# Community News

### Issue 140 April 2020

an information service from PACPG - 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.

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

- 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.

(sent in by Moira) Day 20+ at home and the dog is looking at me like "See? This is why I chew your slippers!"

Presteigne & Norton Coronavirus Community Response: We're here to help We are here at the end of a phone if anyone is feeling anxious or isolated or just wants a chat at this strange and stressful time. We have a trained Samaritans volunteer among our phone-support team as well as volunteers who are bereavement counsellors or who have experience at dealing with children and young people.

Feel free to contact us on any of the following numbers:

Emma Lilley (01544 267462)

John Hymas (07969 440183)

Maggie James (07767 753368)

David Ashby (07453 031457)

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

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

Parking in the High Street: A big thanks to everyone who is queueing so patiently for the High Street shops, it really does relieve the stress on the shop staff. Just one more thing please....... If at all possible, could you avoid parking directly outside the shops that remain open. Easy access makes it so much easier and quicker for the delivery vans bringing in our essentials, and for the volunteers picking up the deliveries going out to the vulnerable, and also means they can keep to the recommended 2m distance if they don't have to trundle too far along the street. Parking is fairly easy just now (!) so if you are able to, your help with this would be really appreciated.

...from Co-op Knighton. (Ed. I finally got through to the Co-op and their manager apologised but confirmed that, because they're using volunteers, they can only deliver within a 5 mile radius so, YES for Norton, but NO for Presteigne...but of course they can put together an order for someone 'younger' to collect 01547 528645 - if you can get them to answer the phone!)

...from Emily. If you would like any children's books for entertainment or home education Emily D's Usborne Bookshop (based in Presteigne) can help out. We have

over 3000 titles to suit any little ones from babies up to teen/ young adult (also suitable for adults). We sell all different topics from football to nature to Ancient Egypt, fiction, lift the flap books, sticker books, phonics books, reading libraries, wipe clean books and jigsaws. They can be delivered to your door straight from the warehouse or on a case by case basis arrange home delivery/Presteigne collection. If you have kids to entertain or any birthdays coming up, get in touch for a personal shopping experience. Tel. 07808 474288 or Facebook @emilydsbookshop or website <a href="https://org.usbornebooksathome.co.uk/Emily\_D/">https://org.usbornebooksathome.co.uk/Emily\_D/</a>

...from J & P Turner Garden Centre, Kington. We are open everyday supplying you with garden centre, essential animal and pet supplies, and hardware. Delivery service available incl. to Presteigne @ £5 but allow 2 - 3 days after ordering. Please call 01544 230536 for more information. Guidelines to follow when in store to protect everyone. Normal opening 8.30am - 5pm (Easter weekend Friday 9am - 3pm, closed Saturday and Sunday).

...from Alex Gooch, Baker. Hi there, we will be back at our usual spot in Broad Street on Saturday 8.30am - 3.30pm, selling a set bread selection in a sealed bag for £10 and a sealed box of pastries for £10 - this gives people a chance to stock up. When it's your turn you simply tell us how many of the bread bags and pastry boxes you want, them you pay on the contactless handset in front of you, then step back while your bread is placed on the end of the table for you to pick up and walk away with. It is contactless payments only. If you prefer you can ring and place an order for delivery at orders@alexgoochbaker.com. You can also email us to reserve a bread bag and pastry box. Please respect the the 2 meter gap at all times. We have put systems in place so you and the person serving you don't get close at any time. Thanks #breadsuppliers #staples

...from Spar Presteigne. Easter Egg Deliveries for Vulnerable Customers. The Easter bunny is due to arrive this weekend, but as he's being smart and social distancing we've offered to help him out! If you are a vulnerable member of the local community and want to order Easter eggs as part of your regular delivery with us just let us know and we'll add it to your order. All orders must be placed by 5pm on Thursday 9th April. Please give us a call to arrange this or to find out more. 01544 267328

...from Weobley Ash. Setting the bar high "tieing meat well since 1887" well, 5am this morning, but feels like for ever. Great selection of joints for any isolating family size for Easter this weekend. Pork, beef and lamb. Artisan fair trade chocolate buttons, bars and eggs from Alexandra Pechabadens, a great Easter treat, in store. 01544 598120 shop@weobleyash.co.uk to order. Delivery service available

#### THINGS TO DO WHILE COCOONING!

...from Jenny (Birds & Bees). I've been wondering if any of my wildlife roleplay resources might be of interest to potential wildlife spotters (any age) out there. Now is a good time to spot queen bumble bees out cruising the ground looking for nesting sites, solitary bees (e.g. the wonderfully named Hairy Footed Flower Bees) buzzing about and perfect small tortoiseshell and peacock butterflies just emerged from hibernation. If anyone wants to email me - <a href="mailto:info@beetlesandbees.co.uk">info@beetlesandbees.co.uk</a> - I can email them scripts to help identify with these beneficial insects: Conversations between bumblebee queens and honeybee and red mason bees, interviews with butterflies and much more!

