

Community News

Issue 238 January 2021

The Community News is an information service from PACDG - the Presteigne Area Community Development Group

"Working Together For Our Community"

email news@pacdg.org to contact the Editor

- if you have any questions on what's happening - or not happening - in our community, do let us know and we'll do our best to provide an answer, or at least point you in the right direction - email the Editor
 - please email if you see or hear of anything that will be of help to other residents, including local area jobs
 - if you need assistance in any way, email us and we'll pass on your message to people who can help.
- ...AND IF YOU NEED TO CHECK BACK ON PAST ISSUES FOR INFORMATION, YOU CAN SEE THESE (along with lots of other good information) ON THE TOWN WEBSITE www.presteigne.org.uk/calendar

...from Presteigne Connect. Working on behalf of the Town Council, we are hoping to remove the Christmas lights in Presteigne High Street, Broad Street and Hereford Street on the weekend of the 30th/31st of January. We usually start at 1pm on the Saturday afternoon and it takes 2-3hours. There will be some disruption as the cherry picker works its way along; starting outside the library, moving into Hereford St, then Broad Street and finally coming up the High Street against the direction of the traffic. We will have marshals to manage pedestrians and traffic. We need to ensure that there are sufficient marshals to control traffic and keep pedestrians safe, particularly regarding social distancing. Anyone who is able and willing to help Saturday, please contact Colin asap via email: high.lea@btinternet.com

...from Christine, Presteigne Allotments Secretary. The Town Council are once again inviting applications to be put on the waiting list for allotment plots. Application forms can be downloaded from the Town website www.presteigne.org.uk/town-council

...from Helen Ackland and Leigh Harling-Bowen for Transition Presteigne which is part of the Transition Movement, started in 2005 in the UK and has now spread worldwide. The aims (The three 'Rs') are: increasing local resilience, reducing energy use and building a regenerative local economy through relocalisation. Environmental initiatives seem to be stalling at the moment, due to lack of face-to-face interactions and concern about Covid. In order to deal with the effects of the Climate Emergency we need to re-energise, especially on a local level. We are revitalising Transition Presteigne, including updating our Web page, and would like to invite you, as an active member of our community, to become involved. We anticipate people feeding us their ideas, thoughts and knowledge of local green initiatives; we would then set up a forum to generate ideas and interest and so encourage more local involvement in ongoing projects. This would include passing on ideas, initiatives and concerns for debate to the TC so that we could all work on them. Interested to hear more ? email hgooderham29@gmail.com

COVID

...from Powys THB. *[This week]* sees the launch of COVID vaccinations at your local GP practice in Powys. All 16 GP practices in Powys will be vaccinating people this week, adding to the county's already successful Mass Vaccination Centres and bringing the number of places you can receive the vaccine in Powys to 19. With the addition of GP vaccinations, Powys is currently aiming to deliver around 7,000 vaccines per week and it is expected that this capacity will increase as vaccine supply increases in the coming weeks. Every person over the age of 80 should now have received a letter giving them a vaccination appointment. Anyone who has not received a letter can let us know by registering at <https://pthb.nhs.wales/coronavirus/covid-19-vaccination/over-80-in-powys-and-not-received-an-invitation-to-vaccination/>. In order to reduce the risk of people being given duplicate appointments and vaccine being potentially wasted, GP Practices are working to a list of patients supplied by the health board and are phoning patients to invite them for vaccination. Please do NOT call your GP directly for COVID vaccination at this time as they need their telephone capacity to make the outgoing calls to make the appointments.

...are you aged 70-74 and able to take up a short-notice Welsh vaccination appointment at Builth Wells or Newtown ? If so please fill out the form on the PTHB website <https://pthb.nhs.wales/coronavirus/covid-19-vaccination/age-70-to-74/are-you-able-to-attend-a-mass-vaccination-centre-appointment-at-short-notice/>. We have guaranteed supplies of good quantities of the Pfizer/BioNTech vaccine, but we can only deliver this from our [Mass Vaccination Centres](#). But attending our Mass Vaccination Centres is not an option for everyone - and also some people may not be able to attend at short notice (e.g. due to travel disruption, sickness, or other life events). This does mean that we can **sometimes** offer an appointment at short notice. (n.b. this does not apply to the 75-80 age group, who will be receiving an appointment shortly from their GP). *[ed. you can also telephone to put yourself on the reserve list, call 0345 602 7053, or the PTHB switchboard on 01874 711661]*

...from Powys THB. If a contact tracer calls, it's likely to be someone local to you. It's important that you speak to them and self-isolate immediately if you're asked to, so we can help stop the spread of the virus. See Videos on the PTHB Facebook page for a useful video explaining why and how you will be contacted, and some of the things a contact tracer will ask you if they get in touch. For information about testing in Powys: <https://pthb.nhs.wales/coronavirus/coronavirus-testing>

...[ed.] if you're unable to take up your Welsh vaccination appointment, or have to cancel for any reason, or have received a duplicate appointment(!), please let Powys THB know asap so the vaccination slot can be allocated to someone else to avoid vaccine waste. You can do so online at <https://pthb.nhs.wales/coronavirus/covid-19-vaccination/are-you-unable-to-attend-a-mass-vaccination-centre/> or by calling the PTHB on 0345 602 7053 or 01874 711661.

