

SOUTH HOOK LNG

seasons

Issue 9 2018

Industry and Nature side-by-side



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Welcome...

to the 2018 edition of our Seasons Community Newsletter.

Through the pages of this Newsletter, we share with you some of our achievements at South Hook LNG Terminal, over the course of the past twelve months. Marking a particularly important milestone for us in October 2018, was the arrival of our first cargo from the United States.

Continuing our close working relationship with Pembrokeshire's first line response Agencies, we hosted a familiarisation visit earlier in the year, welcoming representatives of Dyfed Powys Police, Pembrokeshire County Council, the Fire Service, the Welsh Ambulance Trust, Milford Haven Port Authority and Natural Resources Wales (NRW). The visit was an important opportunity to continue building relationships with local Agencies, and supported the full Emergency Preparedness Exercise that we held during November.

We have also been pleased to welcome a number of guests to the Terminal, including the Rt. Hon Alun Cairns MP, Secretary of State for Wales, as well as representatives of our Shareholder companies, who enjoyed a tour of the Terminal during a cold, but beautiful Autumn day.

Care for the environment remains a strong focus for us at South Hook LNG and we work closely with the Pembrokeshire Coast National Park Authority (PCNPA) to manage an area to the west of our site, known as the Nature Conservation Area (NCA). Page 8 of this newsletter shares with you some of the species that a team of local expert ecologists recently discovered in the NCA; one of these being a particularly important find for Pembrokeshire.

We have continued a busy programme of activities in our community over the past twelve months, helping local projects that focus on the South Hook LNG values of safety, environment, wellbeing and education. As well as the direct financial assistance that we are able to offer, we have supported many of our staff, as they dedicate their time to volunteering and fundraising activities. Much of this newsletter focusses on their personal stories.

Welcoming our first cargo from the US, marking an important milestone at the Terminal.



Yari LNG at berth

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

Emergency response preparation and training



The COMAH (Control of Major Accident Hazard) Regulations 2015 set out by the Health & Safety Executive (HSE), aim to prevent major accidents from happening and in the unlikely event that one does occur, aim to limit the consequences to our neighbours and to our environment.

Training staff who are involved in emergency planning and response is fundamental to an organisation's ability to handle any type of emergency. South Hook LNG has an ongoing programme of emergency exercises, forming a critical part of our emergency preparedness. In 2018, a range of training has taken place, including desktop exercises

and engagement with external agencies, regarding their roles and responsibilities in an emergency at site.

In line with COMAH Regulations and integral to our regular testing, we recently completed a full-scale exercise, which included the invaluable involvement of the emergency services and other responding agencies such as NRW.

Community safety information

COMAH Regulations also state that we must provide information to residents and businesses within a specified area, known as the Public Information Zone (PIZ). Our community booklet, shown here, provides details of the necessary actions to take in the unlikely event of an emergency at our site. As a courtesy, we also ensure that our closest neighbours, who live just outside the PIZ, receive the booklet too. You can also find this booklet and other emergency information, on our website:

www.southhooklng.com/community-and-environment/emergency-information/



COMAH Alarm

A special alarm, known as a COMAH Alarm, will be sounded in the unlikely event of an incident at site that may have implications for those within our Public Information Zone (PIZ). The COMAH alarm can be clearly heard outside the South Hook LNG site.

The **COMAH Alarm** sound has a distinctive sound - **an intermittent tone.**

The **All Clear Alarm** is a **single continuous tone** and this tone will be sounded when the incident is over.

COMAH Alarm Test Dates

You can hear these alarms when they are tested on the **first Tuesday of every quarter at 2.30pm and again at 7.30pm:**

- January
- April
- July
- October

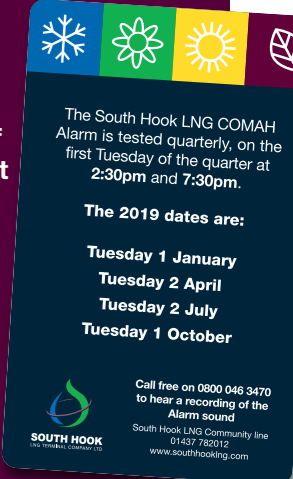
The fridge magnet, enclosed with this newsletter, informs you of the quarterly test dates for 2019. Pop it on your fridge to remind yourself of these dates.

Do you know what the COMAH Alarm sounds like?