Just a thought for those of us lucky enough to have gardens.

The insect world is coming to life with this lovely spring sunshine and the first swifts have arrived back in the UK so swift spotting can start soon!! Jenny Ogden info@beetlesandbees.co.uk www.beetlesandbees.co.uk Tel:01544 260460

...read all your library books and need something else to read? Why set up a book swap with close-by friends and neighbours. Could even be 'pot luck' so you experience new authors and genres. You can't return your library books at the moment so you could swap those (as long as you label them so you get them back!). You can deliver books in a bag to a neighbour's door while out for your exercise walk, with the usual precautions wash your hands and wipe down the book covers before bagging up, and then wipe down the covers and wash your hand again afterwards.

And see previous Community News issues for information on downloading free e-books and audio books from Powys Library (from Terry)

- ...good news is that classical and rock musicians alike are finding new digital ways of getting free music to any of us with an internet connection. Major classical concerts are being streamed live e.g. The Royal Opera House on Facebook and Youtube; the LSO, Wigmore Hall, Opera North, Opera vision.eu, Berlin Philharmonika,NY Metropolitan Opera and pop acts are broadcasting online gigs on various social media channels, just search for your favourite artists.
- ...and for live theatre the National Theatre are streaming landmark plays on YouTube each Thursday. Next up is Jane Eyre at 7pm tomorrow <u>nationaltheatre.org.uk</u> meanwhile the Royal Court Theatre production of David Ireland's shocking drama 'Cypress Avenue' is available on-line until 26th April <u>www.royalcourttheatre.com</u>
- ...want to have fun learning the basics of a language while you're isolated? Duolingo and Memrise are both free apps for both iOS and Android. Tandem is a free app for both iOS and Android that connects you with people from around the world by text or voice chat to help you both learn each other's language. Rosetta Stone and Babbel are both subscription apps for a more intense approach to language learning on both iOS and Android. (thanks Anne for this)

If you have any other ideas do please let us know - thank you!

#### OTHER INFORMATION

- ...from the Welsh Government. This #WorldHealthDay we want to thank all our health workers. Right now, they're going above and beyond to provide care, support and reassurance in exceptional circumstances. Show your appreciation. Stay home. #DiolchNHS #ThankyouNHS
- ...from Powys County Council. So far this week we've paid out £4m in grants to 396 businesses in response to #COVID19. That's on top of the £11.7m in grants we awarded to 792 businesses last week. There's more money to go out and we're verifying lots of forms... We'll keep you posted
- ...from the Town Clerk. Latest planning applications in:

20/0558/FUL Grid Reference: E:331443 N: 264395 Proposal: Demolition of rear single storey outbuildings, construction of new rear extension with roof terrace. Loss of 2 No. 1 bed flats and creation of 1 No. 2 bed dwelling. Site Address: 1 London House, Broad Street, Presteigne, LD8 2AD.

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To be considered by Council under delegated powers on or after 14th April due to the current corona virus crisis. If members of the public have any comments these can be emailed to <a href="mailto:presteigneandnortontc@outlook.com">presteigneandnortontc@outlook.com</a>.

...from the Welsh Government. The lockdown in Wales will be extended and not be lifted next week, the first minister has confirmed. Mark Drakeford said Wales must "not throw away gains" made against coronavirus "by abandoning our efforts just as they begin to bear fruit". He expects other parts of the UK to do the same. Exactly what will follow the current regime will be agreed over the coming days, he said. The stay-at-home regulations, which have been implemented separately in each of the UK's four nations, were due to end next week. In Wales, people can face fines of between £60 and £120 for breaching the rules, which mean people cannot leave their homes other than for a limited set of reasons.

## 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 <a href="mailto:pacdg@icloud.com">pacdg@icloud.com</a>.