

Community News

Issue 146 April 2020

an information service from PACDG - the Presteigne Area Community Group "Working Together"

You are receiving this email because you asked to receive the Community News & be kept informed about PACDG activities. If at any time you decide not to receive further PACDG emails, contact us on pacdg@icloud.com with REMOVE in the subject line & we'll immediately take you off the mailing list.

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

- **Please contact us if you see or hear of anything that will be of help to other residents - ideas or suggestions for new hobbies, or things to do at home, especially welcome ! email pacdg@icloud.com**
- **and if you're self-isolating or need assistance in any way, you can also email pacdg@icloud.com and we'll pass on your message to people who can help.**

UPDATE FROM LOCAL BUSINESSES AND THE HIGH STREET

(things keep changing so, best first check information on websites or Facebook pages)

...from Chilvers Country Supplies. NEW (!) country store in Presteigne currently offering a delivery service - garden supplies including compost, bark, grass seeds, weed killers, also pet food, wild bird seed/peanuts. Enquiries to Dan Price [077989 28909](tel:07798928909).

...from Daphne's. Our take-away menu for the weekend. Open from 5pm. Order before hand [07377909216](tel:07377909216). Choc and honey ice cream available from today (Friday). The beer and cider on tap is 'KRUSH' pale ale from @lucky7beerco and draught cider and Perry from @skyborrycider. Bottles of wine and bottles of cider, stout and lager. https://www.instagram.com/p/B_C3XC_Jhh1/?hl=en

...from Alex Gooch, Baker. We'll be in Presteigne again on Broad Street this Saturday, selling bread bags, pastry boxes and hot cross buns. Usual place, usual time.

...from The Salty Dog. Don't forget Leon's Food to Order by email to thesaltydog@hotmail.co.uk to order on Mon/Tues/Wed for collection on Thur/Frid/Sat. Next week's Special is "Pork & Beef Meatballs in Romesco Sauce" at £6.50 a portion. Otherwise a choice of curries at £5, and paella (for 2 as main course or tapas) at £8.50. If special dietary requirements call 01544 267720

...from Rose Cottage Flowers & Café. Today's orders out and on to next weeks menu - see our Facebook page for full menu - order before 9am on Monday for delivery on Tuesday 21st April.

...from Presteigne Spar. You can do a spot of baking even if you have no flour or eggs. Read on for an amazing #SPARSubstitute chocolate cookie recipe. Preheat the oven to 170°C and line a baking tray with parchment paper. In a bowl, mash a ripe banana and mix it with two tbsps of baking powder, four tbsps of something sweet like maple syrup and two tsp of vanilla extract. Then add 250g of smooth nut butter until its combined. Add 100g of chopped up chocolate and 30g of sesame seeds. Shape the

mixture into 16 balls and sprinkle with a few sesame seeds and a bit of salt. Bake for 10-15 minutes, and after they've cooled, dive in! Click the link to read the full recipe <https://bit.ly/3akPICZ>

THINGS TO DO WHILE COCOONING !

...Free Phantom tonight at the RAH ! Musicals legend Andrew Lloyd Webber has been streaming his world-famous productions on YouTube every week as theatres sadly had to bring the curtain down. Tonight, Friday 17th April will see the composer's immortal "The Phantom of the Opera" 25th-anniversary special, filmed here at Hall in 2011, be shared FREE for 24 hours only on YouTube. Featuring Ramin Karimloo as the Phantom and Sierra Boggess as Christine, this exceptional full show will be available to watch on this page www.royalalberthall.com from 7pm BST tonight 17th April. Don't forget to set a reminder !

...and tomorrow at the RAH. The Mountbatten Festival of Music 2020 recorded at the Hall in early March for free tomorrow! Saturday 18th April 6:30pm. Set a reminder 📌

...Scrub Hubs (from Presteigne Freegle). Could you sew scrubs for the NHS? or Do you need scrubs? Go here <https://scrubhub.org.uk/> to volunteer to make or to request scrubs during #Covid19 crisis. #DressTheNHS . #ScrubHub are a network of voluntary community groups who love to sew, and are making scrubs to order for NHS staff who are struggling to get them during this crisis. You can see what they've been up to on IG @scrubhubclub. If you have ideas, do please let us know - thank you !

