

Community News

Issue 138 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.**

An important message from the Town Council on use of the MUGA (games/tennis courts) and outdoor gym: Over the weekend there have been reports of people continuing to use the MUGA and outdoor gym. Please please do not do so! The park remains open for the permitted daily exercise but using the equipment and courts is not permitted - you may leave the virus on surfaces where it can be transferred to others. The longer the government guidelines are not obeyed the longer the restrictions will be in place or increased. Please do not use.

UPDATE FROM LOCAL BUSINESSES AND THE HIGH STREET

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

...from Leon. Don't forget Leon's Food to Order by email to thesaltydog@hotmail.co.uk to order on Mon/Tues/Wed for collection on Thur/Frid/Sat. This week's Special is "Slow-braised ox cheek & stout casserole with red wine & parsley dumplings" at £6.50 a portion.. Otherwise a choice of curries at £5, and paella (for 2 as main course or tapas) at £8.50. If special dietary requirements call 01544 267720

...from Lyonshall Nurseries. We are able to make home deliveries. We are asking for your patience on this. If you have already emailed us PLEASE do not send again we will get back to you. We are working with very limited staff and we can only process so many orders in a day. Unfortunately we are unable to keep up with demand. Please give us a few days and systems will be in place to speed things up. If you are emailing us, please help us, by providing us with your requirements & requests together with a contact number. This will enable us to give you a quicker response.

We are in the process of having a full on-line webshop, where our plants & gardening products will be able to be purchased on-line and be provide home delivery. This will be hopefully in place by mid-April. If you would like to know when it's up and running please sign up to our newsletter at www.lyonshallnurseries.co.uk.

We have plenty of basic gardening items. Compost, seed trays, labels, pots & tools. We have some good quality plants including bulbs, herbs, vegetables(limited availability at the moment, but plenty growing on!) shrubs, perennials roses, trees climbing plants etc. We are still growing our veg & bedding container plants as usual .

Keep safe, Simon and the rest of the garden centre team www.lyonshallnurseries.co.uk

...from Amanda's Bread. We have been stallholders for several years at Presteigne's Local Food Market but, following the recent suspension of local markets, including

Presteigne, we are continuing to bake our bread, vegetarian savouries, cakes and preserves, and delivering them to order in the local area on a Saturday. Basically, if people in Presteigne would like to have our bread and other products delivered on a Saturday, they can contact us by email on... asimpsonatkins1@gmail.com ... and I can send them the details. Please get your order to us by Wednesday. Payment preferred by bank transfer (BACS) to be safe but will accept cheques or cash in an envelope. No charge for delivery at present. We can agree a convenient time and place to meet you safely, e.g. Presteigne Memorial Hall car park etc.. Alternatively, we can deliver to your home and leave your order in a safe place. Thank you, Amanda and Julian.

...from Weobley Ash. New store opening times: In-store shopping 9-1 pm, Collection of orders 1-5pm, Monday to Saturday

No admittance to the shop possible after 1pm. This is in order to protect you the shopper and us and our staff. For the foreseeable future, shopping will be on a order-and-collection or delivery service. It's far safer for us and you to use our delivery service. Please call 01544 598120 or email shop@weobleyash.co.uk for a price guide and delivery schedule

...if you need a larger supermarket shop. Knighton Co-op is now able to take orders for home delivery to both Presteigne and Norton. Order by phone 01547 528645 the day before, for delivery Monday, Wednesday and Friday.

THINGS DO WHILE COCOONED !

...update on knitted items for the Children's Hospital in Issue 132. The hospital has now stopped taking any more hats, boots, quilts etc - you can still drop any completed items off with Christine in Scottleton Street to send on when the current situation changes but otherwise probably best to hold off for now. Thanks !

...from Emily George to everyone in Norton!! I am planning a 'dance party' where we can all have a boogie at a safe distance from our front doors or gardens! I am going to be at the top of Milbank Drive on Thursday 16th April at 11:30am with my speakers ready to dance!! I hope lots of you will be able to join us! Please share with whoever may be living in Norton and able to join us!! But please - if you don't already live in the village do not travel to dance with us!!

...There are a whole raft of stage shows, musicals and opera you can watch online now for free. See www.whatsonstage.com. The list is updated daily with all the latest shows you can stream

e.g. Shakespeare's Globe will release 40 productions on its Globe Player service for free, it has been announced. The shows are Hamlet starring artistic director Michelle Terry (2018), Romeo and Juliet with Ellie Kendrick and Adetomiwa Edun (2009), A Midsummer Night's Dream with Michelle Terry (2013), The Winter's Tale with Annette Badland (2018), The Two Noble Kinsmen with Brian Dick (2018) and The Merry Wives of Windsor (2019) with Bryony Hannah. All Globe Player productions are captioned, with each show presented for two weeks on a rolling cycle from 6 April.

The theatre will release all 34 of the "Globe to Globe" performances for free on the Globe Player, while other artists contributing include Sandi Toksvig, Kathryn Hunter and Jenifer Toksvig, with new resources available to help those teaching children from home.

e.g. Sadler's Wells has just unveiled a raft of brilliant content it will be providing throughout the coming months for audiences locked down in their own homes. You can [find out more here](#).