Telephone Freephone: 0800 046 3470 to listen to the COMAH Alarm and the All Clear Alarm.

The Freephone message also repeats the emergency instructions provided in the Community Safety Information booklet.

This specific COMAH Alarm is only sounded if there is a potential for an event at site to have off-site effects.



South Hook LNG has been receiving LNG since commissioning in 2009 and plays a crucial role in contributing to the UK's energy needs.

Liquefied Natural Gas (LNG) is natural gas, mainly methane (CH₄) that has been condensed into a liquid by cooling it to approximate minus 160° C. LNG takes up about 1/600th the volume of natural gas in its gaseous state, making it easier to ship.

Since the receipt of the first cargo in March 2009, the Terminal has processed around 61 million tonnes of LNG - enough natural gas that, if supplying London alone, would keep the city going for approximately 10 years.

43 members of staff have achieved 10 years' service with South Hook LNG.

During the first nine years of operation, South Hook LNG has received almost 600 vessels and regasified around three quarters of the total LNG imported into the UK.

Whilst we have the ability to provide around 20% of UK natural gas needs, we have also demonstrated the flexibility of the Terminal, delivering just over 30% of the country's gas during one particular day, providing security for homes, businesses and industry across the UK.

Natural gas burns more cleanly and efficiently than other fossil fuels, with carbon emission significantly lower than coal.

The LNG starts its 6,140 nautical mile voyage from Qatar through the Arabian Gulf, Red Sea, Suez Canal and the Mediterranean to reach Milford Haven in West Wales. The voyage takes around 18 days. Take the journey by clicking on the Supply Chain animation on our website: www.southhooklng.com/liquefied-natural-gas/the-supply-chain/

A view of the Al Mayeda at berth, taken on a misty morning from Angle.

Proud to welcome our Shareholders to site



Our Shareholders are three of the world’s largest and most experienced oil and gas companies. These are Qatar Petroleum, ExxonMobil and Total.

It is always a pleasure to welcome the South Hook LNG Board of Directors to the Terminal, particularly during such beautiful autumnal weather!

Following a number of meetings and discussions around business and operational activities, our guests spent the afternoon visiting the Central Control Room and the Process Area where the liquefied natural gas (LNG) is stored and then returned to its gaseous state.



Welcoming the Secretary of State for Wales to South Hook LNG

Earlier this year, The Rt. Hon Alun Cairns MP, Secretary of State for Wales visited the Terminal to see at first hand, our operational activities.

Our guest spent some time touring around the facility and chatting with members of the Operations team in the Central Control Room, where all ship unloading, gas send out and routine operations are managed.

We were delighted to welcome the Secretary of State for Wales to the Terminal and are proud of the crucial role that we play in ensuring UK energy security, where operational reliability is underpinned by the highest of safety standards.

The Rt. Hon Alun Cairns MP, Secretary of State for Wales with Rob Else, former General Manager and Hamad al Samra, new General Manager.

Sharing our knowledge with industry representatives



Sharing best practice within the oil and gas sector, we welcomed representatives from Qatar Petroleum, our majority Shareholder Company, who were hosting a team from the Kuwait Integrated Petroleum Industries Company (KIPIC).

The visitors also spent time out on site familiarising themselves with different aspects of operations, including vessel unloading activities.



Pembrokeshire Friends of Prostate Cymru speak to the team

We were pleased to welcome representatives of the local branch of Prostate Cymru to site, as part of our ongoing programme of Wellbeing.

Aimed at both men and women, the talk by Brian, Dilwyn and John provided our teams with an increased awareness of prostate cancer and of the importance of regular health checks and the detection of early symptoms.

As the most common cancer amongst men in the UK, we were keen to heighten awareness within the team and are grateful to Pembrokeshire Friends of Prostate Cancer for their time and sensitivity in delivering a hugely valuable talk.

A donation was given by the Company, as a way of showing our appreciation.

Working alongside nature

One third of our site (approximately 110 acres) on the western side of the Terminal, falls within the Pembrokeshire Coast National Park Authority (PCNPA) area and has been specifically set aside as a Nature Conservation Area (NCA). We work very closely with the PCNPA and wider stakeholders to monitor and carefully manage the NCA for the benefit of nature conservation and this includes regular assessment of the ecological condition of the area.

