

# Community News

Issue 155 April 2020

an information service from PACDG - the Presteigne Area Community Group "Working Together For The Community"

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.

**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](http://www.presteigne.org.uk/calendar)**

- **Please contact us if you see or hear of anything that will be of help to other residents - email [pacdg@icloud.com](mailto:pacdg@icloud.com)**
- **and if you need assistance in any way, email us and we'll pass on your message to people who can help.**

**...from Sheep Music. OK. It's bad news. Sheep Music won't be back in 2020 after all.** After days-and-days-and-days of agonising, we've decided to pull the plug. We're all HUGELY disappointed. But it seemed like the sensible, grown-up thing to do. After all, Sheep Music is a community endeavour, and we didn't want to run any risk of putting extra pressure on already stretched community resources. Refunds are being processed immediately. So, if you did buy tickets, your money should be back in your account soon. And, if you've got any questions, email us on [info@sheep-music.co.uk](mailto:info@sheep-music.co.uk). But, fear not. We'll be back. We've learnt a lot in the past seven months of planning (so HUGE thanks to everyone on the team for all your help). We're already casting our minds forward to 2021. And, if you'd like to be involved, let us know. Thank you so much for all your support and enthusiasm. Stay home and stay safe, Sheep Music

**...from our Day Centre.** As you will know the Day Centre is closed at the moment and we are unsure when we will be able to reopen. As a registered charity fundraising is hugely important for us to continue the services. I appreciate people may be struggling with finances at the moment but if you are able to spare a £1 a week you could not only support the Day Centre but you'll be in with a chance of winning up to £25,000 by playing the Powys Lotto. If you'd like to sign up follow the link to buy your tickets now: <https://www.powyslotto.com> and when prompted choose the East Radnor Day Centre as your nominated charity. Thank you.

## **Message from the Mayor of Presteigne & Norton Town Council**

*After six weeks of lockdown residents of Presteigne and Norton are to be congratulated on the way they have adapted to the unusual conditions in which find ourselves living and working.*

*The limited numbers of people in shops and businesses has generally been accepted with the kind of phlegmatic approach and good humour characteristic of those living in the town. Shop staff and owners with whom I have spoken say the overwhelming majority of customers have been more than happy with the restrictions – after all, it's in everyone's best interests.*

*A word for the volunteers of all kinds who have been helping ensure some degree of normality for all of us. Whether it be those who have helped gently marshal the numbers in shops, or who have been helping out with deliveries your efforts are very much appreciated by all of us.*

*Barbara Roberts and her sewing team have been producing scrubs bags for NHS workers and their sewing machines must wonder what has hit them such has been the number of bags they have turned out in recent weeks. Congratulations to everyone involved in this scheme as it's clearly very much appreciated by those frontline workers who are benefiting.*

*Then, there are all those who could be described as being under the radar – maybe you are doing the shopping for a neighbour who is in the high-risk category so who can't get out themselves or perhaps you've been collecting items from the pharmacy. There are all those parents who are having to home-school their children, many while juggling their day jobs while working from home You might not necessarily feel you are contributing a great deal but you certainly are. Everyone involved at whatever level deserves our thanks and this, again, illustrates the community spirit of which we should all be proud.*

*The emergency services also deserve our recognition – the fire brigade, Police, Ambulance service, doctors' surgery, pharmacy and carers are all among those under added pressure at the moment. I was privileged to be at the Fire Station last Thursday night to cover their unusual and very noisy contribution to the Clap for NHS staff and carers and, while their working practices have changed due to the virus, their customary good humour hasn't. As vice-chairman of East Radnorshire Day Centre's Trustees, I declare an interest when thanking Home Support but I am sure we would all agree the service Bev, Nicky and their team are providing has been invaluable.*

*As a Town Council we are running the Presteigne and Norton Covid-19 support page on facebook and also include useful information and links to official sites on the Council News page that is part of the Presteigne and Norton website as well as other outlets such as the very useful PACDG newsletter. In addition we have assisted with the setting up of the volunteer group, checking addresses, obtaining ppe etc, taking volunteer details and passing on messages for help. The Town Council was also involved in the production of the community leaflet distributed.*

*Any loss of life due to Coronavirus is a tragedy but the cooperation of all residents at this time can surely only contribute to the numbers locally being kept to a minimum. Businesses in the town will be desperate for things to return to normal and this is entirely understandable but I would urge people to continue to follow the official scientific advice.*

*One positive of late has been the sight of work starting on the Radnorshire Arms. I am sure a lot of people will be delighted the new owners have confidence that we will get back to normal at some stage and I am sure we all wish them success with the venture. On behalf of the Town Council, I would like to reiterate our thanks to everyone for their efforts in dealing with the lockdown so far – please stick with it.*