...from PNCS Community Transport about transport for COVID vaccinations. If anyone in Presteigne, Norton or the surrounding area is having difficulty travelling to a COVID vaccination appointment, PNCS is pleased to be able to offer transport, both to PNCS members and non-members alike. Due to the extraordinary situation, PNCS will also be offering this service free of charge. Anyone who needs transport to a vaccination appointment should contact the PNCS office by telephone on 01544 267961, or by email on transport.pncs@gmail.com. (Please note: Whilst we will do our best to accommodate everyone, we do only have a limited number of drivers available. If you can use your own transport to attend an appointment, please do that so we can use the available drivers to support those who really need help.)

...from Zoe & the King's College research teams. You can help fight COVID-19 by aiding research. It's amazingly easy to do. **Join 4,558,822 members of the UK public supporting the NHS and scientists in the UK. Download the (FREE) Zoe app now** from either the Apple or Google App Stores and report daily on your health, any Covid symptoms, vaccinations etc.. Together we can get out of lockdown safely and beat the disease. The COVID Symptom Study app has been developed by health science company ZOE. It is endorsed by the governments, NHS and Public Health of the UK and all three devolved nations. Data collected is shared with and analysed by King's College London & ZOE research teams.

SCAM ALERT

...received a suspicious scam or phishing text ? Take a note of the originating number. Copy & paste the phishing message into a text (or just forward) to **7726**. You will get an immediate automated reply asking you to reply with the offending number. Then delete the text.

UPDATE FROM LOCAL BUSINESSES AND THE HIGH STREET (local businesses are still adapting to changing circumstances - so check information on websites/Facebook pages)

...from Jessica Fallon. Happy snow days. Super excited to be delivering a brand new dance fitness class on zoom directly to your living room -first class free -no experience needed -burn calories -feel good -tone and trim up -increase fitness levels. -suitable for everyone . Featuring iconic soundtracks from both stage and screen... come and join in the fun. Simply

'like' my FB page, message for your code and share. <https://www.facebook.com/jessicafallondance/>

...from G&A Catering. You are what you eat, so lets talk sweet! With valentine's day just around the corner G&A Catering are giving you a helping hand with a present for a loved one... We are offering a box lined with tissue paper, filled with sweets and sealed with a bow, plus a card ready for you to write! At just £5 a box! Please message or ring G&A catering to pre order a box as there is limited availability. Open: Mon - Sat 8am - 2pm. Call or Text; 07487 246276

...from Wild Thyme Italian [on Tuesday]. It's Burns Night tonight so we're putting a suitably appropriate haggis dish on the takeaway menu for this weekend! Served with gnocchi, whisky and mustard cream and roasted swede. (Vegetarian haggis also available). Orders by Thursday night please on 07854 428668.

DATES FOR YOUR DIARY & OTHER INFORMATION

...from Newtown High School. Why choose Newtown High School Sixth Form in 2021?
<https://www.newtown-hs.powys.sch.uk/main/index.php/news-mainmenu-35/school-news/1091-why-choose-newtown-high-school-sixth-form>

...from Anna, our CSPO from our Neighbourhood Policing Team about modern slavery in our area. After Christmas, people are under greater financial pressure and are at more risk of being economically vulnerable. This might lead them to be exploited in the labour market, being paid less than the minimum wage or finding work in sub-standard conditions. ***Modern Day Slavery is something we have seen and had reported within our local communities.*** Examples include: forced labour on farms, construction, shops and within the beauty industry. Modern Day Slavery isn't something only experienced by adults, but also children of all ages. It is therefore essential we all understand what it is and how to recognise. Modern slavery is an umbrella term for all forms of slavery, human trafficking and exploitation. It is a crime that affects some of the most vulnerable in society. It is often hidden from view and many victims also do not self-identify, which means that quantifying the number of victims is challenging. Labour exploitation is a form of modern slavery and is covered by the Modern Slavery Act in the UK. Victims of labour exploitation are forced to work for nothing, low wages or a wage that is kept by their "owner". Victims can be any age, gender and race, but more often than not they are male. What are the signs? Victims may... be unable to choose when or where they work... Work long hours over long periods... Not interact with work colleagues... Be forced to work under certain conditions... Not know their home or work address... Live in poor or substandard accommodation... Have no choice where they live or who with... Be unable to communicate or move freely... Not be in possession of their passport, bank card or ID... Have no access to medical care... Have injuries that appear old, untreated or that they can't explain... Wear the same clothes each day... Receive little or no payment for their work... Have no access to their money. Please feel free to disseminate this information and please do not hesitate to get in contact should you have any information or concerns associated with Modern Day Slavery. Email Anna on anna.bowen@dyfed-powys.pnn.police.uk or call 101.

