

# Community News

Issue 87 - September 2018

an information service from PAC - the Presteigne Area Community Development Group

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

**Daffodil update....**weather -permitting, volunteers will be out planting daffodil bulbs at new locations around the town in mid-October - we'll let you know the date and details in a separate email. Bulbs are being purchased with PAC funds (e.g. money raised from Bags for Life & Presteigne Plenty) plus a couple of bags from the Town Council (thank you TC!) but your donation of bulbs (or money to buy bulbs) will be very welcome. The more we plant the better the display next Spring, and for years to come! Please bring your bulbs and/or sign up for planting at the Daffy group table at the Local Food Market on the 6th October.

**Thanks to all who helped with litterpicking on the 19th around the town centre and on the bypass. A town-wide litter pick will be arranged sometime in October when we'll need a large team of volunteers to cover all the town's residential areas - watch this space.** Litter-picking is good fun, and much appreciated by residents - if you'd like to take part, email PAC or call/text Tessa on 07788 567631.

**Pop Choir - come and join the fun ! All ages and voices welcome** (particularly higher voices at the moment) - we sing a mixed repertoire from Donna Summer to Justin Bieber, from Abba to Elbow. Thursday rehearsals 7.30-9.30pm and occasional informal performances. For info contact John Hymas on 07969 440183.

**A message from P&N Community Support....we'd like to thank Dave and Win Preece very much for their kind donation of £500 to PNCS.** They kindly grow, nurture, and deliver their sweet peas daily to our Charity Shop and generously donate the money every year to us. Thank you ! Sharon Jones, General Manager.

**More volunteers for Samaritans wanted - could you be one?** Every six seconds, Samaritans responds to a call for help from someone who is distressed, desperate or suicidal. The Powys branch in Llandrindod Wells is one of over 200 branches where volunteers respond to these calls by telephone, email, text and face-to-face. Our volunteers are ordinary people who have been selected and trained and are prepared to give 4 hours each week to work in our operations room beneath the Samaritans shop in Llandrindod. It can be challenging work but it is immensely rewarding to know that you may have helped to turn someone's life around. Would you like to join us? You can choose shift times to suit your circumstances and travelling expenses are paid. We never work alone so you'll always have support on hand. We plan to run a training course starting in October. **If you would like to find out more please call on 01597 822911 or email [volunteer@powyssamaritans.org.uk](mailto:volunteer@powyssamaritans.org.uk)** giving your name and an email or postal address so we can send you more information and an application form and invite you to the **selection evening in Llandrindod Wells on October 3rd.**

**"Calling all who would like to try their hands at crocheting, sewing and other useful crafts using recycled materials! Free taster workshop** including materials. Invitation open to any gender/age. Genuine interest and enthusiasm required. Telephone Presteigne 260285 (leave a message) or email [eclee2011@btinternet.com](mailto:eclee2011@btinternet.com)"

**Charity fundraising message from Tracy Sterry** "...myself and Martin (Grimmett) have just completed a charity fundraising event (tandem parachute jump) for St Michael's Hospice in Hereford...for which we raised a great total of £1,750 + so we were both pleased with the result. The Jump went very well and we would do it again in the future. We booked it through the St Michael's Hospice Angels who were very helpful. Mike Pullin is the organiser of the Hospice Angels and we found him very helpful to get things organised. I live at Evenjobb and Martin lives in Presteigne. It was a sponsored event which we did in memory of my late partner Dave Lloyd. We want to thank all the people in Presteigne and the surrounding area who supported Team Evenjobb."

**And a message from Teresa Felgate about The Warden**... "The Warden, having won a Green Flag Community Award during the summer, is now part of the nationwide - The People's Choice - "Vote for your favourite Green Flag Park". It would be lovely to get the community involved with this - no great prizes to be won, but it would be great to know that people are supporting The Warden. **So to anyone who knows and loves the Warden please would they vote via the following link: <http://www.greenflagaward.org.uk/news/which-is-your-favourite-park/>**. The Warden is now featured on the Green Flag website with a photo and description and the Green Flag should be flying near the main gate very soon.