*Stay safe and together we can – and will – come through this.  
Trevor Owens, Mayor, Presteigne & Norton Town Council.*

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

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

**...from The Salty Dog.** Opening Hours (for now) - Monday to Saturday 9am until 2pm; Collection 10am until 12 on Sunday; We will be open this Bank Holiday Friday. e-mail [thesaltydogpresteigne@hotmail.co.uk](mailto:thesaltydogpresteigne@hotmail.co.uk) for Fruit x Veg Orders and Leon's Ready Meals. Thank you for your support and patience. Take Care and Stay Safe Loads of love The Salty Dog Team x

**...from Chilvers Country Supplies.** Our new Presteigne store (next to the Radnorshire Arms car park on the bypass) is now open for shoppers. Please note and comply with the notices posted concerning number of customers in the store at any one time, and maintain social distancing. Deliveries available. Orders/enquiries - Dan 07798 928909.

**..from Presteigne Freegle.** We will re-open freegling (with suitable guidance and safeguards) once both Powys and Herefordshire Councils re-open the Household Waste Recycling Centres. Meanwhile you can still post your OFFERS or WANTEDS and they'll be queued pending that decision. Not yet a member of Presteigne Freegle ? Go to [www.ilovefreegle.org](http://www.ilovefreegle.org)

**...from The Salty Dog. Leon's Food to Order** - all our meals are made fresh to order by our resident chef, Ross Mc Queen. Order from the list below on a Monday, Tuesday or Wednesday, and collect on Thursday, Friday or Saturday.

**THIS WEEKS CHEF'S SPECIAL** - £6.50 (portion). Ox Cheeks Slow Braised in Rioja  
**CURRIES** - £5.00 (serve one as a main course) - Chicken Tikka Masala, Yellow King Prawn Curry, Thai Green Chicken Curry, Beef Massaman, Thai Yellow Veg Curry  
**STEAMED AROMATIC BASMATI RICE** - £1.95

**ALBONDIGAS ROMESCO** - £6.50 (serves one as a main course) Beef and Iberico pork meatballs cooked in an almond saffron sauce

**PAELLAS** - £8.50 (serves two as a main course or four as tapas) Chicken & Chorizo Paella, Seafood Paella, Vegetarian Paella

To order please email [thesaltydogpresteigne@hotmail.co.uk](mailto:thesaltydogpresteigne@hotmail.co.uk). If you would like to talk to us regarding any dietary requirements, please call us on 01544 267720

**...from Spar Presteigne.** Trust us, this dish is a corker. Mix 12 cloves of finely chopped garlic with a little oil then in a pan. Add some pepper and one big tbsp of butter. Cook for three minutes – just make sure you don't let the garlic go brown. Add 750ml of red wine and reduce by about two thirds – it'll take about 20 to 25 minutes. Meanwhile, cook your pasta al dente, just short of what the packet says. Drain the pasta and mix with the wine, adding six tbsp of butter and cook till the sauce is thick, which should take about three-minutes. Serve it up with parmesan – when the kids have gone to bed!

**...from Presteigne Repair & Skill Share.** Probably a lot of us are making do & mending at the present time. There have been some good programmes on the radio too about the importance of the useful skills which encourage renewing & reusing. Whilst we cannot at present hold what have become regular and popular sessions, when it becomes possible we will be up and running again. Our last get together was at the John Beddoes eco day, in March, when years 7/8 had a go at fixing things too. Meanwhile Repair Cafe Wales (who supported us in starting up) are branching out into online virtual repairing. They have been asking for fixers to make videos showing how to mend some items, and for feedback from fixers on why they volunteer & what sort of items have been repaired. Some of this will soon be available on their Facebook page & in time on the Website. Also of course there are lots of ideas to help on You Tube & the iFixit site. From buttons to IT, it's all possible! [rollybea5@gmail.com](mailto:rollybea5@gmail.com)

**...from Wild Thyme.** Our Takeaway menu for this week includes a new roasted Salmon dish - see our Facebook page for full menu and details. 01544 267177 / 07854 428668

**...from Weobley Ash.** Suited and booted for another week, weather should be good and so will our meat packs and veg packs. Beef boxes, beef joints, burgers, sausage, bacon, chops, bbq food, salad and veg all in store or available for delivery. Raspberries and

cream sir? Don't mind if I do sir ! £1.30 each or 2 for £2. 2 punnets & tub single cream £3.50 - while stocks last. Call 01544 598120 or email [shop@weobleyash.co.uk](mailto:shop@weobleyash.co.uk)

