 During the coronavirus crisis we cannot publish and distribute

The parish magazine

*For the parishes of Presteigne With*

*Discoed, Kinsham, Lingen and Knill*

..and so here is the completely free

˃2 metres



*MAY 2020*

*ALL-COLOUR Online commonwealth \* Issue*

**There is no need to print out this Parish Magazine.**

**However if you want a printed copy, *either***

a) (the best way) print two A5 pages to both sides (duplex) of A4 sheets in landscape, selecting ‘short-side stapling’, ***or***

b) print to both sides (duplex) of A5 sheets in portrait mode.

To give you these options the pages have been consecutively numbered - unlike the pages which usually make up a magazine!

**You are encouraged to forward this magazine to others by email or as hard copy – on condition that it is not added to or the text altered in any way.**

Warm thanks to those who passed on our April issue to others; who asked to receive email issues; who wanted to subscribe when we get back to publishing and distributing traditionally; who thanked me and my vast editorial team (ok, on this occasion my wife Ann), which was much appreciated; and in particular to “a Brit stranded in New Zealand” – hence the claim of (see \* above) *international* circulation!

I warmly invite everyone who reads this - not just from all our churches but also individuals, from groups and societies, shops and firms, our gardening, weather and new occasional nature correspondent - to keep submitting items, including line artwork, to me.

**Deadline for the June issue: lunchtime on Wednesday 20th May.**

Sorry: no trade or professional advertisements are included here since we have no way of knowing who is available.

Keep safe and smiling through. Roger W G Curtis

*Editor*

standrewsintray@btinternet.com

**1**

***The Rector Writes…***

The Gospel accounts of the resurrection of Jesus are powerful, moving, challenging, and, for countless millions, utterly convincing.

Jesus’ appearance to Mary Magdalene on Easter morning itself,

his sudden appearance to the disciples, and again to Thomas, later that day

and his heart-rending, restoring conversation with Peter by the lakeside – these are all wonderful and deeply meaningful events.

*But the Gospel story in our Readings Calendar on the Third Sunday of Easter has a particular resonance for me this year…*

The third day after Jesus’ crucifixion, found two of his disciples (not those counted among “The Twelve”) hightailing it away from Jerusalem to a little village called Emmaus where they hoped they’d a be a bit safer. As they were walking and talking about the awful events of the last few days, they realised that they had been joined by a stranger, who engaged them in conversation, wanting to know what they were talking about. Although they were staggered that he didn’t seem to know what had been going on back in the city, they poured out their hearts to the stranger – sharing their doubts, fears, confusion and dashed hopes. The stranger’s response made them realise that he did,

in fact, *know* *everything* about their awful situation and *perfectly understood* their thoughts and feelings.

Although he couldn’t turn back the clock or take away the pain, he offered them a way of making some kind of sense of their circumstances, reassurance that all was not lost, a glimmer of light ahead where before they could see only darkness and a new hope for the future.

When they reached Emmaus, the two friends begged the stranger to stay and eat with them, and when he broke the bread at the supper table in a very familiar way, they suddenly realised who they’d been walking and talking with.

The “stranger” was none other than Jesus himself! And in that moment of recognition, Jesus left his friends to process their experience and to act accordingly – and they immediately headed back to Jerusalem to tell the other disciples what had happened to them on the road to Emmaus.

In these difficult days, so many of us feel like we’re walking alone with our doubts, fears, confusion and loss of hope, separated from those who love us and support us, looking for a safe place where we can get a grip on what’s happening to us, our families, our friends, our neighbours, our world.

But the Emmaus Road story reminds us that **we are not alone**…that Jesus is right there walking alongside us, listening as we pour out our hearts to him.

He can’t make it all go away, but he knows and understands what we’re going through. He’s there to help us make some kind of sense of it all. He’s there to offer companionship, reassurance and light in the darkness.

He’s right there on *our* Emmaus Road to give us the hope, strength and courage we need to face the future…

***Stephen***

**2**

***Some Prayers for use at home…***

*In the morning…*

This day help me to praise you, O God,

for your goodness and loving-kindness,

and all the blessings of this life.

This day help me to trust you, O God,

in every circumstance of life,

with a heart that is steadfast and strong.

This day help me to serve you, O God,

with love and faithfulness,

with all my powers of body, mind and spirit.

This day help me to glorify you, O God,

in all my thoughts and words and actions,

from the beginning to the end;

through Jesus Christ our Lord. Amen.

*The Lord’s Prayer (traditional version)…*

Our Father, which art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done, in earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive them that trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom, the power and the glory,  
for ever and ever. Amen.

*The Lord’s Prayer (modern language)…*

Our Father in heaven,

hallowed be your name,

your kingdom come,

your will be done, on earth as in heaven.

Give us today our daily bread.

Forgive us our sins

as we forgive those who sin against us.

Lead us not into temptation

but deliver us from evil.

For the kingdom, the power,

and the glory are yours

now and for ever. Amen.

**3**

*A prayer for those who are ill or in isolation…*

God of compassion,  
be close to those who are ill, afraid or in isolation.  
In their loneliness, be their consolation;  
in their anxiety, be their hope;   
in their darkness, be their light;  
through him who suffered alone on the cross,  
but reigns with you in glory,  
Jesus Christ our Lord. Amen.

***A prayer for hospital staff and medical researchers…***

Gracious God,  
give skill, sympathy and resilience  
to all who are caring for the sick,  
and your wisdom to those searching for a cure.  
Strengthen them with your Spirit,  
that through their work many will be restored to health;  
through Jesus Christ our Lord. Amen.

