each building. "Not everyone can make use of an old Admiralty Building with massive walls and gunpowder magazine in the basement," she says. "But with some thought and care, we can make these buildings fit for the right customers."

NEWS FROM AROUND THE PORT



↑ How Milford Marina and Fish Docks might look in the £70m redevelopment

"As a Trust Port we

want to invest our

money in a way

that will bring jobs,

investment and a

better quality of life to

people living here."

Master Plan Green Light

Heard the one about the giant pineapple at Milford Marina? No, it's not a joke; it's just one vision of a key building in an exciting plan to redevelop Milford Marina and Fish Docks that has moved one very large step closer. The fine detail of the £70m redevelopment is being drawn up following approval of the Port of Milford Haven's Master Plan in February.

Much local attention has focused on an artist's impression of how the new HQ of the Port of Milford Haven, pictured above, might look. Many have already nicknamed it "the Pineapple".

On the North side of the historic docks shops, restaurants and entertainment will form the heart

of a marina development where the Port of Milford Haven will be working with partners to create a destination for shoppers and tourists from Pembrokeshire and beyond.

"If you want to envisage what is happening here, comparisons are difficult," said Jeff Teague, Estates Director at the Port of Milford Haven. "Think of the high quality, local feel created in St Catherine's Walk in Carmarthen then add the natural draw of a seaside destination like Portsmouth's historic Gunwharf Quays and you get the idea," he said. "Too many of us leave the county to find shops we want, in a place that's, frankly, nice to spend time. The Marina can

offer that blend of one location with great food and drink, shops and leisure attractions," added leff.

Jeff and his team have been working for more than two years on the plans and gone through three rounds of public consultation. Even now, he believes, the public is unaware of what the Fish Docks and the town itself already have

> to offer."Did you know Milford has one of the county's finest restaurants. some brilliant independent retailers and superb cafés? We want to build on the work we've been doing to attract those high quality, local businesses in recent years and make the town a destination that keeps spend here in the county

and draws people from far and wide.

The Master Plan will also complete work that's already started to renovate Milford Fish Docks, the beating heart of Wales' largest fishing port. "The town was once famous as the place fish comes from. With new processing facilities, resources for local and deep sea fishermen and retail space, the plan will reconnect us with the seafood that is landed here. Again, it's about creating opportunities for local businesses to establish and thrive on a natural and sustainable resource. We will work with our partners to do just that in Milford Haven," says Jeff.



↑ Happy faces – The decision to run Milford Fish Festival has been widely welcomed

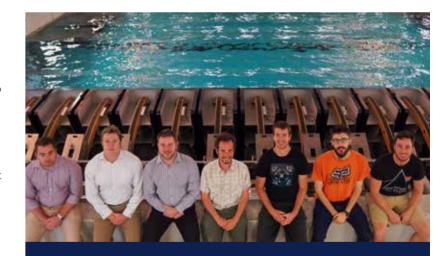
Milford Fish Festival

Plans are taking shape for the Milford Fish Festival in June to be held at Milford Fish Docks. The one-day event organised by the Port of Milford Haven will be a fantastic family day with cookery demonstrations, fresh food, fishy facts and water-based activities. The County Council is unable to run its hugely popular Pembrokeshire Fish Week this year so the challenge will be to pack as much fishy fun into one day on the 27th June.

It will also be a great chance to see how Milford Fish Docks is transforming itself.

Wales' largest fishing port is undergoing a quiet revolution that will see the fishing industry expand further and more local processing and selling of the catches that are landed on the docks.

"There is a great, but largely unsatisfied, enthusiasm for local seafood in Pembrokeshire," said Alaric Churchill, Marina and Docks. Manager "Events like Milford Fish Festival highlight this and show the buzz that can be created around a thriving and successful fishing port, and the potential benefit that has for local businesses." he added.



↑ The Marine Power Systems team has completed successful tank tests and is ready to hit the real waves.

