

SOUTH HOOK LNG seasons

Issue 10 Winter 2020

Our Mission:

Delivering Energy to the UK



SOUTH HOOK
LNG TERMINAL COMPANY LTD

Read inside:

Celebrating our first decade of operations

Looking back at ten years of support in our community

Helping to improve local biodiversity

Celebrating 15 years as part of the South Hook Family

Giving local students a helping hand

Celebrating our County's volunteers

Welcome...

to the 2020 winter edition of our Seasons Community Newsletter.

We trust this newsletter finds you and your families well during these challenging times.

As part of the UK's critical national infrastructure, South Hook has played an important role in the Country's response to the challenges of this year. During the first four months of lockdown – from the end of March to the end of July, we received 35 vessels at the Terminal, processing just under 3½ million tonnes of liquefied natural gas (LNG), and delivering almost 100% of the LNG that entered the National Grid, for the month of July.

We remain committed to the safety of our people and the wider community in managing our on-site approach to the pandemic. Stringent measures are in place, ensuring that we are able to maintain business activities that are so vital in providing the Country with the energy that it needs.

Locally, our support of community organisations and projects across Pembrokeshire, remains a key focus. We are proud to have played our part in supporting the incredible work of our local NHS, gifting £7,000 to Withybush Hospital – an amount raised through the personal donations of our team on site, which was happily matched by South Hook.

Lastly, during 2019, we marked ten years of operation at South Hook. From the arrival of the first LNG ship in March 2009, to our first non-Qatari cargoes in 2019, we have celebrated so many milestones in the past decade. We are incredibly proud of being a key contributor to UK energy resilience, and equally as proud of our place in the Pembrokeshire Community.

We hope you enjoy looking back at some of the highlights of the past ten years.

Stay Safe.

If you would prefer to receive future South Hook LNG Seasons Newsletters electronically, you can download a copy from our website www.southhooklng.com Please contact us if you wish to be removed from our postal list.



All information is correct at the time of printing. This newsletter is printed using vegetable-based inks, FSC paper and is fully recyclable.

Fifteen years as part of the South Hook Family



The longest serving members of South Hook are celebrating fifteen years with the Company during 2020.

Chris O'Donovan, Process Superintendent and Elvan Akkaya, Commercial Adviser have both been with the Company since the beginning, working out of the London office before the Terminal was even built.

Our thanks go to Chris and Elvan for their continued commitment to the business, as they become the first of many team members who will be marking the same milestone in the coming year.



View of conventional vessels Marvel Eagle and Shinshu Maru, berthing simultaneously with cargoes from the USA.



Twin berthing of QMax vessels Umm Slal and Al Dafna from Qatar.

Marking 10 years of operation

In 2019, we celebrated ten safe and successful years of operation. Since the arrival in 2009 of our inaugural LNG ship, we have been proud to mark many milestones in our ten year journey and proud that over this time, more than two thirds of the UK's entire LNG imports have come through South Hook.

The South Hook LNG Terminal continues to play a vital role in the country's energy infrastructure, representing a long-term commitment by our Shareholders to the security of UK energy supplies. We have operated efficiently and above all, safely for the last decade. It's an achievement

based on a full commitment to safety, reliability, quality and the integrity of the local environment.

In October last year, under the patronage of His Excellency, Mr Saad Sherida Al-Kaabi, Qatar's Minister of State for Energy Affairs, President and Chief Executive of Qatar Petroleum, a dinner held at the iconic V&A Museum in London, saw community, industry and political guests come together to mark ten years of our operation. It was an event that not only acknowledged the importance of South Hook LNG to UK energy security, but the significant bond between the United Kingdom and the State of Qatar.



Friends and colleagues from Pembrokeshire join industry and political guests from around the world at the V&A Museum in October 2019



Speaking at the event, His Excellency Mr Saad Sherida Al-Kaabi hailed the historic relations between Qatar and the United Kingdom and stressed the importance of the UK market to Qatar's LNG. He said, "The United Kingdom is a very important market for Qatari LNG, as it offers a friendly and attractive business environment, and a stable regulatory framework. This is driven by the long and historic relations that tie our two countries and people, on many levels and across all walks of life."

His Excellency Mr Al-Kaabi also stressed the importance of South Hook LNG as an important tool for local development. "As Qatar Petroleum and its Partners made significant investments to develop the import and regasification facilities in South Hook, the Terminal itself became a provider of stable local jobs, and a supporter of local communities, businesses and services," he said.

Minister Al-Kaabi expressed pride in being part of this landmark Terminal saying "South Hook Terminal is a strategic investment that supports the security of energy supplies to one of the world's most dynamic and vibrant economies. It brings warmth to homes and energy to businesses, and drives industries and innovation."

We were delighted that so many of our friends and colleagues from Pembrokeshire were able to join us for the evening.

Following the event, Preseli Pembrokeshire MP Stephen Crabb commented: "South Hook LNG plays a hugely important role in the Pembrokeshire community and I was delighted to join His Excellency Mr Saad Sherida Al-Kaabi and the South Hook LNG team in London to celebrate their 10th anniversary.

"Not only is the Terminal a valued employer in our County, while also contributing positively to charities and community groups, but it is a vital part of the UK's energy system and is therefore of national importance.