One misty morning in June 2018, a team of local expert ecologists visited the NCA to record and collect data on various aspects of the site's biodiversity and habitats. The Recorders collected detailed information on the numerous species of interest, including butterflies, dragon and damselflies, bees, flowering plants and birds, as well as collecting data on small mammal activity and condition of the local habitats.

A Biological Recorder conducting research in the NCA.



Silver-studded Blue Butterfly

The Biological Recorders were very complimentary about the conservation monitoring and 'low key' management activities that we have implemented. They also commented on how the biodiversity of habitats within the NCA have developed and been encouraged since the last large scale biological monitoring exercise, conducted in 2010. The latest recordings of species and habitats will help inform and shape future monitoring and management activities moving forwards.

The 'story of the day' was the confirmation of a colony of Silver-studded Blue Butterflies, an important find in Pembrokeshire. The dazzling Silver-studded Blue is a rare butterfly of heathland habitat. It has undergone severe population decline in recent years and the data indicated that this rare species appears to be doing well in the NCA.

Other more common species, such as the common grass moth *Chrysoteuchia culmella* and caterpillar of the 'The Drinker' moth were also recorded.

'The Drinker' moth is most frequently found in marshy places, fens and riversides but may also be seen in drier, grassy terrain. The species' common names derives from the larva's supposed drinking of drops of dew.



Above: Common grass moth *Chrysoteuchia culmella*
Top: Caterpillar of the 'The Drinker' Moth
Photo credit: Mrs Annie Haycock of rushmoorphotos.co.uk

The results demonstrate the excellent progress that continues to be made in the NCA and reflects how industry and nature are able, not only to exist, but thrive together, side-by-side.

Doing our bit for the environment

We are continuously looking for ways to reduce, reuse and recycle waste and over the past year, the Terminal has:

1.Despite small quantities of waste generated at site, we still diverted around 4 tonnes of food waste from landfill.

All food waste is now sent offsite to be recycled by anaerobic digestion, where it is broken down to produce nutrient rich bio-fertiliser. This process happens in the absence of oxygen in a sealed, oxygen-free tank called an anaerobic digester. Anaerobic digestion is recognised by the Government as one of the best methods for food waste recycling, preventing significant amounts of carbon dioxide from entering the atmosphere.

2.Replaced all disposable cups with recyclable coffee cups.

3.Reduced potable water (drinking water), through water use efficiencies on site.


Whilst we are proud of these positive results, everyone at site is encouraged to keep up the good work, continuing our focus to 'reduce, reuse, recycle'.



Helping to give young people experiences and an insight into working life

Our Work Experience Programme

Team members at South Hook LNG with friends and family members in secondary school education, were given the opportunity to invite students to spend a week's work experience at site. We were delighted to welcome Hollie, Ethan and Tomas, as part of our Work Experience Programme.



Hollie Lewis

Having just completed her GCSE's, Hollie was unsure which career path to take. The week spent with the Financial Reporting & Controls, Human Resources, Procurement and Public Relations teams at South Hook LNG, has given Hollie an insight into a broad range of career possibilities.



Tomas Griffiths

The short time spent at South Hook LNG has inspired Tomas to take up an Engineering Apprenticeship, having enjoyed a week spent at site. Tomas said, "Thank you to all those who took time out of their day to help me. I was made to feel very welcome."



Ethan James

Ethan is studying IT at Pembrokeshire College and was grateful for the opportunity to spend a week with the Technical Services Team, observing engineers maintaining the integrated control and safety system. Ethan thanked the Company, saying, "I felt very inspired by my time here and got a lot from the experience."



Degree students visit the Terminal

A group of chemical engineering students from Swansea University were recently welcomed to site, giving them the chance to meet and chat with members of the Operations and Technical Services Teams. A tour of the process area and Control Room gave the visitors an overview of the regasification process and an indication into how their studies may be applied within the industry.



Will Cahill with South Hook LNG's General Manager Hamad Al Samra, Operations Manager Ken Hurley and HR Manager Andy Street.