MPS Award

Renewable firm Marine Power Systems Ltd, shortly arriving in Pembroke Port to develop technology that harnesses ocean wave energy, is celebrating being named Wales' best renewable energy company in 2015.

MPS Ltd will be building its ½ size prototype WaveSub device at the Port and deploying and testing it off the Pembrokeshire coast later this year. The firm will be making use of the Pembrokeshire Demonstration Zone, a 90 square kilometre proving ground for world-leading offshore renewable technology, off the west Wales coast

A report compiled in 2006 found that wave power off the Pembrokeshire Coast could provide around 52 Terawatt hours of generated energy - that is twice Wales' annual demand.

4

DOCK LOCK PROJECT



News from the Port of Milford Haven

News from the Port of Milford Haven

Making big stuff happen Now he's signed off the £6m renovation of the Milford Dock Lock, the Port of Milford Haven's Engineering Director, Tim Bownes is keen to be first through the gates. "I always knew I wanted to build things, so the careers teacher didn't have a difficult job."

"I think Brunel was rather over rated as an engineer," Tim Bownes says, sitting back in his chair. This might seem like a bold statement for any Brit to make about the diminutive Victorian giant of World-first railways, bridges, tunnels and steam ships. But while Isambard Kingdom Brunel may have been voted second greatest Briton of all time by the public, the Port of Milford Haven's quietly spoken Engineering Director carries a sort of confidence about him that reminds you Brunel once built a ship that didn't fit in the lock that stood between it and the open sea.

Tim Bownes has been Engineering Director for the Port of Milford Haven for almost a year. In that time he has overseen the completion of a £6m installation of new lock gates at Milford Marina. "You're dealing with old bits of port infrastructure," observes Tim, referring to the Victorian Lock where the new gates have just been installed. "Problems can arise that are difficult to predict."

This is a pretty dry assessment of the challenge his team and contractors were up against hanging two new 90 tonne steel gates off the 125 year old dock walls. "You're trying to build with millimetre accuracy when you're working 10m underwater with very limited visibility. That's quite hard," says Tim. "You have to admire the Victorians, doing this 125 years ago using just their judgement and courage of convictions."

Then the wry smile again. "Those aspects have been removed from modern engineering," a brief pause... "And whilst this is generally OK, removal of engineering judgement is not entirely a good thing," he adds.

As a lead engineer, Tim lifts ideas off paper plans and turns them into real things. However we aren't talking lkea shelving units. Drive up the M5 and you'll pass under 21 of his motorway bridges. If you drive a Suzuki car there's a chance it has used one of his berths in Sheerness or Gujarat on its way to your garage. Hunt down the world's biggest ships and you'll find them parked against his jetties in Oman.

Like a megalomaniac DIY enthusiast, this man would need a pretty big garden shed if he brought his work home.

However, he doesn't need to bring his work home, or shout about the many things he has achieved. Tim's satisfaction comes from simply knowing his stuff is out there. "I always knew I wanted to build things, so the careers teacher didn't have a difficult job to do."

Having worked in various countries around the world, why did this quietly spoken Yorkshireman come to Pembrokeshire? It's a question locals love to ask, secretly enjoying the usual replies like "quality of life", "the beauty of this county" or "the endless sunshine". One of the answers lies just 100 yards from where we are enjoying a cup of coffee in the café, Foam.

"When I moved down here I spent the first few months living on our sailing boat that's here in the Marina," explains Tim. There is absolutely no sense in which this sounds like a complaint, despite the fact that by any measure of cat swings, it must have been compact living. "I loved it, and my wife and I look forward to sailing out of the marina. The coastline is sensational."

There is also the attraction of working at the sharp end of a business. "Life in the Middle East was fanstastic but as I was working for a consultant it just didn't allow the positive influence I hope I can have at Milford Haven. It wasn't a difficult decision, although maybe we will miss the weather in Dubai!"

