

Community News

Issue 148 April 2020

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

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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.**

SCAM ALERT

TV Licencing scams are re-appearing in emails and texts claiming there has been a problem with your payment method (*thanks Karen for alerting us to this*). Whilst previous TV Licensing scams have promised refunds, the latest scam claims "your Direct Debit has been cancelled" and asks you to "set up a new payment" or something similar. There are a number of variations of the scam: some claim your billing information is 'out of date', that something has 'gone wrong' with your direct debit, or that there's been a 'problem processing your last TV licence invoice'. Some spell TV Licence as "TV License" in the introduction.

Often the emails or texts threaten you with a fine or to pass your details to a debt collection agency if you don't update your details. If you were to click the link (which you absolutely shouldn't !!) you're taken to a page that looks like the official TV Licensing website and asks victims to enter their personal details, bank details and debit/credit card numbers. With **free TV Licences scrapped for over 75s**, it's likely we'll see even more of these scams being circulated as criminals look to target those who might be less tech-savvy.

...and Phil is reporting a worryingly convincing scam BT email (he's not with BT so knows it's a scam !). The email purports to come from eComms BT Business, cleverly mimics BT headers and footers, is entitled Your New Bill / Refund KEEPING YOU INFORMED, and goes on to say "Hello, Your monthly new bill has been reduced. We've also taken decision to put the subscription charge for the BT Services on hold for the foreseeable future. We've put your current BT bill online for you to view. See your bill and refund here. The PDF version of your bill might not be available for download yet. It can take up to 48 hours. Thanks for choosing BT. Your BT Team".

Needless to say, don't click on any links, forward the whole email with attachments to abuse@bt.com, then delete.

UPDATE FROM LOCAL BUSINESSES AND THE HIGH STREET

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

...request from both The Salty Dog and Weobley Ash. If you're visiting the shops, collecting orders or receiving deliveries **please bring egg boxes.** They're both running short and need boxes urgently.

...from Arrowfield Vets. Update on Vaccinations and Cat Neutering

Vaccinations - During the ongoing COVID 19 pandemic we have remained open for urgent and emergency cases only. However, in line with updated BVA/RCVS guidelines, some puppy primary vaccinations and pet rabbit vaccinations now fall into the category where the welfare of these animals will be put at significant risk by much further delay. As such we have started to offer limited vaccinations for those animals most at risk on a case by case basis. If you have an unvaccinated puppy please contact the surgery, by email in the first instance, and we will get back to you to discuss and arrange as necessary. Due to the continuing lock-down measures we are needing to maintain reduced staffing levels and will therefore allocate vaccinations in order of urgency. We would be very grateful for your patience whilst these are arranged, starting with the most urgent.

Further updates will follow when dog boosters, and horse and cat vaccinations can be re-started.

Neutering - At this time of year the welfare of un-neutered cats that cannot be confined indoors becomes increasingly at risk from indiscriminate breeding and fighting. As such, neutering of cats can also classify as an urgent procedure and crucially it can be undertaken without threatening vital, but now limited, medicine supplies that need to be reserved for true emergencies. So going forward we are re-starting cat neutering, prioritising bookings with welfare implications.

Please note all the above procedures are available only for our existing registered clients. For those who have not yet needed to attend the Practice we need to point out that we continue to operate under our strict bio-security protocols. Clients are not allowed to enter our surgeries and full social distancing measures are followed when leaving animals with us for procedures and treatment. Thanks again for your patience and support. Keep well and keep safe! Team AVP.

...from Presteigne Spar. We couldn't be prouder of our amazing staff!

They have been pulling out all the stops over the last few weeks to make sure our local communities get the essential groceries they need during this challenging time. It's been a massive team effort that would not have been possible without help from across the business. So thank you to everyone who has pulled together to make this happen – this includes our staff in store, our delivery drivers and the warehouse pickers who put our deliveries together. Thank you everyone

...from Rose Cottage Flowers and Café. Food deliveries all done so see our Facebook page for the menu for Friday, all orders by Thursday 9am please

...from Weobley Ash. Chinese Welsh pork kebabs, 4 for £5. In the shop today but better to order if wanted for weekend. Call 01544 598120 or email shop@weobleyash.co.uk to order.

THINGS TO DO WHILE COCOONING AND DATES FOR YOUR DIARY !