...A couple of arty things for people to get involved with:-

- * Norfolk Painting School run by Martin Kinnear - he is giving weekly painting tutorials at 1pm every Wednesday, which stay on line for one week. Go to the Norfolk Painting School Facebook page (you don't have to be signed up for Facebook – it's for everybody) and then scroll down for Paint-in. Click on the video.
- * Many artists are offering free tutorials on various art projects for both adults and children – go to www.instagram.com/isolationartschool/ . Again you don't have to be signed up for Instagram as far as I can see. Click on any of the images which have a video symbol in the corner.

(thanks to Ruth for this information)

...a message to Norton residents (from a posting by Deb). How do you feel about brighten up the village and showing support for those out working. Inspired by the wonder rainbows in the windows at Milbank! And the wonderful noise you make on a Thursday night. So all the knitters & crafters out there, use up your spare wool. If you have the pattern for the poppies let's have knitting needles out, in all the colours you have. The idea is that you display what you produce in your windows or gardens, and also any knitted flowers etc can be put up in a prominent place in the village eg the Church gate etc like we did with the poppies. And any other ideas you have to share your works of art to show our appreciation to the carers, shop workers, lorry drivers - everyone who is out there working harder than ever.

...from Tom Ammonds. If anyone is bored and wants the next round of Kington Golf Club's quiz then please let me know and I can forward this over via e-mail in a PDF format.....email tom@stitchembroidery.co.uk or 07799 268007.

OTHER INFORMATION

...from Helen at the Food Bank. Dear Friend & Supporter, The food bank is busy but we are keeping up with the demand, thanks to the help of our wonderful community. I know that you may be facing shortages when you visit the shops, but if you could buy 4 items from the attached list (see the website), it would make such a difference to the size of food parcels we can offer. If you chose something from **each** of List A,B,C and D, this will mean we get an even coverage of the most needed items.

Thank you so much for supporting those in our community who, especially now, are facing severe economic hardship and feel very anxious on so many levels. The new protocol of curtseying /bowing at FB is a great success - and, as Miranda would say, "such fun"!!!

Please make sure you have our telephone number, email and /or website correctly stored in your Contact list! Some flyers have been circulated in the Knighton area, without my having seen them, which unfortunately may have incorrect details. The correct information is: Tel: 07731 524 058

e.mail: helen@knightonfoodbank.co.uk website: www.knightonfoodbank.co.uk

Please get in touch if you would like any help or further information about making a donation, With best wishes Helen

...from Dyfed Powys Police. To everyone who has engaged with us over the last 7 days - either online, over the phone or in person - we want to thank you for:

- Protecting the most vulnerable people in our communities
- Setting a good example for your friends, family and neighbours
- Making the right call by visiting bit.ly/DPPMakeTheRightCall

You can continue to help us by making sure you understand the current restrictions, and swotting up on our handy FAQ before getting in touch: bit.ly/DPPCovid19

For the latest Coronavirus (COVID-19) information, visit <https://phw.nhs.wales/Coronavirus>. Thank you for staying home and saving lives.

...from PAVO. Wow! In the past two weeks over 250 people across Powys have signed up to support their communities as Health and Care Volunteers. To join them register here: bit.ly/PowysVolunteers

We still need health care drivers, help in people's homes, help in residential homes and help with preparing food in hospitals. Volunteers can choose which locality they work in. If your service or agency needs volunteers, or you have other volunteering queries, please email PAVO at volunteering@pavo.org.uk

...about the Post Office. When Lloyds Bank is closed, as at present, and with the ATM sometimes out of action, just a reminder that you can do most things at our local Post Office in Premier. You can:

* pay in cash and cheques * withdraw money * check your balance

You can do this for just about every bank operating in the UK - for a full listing of services/banks see www.postoffice.co.uk/everydaybanking.

You need the following:

* Card and PIN to check balance, withdraw cash, deposit cash

* Card and pre-printed slip to pay in cash

* Pre-printed slip and bank-branded envelope to pay in cheques.

(Thanks to Margaret for suggesting this information)

...from PCC. Latest news: Enforcement action has been taken against three Powys businesses after they failed to comply with Covid-19 restrictions and refused to close, the county council has said. Despite the latest measures, the businesses have continued to trade so a range of enforcement action has been carried out including issuing prohibition notices and fixed penalty notices. "We were left with no option but to take enforcement action against these three premises after they continued to ignore the measures. We will continue to support the county's businesses where we can during these unprecedented times but will take the appropriate action against those who disregard these vital measures and put people's lives at risk."

For the latest updates and information about coronavirus (COVID-19) from the council, please visit <https://crowd.in/sw9crT>

...from PCC Waste. Can we remind you that trips to community recycling sites are NOT deemed essential travel, and should not take place. Fines for non-essential travel are being issued. Additional waste and recycling should be kept at home until travel restrictions are lifted.

Currently, with careful planning and the commitment of our crews, we are continuing with our weekly recycling kerbside collections and collections of residual rubbish and garden waste across the county.

We know staying at home is difficult, but by doing so we are saving lives.

...from the Welsh Government. Hear from @lamyasminkhan on the help available at this difficult time to those who may be at increased risk of domestic abuse.

If you need help, contact @LiveFearFree on: 0808 8010 800, 078600 77333 or

gov.wales/live-fear-free/contact-live-fear-free

and

...Over the weekend, the First Minister announced new rules to protect workers during the coronavirus outbreak. The regulations will mean the 2m social distancing rule will apply to any workplace, including homes, where work and repairs are being undertaken and outdoor spaces. They will come into force tomorrow morning.

Details can be found here: <https://gov.wales/two-metre-rule-will-protect-workers-wales-coronavirus>

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.