Tim's love of sailing puts him squarely in the category of person whose work-life balance is more blurred than most. As we walk to the Marina where Port of Milford Haven staff are familiarising themselves with the new lock gates you can see Tim's eyes turn seaward.

"Someone's going to have to do some test runs putting a yacht through the lock," he says, trying to look all serious. "I suppose it better be mine."

Tough call Tim, but we know what you're saying.

CUSTOMER NEWS



← Power to the people - Quadra brings its expertise and Saver powerboats to the heart of Milford Marina

Quadra Marine Services, a Pembrokeshire company specialising in selling and caring for new and used boats and engines, is moving to Milford Marina.

Quadra brings boat care, repairs, restorations and boat handling courses into the heart of the marina. They will also be bringing their collection of Saver Boats - affordable, hi spec powerboats, ideal for the boating on the Haven - to the waterfront

"We are extremely excited about the move," said Angharad Jones from Quadra. "As a family-run business, established for 14 years, this move gives us much-needed space to expand. With the planned redevelopment of the Marina about to get underway, we are delighted to be here from the start as the transformation picks up pace."

Quadra will be able to support locals, berth holders and the fishing fleet. The company worked alongside Clare Stowell and the Quayside Estates team to plan and prepare the new premises.

"We are delighted to welcome the Quadra team to the area," said Clare. "We've worked closely with Angharad to find a location that suits their current business and their expansion plans, however this move is great for Milford Haven too. We couldn't be happier!"

→ The glass front can be fully opened - a pragmatic solution for Pembrokeshire!

Top café exploits a delicious view

Foam, voted Tripadvisor's top foodie destination in Milford, is getting a new face lift, just months after its move to Barrallier House on Mackerel Quay at Milford Marina. The popular eatery and coffee house, formerly known as the Portside Deli before moving across the marina to its new location, is hoping to expand. A planning application has been submitted to Pembrokeshire County Council to install a glass extension, featuring retractable walls and roof, onto the terrace overlooking the Haven.

The hi tech, innovative design of the extension is ideal for Pembrokeshire. The glass walls will keep off the breeze on a fresh day when the roof is pulled back, and the glass roof can keep off the weather when the walls are rolled open.

"We are so happy that we've become a favourite for locals and visitors," said Laura Howells, Director at Foam. "It's been so busy, and with the season underway the extra space this will give us is really needed! It's a fantastic view from here and our landlords at Quayside Estates have been really supportive of the plans and restoration of this beautiful old building," she added.





Happy Days are here again

Milford Haven's only full day childcare service, Happy Days, is getting a brand new building. The nursery, celebrating 25 years in business this year, will be moving to the Sea Cadets building while their old premises behind the library in Haven's Head Business Park is rebuilt.

Director Debbie Forrest, who set up the nursery a quarter of a century ago with Helen Mathias, says they're ecstatic about the move. We've been battling with maintenance for a while but now we can focus on our service with a new, warm comfortable and bright place for the children to enjoy."

Days Nursery is on 01646 697575.

CUSTOMER FOCUS



Chris Williams and Clive Adshead are cheerful men, full of practical optimism and confidence. When they tell me that by 2018 their company Tidal Energy Ltd (TEL) will generate enough electricity to power a whole city, using energy harnessed in the most hostile environment imaginable, it's tempting to think it's just a formality from here.

"Up to 10% of the UK's electricity needs can be generated from tidal streams," says Chris, pointing an arm towards the window of his office in Pembroke Port. "And around this coastline we have some of the best tides anywhere in the UK."

Greenhouse gas-beating renewable energy targets have drawn inventors, engineers and entrepreneurs down to Wales' west coast in pursuit of almost limitless natural resources. It's a sort of damp and blustery version of the Gold Rush. Pembrokeshire is a landing point for Western Europe's prevailing winds, a punch bag for the great rollers off the Irish Sea. She is also swept twice daily by the ebb and flow of the Atlantic, squeezed against her cliffs. In short, marine wind, wave and tide power are in abundance and companies like TEL, supported by the Port of Milford Haven, are here to capture some of that power.