...Tonight, there's a rocket launch from the US which will unload its payload of 60 satellites above the UK and should be readily visible 20 minutes after launch - so a bit before 9pm our time. Fingers crossed for a clear sky.

You can read more and watch the launch here <https://www.spacex.com/webcast> then head outside and hopefully see them in the night sky! SpaceX is targeting **Wednesday, April 22 at 3:37 p.m. EDT, or 20:37 p.m. our time**, for its seventh launch of Starlink satellites. Falcon 9 will lift off from Launch Complex 39A (LC-39A) at NASA's Kennedy

Space Center in Florida. A backup opportunity is available on Thursday, April 23 at 3:15 p.m. EDT, or 20.15 our time.

You can watch the launch live, starting about 10 minutes before liftoff, and learn more about the mission by clicking [here](#).

Additionally, at 9.34pm, Starlink-5,6 will be visible over the UK skies for six minutes, travelling west to east, and again at 11.10pm for six minutes, travelling from west to west.

VirtualAstro on Twitter is well worth a follow for news and updates of things you can see in the night sky and trying to find these things for real is quite a nice activity with children. *(thanks to Nigel for this information)*

...from Exhibition on Screen. Join us for the free broadcast of 'Painting The Modern Garden: Monet to Matisse', live on Facebook on Monday 27 April. Enjoy treasures from the Royal Academy of Arts landmark exhibition, including masterpieces from Monet, Renoir, Pissarro, Sargent, and Matisse. The film's Executive Producer will also be live online throughout the film to answer your questions. To watch, simply visit the Exhibition on Screen Facebook page at 7pm (British Summer Time) on Monday 27 April.

...from Presteigne Primary School. Have a look at these resources if you are looking for something extra to do with your children at home! Hafan Cymru support staff have teamed up with the qualified teachers within Spectrum to provide a range of age appropriate activity packs for parents to use with their children and teenagers during the COVID-19 Coronavirus lockdown and isolation period. Please feel free to download these resource from our website www.hafancymru.co.uk/about-us/parent-activity-packs-covid-19-support/

OTHER INFORMATION

...from Scientists at King's College and Zoe Global. Thank you for continuing to tell us how you feel in our COVID Symptom Tracking app. Your contribution is helping us advance our scientific understanding of the virus on a daily basis. We've listened to your feedback and now you can log for other members of your household in the app. Just open your app and add those you live with. Our hope is that this will enable a more diverse picture of health across the UK.

We are keen to report on those over the age of 70 in our daily report on the website by having more data from this age group. If you are 69+ please continue to report and share! Together let's turn 2.5 million contributors into 5 million this week. Haven't logged today? **PLEASE download the app and report now** - click here for [Android](#) or [iOS](#).

...from Presteigne Freegle. Maybe it's a good time to break a lifetime of bad habits! What are you going to do differently in the future? Very sadly, Freegle <https://www.ilovefreegle.org> has suspended people collecting items to reuse right now, due to COVID-19. BUT you can still offer your stuff on our app now and we'll let people know about it when we re-open. That way you can declutter while you're stuck at home. Don't mope and mutter, just de-clutter!

...update from NHS Audiology. The British Academy of Audiology (BAA) have joined the #StillHereForYou social media campaign, to let the public know that Audiology departments across the country are still doing everything they can to help people with NHS hearing aids. Click here to [Read full article](#)

...from Citizens Advice Powys “We are still here for you”. CAB's main objective at the moment is to make people aware that they are still providing a service across Powys. Click here to [Read full article](#)

...from PCC Waste. Due to the current coronavirus pandemic, we currently have a much reduced workforce. Crew members who are fit and healthy are working extra hard to ensure your kerbside collections of waste and recycling continue as normal. Recycling centres (HWRC) are **closed**, and trips to your community recycling sites are discouraged. If you do go and find the bins full, please DO NOT leave stuff on the ground! We are concentrating on collecting waste from your homes, and do not have the resources to empty these sites as regularly as normal – we definitely do not have the resources to clear up this mess. We are doing our best, all we ask is that you do your best too.

...from Powys Teaching Health Board. Powys Teaching Health Board have stopped all visiting at hospitals to reduce the risk of infection. However they have introduced an important amendment to the previous policy. Exceptions to the above will be at the discretion of the Ward Sister / Charge Nurse.