"Having seen the Terminal under construction to now celebrating its 10th anniversary, long may South Hook LNG continue to be an important part of the Pembrokeshire landscape."

Proud of our many achievements over the past 10 years

- Unloaded almost 700 vessels, regasifying around three quarters of the total LNG imported into the UK
- Processed over 60 million tonnes of LNG – enough natural gas that if supplying London alone, would keep the Capital going for approximately ten years
- Supported hundreds of Pembrokeshire community groups and local initiatives, promoting areas of safety, environment, education and wellbeing
- Match-funded numerous local sports clubs, charities and schools' Friends' Associations, supporting the volunteering and fundraising endeavours of our people
- Proudly hosted hundreds of visitors at the Terminal. From community groups, Councillors and local students, to representatives from Governments, Embassies and Industry, we have been delighted to share the story of South Hook LNG and the role that the Terminal plays in supporting the UK's energy resilience
- Celebrated the significant increase in wildlife, now thriving in the South Hook LNG Nature Conservation Area (NCA), as reported by expert ecologists. The 100 acres which forms part of our site, is managed using strategic 'low key' management initiatives, in partnership with Pembrokeshire Coast National Park Authority (PCNPA). This includes ensuring strict control of human access to the NCA, in order to minimise disturbance
- Congratulated 45 employees on receiving their 10 Year Long Service Award and 25 employees for receiving their 5 Year Long Service Award, representing an impressive total of 575 years cumulative experience at South Hook LNG!

Proud of our Safety Culture



Everyone at South Hook is committed to the safety of our people, the community and the environment in which we operate. Over the course of the last ten years, a huge amount of dedication and effort has resulted in a safety culture at the Terminal that we are all very proud of.

Our Safe Start campaigns, delivered to everyone across site at the beginning of the year, are designed to be impactful and memorable, refocussing minds and behaviours as to the importance of safety, as we look to the coming year. Last year our Safe Start sessions involved participation in a Virtual Reality exercise. Wearing headsets, those involved were witness to a staged incident, as part of a situational awareness scenario.

This year, we welcomed Chris Moon, an ex-soldier and double amputee, to help us deliver our Safe Start to 2020. Chris' talk to 230 workers from across site, was not only incredibly interesting, but hugely relevant. The challenges he's faced have shaped learnings that can be applied to industry and his talk not only echoed our own approach to safety, but served as a serious reminder of the importance of following procedures and taking ownership and the dangers of being complacent. Everybody at site has a vital role to play in keeping the Terminal a safe place to work.

Feedback on the initiatives was extremely positive prompting a lot of valuable discussions.

Testing emergency response

The Local Resilience Forum (LRF) is a multi-agency forum with responsibilities for the Dyfed-Powys Police area, where participants include key emergency responders and supporting agencies, and is a requirement under the Civil Contingencies Act 2004. The LRF provides a forum for consultation and collaboration, to facilitate planning and response to emergencies.

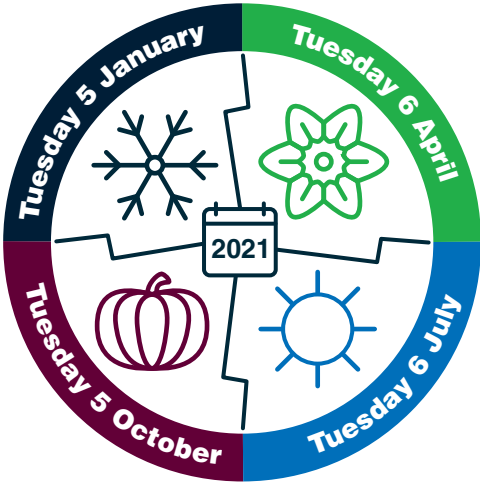
The Warning and Informing (W&I) Group, forms part of the LRF and exists to provide information and advice to the public, in the unlikely event of an incident occurring.

In November 2019, following a familiarisation boat trip on the Haven, the W&I Group conducted a desktop exercise, testing key elements of the W&I Plan. Part of a Port Wide exercise, participants included representatives from the Emergency Services, the Local Authority, the Port of Milford Haven and the energy companies based at the Port.

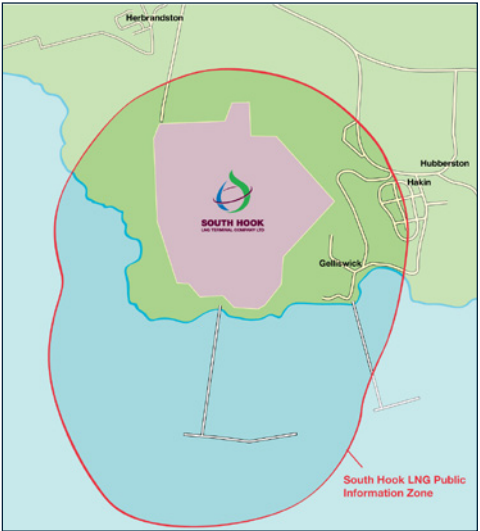
Community Safety Information and Emergency Instructions

As part of ongoing safety communications and in line with the Health & Safety Executive's (HSE)'s Control of Major Accident Hazards (COMAH) Regulations, South Hook LNG provides information to all residents and businesses within our Public Information Zone (PIZ), see map below. Residents who live just outside of this area, receive the information as a courtesy.