They are also attracted by the EU's regional development fund, ERDF, that is pumping more than €100m into Wales over the next 5 years. This funding along with matched investment from private backers will, it's hoped, accelerate research and investment in marine renewable energy generation. The DeltaStream project has been supported by £8m of ERDF funding, matched by majority shareholder Eco2 Ltd.

"Our prototype 400kW DeltaStream device is ready to go in the sea," says Clive Adshead, TEL's operations manager. He walks us towards the monolithic steel device sitting on the dock. It is like a giant daffodil with its 12m diameter bright yellow blades turned expectantly towards the sea. "It's just waiting for a barge ride out to Ramsey Sound where it will be lowered onto the sea floor," he explains.

"It is gravity that will keep DeltaStream grounded, not the expensive and potentially damaging steel piles that other devices use," says Clive. "It's quick to install, easy to lift and inspect and uses a tenth of the steel that other designs use, and those environmental considerations are key," he points out, referring to the fact this device will sit in a world-famous marine conservation area.

If DeltaStream's technology, with five patents protecting its unique design, is proven in the deep and turbulent waters of Ramsey Sound, then the final device, a 1.2mW unit with three turbine heads on each frame, will be built and installed. A thick submarine electricity cable already sits in the water, ready to take the generated power into the nearby national grid connections that make Pembrokeshire such an ideal location for offshore generation. With three rotors they could power nearby St Davids - like they said, a city.

"Right now the cost of generating electricity using tidal streams is roughly twice that of offshore wind," Chris admits. However, he points out that they are still on the learning curve and that, with success and more devices, cost economies will come. Added to that, the wind does not always blow, but tides ebb and flow twice everyday without fail.

The hope is that, when DeltaStream is proven, units can then be built and exported around the world. For Chris, the idea that Pembroke Port should become a centre for a thriving renewables industry, building, servicing and maintaining offshore energy devices, is one that has a deeply personal appeal.

"My great uncle was in shipbuilding here at the Port, like thousands of others. The economic spin off for the area was huge back then. So for me it is personal. I would be very proud to be able to help bring some of that buzz back to the Port."

To judge by their confidence, they'll be doing more than just keeping the lights on.



 Wired - an armoured submarine cable takes generated electricity back to land and transmits control data through hair-thin fibre optic cables

Into the darkness - Engineer Clive Adshead makes final checks inside the giant TidalStream device before it is lowered 20m into the hostile waters of Ramsey Sound.



10 Ne

News from the Port of Milford Haven

PORT CHARITABLE UPDATE

Bringing out the animal in Port volunteers

Each year the Port of Milford Haven supports a different Pembrokeshire based charitable organisation. This year, staff volunteers have been working with Greenacres Animal Rescue, often finding it hard not to walk off with the merchandise - or for the merchandise not to walk off with them...

It's a test of strength, walking through an animal rescue centre and not taking at least one new pet with you. But that is the ordeal Sara Andrew goes through every time she pops into Greenacres Animal Rescue Centre.

The Port of Milford Haven's PR and Communications Co-ordinator is the Port's representative to its chosen Charitable Cause of the Year, which for 2015 is Greenacres.

As she passes a scruffy kitten called Charlie staring through the bars she's already rehearsing how she'll ask her other half if they can keep it. 'How could you refuse those big, green eyes?' she says, tickling its nose. Sara is an unashamedly cat person, and it seems that the rest of the staff at the Port have a soft spot for animals too, because it's thanks to a majority vote by staff that Greenacres was chosen.

But Sara isn't here to stroke kittens (all day). Today she has a job to do. "One of the things we do when we support a charity is that we get hands-on. So today I'm looking after the cattery, cleaning up and feeding the guests," she says.

