

# Community News

Issue **100 !!!!!** mid-May 2019

an information service from PAC - the Presteigne Area Community Group

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**If you haven't visited the Warden over the last few weeks, you've missed the most incredible display of bluebells, cowslips and other wild flowers.** You might still catch the tail end if you hurry. We should be so grateful to the dedicated band of Guardians who cherish and look after the Warden! It's a very special place. If you'd like to help there, email [pacdg@icloud.com](mailto:pacdg@icloud.com) and we'll put you in touch.

**Bank Holiday Monday may not have been as sunny or warm this year, but that didn't put off the visitors pouring into Presteigne for the annual Food and Flower Festival.** They strolled through streets lined with stalls, browsing, tasting and buying goods from artisan bakers and cheese makers, gourmet cake and chocolate makers, coffee roasters, speciality tea factors and a host of other passionate food and drink producers in our area. Local nurseries set out their stands in St Andrew's churchyard, filling it with spring colour. The church flung open its doors to visitors enjoying the beautiful floral decorations and performances by two choirs. Outside, buskers filled the streets with music. Seven private gardens opened their gates to visitors during the afternoon. Godwyn House in Broad Street was also be the venue for About Face Theatre's captivating performances of *Theatre for One*, inspired by local stories and performed throughout the afternoon. There were hot meals available all day in the food court, and families relaxed with tea and cakes in the lovely garden of the Old Rectory, while the kids enjoyed sack races, a treasure hunt, face painting and crafts. A willow weaving workshop and tempting recipes to make with locally brewed beer were all included in the programme for this happy and inspiring day. **Everyone in CONNECT sends a big THANK YOU to everyone else who took part, and helped to make this such a special day.**

**We've just heard from Jo that the Presteigne Natural Health Centre will be closing its doors on 23rd May.** Most therapists will continue to work from other venues locally - see PNHC posters on the town noticeboards for details.

**If you haven't received your voting card for the MEP ELECTIONS** to be held in The Memorial Hall on Thursday 23rd May, **or a letter from the Electoral Commission notifying the petition in the Library about the possible deselection of the Brecon & Radnor MP Chris Davies**, this probably means you're not on the local Electoral Register in which case you need to urgently contact your county council (Hereford or Powys) to check if this is so, and register if needed, to allow you to vote in future. **YOUR VOTE IS YOUR VOICE.**

**If you or your group or society uses, or is thinking of using the Memorial Hall, there is now a large drop-down screen in the small hall (Norman Raey Room) which you can use for video projection.** The screen was purchased and installed for general community use by Presteigne Chatterbrook W.I., partly funded by a community fund award. Great initiative by the W.I. to provide this community facility.

**A week of music @ The Dukes...** In the wake of his recent sold-out tour promoting his latest album "True North", the veteran singer/songwriter and guitar genius Michael Chapman returns to the Dukes in Presteigne on Sunday 19th May. "This is the sound of a real songwriter who's lived a real life and all that entails" - Q Magazine. Then on Tuesday 21st May, "Swamp Candy" return to The Dukes by popular demand. 8pm. Tickets £5 on door.

## FUTURE DATES FOR YOUR DIARY

.....**Kington Choral Society returns to St. Andrew's, Presteigne on June 1st at 7.30 to perform Monteverdi's exhilarating 'Vespers' of 1610.** Supported by early music band, 'Canzona' and seven young professional soloists, (variously having sung with Genesis Sixteen, Monteverdi Apprentices and Kings College Cambridge) this promises to be a very special evening. Robert Evans will lead a double choir in this inventive and energetic work, with Hilary Norris on chamber organ. **Secure your earlybird tickets at £12, on the KCS website [www.kingtonchoral.org.uk](http://www.kingtonchoral.org.uk) or from local outlets: Courtyard Antiques, Presteigne; Tower House Gallery, Knighton; Border Bean, Kington; Ye Olde Steppes, Pembridge; Central Stores, Eardisley.** Limited availability on door at £14.

.....**Presteigne Carnival on Saturday 13th July** - see posters around town for details/acts. Volunteers Carnival Queen & Attendants. Ideas for main acts for 2020 very welcome, have to book soon.