The South Hook LNG COMAH Alarm is tested quarterly, on the first Tuesday of the quarter at 2:30pm and 7:30pm. The 2021 dates are:



Call free on 0800 046 3470 to hear a recording of the Alarm sound. Details of the testing dates are available on the South Hook website.



As a useful reminder, all essential safety information on what to do in the unlikely event of an emergency at South Hook, is on our Company website.

<https://www.southhooklng.com>

You can also call free on 0800 046 3470 to hear a recording of the Emergency Instructions and the sound of the COMAH and All Clear Alarms.

If you would like a copy of our Community Safety Information and Emergency Instructions booklet, or have any concerns or queries you can contact South Hook on the Community Line by calling 01437 782012, or by emailing the public email address which is publicinfo@southhooklng.com

Our Community Liaison Group

- The commitment to our relationship with local communities is as strong now as it was ten years ago. The South Hook LNG Community Liaison Group (CLG) is now in its eleventh year, providing an excellent platform for conversation with locally elected community representatives.

The CLG meets on a quarterly basis and provides an opportunity for our neighbours to remain updated
- with our operational activities and community engagement initiatives.

If you have any comments or questions regarding the Terminal, or any feedback on this newsletter, please contact your CLG representative. We welcome your thoughts.

Your representatives on the current South Hook LNG Community Liaison Group are:
- St Ishmaels County Council Councillor Reg Owens
 - Mayor of Milford Haven Councillor Terry Davies
 - Hakin ward representative Councillor Eric Harries
 - Hubberston ward representative Councillor Alun Byrne
 - Herbrandston ward representative Councillor Des Galdo
 - Angle Community Council Councillor Danny Richards



Your Safety Moment:
safe driving

Leaving loose articles to roll around in the driver's foot well of your car, can cause the accelerator to be jammed on or prevent effective use of the brake pedal.

Make sure loose objects are stored properly, especially water bottles or shoes.

The South Hook LNG Access Road

The long Access Road to the Terminal is primarily an entry and exit route for those working at the site. It also allows access to agricultural tenants and is a popular walking route for local neighbours.

The Access Road is privately owned and maintained and as such, we insist that safety is at the forefront of everybody's minds, when using the area.

Please be mindful of the following rules, if using the South Hook LNG Access Road

- 1 You must be clearly visible at all times, particularly during shorter days
- 2 The speed limit is 25mph and is in place for the safety of everyone using the Access Road – with periods of heavy traffic including turning farm machinery, please ensure that you adhere to the speed limit. We monitor speeds and will stop people using the Access Road if the speed limit is not complied with
- 3 Parking on the Access Road or in gateways is only permitted for vehicles coming to the Terminal or with our written permission which will only be granted on a temporary basis
- 4 All normal road traffic rules apply including, but not limited to, no use of mobile phones when driving and helmets must be worn on motorbikes
- 5 The Access Road is not to be used for commercial purposes beyond those granted to owners and or tenants of land along the Access Road and business associated with South Hook LNG Terminal
- 6 All animals should be visible and kept under close control
- 7 All rubbish, including dog mess should be cleaned up and removed from the area



Supporting the wellbeing of our staff

Through our Social & Wellbeing initiatives, we are committed to supporting the health and wellbeing of everyone working at the Terminal. Often, this involves inviting local charities and support groups to the Terminal, giving greater awareness to a range of important health topics.

During 2019, we were pleased to welcome Emma Picton-Jones of the DPJ Foundation – a charity that is providing invaluable mental health support to rural communities across Pembrokeshire and Wales. From strategies to assist in our individual mental wellbeing to the support that we can offer to friends, family and colleagues, Emma's talk gave insight into an important topic.

Looking after our Environment: 'Zero Waste to Landfill'

South Hook LNG is committed to minimising waste, reducing the overall impact of the Terminal on the environment. One of our initiatives, the 'Zero Waste to Landfill' initiative, aims to send no waste to landfill or incinerators.

Since the initiative started in 2017, South Hook LNG has

generated significant water efficiencies and has more than halved the potable water used since 2015. At the start of this year, reusable water bottles were provided to all personnel on site, helping to further reduce the amount of single-use plastic that is consumed.



Helping to improve local biodiversity

To the west of the Terminal and part of the South Hook LNG site, lies the beautiful and environmentally important Nature Conservation Area (NCA). The NCA forms part of the Pembrokeshire Coast National Park and through close working with partners at the Pembrokeshire Coast National Park Authority (PCNPA), nature conservation initiatives have been very successful over the course of the past ten years. We are all very proud of the mosaic of habitats that have been improved, providing exceptional habitat for a wide range of diverse wildlife.

Human access to the NCA, continues to be closely controlled, minimising disturbance and thereby encouraging priority species to thrive. Thanks to strategic 'low key' management of the area such as grazing, a significant and diverse array of fauna and flora have been encouraged to flourish over recent years, contributing positively to the improvement of the biodiversity of the local environment in which we live and operate.