...from Powys Children's Library Service. Impelo come live in your living room, workplace and school hub at 9 am every Tuesday and Thursday to offer some morning motivation through the form of Dance Morning! A bilingual 20 minute slice of dancing joy to start your day the right way! They'll be LIVE on their YouTube channel - why not join them shorturl.at/cqAG9

...from Presteigne Frengle. FREE online classrooms! More covid-safe resources for home-schooling, teachers, child-carers and students. Nearly 10,000 free video lessons, resources and activities, covering most subjects from Reception to Year 11! <https://classroom.thenational.academy>

...from Recycle Now. As more and more people in Britain are recycling food waste, here's a reminder of all the things that can go in your kitchen caddy. Always check your council's website to find out what you can and can't recycle in your area or take a look at our recycling locator <https://bit.ly/2I3ItFy>

...from Presteigne Investment Clubs. Do you have 80 pence, or a single pound, each day to invest in your own future? If so, why not put your name on the waiting list to join one of Presteigne's three Investment Clubs? Presteigne Investment Club and Presteigne's Ethical and Green Investment Club Members each subscribe £25 per month, while Marches Investment Club Members invest £30 per month. This money, of course, remains YOURS - subject to the ups and downs of the stock market. Would you like to join, but feel that you don't know enough about investing? No problem. Some of our Members do know a lot, but many don't. If you'd like to learn more about share ownership, with a minimal exposure to risk, then why not consider joining one of Presteigne's Investment Clubs. We also have social activities two or three times a year during non-coronavirus times. Our monthly meetings, currently, are held with Zoom but, historically, have been either at the Royal Oak, the Farmers or the Radnorshire. Currently, all three Clubs are full - with the legal maximum of twenty members each but, to secure your place on the single waiting list for all three clubs, or for more information, please contact Jonathan on [01544 260800](tel:01544260800) or email ajonathanwilson@aol.co.uk.

...Welcome to the PAVO Health & Wellbeing Bulletin. We've made it to the last week in January, the mornings are lighter, the evenings longer and there are signs of new life all around us. Sharing positive news and opportunities as we embrace a busy year. If you'd like to receive this bulletin by email, or our PAVO bulletin with news and information related to Funding, Training, Volunteering, Events and Jobs [please subscribe here](https://mailchi.mp/pavo/healthwellbeingbulletin260121?e=82ca7399f5). <https://mailchi.mp/pavo/healthwellbeingbulletin260121?e=82ca7399f5>

...from Powys Children's Library Service. If you have not received a Bookstart pack from your health visitor because of the lockdown you can collect one from your local library. Call our library application line on 01597 827460 to order a pack and arrange collection.

LOCAL JOB OPPORTUNITIES

...from PAVO. Powys Befriending Service is looking for Digital Befrienders. The Befriending Service aims to improve the independence of people over 50, to maintain their social networks and remain in their own homes for as long as they are able. Our Digital Befrienders provide digital companionship and support, helping to promote personal choice, increase self – respect, support existing personal skills and the development of new opportunities through online platforms and online video link applications. Digital Befrienders are also needed to help clients increase their knowledge, skills and confidence to access Befriending services online via an iPad, tablet, mobile phone or laptop to help them overcome loneliness and social isolation in their own home. This will be carried out remotely. A few hours of your time could make a huge difference. By sharing your digital skills you could transform someone's life. Interested ? please email pbs@pavo.org.uk or apply online at <https://bit.ly/DigitalBefriender>

...from PCC Highways. We are recruiting for a Project Officer, Waste & Recycling Services. Interested? Visit www.powys.gov.uk/jobs

...from Powys THB. Looking for a Practice Manager for Presteigne Surgery. Job opportunity [http://jobs.powysthb.wales.nhs.uk/job/UK/Powys/Presteigne/Powys Teaching Health Board/Practice Manager/Practice Manager-v2858772?ts=1111](http://jobs.powysthb.wales.nhs.uk/job/UK/Powys/Presteigne/Powys%20Teaching%20Health%20Board/Practice%20Manager/Practice%20Manager-v2858772?ts=1111)

...from Powys CC. Calling all social workers. If you believe in the power of social work to change things for the better this is a great time for you to join Powys Children's Services. We have some great job opportunities in Powys. Find out more at: <https://recruitment.powys.gov.uk/>

PACDG - the Presteigne Area Community Development Group ...“Working together for the Community”
If at any time you decide not to receive further PACDG emails, contact us on news@pacdg.org with REMOVE in the subject line & we'll immediately take you off the mailing list.