The Health Board have stated that exceptions can be made for:

- * supporting patients requiring end of life and palliative care.
- * patients with a mental health issue such as dementia, a learning disability or autism, where not being present would cause the patient/service user to be distressed (this is a new exception added from today).

The Health Board thank you all for supporting them to keep you and your loved ones as safe as possible in these difficult times.

...from PCC. Keeping our outdoor spaces safe. During this period of lockdown, we are still fortunate enough to be able to enjoy safe access to the outdoors for our daily exercise. The recent spell of warm, sunny weather has meant that spring has sprung, and the grass is growing quickly. As a result, the council will shortly begin cutting the grass in the county's cemeteries, housing estates and amenity areas. This will be a reduced service, compared to previous years, but will ensure that the majority of our outside areas are kept safe and tidy for residents to use responsibly. We would like to thank all our staff for their continued hard work at this time and the support and patience shown by our residents, thank you.

...from Welsh Water. Our Welsh Water teachers have developed videos, worksheets and activities to help our children learn about water and our world online. Resources available in Welsh and English here dwrcymru.com/education

...from PCC. Advice for volunteers (and friends and neighbours) when dropping off food or medication to the homes of vulnerable people or those self-isolating:

Clean your hands.

- Use hand sanitiser when you arrive at the person's home, and again when you leave
- Avoid touching anything you don't need to, like their door handle or letterbox

Keep your distance:

- Maintain a distance of two metres from other people
- Do not enter the person's home unless pre-arranged
- Avoid any personal contact such as handshakes

Drop & knock:

- Leave items in the pre-arranged place, for example on the doorstep
- Knock or ring the doorbell and step back at least two metres

- Wait for the recipient to open the door and take the items
- If there is no response, phone your volunteer co-ordinator

Keep yourself safe:

- Let someone know where you're going
- Do not continue volunteering if you feel unwell

If you feel unsure about anything, contact your volunteer co-ordinator.

...from PCC. Powys residents have been thanked for following national health guidelines while in the countryside during the Easter weekend and urged to do the same for the May Bank Holiday. <https://en.powys.gov.uk/article/8996/Countryside-users-thanked>

...from Welsh Government. Attendance at Funerals: Funerals can be a distressing experience, and the impact of coronavirus is making it even more difficult to make practical arrangements. This guidance has been prepared to help people at this very difficult time. The Health Protection (Coronavirus Restrictions) (Wales) Regulations 2020 place new, temporary restrictions on gatherings and the movement of people in Wales. This has been done to reduce the spread of coronavirus, save lives and protect the Welsh NHS. The new regulations require people to stay at home.

However, they do allow people to leave home to attend a funeral if:

- you are the person organising the funeral,
- you have been invited to the funeral, or
- you are the carer of a person who is attending the funeral (either because they are the organiser or they have been invited).

Everyone attending a funeral – whether at a crematorium, place of worship or cemetery – should take all reasonable measures to stay 2 metres away from someone they don't live with or care for. This will help to reduce the spread of coronavirus. Those responsible for running the crematorium, place of worship or cemetery will make arrangements to maintain this 2 metre rule. The need to maintain 2 metres between people means the number of people who will be able to attend a funeral will be limited. The maximum number who will be able to attend a funeral will be clearly communicated to you before the funeral takes place. To help protect against the spread of coronavirus, please could funerals be by invitation only.

The death of anyone close to you is a very distressing and sad event. But at this time, we ask you to only attend funerals of your closest family and friends and only if you have been invited. Please do not attend a funeral if it would involve extensive travel.

If you have symptoms of coronavirus – a high temperature or a new, persistent cough – or are self-isolating you should not attend. People who are shielding should also not attend.

Funerals can be broadcast and live-streamed so people who cannot be physically present can attend the ceremony virtually. In addition, books of condolence can be opened online and other tributes paid through electronic communications or social media. Family and friends may also want to consider holding a memorial service or celebration of life once the coronavirus pandemic is over.

...from PCC. Could you make a difference to a young person's life? If you've got a spare room and a kind heart you could become a supported lodgings host? Although it might not be the right time, you can still make an enquiry and find out more – <https://en.powys.gov.uk/supportedlodgings>. The first stage of the application process can take place while we are social distancing.

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.