Excellent progress continues to be reported by expert ecologists, with a number of particular achievements having been noted, following recent biological recordings and surveys.

Some of our success stories

Marsh harrier spotted

The Wetland Bird Survey (WeBS) conducted recently, reported that autumn and winter continued to be good in terms of both the range of species and the numbers of birds, such as mallard, teal and gadwall, for which the NCA is a particularly good site.

Creating great excitement, was the presence of a marsh harrier in early 2019, possibly the first record of this species for this area. Other, more common birds of prey sighted regularly, include kestrel, buzzard and recently, the red kite.

The perfect bat roosting location

Within the secure boundaries of the Terminal, is sited one of the military fortifications, part of the Palmerston fortifications constructed during the 1860s, to defend the harbour of Milford Haven.

The South Hook Fort, part of these defensible barracks and located within the NCA, has provided the perfect roosting and hibernation site for a colony of horseshoe bats. In common with other bat species, horseshoe bats and their roosts are protected under UK law and must not be disturbed.



iStock.com/Piotr Krzeslak.



Looking back at 10 years of South Hook support in our community

Our short history has established South Hook LNG as a key player in the UK energy industry and we are proud of the contribution we make. We are equally as proud of our place in the Pembrokeshire community. Through our partnership with key community organisations we hope to bring about long-term sustainable and measurable benefits to our local communities.

Over the last decade, through our community engagement activities, we have supported over 1,000 local community groups, projects and initiatives that promote the areas of safety, environment, education and wellbeing; key areas that drive the day-to-day activities at the Terminal.

In 2014 we launched an innovative new approach to community partnerships with the partnership between South Hook LNG and Pembrokeshire Association of Voluntary Services (PAVS), a partnership that has provided us invaluable support and helped us build ever stronger relationships with community groups over the years.

Here we take a trip down memory lane, remembering a few of the community projects, initiatives and events that we have given financial assistance to, projects ranging from safety campaigns and biodiversity projects, to local schools and youth projects.



2010 PATCH (Pembrokeshire Action to Combat Hardship)
Provided financial assistance for families across Pembrokeshire.



2010 St Johns Ambulance
Contributed to the upgrade of new premises and training centre in Haverfordwest.

The South Hook LNG Community Fund, in partnership with PAVS, seeks applications from community organisations, initiatives and events that promote community enhancement in the areas of safety, environment, education and wellbeing.

For more information about applying to the South Hook LNG Community Fund and the eligibility guidelines, visit www.pavs.org.uk

2010 Milford United Under 16's cup final vs Tenby



2011 Pembrokeshire Castle
Supported the 12th Century fortress's first 'Proms in the Castle' with proceeds going to Pembrokeshire's Macmillan Cancer Support and Pembrokeshire Cancer Support.



2011 Torch Theatre, Milford Haven
Helped fund special headsets for the visually impaired.



2012 The British Heart Foundation Cymru and the Welsh Ambulance Service
Pembrokeshire Communities received lifesaving equipment.



2012 Adam's Bucket Full of Hope
Helping with the expansion of the charity's Centre, where support is offered to those undergoing cancer treatment.



2012 Hakin United



2013 Multiuser Path
South Hook contributed £40,000 towards a section of the path, making the journey from Hubberston to Herbrandston significantly safer and greener, whether by foot or by bike.



2013 2nd Milford Haven Sea Scouts
We helped fund refurbishment of premises.



2014 Milford Haven Museum
Our new exhibit launched at Milford Haven Museum. The installation and model LNG Carrier gives a further dimension to the Port's industrial history.



2014 Gelliswick Beach Clean
The maintenance of our beaches is vital, not only to protect the environment but also for the safety of the community using them.
This is just one of the many occasions over the years when South Hook volunteers have helped to clean the local beaches.



2015 Milford Haven Sea Cadets
Along with several partners, South Hook helped to finance new safety equipment for the Sea Cadets.



2016 Pembrokeshire Cancer Support
Contributing to reflexology sessions for those undergoing cancer treatment.



2016 Road Safety Wales Award
South Hook was formally recognised for the ongoing support that we give to community safety initiatives, following nomination by Pembrokeshire County Council.



2017 Stackpole Mencap Gardens
Assistance to help support people with learning difficulties by providing training and work experience.



2017 Mount Airey School
Helped schoolchildren produce a safety banner appealing to local motorists to slow down.



2017 Portfield Special Needs School
Helped to fund a wheelchair swing for pupils with severe and complex learning difficulties.

2018 Swim Narberth
Contributed to fundraising for equipment, enhancing changing facilities for disabled users at the pool.



2018 Tenby Surf Lifesaving Club
Helped finance new boards, supporting youngsters in developing important lifesaving skills.



2019 Coastlands School's Parent Teacher Association (PTA)
Following months of busy fundraising by the school, we were proud to be able to support this local initiative, promoting pupil's physical health and wellbeing.



2019 Neyland Yacht Club
Contributed towards a new safety boat for the Club.



2019 Milford Haven Carnival, hosted by Milford Haven Round Table
South Hook has continued to support the annual town carnival for many years, an important fun event for the whole family.