AND RELATED TO THIS

...from Annie. *"Hallo...I deal in textiles and I have been contacted by nurses (NHS) on the frontline who urgently need fabric like sheeting or cotton fabrics in plain colours to be made up into scrubs (uniforms)... they are desperately short and isolated nurses are making up the scrubs themselves....Please contact me.. annie on [07798632247](tel:07798632247) for details of where to send. Thankyou... stay safe... Annie (teagowns and textiles)"*

...from Moi and Barbara. They are sewing up scrubs bags for nurses. They have some material, but are running short and urgently need more, and also could use a few more people to sew the bags. For information contact Moi Gibbons on 01544 267117 or Barbara Roberts 01544 260774

...from Sheep Music. DJ Max Galactic's next Kitchen Disco is booked in for Saturday 2nd May - so a fortnight tomorrow. We'll be hooking up with our lovely mates at Village Circus and Sheep Music for this one, more details next week! In the meantime here's my new mix <https://m.mixcloud.com/djmax.galactic/disco-delights-vol-1/> - full of upbeat and uplifting disco gems - just click the link to listen, cheers all x

...from The Royal Albert Hall Home: We are excited to confirm the next wave of artists taking part in Royal Albert Home - our programme of exclusive sessions by the world's most talented artists, streaming from their homes to yours * Isata Kanneh-Mason & Eldbjørg Hemsing * Sophie Hunger. * Ashley Henry * KT Tunstall * This Is The Kit More information on their Facebook pages and www.royalalberthall.com

OTHER INFORMATION

...from the Welsh Government. Today, the First Minister confirmed that the current restrictions on movement to protect the NHS will continue for another three weeks. We

know that this is difficult for everyone, however by continuing to stay home you are helping to save lives.

...from David. *“As someone cycling as part of my daily exercise I am starting to see disposable latex gloves littering the sides of the road. Could you please flag this up as a very anti-social practice at this or any time”.*

...from PCC. Fly Tipping - if you see it, please report it and help to keep our towns, villages and countryside clean - <https://en.powys.gov.uk/article/4073/Report-fly-tipping>

...from Powys Health Teaching Board. Public Health Wales routine screening programmes, including aortic aneurysm, cervical smear, breast, bowel, retinopathy and new born hearing tests, have been suspended for the time being. If you are due any of these screening procedures, you will be contacted at a later date.

...from Mid-Counties Co-op. We are recruiting temporary customer service assistants to help us serve and support our communities during this uncertain time. We're looking for people who ideally are:

* available to start immediately * able to work in a role that involves heavy lifting * permitted to work in the UK * experienced in customer service. Find out more and apply here: <https://www.midcounties.coop/landing-pages/were-recruiting-now/>

...from PCC Education. Today is offer day for places at Powys primary schools for September 2020. Parents / carers will find out which primary school their child has been allocated for September by email or letter. If you've not received anything, call 01597 826477 or email admissions@powys.gov.uk

...from Recycle Now. If someone in your home is feeling unwell and self-isolating, here's some useful information to help dispose of rubbish in a safe way. Remember to double-bag tissues and wait 72 hours before putting them in your outdoor bin.

...from PCC. We need more care workers says council. Care workers in Powys are doing a great job in looking after our older people and vulnerable residents during the Covid-19 pandemic. However, we need more people. That's the message from Powys County Council who is looking for care staff throughout the county. Full training will be given and these posts will be working alongside care providers, in care homes and in partnership with Powys Teaching Health Board. There are a wide variety of working patterns available with some covering evenings and weekends. If you are interested in one of these roles, please visit <https://crowd.in/AhgxoB> or call 01597 826409.

The council is also looking for other posts to help safeguard the county during the Covid19 pandemic. All posts are advertised on the PCC webpage.

...from Public Health Wales. You may start to feel overwhelmed in the next few weeks. Remember, it's okay to feel this way but there is support available. Visit our website to find out more <https://phw.nhs.wales/howareyoudoing> #howareyoudoing

PACDG - the PRESTEIGNE AREA COMMUNITY DEVELOPMENT GROUP... “WORKING TOGETHER”

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 pacdg@icloud.com.