

Community News

Issue 135 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.

- **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.**

Please email us with your ' Reasons to be Cheerful' or 'Things to do while cocooned' - thank you !

...a message from Sarah - people are being encouraged to show their appreciation for the NHS and other care workers by clapping for carers outside their homes (or from windows or doorways) **at 8pm EVERY Thursday evening**. It was wonderful to stand outside our house in Silia Wood last week and pause in our own clapping to hear applause and cheers echoing through the dark from all over Presteigne. Let's continue to show those we all depend on that we care about, support and admire them.

UPDATE FROM LOCAL BUSINESSES AND THE HIGH STREET

(things are often changing so, if you have access to the internet, first double check information on websites or Facebook pages)

...from **Salty Dog**. Some changes to collection and delivery times. At the moment: Delivery Tuesday and Thursday. Collect Wednesday Thursday Friday Saturday and Sunday between 10am and 2pm. Normal shopping 9am to 2pm Monday to Saturday, and then the orders are put together together in the afternoon. Please order 3 days in advance.

...from **Leominster Pet Supplies**. We are delivering in PRESTEIGNE area on Friday due to demand. Please tag anyone in surrounding villages or towns that may want something dropped to them. Take care all.

...from **Wild Thyme**. Hi everyone! Just updating the pre-order takeaway menu from Wild Thyme Italian, Presteigne with the addition of a tasty Fish Pie 07854 428668

...from **Wild Card Tattoos** in the High Street. We are currently closed until further notice following government guidelines. All deposits that have been paid will be held until they are able to reopen again. Please message our fb page or call 07852111963 if you have any enquiries.

...from **Carini Butchers**. Opening hours are - Mon-Thurs- 7am-5pm, Fri 7am-5.30pm & Sat 7am-2.45pm. They have someone who will do home deliveries to the older folk. Phone number is [01544 260026](tel:01544260026). They can do bank transfer or cash or cheque on delivery.

Note that Shoppers are now able to make contactless card payments with a new higher limit of up to £45 per transaction. The payment limit in shops has increased by £15, from £30 previously, as part of measures to combat coronavirus

THINGS DO WHILE COCOONED !

(contrary to yesterday's News item) **The NHS has now asked people to stop posting laminated rainbow pictures to the new Nightingale hospital** in London after a social media request went viral. Instead, NHS Nightingale asked people to share their artwork "digitally" online instead, using #RainbowsForNightingale.

...from presteignedogman. I've compiled a weekly Quiz sheet - 20 questions, slightly cryptic - which can be emailed to you every Wednesday. This is just a bit of fun to help exercise the leetle grey cells while cooped up at home, no entries needed, no prizes - just a virtual round of applause and a warm feeling ! If you'd like to be added to the weekly distribution, email me on presteignedogman@icloud.com. It's **FREE** although it'd be great if you could make a small weekly donation to a local charity of your choice.

Do you love watching your garden birds ? During the lockdown, many of us are looking to our gardens to enjoy nature and be outdoors, to learn, and to improve our well-being. **You can now join the BTO Garden BirdWatch community for free!** BTO Garden BirdWatch offers a great opportunity to learn more about garden birds and other wildlife, and to contribute directly to BTO's important scientific research on the value of gardens for wildlife. By understanding more about how wildlife uses our gardens, we'll be able to make our cities, towns, villages and individual gardens better for nature. To take part you simply keep a list of the birds you see visiting your garden over the course of a week (Sunday to following Saturday), then enter this into our online recording system. If you want, you can also record other garden wildlife, such as butterflies and mammals. Your sightings will help us to understand how and why populations of garden birds and other wildlife are changing, and how we can all help them. This **FREE** offer includes access to our online recording system, a regular Garden BirdWatch e-newsletter with information on recording and identifying garden wildlife, and access to our team of wildlife experts to answer your questions on garden wildlife. We look forward to welcoming you to the Garden BirdWatch community. *(thanks to Martin for this information)*

From ERDC Home Support. Apologies for the lack of updates. We have been rather busy! We are providing a meals on wheels service to some of the elderly in our community and I wondered **if any of the children are at a loose end if they would like to make some cards, paint a picture or write a little note and we can deliver them with the lunches.** Whilst we are all struggling not being able to spend time with our extended family & friends it can be super lonely if you are self isolating and live alone. The mental well-being of people needs to be a priority. Hopefully we can help cheer people up. If you'd like to take part just comment on the post on our Facebook page and we can make arrangements for a central collection point. Many thanks and please feel free to share!

...from Presteigne Freegle. Eggcellent fun! How to dye eggs with old silk ties via @instructables #easter #crafts. <http://ow.ly/eKhc30qpW9V>. Freegle is shutdown right now but you may have everything you need already at home! Find free materials in the future (post #lockdown) via your local #Freegle community <http://ow.ly/DbOu30nyjdj>. #make #upcycle #ChooseToReuse

...from the Royal Institution. Every Thursday at 2pm we're showing ExeRimental Live! science sessions for parents and carers and their children on Facebook Live, followed by a Q&A. These are explosive science videos for young people aged 7 - 11 on facebook.com/royalinstitution. Stick around after each show is finished - we'll be asking

parents and carers to type out any questions their children have into the comment section for us to answer.

...from Recycle Now. If you're on the look out for some fun and creative activities for home schooling kids, why not join The Action Pack! Our free curriculum-linked resources are designed to help children learn about recycling and protecting the environment. Find out more and download our resources: <https://bit.ly/2yojl94>

...Andrew Lloyd Webber will be streaming his musicals for free online in a new series for West End and Broadway fans.