.....**Come and visit us at the Judges Lodging and see our 2019 Artist in Residence Matthew Wood creating his stunning interiors in situ.** Join him on a short course in sketching and drawing. Based entirely at this historic location, you will be guided and tutored toward producing a variety of sketches, drawings and paintings over a series of 1 day courses between June and October. **First session Saturday 8th June.** See our website for full details and booking form. [http://judgeslodging.org.uk/events/artist\\_in\\_residence\\_-\\_matthew\\_wood/](http://judgeslodging.org.uk/events/artist_in_residence_-_matthew_wood/)

.....**Save the date! The Norton Show this year has a new date and a fantastic new range of activities for all ages. Come and join us on Sunday 28th July for a fabulous family afternoon out.** Show starts at 12 noon. New date but same place - Home Farm, Norton, LD8 2EF. More info nearer the time! If your community group would like to book a stall, contact Maggie on [01544 267109](tel:01544267109) or email [maggiejames476@gmail.com](mailto:maggiejames476@gmail.com).

**The swifts have started to arrive ! Ann says ".....please join 130,000 other concerned people and sign the 38Degrees petition to the Secretary of State for the Environment to "Legislate that all UK house builders shall install Swift Bricks in all new-build homes, and give incentives for retrofitting nest boxes on older properties".** This is the link: <https://you.38degrees.org.uk/petitions/save-our-swifts>. Why is this important? Swift numbers have declined across the UK by 53% between 1995 and 2016. By incorporating a Swift Brick in all new houses we can save these beautiful birds. On fine summer evenings Swifts gather in "low flying screaming parties" as they chase each other around the buildings where they nest. Because they rely on eating insects, swifts can only live in the UK for a short period in summer when insects are plentiful. Swifts migrate south to Africa in August and return to us in the following May.

Let's make sure we continue to have these incredible birds every summer.

*(editor's note - if you want swifts nesting at your house, you can purchase locally a beautifully made swift box from The Men's Shed. Contact them at [jtknightonmensshed@gmail.com](mailto:jtknightonmensshed@gmail.com))*

**It's Dementia Action Week 20th to 26th May. If you or your family are affected by dementia...you are among friends!!** There are **free** Dementia Awareness Sessions at the Youth Centre on Hereford Street on **TUESDAY 21st May 2.30 - 3.30pm** and **THURSDAY 23rd May 6 - 7pm**. More information is available in the Library, or contact Kate on [01544 267227](tel:01544267227) or Roly [01544 260766](tel:01544260766)

**Beware phishing emails ! There seems to be a rash - almost an avalanche of phishing emails this month** - purporting to come from Apple, Amazon, Netflix saying your account has been suspended and, most recently, impersonating Royal Mail about a parcel that can't be delivered. Stay safe - don't respond or click on

anything. If you know how, forward the email to each company's phish-reporting websites or otherwise, just delete !

**This is clever! #Weee All medals at next summer's Olympics and Paralympics in Tokyo will be made from recycled electronic waste, including discarded smartphones, digital cameras and other handheld games and laptops.** <https://www.theguardian.com/sport/2019/feb/08/olympics-medals-recycled-gadgets-electronic-waste> The organizing committee said municipal authorities had already collected 47,488 tons of junked devices by last November, roughly 19 months after the project was launched with targets of 30.3kg of gold, 4,100kg of silver and 2,700kg of bronze. The goal for bronze was reached in June, while more than 90% of the gold and 85% of the silver has been collected, officials said. It is estimated that the remaining amounts of metal required to manufacture all Olympic and Paralympic medals can be extracted from the devices already donated. BRILLIANT !!!

## **DID YOU KNOW?**

**....you can now apply for Blue Badge online.** Try the new online service to submit your form and upload evidence in one go. Try it for yourself on [www.powys.gov.uk/bluebadges](http://www.powys.gov.uk/bluebadges)

**....a new Singing For Lung Health group has just started up** at the Knighton Methodist Hall on Victoria Road. Thursdays 2 to 3pm. £4 (or whatever you feel you can afford). Learn to breathe better, reduce stress and have fun!! - no singing experience necessary. Contact Annie Summers on 01568 771983 email [anniesummers@btinternet.com](mailto:anniesummers@btinternet.com)

**....Presteigne Medical Centre provides a Minor Injuries service.** Monday to Friday 8.30am to 6.30pm. This could save you a journey and a long wait in Hospital A&E ! No appointment necessary but do please phone ahead if possible. Treatment for: sprains and strains, broken bones, minor burns and scalds, minor head injuries, insect & animal bites, minor eye injuries, sports injuries. Spread the word amongst neighbours & friends please.

**....Presteigne Medical Centre doctors carry out home visits where essential between 12.30 and 2.30pm.** If you need to arrange a home visit, please make sure to call the surgery on 01544 267985 during morning surgery hours 8.30 to 11am. This will enable the surgery and pharmacy time to arrange any necessary medication. Don't wait until it's too late - please contact as early as possible.

