Community News

Issue 243 February 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

[ed. If readers on the Herefordshire and Shropshire side of the border could keep me updated on important Covid (and other) developments affecting them, that would be appreciated and can be passed on - as a Welsh resident the information I'm getting is mainly from Powys - thank you]

Trying to find someone to paint your house, do your garden, prune trees, plumbing, picture framing, ceramics repair etc? We are building up a register of local trades and services and may well be able to point you in the right direction - email news@pacdg.org.

...watch out for temporary emergency speed limit reductions on the B4355 Knighton road (from the site entrance opposite Wills View in Norton to Wilson Terrace Playground junction). These will be in place from the 17 Feb - 30 Jul 2021 on behalf of Welsh Water, while they do works to the construction of new rising main.

...getting short of things to read while we're still in lockdown? Check out the free book exchange in the porch of St. Andrew's in Presteigne (and in the former church in Norton). There's an incredible selection of books now, including children's books. Take as many as you want - bring them back once you've read them (but NO magazines, CDs/DVDs please!) [ed. several people have said they're thinking to set up something similar in their own village. If so, contact me news@pacdg.org - we can help with an initial supply of books]

TOWN COUNCIL NEWS (see Town website www.presteigne.org.uk)

Observer notes of items of interest from last week's Town Council meeting:

- Zip wire at Wilson Terrace Playground adjustments now complete, private donation has
 covered the TC's share of the cost for the extension (the original purchase cost was
 covered by a £10k grant obtained by the TC).
- Wildflowers/verges plans to extend the areas left un-mown this year. Also looking at ideas to increase biodiversity in other areas of town including Went's Meadow.
- State of roads leading into town TC continues to press for urgent work to these Herefordshire CC roads.
- Local Walks routes/maps now on town website at www.presteigne.org.uk/local-walks
- Playgrounds possibility of improving facilities at Lugg View with PCC funding and grant funds to match; and hope to provide more toddler-friendly equipment at Wilson Terrace.
- Lloyds Bank ATM sign to go up asking people NOT to park adjacent as this prevents the fire engine getting through.
- Parking at end of Scottleton Street still causing access problems and risk of accidents, looking at possibility of getting bollards placed.

COVID

...from the Welsh Government. Four people from two different households can meet outside to exercise – whether its motivation to get outside for some fresh air or to keep each other company on runs during these dark evenings. For now, you still can't travel to exercise and please keep at least 2m apart.

...from Powys THB. If you are aged 70+ or you are 16+ and have received a "shielding letter" because you are "clinically extremely vulnerable" then you should have been invited your first dose vaccination by now. If you have not received your invitation then please let us know: 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/

SPAM / SCAM WARNINGS

...from Juliet. Yesterday evening I received a text message purporting to be from Lloyds Bank telling me I had set up a new payee and saying if this was not me to follow a link. The message came from a mobile number and although it looked like the sort of text I get from Lloyds when setting up payees, it seemed suspicious coming from a mobile. I see from other notices online that it is a SCAM and on no account to open the link, which will ask for bank details. [ed. report all suspicious texts by noting the number, then copying the text and sending a message to 7726 - you'll get an immediate reply asking you to input the mobile number]
...from Eve. I received a recorded message phone call on my mobile yesterday from number +447223514982 claiming to be Customs and Excise telling me that I was entitled to a tax rebate. Reported and deleted.