Entitled "The Shows Must Go On", the series will start with the 2000 adaptation of Joseph and the Amazing Technicolor Dreamcoat starring Donny Osmond, Maria Friedman, Richard Attenborough and Joan Collins. The show will be available for 48 hours from tomorrow Friday 3 April at 7pm BST on "The Shows Must Go On" YouTube channel.

The following week the 2012 production of Jesus Christ Superstar, with Tim Minchin, Melanie C and Chris Moyles, will be streamed. Further shows are to be announced. While free, the channel is encouraging viewers to donate to a variety of charities – Acting for Others, Broadway Cares and Actors Benevolent Fund." Read the full list of shows you can watch online for free at What's On Stage [here](#).

OTHER INFORMATION

CORONAVIRUS WASTE & RECYCLING TIPS

KEEPING YOUR BIN CLEAN

Please remember to wash your hands thoroughly after handling your bins and boxes. It's also a good idea to clean the handles and lids before and after they have been emptied.

BULKY WASTE

If you have bulky waste from the house or garden which you would normally take to the local recycling centre, please hold onto these until the sites reopen or when the bulky collections resume.

PERSONAL WASTE

If you are displaying symptoms, please dispose of personal waste (such as used tissues and wipes) in a separate bag. These bags should be placed into another bag, tied securely and kept aside for at least 72 hours before putting into your general waste bin for collection. Personal waste must not be put into recycling.

PLEASE KEEP YOUR DISTANCE

Our collection staff are key essential workers and we need to keep them safe, so please keep your distance and observe the 2 metre social distancing guidelines at all times.

GIVE US A WAVE!

Show your support by giving our crews a wave and a smile when you see them - they are working hard to support you during these difficult times.

www.powys.gov.uk/coronavirus



...from Herefordshire CC - (may be of use/interest to groups on the English side of the border). The new Keep Connected grant has been launched to help support groups and organisations to adapt and continue to deliver their services remotely as a result of the coronavirus (COVID-19) outbreak. The grant has been created by the Herefordshire Council's Fastershire Broadband Project, and is available to any not-for-profit groups or organisations, including charities, community groups and Parish/town councils. These groups can access a grant up to £500 to fund new software subscriptions, online platforms or technology, such as microphones, headsets, cameras or large screens to ensure that they can engage with their members or service users. In addition to funding, these organisations will have access to free online or telephone support from one of Fastershire's expert advisors to help them set-up and operate the new technology.

...from the Welsh Government. Today the Minister for Environment, Energy and Rural Affairs announced a series of emergency measures to support Welsh farmers during the Covid-19 outbreak, recognising the crucial role they play in feeding the nation.

1. Farmers will have an extra month to submit their Single Application Form (SAF), with the deadline now extended to 15 June.
2. Crop Diversification requirements will be removed completely for BPS 2020.
3. An additional £5.5m has been allocated to the BPS and Glastir 2019 support scheme which to support those farmers who are yet to receive their 2019 BPS and/or Glastir payments.
4. Farmers will be able to apply for support through the scheme to alleviate potential cash flow problems.

Further information can be found here: <https://gov.wales/emergency-measures-support-farmers-during-covid-19-unveiled>

...from PCC. A reminder to Key workers - please remember you should carry identification that asserts their need to travel and carry out key duties.

...from PAVO about Community Connectors. If you or someone you know is looking for Covid-19 support that you perhaps can't find here and not sure who to ask, please contact Dave Coffey who is the local member of the PAVO Community Contactors team - tel. 01597 829649, Mon-Frid 5pm - 10pm, Sat/Sun 10am - 5pm. Out of hours service.

...PAVO are also looking for more telephone befrienders - email pbs@pavo.org.uk or tel. 01597 822191

...Do you know someone looking for seasonal work in May/June ? Local farmers are calling on British workers to fill vital roles harvesting fruit and vegetables during the coronavirus crisis after warning stocks may 'run out'. Due to tight travel restrictions imposed by governments amid the Covid-19 pandemic, some 90,000 positions need to be filled, many in just a few weeks' time. Agricultural workers from eastern Europe usually fill the majority of roles but restrictions across Europe and further afield mean they can no longer get to the UK to work. British Summer Fruits, which represents soft fruit growers, has set up an interactive map on its website showing the locations of farms around the UK and the jobs on offer – but how else can you help? Applicants can apply through the Concordia, HOPS and Fruitful Alliance's Ethical Labour website <https://www.hopslaboursolutions.com/seasonal-work/>.

...from PCC Transport. Following our post on Friday, please see revised timetables for tomorrow (Monday 30th March), until further notice. Once again, please use bus services for ESSENTIAL TRAVEL ONLY - if you have absolutely no other means of travel. Please share this information with anyone you know who doesn't have access to social media. <http://www.traveline.cymru/> has been updated.

...from researchers in Cardiff. Just over a week ago, researchers at Cardiff Metropolitan and Cardiff University launched a survey to find out about the experiences of people living in the UK during the coronavirus COVID-19 pandemic. They've received an incredible 5721 completed surveys from HWW participants so far. Thank you so much for sharing your thoughts and experiences. The researchers would love to hear from more people so they can have a greater insight into how the Coronavirus pandemic is affecting you all. If you are over 18 years old, please complete the survey by following the link below. The survey will be open until 12 April.
<https://covid19attitudes.onlinesurveys.ac.uk/uk-public-experiences-of-the-coronavirus-covid19-pandemic-2>

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.

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 pacdg@icloud.com.

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