South Hook LNG Scholarship Award



Following successful A Level results, Will Cahill, a pupil of the former Tasker Milward School, is embarking on a four year Masters Degree in Chemical Engineering, including a year in industry. Will was one of many local students to apply for the Company's annual Scholarship, which along with a written application, also involved giving a presentation as to future career aspirations. Will's interest in Chemical Engineering began at a young age with him commenting, "I have always been interested in how things worked and where our everyday items that we take for granted come from. Chemical Engineering is the perfect balance between problem solving and creativity so I am inspired to pursue a degree in the subject." South Hook LNG's Scholarship Programme encourages applications from local students seeking higher education in engineering, science or business related disciplines. Details for how to apply to the 2019 Programme will be available on the Company's website next year. We wish Will all the best as he starts life as a student!

Our Community Liaison Group

The South Hook LNG Community Liaison Group (CLG) is an important forum where your elected community representatives meet with our management to share information and discuss key topics and feedback from our neighbours. Topics discussed at the latest meeting included the arrival of an LNG cargo from the US on board Yari LNG and an update on the Terminal's COMAH exercise in November 2018. Your representatives and members of the current South Hook LNG CLG are:

- St Ishmaels County Councillor - Councillor Reg Owens
- Mayor of Milford Haven - Councillor Rose Gray
- Hakin Ward representative, Milford Haven Town Council - Councillor Eric Harries
- Hubberston ward representative, Milford Haven Town Council - Councillor Alun Byrne
- Herbrandston Community Council representative - Councillor Des Galdo
- Angle Community Council - Councillor Danny Richards



As partners prepared for this year's event, celebrations for the milestone anniversary began earlier in the year. A competition launched by the Local Authority saw the creation of a celebratory banner. Proud winner of the competition: Wriana Samsam from St Mary's RC School, Pembroke Dock, with Pembrokeshire County Council's Kirstie Donoghue, Assistant Road Safety Officer and South Hook LNG's PR Manager Mariam Dalziel.

Supporting Pembrokeshire communities Celebrating success at the 25th annual Crucial Crew safety event.



Pictured with the celebratory cake are Cllr Phil Baker, Cabinet Member for Planning and Infrastructure, Phil Thompson, one of the founder members of Crucial Crew and Mariam Dalziel, PR Manager South Hook LNG.

With the continued support of South Hook LNG, Pembrokeshire County Council's Crucial Crew event has, once again, been a great success, providing important safety advice to almost 1,300 year six pupils from local primary schools. Marking the 25th anniversary of Crucial Crew, representatives and partner agencies proudly celebrated the key milestone for the event, having passed on safety learnings to over 30,000 youngsters across the County, since the first session. Through a range of interactive and engaging workshops, the children participated in a variety of fun activities, receiving guidance on how to stay safe in typical everyday situations, from safety on the beach or the internet to raising awareness on how to keep safe on the road and understanding the importance of food hygiene. Agencies at this year's Crucial Crew were Pembrokeshire County Council's Road Safety, Food Safety and Domestic Abuse teams, Western Power Distribution, the RNLI, Dyfed Powys Police and Mid and West Wales Fire & Rescue Service. We congratulate teams at Pembrokeshire County Council and participating agencies for their commitment and support to Crucial Crew over the years. We are proud to continue our involvement.

The South Hook LNG Community Fund

Through our Community Engagement Programme, we aim to support local community projects that promote areas of safety, environment, education and wellbeing. Over the years, South Hook LNG has supported community projects, initiatives and events, ranging from safety campaigns and biodiversity projects, to local schools and youth projects.



Our relationship with Pembrokeshire Association of Voluntary Services (PAVS) for the delivery of our Community Fund continues to support the applications of community and voluntary groups across Pembrokeshire. If you would like to apply for funding support for a group or organisation that you are involved with, details of how to apply can be found on the PAVS website (www.pavs.org.uk).

The Community Zone returned to Pembrokeshire County Show

The Community and Learning Zones at the County Show last summer, once again proved very popular – attracting over 5,500 people over the three days. As well as meeting various community organisations present, visitors could also obtain free careers advice and details on relevant courses or support services that might be of interest.



Organised by Pembrokeshire Association of Voluntary Services (PAVS), and supported by South Hook LNG Terminal, the Community Zone was a hive of activity throughout the Show, allowing visitors to access important information about a range of community-led services, available to the public.

From community transport and wellbeing projects to bereavement counselling and carers support, a range of organisations were on hand to offer advice and guidance, whilst raising awareness of volunteering opportunities available across the County.