South Hook LNG’s Scholarship Programme: Supported local students in their chosen field of study

In helping Pembrokeshire students excel in their chosen field of activity, South Hook LNG’s Scholarship Programme was launched in 2016. The Programme encourages applications from local students seeking higher education in engineering, science or business related disciplines.

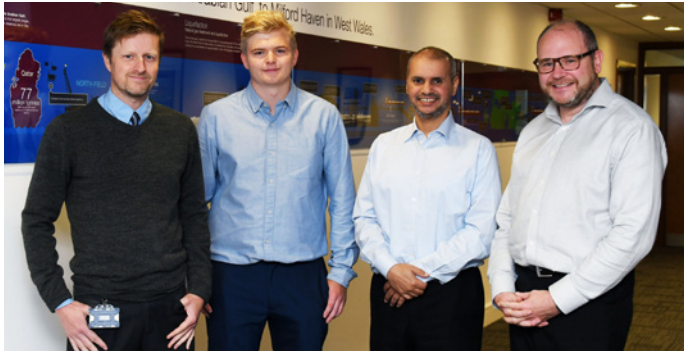
We are proud to be able to continue the educational development of local youngsters in this way and wish all our scholarship award winners the very best in their chosen career.



2016 Jessie-May Turner, a local student from Herbrandston and former Head Girl at Milford Haven Comprehensive School, was our first scholarship student. Jessie-May continued her studies with a Marine Engineering Degree at Plymouth University



2017 Simone Terry, former pupil of Sir Thomas Picton School, Haverfordwest, went on to do a Masters Degree in Chemistry at University of York



2018 Will Cahill, pupil of former Taskar Milward School, Haverfordwest, embarked on a Masters Degree in Chemical Engineering



2019 Aimee Garnish from Dale, former pupil of Milford Haven School is studying for a Business Degree with a focus on Human Resources at Surrey University



Welcoming students from Swansea University since 2015

Part of our ongoing relationship with Swansea University, we were delighted to welcome fifteen Chemical Engineering students to the Terminal in 2019.

The students, all in their second year of study, were given a presentation about the Terminal and a full tour of site, allowing them to get personal experience of the LNG industry and exposure to some of the technical terminology that is a part of our every-day operation.

Work experience at the Terminal

As part of our continued commitment to the local community and the development of local young talent, we have supported many local students by offering them a chance to experience work at the Terminal.

Gaining work experience is important, giving youngsters an insight into the type of work involved, as well as helping to develop general business awareness. It also provides a better understanding of the type of careers that are available, as well as demonstrating to prospective employers that the students have motivation and commitment.

During the summer of 2019, we gave three students the opportunity to spend a week at South Hook.



Sam Cahill

Sam is interested in Economics and spent a week with our Financial Reporting and Controls Team, as well as Process Operations.

Following his time at the Terminal, Sam was keen to say, “I have enjoyed my time at South Hook and have gained valuable experience and an insight into the financial workings of a large organisation.”

We wish all our students a bright and prosperous future.



Harry Gotham

Spending time with our Process Operators, as well as working in the Permit to Work Office, allowed Harry to see first-hand what it is like to work at an Upper Tier COMAH site.

Harry said, “The week was a great experience for me and gave me a good insight into what I want to do in the future.”



Sam Morris

Sam joined us for a week after completing his A Levels at Haverfordwest VC High School. Working alongside our colleagues in Technical Services, Sam experienced disciplines such as Process Engineering, Environmental Engineering, Integrity Assurance and Electrical Engineering.

Sam is now planning on taking a gap year whilst he makes his final decision on which university course to enrol on next year. Sam said “It has been a really interesting experience and I am very grateful for the opportunity to come to the Terminal. I am sure the insight will prove invaluable as I make my career decisions in the future”.

Provided learning opportunities for local school children and students

Proud to have given years of support to the Crucial Crew safety event

With safety being so important at South Hook, we are delighted to have been able to have given many years of support to the annual Crucial Crew Safety Event, co-ordinated by Pembrokeshire County Council's Road Safety Unit. Primary School students from across the County take part in the event, participating in a range of workshops run by the emergency services and other organisations, all designed to boost safety awareness among 10 and 11 year olds.

Since Crucial Crew began in 1993, over 24,000 Pembrokeshire school children have taken part in different events, receiving safety education and information across a wide range of topics, from coastal safety and road awareness, to domestic abuse and cyber bullying.



2015 Crucial Crew event

The pictures below show some of the workshops that children have participated in over the years



RNLI identifying dangers associated with open water activities



Western Power Distribution highlighting potential hazards when out and about



Paramedics teaching important lifesaving skills



Pembrokeshire County Council's Domestic Abuse Team sharing the invaluable support available

Supported local schools with our annual calendar competition

Over the course of the past ten years, hundreds of Pembrokeshire school children have participated in the annual South Hook Calendar Competition. Our themes have been chosen to support key curriculum activities, maximising the educational value of the competition and to inspire involvement.



2016 'Celebrating the Milford Haven Waterway' – Saundersfoot CP School



2018 'Recycle a Mascot!' – twelve winners

The invaluable work of Pembrokeshire Volunteers

Hundreds of community groups and charities across Pembrokeshire rely on the selfless dedication of its volunteers, without whom they would not be able to function. This includes invaluable public services such as supporting the elderly, supporting families who have children living with a life threatening illness, help with bereavement care and many others across the County. Support is also available from PAVS who play an invaluable part in assisting community and voluntary action. Volunteering can change people's lives by improving their wellbeing, alleviating loneliness and helping individuals to become active and involved within the community.