As well as this hands on volunteering, throughout 2015 Greenacres Animal Rescue will get a substantial amount of in-kind support from Port staff, such as help with fundraising activities and donations. They also get valuable financial help from the Port.

For Rescue Centre Manager Mikey Lawlor, it's very welcome. "It was fantastic to find out we were the chosen charitable cause for such a prominent organisation in the community like the Port of Milford Haven. Right now we have 24 dogs, 27 cats and 17 bunnies in the centre. Greenacres is steadily

growing and their support will mean we'll be able to help more animals."

As he watches Sara empty a litter tray, you can see Mikey takes great pride in the centre. He's been running Greenacres for 7 years with colleagues Georgie Pearson and Sarah and Pete Kimpson and seen it grow and grow. Last year they rehomed an astonishing 812 animals. "The public gives us a great amount of support now. We would like to continue to build a good network of volunteers and increase awareness of the plight of the animals we try to help."

As a charitable organisation, Greenacres depends on support from the public to keep going. "That support comes in many ways, donations to the rescue centre and to our shops, donations of food, bedding and so on. We are always in need of flea treatments, collars and leads," adds Mikey. "Even basics like mops, brushes and stationary are very welcome."

Greenacres has shops in Pembroke Dock, Haverfordwest and Milford Haven where gifts and donations can be left. There are also drop-off points in Pets at Home, Haverfordwest, Yorkshire Building Society in Tenby and Sandyhill Nurseries in Saundersfoot.

"I do this," says Mikey, placing a well fed kitten back in its cage, "because for as long as I can remember, I have had a deep love of animals. My dream was to one day run a rescue centre and help animals that are in need. Luckily, I have been able to do just that, with help from Sarah, Georgie and Pete."

You can view the animals needing homes and make a donation at www.greenacresrescue.org.uk







COMMUNITY FUND NEWS

Every year organisations around Pembrokeshire receive thousands of pounds from the Port of Milford Haven's Community Fund. Here's a round-up of some of those who've benefitted so far in 2015.



Swim Narberth

£1000 went to Narberth Swimming Pool, who recently won a community campaign to keep the facility open. The money will pay for lifeguarding training and first aid courses for young people. Participants are also encouraged to sign up to 15 hours a week volunteering at the pool.

↑ Anna Malloy, (back right) PR and Communications Manager at the Port of Milford Haven with the 55+ club who are benefiting from lifeguard provision at the pool



Hakin United U7's Football Club

Hakin United U7's Football Club received funding to buy new training equipment for its members. The U7s team allows 5 and 6 year olds to play football in a non-competitive way and encourages children to be active from a young age.



Tenby Museum & Art Gallery

A set of five bilingual interpretive panels have been installed at Tenby Museum & Art Gallery thanks to funding from the Port of Milford Haven and Tenby Historical Society. They are part of the museum's anniversary displays and include the unveiling of the Welsh Memorial to Prince Albert on Castle Hill; the opening of the lifeboat station; Kirkland winning the Grand National; the tragedy of the North Shore cliff fall and the anniversary of the first Boxing Day Swim.



The VC Gallery, Haverfordwest

The VC Gallery secured sponsorship from the Port to purchase new art materials for their Momentum of Change project. Through art engagement, the gallery offers help to veterans and vulnerable individuals across Pembrokeshire, addressing a wide spectrum of issues from mental health, to employment and social welfare.

News from the Port of Milford Haven

The first three correctly completed crosswords sent in by post or email will each

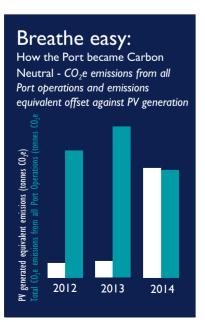
receive a free boat trip for a family of four along the Milford Haven Waterway.