Community and voluntary groups at this year's Community Zone, included:

- Adlerian Society of Wales
- Big Lottery Fund
- British Red Cross
- Burns in the Community
- Campaign to end loneliness
- Community Connectors/PAVS
- Cruse Bereavement Care
- CWTCH
- FutureWorks / Communities for Work
- Hafal Crossroads
- Hafan Cymru
- HDHB Community Health

- Heritage Llangwm
- LINC Project (Transportation initiative linking rural communities)
- Menter Iaith Sir Benfro
- MS Society Pembrokeshire
- Pembrokeshire Association of Community Transport (PACTO)
- Pembrokeshire Local Action Network for Enterprise and Development (PLANED)
- Primary Care Hywel Dda Uni Health Board
- West Wales Action for Mental Health (WWAMH)
- Workways +
- 2 Wish Upon A Star



Helping to keep our youngsters safe on the roads

Earlier this year, along with several other organisations, South Hook LNG Community Fund provided support to the Friends of Pennar School, assisting them with the purchase of cycle helmets that will help children stay safe on the roads. Pennar Community School encourages its pupils to either walk or cycle to school, promoting a healthier lifestyle and a healthier attitude amongst its youngsters.

SwimNarberth supported with new equipment

SwimNarberth, the Community Incorporated Organisation (CIO) that took over the running of the pool in 2014, applied to the South Hook LNG Fund, for help in purchasing a changing bed and tracking hoist, allowing disabled swimmers and their carers to enjoy the pool, more comfortably. The project has considerably enhanced changing facilities for disabled users at the pool, following a contribution of £5,000 from the Fund.



Lifesaving Club given a boost with new boards



The popular Tenby Surflink club based at South Beach, is a registered charity with around 100 junior members - some as young as eight - who are learning valuable knowledge about water safety. Many members go on to take up part-time placements with the RNLI, helping to keep Pembrokeshire beaches safe during the summer months. Following support from the South Hook LNG Community Fund, ten new nipper surfboards are now helping youngsters develop important lifesaving skills in the south of the County.

Helping to develop green spaces

In Haverfordwest, an area known as the Priory Saltings, once used as a rubbish tip, has been transformed, following a project involving the local County Council and Environmental and Countryside Conservation students from Pembrokeshire College. Haverfordwest Town Council secured £5,000 through the South Hook LNG Community Fund, to get the project off the ground. The project, involving the construction of a boardwalk pathway across wetland, was supplemented by the planting of 420 native tree saplings by the students and other volunteers. To thank the students for their commitment and passion to the project, town mayor Cllr. Sue Murray presented the Haverfordwest Mayor's Award 2018, on behalf of the Town Council.



Photos: Pembrokeshire Photography



Giving a helping hand to our community fundraisers

The South Hook LNG Community Participation Programme also offers match funding to personnel fundraising for their chosen charity and a number of organisations have benefitted recently from their inspirational activities.



Withybush Hospital Cancer Day Unit
Chris, Operations Team
Chris undertook the demanding 100-mile Pembrokeshire Coastal Race last year! Chris lost both parents to cancer, so decided that Withybush Hospital Cancer Day Unit would be a worthy charity to benefit from the fundraising. Chris raised £1,100 and was keen to thank South Hook LNG for their donation.



Paul Sartori Hospice
Damien, Jeremy, Jason and Eoin - Technical Services and Operations Teams
The team of four participated in the 90-minute motorsport event, raising much-needed funds for Paul Sartori, a Pembrokeshire charity that offers invaluable care and advice for those in the later stages of a life limiting illness. The match funding helped to contribute to this great cause.



Ty Hafan Hospice
Adam, Operations Team
Adam took on the gruelling 5in55 challenge, raising money for Ty Hafan Hospice, a Welsh charity that provides holistic palliative care for children. Adam's son has been going to Ty-Hafan for eleven years and over this time, the family have received much support. The challenge included walking 5 mountains in 55 hours! Starting with Ben Nevis, then Scafell Pike in the Lake District and then onto Wales to conquer Snowdon, next Cadair Idris and then the final peak - Pen y Fan in the Brecon Beacons. Adam said, "A big thank you to all who contributed to this amazing charity and helped me raise over £3,000."



Macmillan Cancer Support
Mike, Business Services Team
Following the sad loss of his dad, Mike made the decision to do some fundraising for two charities - Macmillan Cancer Support and The Bracken Trust Cancer Support Centre - by canoeing 115 miles around Lake Geneva in Switzerland! Mike said, "It felt good to be able to give a little something back to two charities that supported my dad and family through 14 difficult years. The match funding will help towards this."