Many of the community initiatives that have received our support over the years rely very much on the commitment of its volunteers. We are proud, therefore to have been involved in initiatives in 2019, aimed at increasing awareness of volunteering opportunities that exist within Pembrokeshire, as well as events that acknowledge and thank the many active volunteers.

Pembrokeshire's first volunteering fair

National Volunteers' Week was celebrated in 2019 with a brand new event, organised by PAVS and supported by South Hook, as part of our ongoing commitment to local community projects.

The Fair was a great success with over 30 Pembrokeshire voluntary organisations hosting stands along Haverfordwest's Riverside Shopping area. The event attracted nearly 500 people who chatted with the community groups and organisations and seeking information about how they might be able to get involved with volunteering.



Sue Leonard Chief Executive of PAVS and Citizens Advice Pembrokeshire – winners of the Group Award (over 25) that recognises a group of volunteers within one organisation, pictured with representatives from South Hook LNG.

The first Pembrokeshire Volunteering Awards Ceremony

South Hook had the pleasure of supporting PAVS as the organisation held the 2019 Pembrokeshire Volunteering Awards Ceremony, showcasing the tremendous efforts of volunteers across Pembrokeshire.

Hosted at the Pill Social Centre in Milford Haven, Sue Leonard, Chief Officer of PAVS, spoke about each of the finalists, recognising and celebrating the extraordinary contribution their volunteering makes to local communities across the County.



Members of community groups, pictured with representatives from PAVS and South Hook LNG.

The Community Zone at the Pembrokeshire County Show

The Community Zone is an important opportunity for organisations to provide visitors access to important information from community led services, such as community transport and wellbeing projects, bereavement counselling and careers support. We are delighted to have been able to support PAVS for many years at the Show.

If you want to get involved in your community, you can search volunteering opportunities on the Volunteering Wales website <https://volunteering-wales.net/vk/volunteers/index.htm>



2019 Cllr Dr Simon Hancock (Chairman, Pembrokeshire County Council), special guests, representatives of the Community & Learning Zone, PAVS and South Hook LNG.

South Hook Community Days

The South Hook Community Days provide our staff with the opportunity to experience the invaluable work of the Pembrokeshire volunteering sector. The appreciation of the work involved, experienced through the activities of the South Hook Community Days over the years, has been so inspirational that many of our staff are continuing to volunteer in their own time.

Here we share with you just a few of the highlights of our staff volunteers helping out in the community.



2013 Glan-y-Mor Community Farm, Pembroke School

Green Links Community Interest Company was established in 2006 and is now one of the leading providers of vocational training in Pembrokeshire.



2014 Bloomfield Community Centre, Narberth



2014 Pembrokeshire FRAME

Provides a supportive working environment for individuals with disabilities. FRAME also promotes the use of sound environmental practices, upcycling household items which are then sold in the onsite FRAME showroom.



2015 Neptune's Army of Rubbish Collectors



2018 Pill Community Centre, Milford Haven



2018 Hakin & Hubberston Community Hall

Recognising our own Staff Volunteers and Fundraisers

The South Hook LNG Staff Participation Programme recognises the important part that our own fundraisers and staff volunteers play in their communities by match funding hundreds of volunteering hours that have been dedicated to local clubs and organisations.

Whether coaching youngsters to develop new skills in a safe environment, offering helpful advice on budget management or simply just offering a helping hand to ensure an important sporting fixture goes ahead, local community groups have benefitted from donations from South Hook over the years. Just a few of the more recent activities are highlighted here.

Congratulations to everyone who willingly gave up their free time during the course of 2019, either volunteering for a local community group or fundraising for a special charity that is particularly close to their hearts. These are just some of our staff who have volunteered or raised much needed funds over the years.



Milford United Football Club Under 9's

Neil, Operations Team

As coach, Neil has just completed his third season with the Club, helping to develop the boys' skills in a fun and pressure free environment and has enjoyed watching the team's confidence grow over the seasons.

"The Staff Participation Programme has been a massive help to our team and has enabled us to provide training equipment and balls. On behalf of Milford United Football Club U9's, I would like to thank South Hook for their continued generous support," commented Neil.



Cancer Research UK

Paul, Operations Team

Paul's mother tragically lost her fight against lung cancer five years ago and in memory of his mum, Paul was inspired to support Cancer Research UK, by completing not one, but five endurance events!

Paul was keen to thank South Hook for match funding monies raised and glad to be able to give something back to the charity that offered such invaluable support to his family.



RNLI Pembroke Ladies Lifeboat Guild

Star, Technical Services Team

Star took the opportunity to raise funds for the local RNLI by supporting the charity's Fun Walk/Run event across Castlemartin Range, at the same time benefitting from the Company's match funding scheme.

Star said, "The RNLI ladies are lovely and are fundraising all year round, so it was nice to contribute our sponsorship money towards a great cause."