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

- ...from Downton Delights. We have a lovely selection of Mother's Day gifts at Lorna's sandwich shop this week, but limited stock only available for the next week or so as we will be making room for Mum's sweets and treats, so act quickly, when they're gone they're gone.
- ...from Lyonshall Garden Centre. It's time to decide what to sow and grow this year https://www.lyonshallnurseries.co.uk/news/1180/which-seeds-to-sow-this-year
- ...from Rose Cottage Café & Flowers. Hi all. Orders now being taken for Mother's Day for both flowers and afternoon tea just send us a message on FB or give us a ring on 01544 260600 and let us know how we can help rosecottageflowersandcafe@gmail.com
- ...from The Retreat. See giveaway on the Silvan Skincare Instagram page! Please head over there for a chance to #win a relaxing bundle of Pukka Teas, Soothe Face Cream, Sleep Balm and Soothe Face Oil worth £64 lovely for yourself, a friend or Mothers Day. Link for giveaway is https://www.instagram.com/p/CLRANLaFhtc. Competition closes Sunday 28 February.
- ...from The Real Wine Company. Joining us for our Two-wine-Fridays online tastings? On the 26th of February, we're making Diane & Mathieu's Tarte à la tomate Provençale from Château d'Or et de Gueules. Get your ingredients, find the recipe and watch the video https://www.youtube.com/watch?v=iB4ccxZSIUU
- ...from Amanda's Bread. Please order on Monday or asap for deliveries on <u>Saturday 27th February</u> to the Presteigne area. Email <u>asimpsonatkins1@gmail.com</u> asap, thank you.
- ...from Leon's Food to Order this week's Chef's Special! Carrilleras de Tenere con vino tinto. Meltingly tender beef cheeks, with a rich, deep flavour, slowly cooked with Rioja red wine, cocoa powder, carrots, peppers, onions, tomatoes, herbs and garlic £7.50. Great served with, chips, creamy mashed potatoes or our garlic rice. Order online here https://thesaltydogpresteigne.com/order-cooked-food/ or phone 01544 262164 either Monday, Tuesday or Wednesday and collect between 9 am and 5.30 pm on Thursday, Friday or between 9 am and 4 pm on Saturday. All of our Food to Order dishes are easy to reheat, assemble and to transport.
- ...from Weobley Ash Meats. It's our Birthday. COMPETITION. To celebrate our first 12 months of the shop being open we're giving away a whole beef rump. Simply "Like and Share" this post on our FB page and the winner will be drawn this Friday at 6pm. GOOD LUCK!

- ...from Shepherds Ice Cream. We're back out delivering again order now for delivery March 3rd Kington, Presteigne? Walford, Leintwardine. Order via our website www.shepherdsicecream.co.uk, there's a couple of lovely specials on there too.
- ...from The Workhouse Gallery & Café. What a glorious day we had yesterday... there are hopeful murmurings for a non-essential shop reopening date for the gallery and our new deck is being transformed into a beautiful rain-proof oasis for the eventual reopening of the cafe! In the meantime we can explore this beautiful country we live in with the help of our two favourite books on the subject! Our book section on the website has great choices for sunny days outside and rainy days on the sofa or at the sewing table! https://www.theworkhousegallery.co.uk/collections/books

DATES FOR YOUR DIARY & OTHER INFORMATION

- ...from the BBC. Home learning | Get ready for the week ahead, the new schedule of engaging & fun resources on the BBC are out now. Available both online & on TV to help with your child's home learning, the full details are available here: http://orlo.uk/40zxY
- ...from Powys Recycles. Reminder we can't collect Tetrapak & similar (laminated) paper cartons/cups at the kerbside. Set them to one side & take them to a HWRC when essential travel restrictions allow. www.recyclenow.com. [ed. you don't need to go to the HWRC. We have two large drinks carton recycling bins at the Bring Site lay-by on the Presteigne bypass]
- ...from Powys CC. Funding support to help you start a business. Powys residents considering self-employment to help them back into work may be eligible for grant support. Business Wales have announced a £1.2m 'Barriers Fund' to support more start-up businesses and boost employment. Discretionary grants of up to £2,000 are available to all unemployed individuals, but priority will be given to those groups expected to be hardest hit by the pandemic and who face greater economic barriers: Young people / Disabled people / People from BAME backgrounds / Women. The scheme is managed by Business Wales and applications will need a supporting business plan. For more information on this and the Barriers Fund please visit: https://crowd.in/sFxCO8. The grant is open until 31 March 2021.
- ...and another cash boost for Powys freelancers in the cultural and creative sectors who received grants of £2,500 last Autumn you may be eligible for more support. Welsh Government have recently announced a second round of payments as part of their Covid-19 Cultural Recovery Fund, which was first announced in September 2020. PCC will once again be administering the funds to help ease cash flow pressures for the freelance professionals. The criteria set out by Welsh Government explains that the payments can only be made to freelancers who received the first grant, and that anyone in receipt of a Discretionary Business Grant is unable to apply. Eligible freelancers will need to complete a simple online form and confirm that there has been no change in circumstances since their first payment last year. Applications are now open and will close on Friday 26 February. Further details can be found on the council's website: https://crowd.in/JfFhY0
- ...from Freedom Leisure. Tone up at home. Get in shape with this 30 minute, legs, bums & thighs workout! https://bit.ly/3hlZFPL. Join us every Wednesday for these free home workouts.
- ...from Herefordshire CC. Kids Kitchen. This half term get creative in the kitchen with the kids. Kids Kitchen Herefordshire have lots of activities & ideas you could try, from cook alongs to making food volcanoes! More details: http://orlo.uk/FpfbG
- ...from Powys Education. School grounds in Wales will become smoke-free from 1st March 2021. Smoking is extremely harmful and damaging to health. #choosingtobesmokefreefor a healthier environment for young people.
- ...from Powys CC. People in Powys who no longer need mobility and other support equipment are being urged to return them to the council. Hundreds of people borrow community equipment such as wheelchairs, walking frames or commodes from Powys CC, via its partner NRS Healthcare, to help them live independently. The council is now calling on