Crohn's & Colitis UK
Neil, Operations Team
Neil's wife struggles on a daily basis with Ulcerative Colitis, for which there is no known cure. So committed was Neil to the cause of raising as much money as possible, to help finance pioneering research by Crohn's & Colitis UK, that he entered, not one, but two events - the Cardiff Half Marathon and the Dale 10k event, scheduled within two weeks of each other! Financial support received from South Hook LNG will go towards helping to identify better treatments and life changing support and hopefully, someday, a cure.

You can read more about our wonderful volunteers and fundraisers on the community pages of our website - www.southhooklng.com/community-and-environment/



Community Volunteering

The South Hook LNG Community Days

In 2018, our Community Days gave teams of staff volunteers the opportunity to spend a few hours, providing hands-on help to two local community centres.

Hubberston & Hakin Community Centre

The Community Centre in Hubberston holds fond memories for many of the team at South Hook LNG, having grown up in the area.

Leased from Pembrokeshire County Council, a Board of Trustees has established a community-led charity to manage the Centre, encouraging involvement from a wide range of community groups. Regular events held at the Centre already include a daily playgroup, senior citizen lunches, keep fit classes and many other activities

Secretary of the Centre's trustees Viv Stoddart said "The South Hook team did an amazing transformation of the Centre's two key areas. The Trustees are so grateful for their efforts and the quality of their workmanship. The Centre was under threat of closure, but now, thanks to the community coming together, and the support of local companies such as South Hook LNG, the Centre's future looks bright."



South Hook LNG volunteers makeover the Pill Centre

A second Community Day in the year, saw a team of willing volunteers take on the challenge of painting the main hall at the Pill Social Centre in Milford Haven, giving a fresh new look to the hugely popular community venue.

Colin Sharp, Chairman of the Pill Social Centre said, "The Pill Community Centre

is extremely grateful for all the hard work on the day. All South Hook staff work so hard in the Community and their painting of the main hall made a real difference."

The Centre has been serving the local community for more than six decades. From rehearsal space for local clubs and community ventures to the home



of 'Christmas Together', the Pill Social Centre is a focal point within the community and is run by a dedicated team of volunteer Trustees.

Both Hubberston & Hakin Community Centre and Pill Social Centre play an important role at the heart of the community.

Keeping our beaches clean and safe



On a sunny late afternoon, armed with bin bags and litter pickers, a team of volunteer beach cleaners from South Hook LNG and our neighbouring village, Herbrandston, scanned the beach, collecting an array of refuse.

Keeping our beaches clean is important, both for the families that use them and for the protection of the environment and marine life.

Max and Leo, our two youngest volunteers, proudly show the catch of the day!



Supporting the volunteering efforts of our people

A number of people who work at the Terminal spend hours of their own time involved in community ventures that have personal meaning.

Through the South Hook LNG Staff Participation Programme, we acknowledge the commitment and long hours that our volunteers dedicate to teams and clubs that they support, by providing financial assistance.



Wiseman’s Bridge Rowing Club
Simon, Operations Team

Simon has provided instruction at the club for over 12 years to anyone that wants to learn to row, regardless of age, gender or ability!

The match funding has meant that the club has been able to continue their high standards of training.



Hakin United Under 7’s Football Team
Jamie, Operations Team

Jamie helps to coach the Hakin United under 7’s Football Team and last year they proudly won one of the County football tournaments.

The donation received from South Hook LNG has supplied training tops and equipment for the squad.



Templeton C.P. School PTA
Alex, Business Services Team

Now into her sixth year volunteering as Treasurer at Templeton C.P. School, Alex spends much of her free time preparing the school’s annual accounts and helping to fundraise.

Monies received from South Hook LNG have allowed the school to purchase literacy and numeracy games for the children, as well as helped the development of a school’s Nurture Group.



Pembrokeshire Yacht Club
Christian and Julian, Operations and Business Services Teams

Christian and Julian dedicate many hours of their spare time to the Pembrokeshire Yacht Club (PYC) and funding received has been invaluable, helping with the purchase of expensive, essential safety equipment, such as VHF radios and a safety boat engine.

Volunteers are essential to the club. Christian said, “We work hard to secure grants to keep the club running safely. We are very grateful to South Hook LNG for its support.”