## THINGS TO DO WHILE COCOONING AND DATES FOR YOUR DIARY

**...from the Royal Albert Hall Live.** 'We'll Meet Again Some Sunny Day'. Something very special is coming... 8th May 2020.....and.....Come together this Friday to mark #VEDay75 with a special performance in an empty auditorium from Katherine Jenkins Sign up to watch for free here: [www.royalalberthall.com/ve75](http://www.royalalberthall.com/ve75)

**...online self-education platforms offer a large range of online courses** - open to all and mostly FREE. Check out some wonderful stuff from Tokyo University, Princeton, Harvard and others on platforms like edX, FutureLearn, Coursera, and of course so much from the Open University. Courses vary in length from a few hours, to a regular weekly commitment over several months. And if you want to learn to code, the Flatiron School, a coding 'boot camp', offers free online 75-hour tester sessions, while the free web platform Twilio "teaches people to code via a 1980s-inspired arcade-type game.

**...from the Welsh Government.** Furloughed? We've launched new e-learning resources with our brilliant partners to help you keep your skills up-to-date or learn something new. Most courses are free and you'll also find helpful resources to manage wellbeing. <https://workingwales.gov.wales/change-your-story/furlough-support>

## OTHER INFORMATION

**...a plea from our bin men !** The quantity of kerbside recycling has increased with the lockdown - you can help us by flattening all cardboard boxes, and squashing tins and milk containers to make more room in the collection lorry. Remember that we can't accept drinks cartons for juices, soya milk etc in the kerbside box - please save these up and take in batches to the drinks carton recycling containers on the lay-by Bring Site. The Bring Site also has recycling containers for small electrical appliances, books, and clothing in addition to cardboard (flattened please!), glass and paper. Thank you.

**...a message for Presteigne & Norton residents from Powys Waste Enforcement.** During the lockdown, maybe because their kerbside boxes are too full, some residents have been depositing bags of household waste and recycling in the various public rubbish bins around the town. This fills up the bins so they're not available to take normal street waste, but you may not be aware that this is also **illegal** and is treated as a flytipping offence incurring a substantial fine of £400. Some local residents have already been fined ! If you need more boxes, you can request extra sets at no extra cost from the PCC website, or leave a note with your kerbside boxes for the waste collection crew. *(Ed. PCC and other Welsh Councils are looking at reopening their HWRCs later this month, which will also trigger a restart of Presteigne Freegle).*

**...from the NHS.** Residents across our area are urged to return unwanted medical equipment (frames, crutches, raised seats etc) for reuse - contact 0300 100 0045 or [enquiries@herefordshire.nrs-uk.net](mailto:enquiries@herefordshire.nrs-uk.net) to arrange collection.

**...from Presteigne Primary School.** During this time, we believe it is important to understand how changes in our normal routines are affecting the health and wellbeing of young people in Wales. We are working with the HAPPEN primary school network to look at the health and wellbeing of our pupils over this period. The responses given will be used to inform help and support needed for children and families. If you would be

happy to run the survey with your children please click on this link to access the survey and information sheet: <https://happen-wales.co.uk/thehappensurvey/>

**...from the Welsh Government.** We're providing an extra £11m to help families facing hardship because of the coronavirus. The Fund provides grant support to the most vulnerable in our society, who face a significant change of circumstances, through no fault of their own. <https://gov.wales/discretionary-assistance-fund-daf>

**...from the Welsh Government.** More than 11,000 face shields from 40 printing farms in Wales have been delivered to protect our frontline health workers. Not only has the PPE passed clinical tests, it's reusable, biodegradable and environmentally friendly too. More here <https://gov.wales/eleven-thousand-face-shields-hospitals-and-healthcare-heroes>.

**...from PCC. Devices to be provided to digitally excluded learners.** Learners in Powys who do not have access to an internet-connected device at home will be provided with one during the coronavirus pandemic, the county council has said. Powys County Council has worked with schools across the county to identify digitally excluded learners and support their families who do not have suitable devices or wi-fi. A 'digitally excluded' learner is defined as a student who does not have access to an appropriate internet-connected device to participate in online learning activities from home. From today (Monday, May 4), pupils will be provided with a device so that they can continue their education at home. Parents will be provided with a day and time by their cluster high school for when they will be able to collect a repurposed school device. The council has also requested 500 4G MiFi connectivity devices from the Welsh Government, which will be provided to families that do not have wi-fi at home when they become available.

**...from Arrow Medical Ltd (Kington).** We are looking to recruit sewing operators and packers, full training will be provided. 01544 231760. [enquiries@arrowmedical.co.uk](mailto:enquiries@arrowmedical.co.uk)

**PACDG - the Presteigne Area Community Development Group... "Working together for the Community"**

**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).**