people who no longer need the equipment to get in touch to arrange collection - call NRS Healthcare on 0345 123 6350.

- ...from Radnor Scouts/1st Presteigne Scouts. You don't need to be Bear Grylls to volunteer... What we need now are smilers and inspirers, activity planners and Zoomers all round team players to support our young people. The good news is you shape what you do and decide how much time you give. Scouts happens when a lot of us give a little (and no, you don't have to be a Scout or outdoors expert to volunteer). Scouts is needed now more than ever. The pandemic has hit our young people hard with two thirds saying is impacted on their mental health. We help young people step up, speak and find their place in the world. We help them gain skills for life. Whether you join us to directly support young people, or behind the scenes, we'll match you with a role that suits your skills and those you'd like to gain. No two weeks are the same, but the impact you make is amazing. If you want to know more email: c.e.bunton@outlook.com. We look forward to hearing from you.
- ...from Presteigne Freegle. Enjoy Blind Dates all year round! Freegle is a free online dating service for unloved stuff. http://ow.ly/DbOu30nyjdj. Find a new lover for your unwanted things! Find things you can #upcycle #repair and love again. All for freeeeeeeeeeeeeeeeeeeeeeee.
- ...from Carers Wales. We are delighted and excited to announce our dedicated Virtual Wellbeing Day. We are hosting a full day of activities to support the mindfulness and wellbeing of unpaid carers on Saturday 27th February 2021. Each session is individual and you can join as many or as few as you like. You do not have to commit to the whole day. To register go to https://www.eventbrite.co.uk/e/carers-wales-wellbeing-day-tickets-140248752795
- ...from Powys Libraries. Order some children's books through our Order & Collect service and receive a World Book Day Token to exchange for a free World Book Day Book or receive £1 off a book of your choice. To use our order & collect service please visit powys.gov.uk/libraries or phone 01597 827460
- ...Dark Sky Wales are providing FREE 1 hour sessions on Dark Sky Awareness. The sessions will look at how dark skies can help businesses and communities to take advantage of this natural and free commodity which is in great abundance across Wales. If you would like to learn more about this project then follow the link below to sign up https://www.eventbrite.co.uk/e/141803685641

LOCAL JOB OPPORTUNITIES

...from Powys CC. Looking for a rewarding role in Domiciliary Care to support individuals to remain independent in the comfort of their own homes and communities. All relevant training provided before you start and PPE is provided to protect staff and anyone receiving a service. 25 hours, fixed term for 6 months, throughout Powys. Interested? Visit www.powys.gov.uk/jobs ...from Nina at Wilbury House. Support Worker: Part-time shift work with sleep-ins (potential 21 hours or more). If you are passionate and caring and looking for a rewarding job that comes with excellent training and great opportunities for personal development, join Wilbury House Limited as a Care worker and make a real difference. Wilbury House is a small residential care home with two young adults with learning disabilities, set in the beautiful Welsh countryside near Kington. Come and join a small team of care workers in making a real difference to residents' lives. Assisting residents with their physical and emotional needs, you will do whatever it takes to help them get the most out of life. More than just a career, you will be a true friend who champions their dignity and maximises their independence, and you will have an increasingly important part to play. For more information please do not hesitate to get in touch ninacad@outlook.com 07736 222132

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.