Tenby Under 7’s Football Club
Anthony, Operations Team

Anthony helps to coach the youngsters of the Tenby under 7’s team and the team has had a very successful first season, winning the Pennar Robins tournament.

The support from South Hook LNG will help finance a set of new goals.



Milford Haven Juniors Under 12’s Teams
Karl, Operations Team

Karl dedicates much of his spare time to chairing and coaching the Milford Haven Junior Rugby Under 12 teams, whilst also coaching and organising fixtures for the Milford Haven RFC Minis too!

“Everyone at the club is very grateful for the donation received from South Hook LNG,” said Karl.

Haul by NARC divers recovered unused commercial fishing equipment (‘ghost pots’).



Milford United Under 8’s
Neil, Operations Team

Neil is an active member of the coaching team at Milford United under 8’s, giving children of all abilities the chance to learn football in a friendly and safe environment.

“The Staff Community Participation Programme has been a massive help in allowing the coaching team to provide financial support for the club,” said Neil.



Neptune’s Army of Rubbish Cleaners (NARC)
Andy, Operations Team

NARC’s volunteer divers continue the battle to keep Pembrokeshire’s fragile underwater environment clean, supporting the many diverse habitats and wildlife.

“Marine litter is big global problem. NARC is trying to make a difference around the County’s coastline,” explained Andy. “The donation received from South Hook LNG, will help the group continue its important work. This support is really appreciated.”

Friends of Cleddau Reach VC School
Adrian, Business Services Team

Keen to give something back to the school that his little girl attends, Adrian is now an active member of the Friends Association for Cleddau School. “The school is keen to thank South Hook LNG for the kind donation which has gone towards new play equipment and a new storage facility in the Early Years playground.”



Fishguard & Goodwick Youth Rugby Club
Kevin, Operations Team

Kevin helps to coach the Fishguard and Goodwick RFC Under 14’s team, believing that the game helps to build individuals’ confidence and respect and encourages family involvement.

Steve Rowe, Head Coach, thanked South Hook LNG for the funding support, which will help finance some beneficial team building activities for the club.

Challenging schools to ‘Discover History’

‘Discovering History’ in the form of a collage, was the theme chosen for the 2019 Calendar Competition.

Piecing together one or a range of materials such as newspaper clippings, ribbons, tickets, photographs or using more diverse materials such as wood, gravel or string or indeed any other material, we challenged schoolchildren to depict an historic scene, story, event or invention that has shaped the world in which we live.

We once again teamed up with NAWR, the Arts and Education Network for Mid and West Wales, who provided free workshops, giving teachers the opportunity to learn new techniques that they could take back to the classroom to apply to the competition. The workshops were run by experienced collage artist Maya Mitten.

Each of the twelve winning schools will receive £1,000.

Over sixty imaginative entries were received from schools across the County, challenging the judges to choose twelve winning collages!



Cyber Security - Your Safety Moment



Just one wrong click can infect your computer!

Cyber-attacks have grown in sophistication, making them more difficult to detect and defend against. You would have read about the cyber-

attack in 2017, on the NHS, where Ransomware temporarily crippled NHS hospitals in the UK. Cyber-attacks pose a critical risk for all of us - not just at work - but also at home. Cyber attackers use emails to trick you into taking actions that enable them to steal your information.

Below are a few tips on what to look for in an email, to help you keep your personal information safe. There are four parts of an email you should investigate for possible clues:

1. The Sender:

- Do you recognise the sender? Check the name and email address

2. The Subject:

- Is the subject specific and relevant to you? Check for misspellings and grammar errors

3. The Content:

- Is there a request asking you to open an attachment? Be very suspicious. Attachments are a common way to install malware onto your computer
- Is the opening specifically directed to you (Dear Mrs Smith) or is it a generic ‘Hello’, ‘Good day’ or ‘Dear Customer’?
- Are there typos, misspellings or grammar issues in the wording?
- Does it threaten that you will lose money, have an account frozen or some other bad consequence if you do not respond immediately?
- Is there a request asking you to click on a link? If you hover over the link, you can see the website address that it links to. Does it look legitimate?

4. The Closing:

- Does the email close with a standard signature? It should normally include a person’s name, title, company, address and phone number

If in any doubt, STOP AND THINK! Do some research and check the email is safe, before you go any further!