

# Community News

Issue 137 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](mailto: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](mailto:pacdg@icloud.com)**
- **and if you're self-isolating or need assistance in any way, you can also email [pacdg@icloud.com](mailto:pacdg@icloud.com) and we'll pass on your message to people who can help.**

*from Sarah & Martin... "it's incredible what the Home Support team and community volunteers in Presteigne are doing to support everyone who needs help and advice - thank you so much !"*

*and from Richard... "a big shout out to all our local shops and restaurants (and their helpers and drivers) putting in incredible efforts doing deliveries or collect and take-away services. Such respect - I don't know what we would do without you".*

## **UPDATE FROM LOCAL BUSINESSES AND THE HIGH STREET**

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

**...from Alex Gooch.** Deliveries of bread will recommence next Saturday, 11th, April. However bread will need to be ordered in advance by the Wednesday before delivery by ringing Katie at the bakery on 01497 822708. Your bread will come wrapped, and payment is BY CARD ONLY. (There will be some "extras" in the form of £10 bags containing, for instance, 5 different buns or confections, or a sourdough loaf and some ciabatta rolls, but safer to order what you want than take a lucky dip!). *(thanks to Nick & Lisa).*

**...From The Salty Dog.** Special dishes by Leon available to order. This week's specials £5.00 per person.

THAI GREEN CHICKEN CURRY - CHICKEN TIKKA MASALA - THAI YELLOW PRAWN CURRY - BEEF MASSAMAN - CHICKEN AND CHORIZO PAELLA - SEAFOOD PAELLA. Email your order to [thesaltydogpresteigne@hotmail.co.uk](mailto:thesaltydogpresteigne@hotmail.co.uk).

**...from The Royal Oak.** See our Facebook page for a full list of your horses for the sweepstake for the Virtual Grand National race at 5pm today. Note the horse number is for the Champion of Champions race as they haven't confirmed who they will run yet. You can also bet online for the Grand National with bookmakers giving the profits to NHS charities. Good luck!

**...from Presteigne St Andrews FC** which has been doing its bit to help keep the hard-working staff at East Radnorshire Day Centre Home Support topped up with snacks .... they've done a stock take of what goods are likely to be out of date before they reopen for business and decided to offer up the crisps and other goodies to the staff at Home Support to help keep them going. Great decision!

...from **Emily at EG Fitness**. Live schedule for next week!!

Tuesday: 11-11:20 Tots and younger dancers; 11:25-11:45 Gentle aerobics; 3-3:20 Tap

Wednesday: 6:30-6:50 Zumba/dance class

Thursday: 10:45-11:10 Zumba/dance class; 11:15-11:30 Technique class; 11:30-11:45 Tots and younger dances

Friday: 10:45-11:05 Tap; 11:10-11:30 gentle aerobics

...from **MidCounties Co-op**. It is asking communities across its trading area to help ensure local food banks can continue to provide essential support to those in need with the launch of a new food bank fund <https://www.midcounties.coop/news/foodbank-fund/>. Knighton Co-op have a box in the shop for our Food Bank.

\*\*\*\*\*

## THINGS DO WHILE COCOONED !

...did you know about these **FREE short online courses** which are both for education or professional development, and also to follow and develop hobbies & interests? Such exciting lists! Browse FREE Online Courses from Future Learn and The Open University. <https://www.futurelearn.com/courses> and <https://www.open.edu/openlearn/free-courses/full-catalogue> (from Sonja, thanks)

...from **Amazon** who today canceled the subscription of books and audio stories for children and students of all ages as long as schools are closed, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids. All stories are free to stream on your desktop, laptop, phone or tablet using the following link <https://stories.audible.com/start-listen>. Spread the good news.

...from **the Scouts**. Lots of fab, fun things to do while you #StayHome (and #StaySane!) with the kids via @UKScouting and <https://www.scouts.org.uk/the-great-indoors>

...did you realise you can view **animal webcams** at virtually all the UK's zoos and wildlife parks? Just 'search' your favourite zoo websites.

...from **Grayson Perry** "Please join my Art Club. I'm inviting the nation to my studio. I'll be showing you what I'm up to, talking to other artists and I want you to send me images of what you are making #C4ArtClub" If you would like your art to feature on the show, please follow the five steps on the link below. For week one, Grayson would like art on the theme of 'portraits'. If you are under 18 you will need a parent/guardian to submit your artwork and provide their phone number so the film company can speak to them in person. <https://www.swanfilms.tv/2020/03/enter-your-artwork-here/>

## OTHER INFORMATION

**Supermarkets are introducing new rules for shoppers** as the coronavirus outbreak continues with changes to what you are allowed to buy and who is allowed to shop. Sainsbury's is the latest chain to say people should shop alone and children should be left at home where possible. A number of groups are lifting restrictions on what you can buy - either completely or relaxing the rules. Others are saying you can only use one trolley when shopping. See each supermarket website for latest information.

...from **DEFRA and Dog Charities**. There is no evidence of coronavirus circulating in pets or other animals in the UK and there is nothing to suggest animals may transmit the disease to humans. However, in line with the general advice on fighting coronavirus, you

should wash your hands regularly, **including before and after contact with animals**. It is also strongly recommended that, for the meantime, **you must only exercise your dog on-lead** to minimise touching by other people, or in case your dog should run off or be lost in which case your ability to search for it is severely limited. If you are self-isolating or too unwell to walk your dog, or care for other animals, please call your Community Volunteers or Connectors.

**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](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) at least 3 weeks in advance 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 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).