**KNIGHTON PRESTEIGNE AND EAST RADNOR FOOD BANK** is now helping more families in this area. Presteigne has been very generous in donating food which has helped a great deal. If you can continue to support those that are going through a difficult spell, please see the shopping list in the Library, Community Support, Memorial Hall PAC noticeboard, and of course **Presteigne Spar**, which is also the collection point for food donations. For information please go to [www.knightonfoodbank.co.uk](http://www.knightonfoodbank.co.uk) - THANK YOU FOR YOUR SUPPORT

**On Friday 5th October the Presteigne Screen film is "Funny Cow"** UK 2018 12mins 15. The school of hard knocks' doesn't begin to do justice to the challenges life throws at Rotherham's Funny Cow (a searing performance by an otherwise unnamed Maxine Peake). As she rises above her abusive '50s childhood and violent marriage, she develops the sort of grit she needs to take on the casual sexism and mindless abuse that is her lot as a female stand-up on the 1970s northern comedy circuit. But once she's sharpened her routine, she finds her brazen and cocky schtick does indeed equip her to cope with both audience hostility and the tricky and often hopeless men with which she has surrounded herself. Assembly Rooms 7.30pm £5.

**PRESTEIGNE LOCAL FOOD MARKET Saturday 6th October 9 - 1pm Memorial Hall.** This year is a bumper year for apples and it is hoped there will be some uncommon varieties to sample. The Market is repeating last October's very successful plant swap which included houseplants. September appears to have brought good growing conditions so hopefully Market customers will have some plants ready for dividing. Please bring any you do have to swap with something you would like in exchange - or kindly leave a donation. It is hoped all the regular artisans will be at the Market which now includes an excellent choice of home bred and locally sourced pork products. The Community Cafe will be serving Fairtrade coffee, teas and homemade cakes.

**On Fri 12th October Lingen Flix presents 'The Guernsey Literary & Potato Peel Pie Society'** (12) 7.30pm, Lingen Hall Drama Stars: Lily James, Michael Huisman, Tom Courtenay. A free spirited writer forms a life changing bond when she decides to write about a book club formed in WWII. Adult £5/child £3.50. Book: [01544 267736](https://www.amazon.co.uk/dp/01544267736)

**Saturday 13th October is Open Day at The Retreat...come and enjoy taster sessions** at The Retreat in Presteigne. Massage - Yoga - Mindfulness - Alexander Technique - Osteopathy (£3 donation to Presteigne Defibrillator Fund). Please call or e-mail to book sessions ([07816 981454](tel:07816981454) or [marian@retreat.wales](mailto: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, located next door to the Workhouse Gallery on the Industrial Estate in Presteigne.

**Sunday 21st October 11am-4pm is COMMUNITY JUICING DAY at Well Cottage, Canons' Lane, Broad Street: celebrate Apple Day by pressing some fruit.** Bring a bag of your own washed apples (or pears) picked from Went's Meadow orchard or your garden, and clean containers for juice for you to take home. We'll be pressing all day so just turn up whenever and have a go. Organised by Presteigne Plenty in association with PAC; entry is free. All welcome.

**THE VELVET VIOLIN CABARET returns to The Assembly Rooms on Sunday 21st October at 7.30pm featuring Whisky Moon Face and The Ivan Moul Band** (plus The Randy Newman Quiz - does God exist and other stupid questions!). See poster for more details. Full Circle Bar & snacks. £12 tickets Courtyard Antiques

### **DATES FOR YOUR DIARY**

\* **Presteigne Fireworks Night on Saturday 3rd November** - if you're interested in being involved with the planning and organisation of the event, we would be very pleased to see you at our next open meeting - **8pm on 2 October 2018** in The Dukes, Presteigne. Many thanks from Nikki and the Sheep Music Trustees (Rory Bennett, John Hymas, Lisa Miller, Steve Powell, Helena Ramsey, Alex Ramsey & Owen Rimington)

\* **The Sleeping Dragon leaves its cromlech on Sunday 11th November with full ceremony, followed by a big community end-of-war party at the Memorial Hall - details later !!**

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](mailto:pacdg@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) to [pacdg@icloud.com](mailto:pacdg@icloud.com).

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