Pembrokeshire Yacht Club

Julian, Business Services Team & Christian, Operations Team

Both keen sailors, Julian and Christian are responsible for organising and teaching the children how to sail, along with maintenance activities, ensuring the fleet of boats are kept in good condition.

"Monies received from South Hook helped us maintain our fleet of training boats primarily", said Christian. "It also helps to buy extra safety equipment, such as handheld flares and first aid kits."



Tŷ Hafan

Adam, Operations Team

Tŷ Hafan is a leading Welsh charity which provides comfort, care and support to children with life-limiting conditions. Adam's son has been receiving support from the organisation for over twelve years.

In July last year, Adam joined a group of Tŷ Hafan's Dads fundraising for the children's charity. The group climbed 5 mountains in 55 hours, taking on Ben Nevis in Scotland, Scafell Pike in England, and Snowden, Cadair Idris and Pen y Fan in Wales. A combined height of 5,187m, covering over 36 miles!

The Dads raised a staggering £37,500 and, as a result, were nominated in the final 3 for the Fundraising Team of the Year at the annual Just Giving Awards in London. The group of Dads won the Award and the Tŷ Hafan hospice was placed in the spotlight for all the great work they do. What an achievement!

Adam said "My heartfelt thanks to South Hook for contributing once again. We just want to prove that, no matter what obstacles lie before you, you can accomplish anything."

Milford Haven Golf Club Junior Section

Andrew, Operations Team

As Competitions Secretary, Andrew is actively involved, helping to inspire the Club's young members to become 'bitten by the golf bug!'

The monies received from South Hook have contributed towards the running of the junior golf academy through the winter months, encouraging the juniors continued involvement.



Continuing to give a helping hand to local community groups during 2020

Returning to the present day, we continue to support our community and here we share with you a few initiatives of 2020.

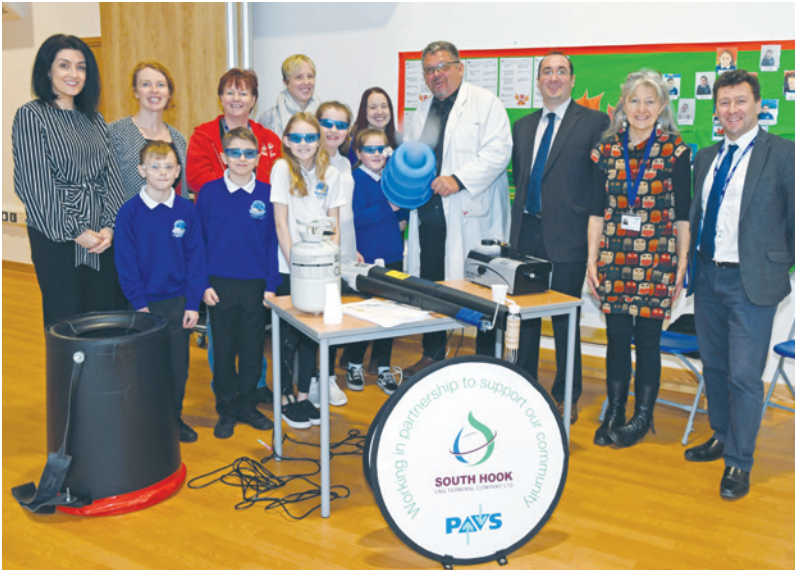
Helping to inspire young scientists!

Following a successful application to our Community Fund, we are pleased to be supporting a new project which aims to encourage the next generation of young scientists in our county.

'Professor Whizz's World of Gases' is a series of extra-curricular courses, organised by the Friends of Springboard, a group of parent volunteers who work to secure funding for projects that benefit new learning opportunities for children and their families.

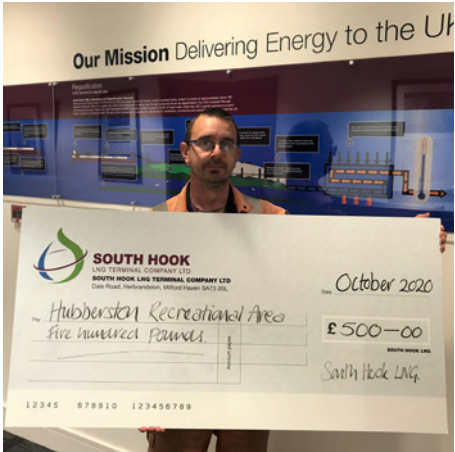
Supported by Pembrokeshire County Council, we were pleased to have attended the project launch in January, where a taster of the course experiments was met with an enthusiastic reception amongst Key Stage 2 pupils at Gelliswick School.

Professor Whizz, the former Head of Science at Tasker Milward School, Jon Sharpe, has developed the course to include experiments in areas, such as properties of solids, liquids and gasses, pressure and the different temperatures and densities of gasses and importantly how to stay safe, when working with gasses.



South Hook Safety Quiz

Congratulations to our four winners who won £500 for each of their chosen Pembrokeshire charity or organisation. Not pictured: Anthony's chosen community group was Sandy Bear Children's Bereavement Charity



Andrew
Hubberston
Recreational Area



Joshua
St Ishmaels Sports
& Social Club



Wayne
Pembrokeshire MacMillan
Cancer Support

We are pleased to have been able to continue offering financial assistance through the South Hook LNG Community Fund, in partnership with PAVS, throughout the course of this year. The following organisations are just a few of those that have been supported following successful applications.