Postal address: PR Department, Gorsewood Drive, Milford

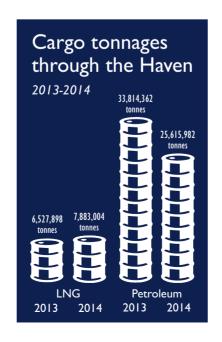
Haven, SA73 3EP; email: communications@mhpa.co.uk



A brief look at Port numbers that matter







14 Shy seabird that ground nests on Skomer Island (4,10) 15 Point where main estuary joins Pembroke River (6,3)

16 Edible plant found on the shores of the estuary (8) 17 Fun loving creatures that draw crowds out to sea when they're around (9)

I Town that lies at the upper limit of the tidal waterway (13) 5 Narrows where tidal energy tests are planned (6,5) 8 The extent between high and low water (5,5)

10 Marker south of Dale indicating a well-known wreck (8,4) 12 Fork at the divergence of the East and West Cleddau (6.5)

19 A measurement of wind strength (8,5) 21 Fittings that hold oars in place on the gunwale when in use (8)

23 A dock for boats carrying passengers and freight (5,8) 28 Dome shaped mollusk found on coastal rocks (6)

29 Material once widely quarried from parts of the upper Cleddau (9)

30 A small recreational boat (6)

32 A huge shed for storing flying boats (10,6)

34 Port hand buoy north of the Valero terminal (6,4)

36 A large, artificial inlet into which boats can be manouevered and their bottoms' scrubbed (3,4)

37 Round fortress in the Milford Haven (5.4)

38 Well known promontory off Tenby (6.4)

39 Brunel's ship that was to connect Milford Haven with America (2,5,7)

41 Marker indicating where you can tie up your boat on the water (7,4)

44 Large sail used when sailing with the wind (9)

45 A useful knot (7)

9 An estuary (3)

46 A person who prefers to stay on shore (10)

48 Well known shallows south of St Ann's Head (6,4)

49 Crustaceans that have a taste for bacon (5)

50 Innovative device built in Pembroke Dock that generates electricity from tidal power (5,6) 43 Describes a vessel that has taken to the water (8)

51 Stand for navigational equipment usually by the helm of a boat (8)

52 A sailing boat (5)

53 Units measuring a boat's speed through the water (5)

54 Channel marker at the Heads named after a farm animal (5,4)

55 The command centre for vessel traffic services in the Haven (4.7)

56 Floating platform for boaters to tie alongside and get off (7)

2 Well known pub in Angle (3,5,5)

3 You will find these on the roofs of most large Port buildings (5,6)

4 Upriver terminal for LNG shipments (6)

6 The act of taking a vessel along a planned route (10)

7 Landing point for the future King Henry VII in 1485 (4,3)

11 Pub that sits beneath the Cleddau Bridge (5,3)

13 Seller of equipment and spares for boats (8)

14 Place where largest amount of seafood in Wales is landed (7,4,5)

18 Island off the coast of Pembrokeshire (8)

20 Fishing vessel (7)

22 Underwater obstruction between Castles Bay and St Ann's Head (6,5)

24 Pile of old ballast forming an island below Carew and Cresswell River (5)

25 Iron-clad ship once moored at Llanion (3,7)

26 Welsh-derived local word for an inlet (4)

27 Local nickname for the Lawrenny Arms pub (8)

31 Popular pub reached on the estuary high tide (9,4)

33 Office held by person responsible for vessel safety within Port's limits (7,6)

35 Location of popular little beach before the mouth of the Haven (7,3)

40 Person in charge of a boat (7)

42 The stretch of water between Rhoose Ferry and Landshipping (6,5)

47 Launching slip off Pembroke Dock (5,5)

Feedback

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

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

७ @mh port

PortofMilfordHaven







DEMONSTRATIONS





MILFORD FISH DOCKS



www.milfordfishfestival.co.uk info@milfordfishfestival.co.uk







@MilfordFishFestival



@MilfordFishFest