## **LOCAL EVENTS DURING THE REST OF THIS MONTH**

**Wednesday 15th May - Coffee and Crime at the Library.** Come and celebrate National Crime Reading Month with Powys' own crime writer Jan Newtown. FREE. Coffee will be available for a small donation.

**Thursday 16th May (and 23rd and 30th May) - Line Dancing for Beginners in Arkwright Hall, Kinsham.** 2 to 4pm £2.50. Wear comfy shoes and bring water. Info from Carrie 01544 267759

**Friday 17th May - Birmingham Contemporary Music Group Concert at The Rodd, 7.30pm-8.30pm**  
NEXT is a brand new, innovative programme of study created by Birmingham Contemporary Music Group and Royal Birmingham Conservatoire to support early career musicians who want to dedicate their professional career to contemporary music. In this performance at The Rodd, the first cohort of NEXT musicians will present a concert of works by living composers including Tristan Murail, Kalevi Aho and Rebecca Saunders. Refreshments will be available. Tickets are £12.00 plus a booking fee of £1.16 made to Eventbrite.

BOOK NOW: <https://www.eventbrite.co.uk/e/birmingham-contemporary-music-group-concert-at-sidney-nolan-trust-the-rodd-tickets-59879354762>

More info on our website: [sidneynolantrust.org/whats-on/birmingham-contemporary-music-group-concert](http://sidneynolantrust.org/whats-on/birmingham-contemporary-music-group-concert)

**Saturday 18th May - School Dinners Night @ Walton Hall** including fancy dress, school photos & memories. Photos & memories required. For info and to book call 01544 350 511

**Saturday 18 May - Open Day at The Retreat.** Come and enjoy taster sessions at The Retreat in Presteigne on Saturday 18 May from 10am to 4pm. MASSAGE - PILATES - MINDFULNESS - ALEXANDER TECHNIQUE - OSTEOPATHY (£3 donation to Shelter). Please call or e-mail to book sessions (07816 981454 or marian@retreat.wales). Alternatively just drop in to look around and meet the practitioners. There will also be opportunities for skincare consultations (Silvan Skincare) and to shop for Pukka, Helios homeopathy as well as some pilates aids. Everyone very welcome. Refreshments available. The Retreat is a centre for massage, bodywork, posture and movement therapies next door to the Workhouse Gallery on the Industrial Estate.

**Saturday 18th May - Table Sale & Coffee Morning at the Royal British Legion.** 10am to 3pm. Raffle, cake. £5 per table (in aid of RBL social Club funds). To book and for info contact Paul on 07949 964690

**Saturday 18th May - St. Andrew's Coffee Morning in the Church Hall** 10.30am to 12.30pm. Come and enjoy a hot drink, cake, and friendly company.

**Sunday 19th May - Music @ The Dukes** (see item above)

**Tuesday 21st May - Music @ The Dukes** (see item above)

**Tuesday 21st May - Dementia Awareness Sessions** at the Youth Centre (see item above)

**Thursday 23rd May - EU MEP elections ?????** (see item above)

**Thursday 23rd May - Dementia Awareness Sessions** at the Youth Centre (see item above)

**Friday 24th May - Ladies Fashion Show & Pop-Up Shop by Colours** at the Memorial Hall, arranged as a fund-raiser for the Norton Show Committee. A fun evening and your chance to buy your favourite High Street brands at 50% off or more! Doors open 7pm for 7.30pm start. Tickets £5 from The Salty Dog or on the door.

**Tuesday 28th May - Craft & Chat at Arkwright Hall, Kinsham.** 2 to 4pm. £2 includes tea/coffee/biscuit.

**Wednesday 29th May - May Book Club @ The Library.** 4.30pm. This month's book is Orlando by Virginia Woolf. All Welcome!

**Saturday 1st June - KCS Spring Concert** (see item above)

**Looking for a venue to hold your meeting or for an event or celebration ? Or maybe you need to find out details of local clubs, societies, groups or organisations to join or contact ?**

**If so, it's all there on PAC's Registers of Local Venues, and of Community Organisations, on the Town website [www.presteigne.org.uk](http://www.presteigne.org.uk). Select 'Local Organisations' from the left-side menu. Or ask to see a paper copy at the Library.**

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 - simply email [pacd@icloud.com](mailto:pacd@icloud.com).

We're happy to help publicise community and charity activities and events (but only for events in the immediate Presteigne area) - email text (not poster images please) at least 3 weeks in advance to [pacd@icloud.com](mailto:pacd@icloud.com).

The Community News is published twice per month. Feel free to tweet or forward this issue to others