Hubberston & Hakin Community Centre. Support was given towards the costs of a new boiler and heating system.

Sandy Bear Children's Bereavement Charity. Funding to support the development of a therapeutic project, supporting young children and their parents/carers.

Royal British Legion Milford Haven Branch. Following close work undertaken with local schools and history groups, a permanent

countrywide record of local involvement in WW2 has been produced.

Angle Community Council. Assisting the Community Council to upgrade the village's play park.

Haverfordwest Town Museum. Based in an old building in the castle grounds, a new touchscreen platform downstairs will provide access to displays upstairs, facilitating wider community access to Pembrokeshire's history.

Ruskin Mill Trust. This organisation works with vulnerable children and young people across the County that have learning disabilities, giving them the opportunity to overcome barriers to learning in the fields of arts, crafts, commerce, agriculture, nutrition, living skills and the environment.

The application process for the Community Fund will continue into 2021. Look out for the application dates by going to the PAVS website www.pavs.org.uk/

Supporting the many wonderful Pembrokeshire Community Volunteers

If there was one year that really needed a huge 'thank you' to the many Pembrokeshire volunteers and a chance to celebrate - this would be it!

In more 'normal' times the Volunteering Awards 2020 would have been a celebratory event in a community building with food and entertainment. This year however, the Awards which were organised by PAVS and supported by South Hook, took place in a virtual setting.



There were nine categories this year, including the Community Support Groups (and their volunteers) who began helping people in their local communities during the first lockdown. It is through their commitment and hard work that many people were able to stay at home and know that they would get food, prescriptions, someone to chat to over the phone, or even have their dog walked. Many existing volunteers were re-deployed from their normal volunteering roles or took on completely new roles, and for some this was a chance to be a volunteer for the first time ever.

Not forgetting all the more 'formal' organisations, and their volunteers, who had to adapt their services to continue supporting people across Pembrokeshire.

Keeping our children safe with Crucial Crew

We are proud to be able to continue our support of the Crucial Crew Safety Event, albeit in a virtual format this year.

Organised by Pembrokeshire County Council, online videos covering a number of Agency workshops and talks, will be delivered to the classes, teaching school children important safety skills and how to behave safely in a wide variety of situations.

Education at the 'Root' of new partnership

At the start of this year, representatives of Pembrokeshire Coast National Park Trust visited the Terminal, launching the partnership education project 'Gwreiddiau/Roots'.



South Hook LNG's General Manager Hamad Al Samra and Senior Environmental Engineer Dr Shane Evans are joined by Pembrokeshire Coast National Park Trust Trustees, Paul Harries and Duncan Fitzwilliams, Director Jess Morgan and Education Ranger Tom Bean



Reconnecting children with their local environment



Coastlands schoolchildren on Trewarren Farm, St Ishmaels.

'Roots' is an exciting new project that we are involved with – partnering the recently formed Pembrokeshire Coast National Park Trust. The project aims to educate local schoolchildren about their local environment, particularly to understand the growing season of local produce. Interactive workshops will help the children grow their own produce, harvest it and importantly how to cook and eat it, sampling the delights of fresh locally produced ingredients.

Children from Coastlands School were trialling 'Roots' during the autumn of 2019. From the harvesting of apples at St Brides, and then making chutney with the local branch of Dale W.I., to digging for wheat plants and worms at Trewarren Farm in St Ishmaels, the children learned in a very interactive way.

The Welsh Government's Education Minister Kirsty Williams AM, visited Coastlands CP School during November 2019, along with representatives of Pembrokeshire County Council, the Pembrokeshire Coast National Park Trust and South Hook LNG.

The Minister described the project as 'fantastic' saying "It fills my heart with joy when I see such amazing work being done. This is a perfect example of what we can offer our children and it is wonderful to see how capable

they are of embracing this project and learning from it."

The Minister and other guests enjoyed tasting the apple chutney and apple juice made by the pupils, as well as slices of the heritage apples they picked in the orchard. Roots is a project that echoes values of education, environment and wellbeing that are central to our ongoing community engagement at South Hook, and we are pleased to be working with Pembrokeshire Coast National Park Trust in the delivery of the Roots/Gwreiddiau project.

School children from a further four local schools are now involved with

the Roots project, helping them to understand where food comes from and the importance of eating healthily. From creating raised potatoes beds and vegetable patches and even harvesting their own wheat, to building chicken runs and planting mini orchards, children are getting real hands on experience.

We look forward to sharing with you other activities that the children have been involved in as part of our new Roots initiative – and what they have cooked with their fresh locally sourced ingredients and who they shared it with!



Pictured are pupils Emma, Gwenllian, Sophie and Oliver with (left to right) Tom Bean, Julian Owens South Hook LNG, Rosalyn Llewellyn, Cllr Guy Woodham, Sonja Groves Head Coastlands School, Education Minister Kirsty Williams AM, Cllr Paul Harries, Trustee of the Pembrokeshire Coast National Park Trust and local County Councillor Reg Owens.