*A prayer for us all…*

Keep us, good Lord,   
under the shadow of your mercy   
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your love   
in Christ Jesus our Lord. Amen.

*At the end of the day…*

Lighten our darkness, Lord, we pray,

and in your great mercy

defend us from all perils and dangers of this night,

for the love of your only Son,

our Saviour Jesus Christ. Amen.

*At bed time…*

Be present, O merciful God,

and protect us through the silent hours of this night,

so that we who are fatigued

by the changes and chances of this fleeting world

may rest upon your eternal changelessness,

through Jesus Christ our Lord. Amen.

**4**

A Message To All

As the County Councillor for the Presteigne Ward I wanted to send a short message to you all.  For those of you who do not know me, I am Beverley Baynham and I am also the current Chairman of Powys County Council.

As Chairman it is my responsibility to represent the Council at civic functions, to chair council meetings, to be non-political and uphold the democratic values of the Council.

On behalf of my fellow councillors I would like to thank the many key workers both within and outside of the authority for your dedication and commitment. We all very much appreciate the NHS staff and all they are doing for us, but we need to look beyond that to all the care staff, shop workers, truck drivers, postal workers, highways & refuse staff, and the many voluntary sector organisations in Powys who are all working on the front line and putting themselves in danger daily.

Powys is a wonderful county, with fantastic communities; you only need to look at all the voluntary community groups that have been set up to help people in their communities who are in isolation, the many people who have been sewing headbands & kit bags, people who have been making PPE masks with 3D printers. The list is endless and to each and every one of you - thank you.

I would also like to thank you for adhering to the government guidelines and staying at home. I know it is difficult and I appreciate we are all missing spending time with our friends & family, but we must stay home to stay safe.

Thank you all for all you are doing.

At a local level I would like to thank all the volunteers who have been manning the shops, making face shields for care staff and the ladies who have been sewing making all the kit bags for nurses. I will refrain from naming people individually as no doubt I will miss someone.

But thank you to all the volunteers and to everyone who has been doing their bit helping others in the community of both Presteigne & Norton. *Continued on page 6*

**5**

If anyone would like to keep up to date as to what is happening at Powys County Council please follow them on social media as there are daily updates which are very informative.

Finally if anyone would like to contact me please feel free to drop me an email to **cllr.beverley.baynham@powys.gov.uk** or telephone 07976928039

Stay safe, listen to the government guidelines and don’t be complacent just because we live where we do.

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We are all grateful to the

**Presteigne Area Community Development Group**

for the excellent **** which keeps us regularly informed by email on vital issues and of available services. If you don’t already receive  (which is free), simply email **pacdg@icloud.com**

The Parish Magazine, published by the Presteigne group of parishes, is in normal times published for sale and distribution on subscription. This free email issue is offered as a reach-out, a record of the ‘stay at home’ and isolation regulations during the coronavirus emergency; and with gratitude to those who contributed articles.

If you do not want to receive any future email issues, or either want to be added to our emailing list during the coronavirus crisis or to start a subscription when the crisis ends, please email the editor:

standrewsintray@btinternet.com

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Reported as having appeared in another parish magazine:

“Next Thursday there will be try-outs for the choir. They need all the help they can get.”

**6**



**East Radnorshire Day Centre**

**Registered Charity Number 1088491**

This service was launched in February 2018 to be operated by East Radnorshire Day Centre with grant funding from Powys County Council. The service offers low level practical assistance with day to day living; such as essential shopping, delivering prescriptions, form filling, signposting and welfare monitoring. People can use the service as little or as often as they wish: there is no charge. Nikki Ferguson is the Senior Support Worker with Sharon Owen assisting.

**Since the outbreak of the Corona Virus we have gone from having approximately 170 members to over 360 and the number is still rising.** To cover this huge increase in demand Nikki & Sharon have been joined by Chief Officer Beverley Baynham, Carol Jones, Sheila Jones, Caroline Williams & Amanda Carpenter **who have all been redeployed from the Day Centre staff** as the Centre has had to close until further notice. A new ‘Meals on Wheels’ service has also been introduced - for a small charge a hot two- course lunch is delivered to your door.

Whilst Home Support is not a care agency we also offer another service to the more vulnerable members of the community with a 24hr rapid response to emergencies. If you have a fall or need emergency assistance and press your Care Line pendant a member of staff will respond. This is available 24hrs a day, 7 days a week, 365 days a year, and is staffed with an on-call rota system. The staff are fully trained and provided the person is not injured the staff are able to lift people off the floor with specialist equipment from Mangar International. In the majority of cases this results in the ambulance not being called.

If you feel you may like to register to use any of the services either now or in the future, please contact one of the team on (01544) 260360 / (01544) 260267 or email **homesupport@erdaycentre.org** to receive further information.

**7**



**East Radnorshire Day Centre**

**Registered Charity Number 1088491**

Our Charity has received generous support in the form of much-needed supplies including face shields from Ben Vaughan and bottled water from Radnor Hills for staff working on the Home Support service. Presteigne St Andrews Football Club has kindly donated crisps.

Donations of money have included £1000 from the Wharf Inn Speed Shear, £1750 from Presteigne & Norton Town Council, and kind donations from several individuals from £100 to £20 or so.

East Radnorshire Day Centre will always be grateful for your support for its caring work, especially when it recovers from the present crisis. As a Charity we can benefit when a tax-payer signs up for Gift Aid.

Mrs Beverley Baynham - Chief Officer

East Radnorshire Day Centre

Old School

Scottleton Street

Presteigne

Powys LD8 2BL

Tel: (01544) 260267

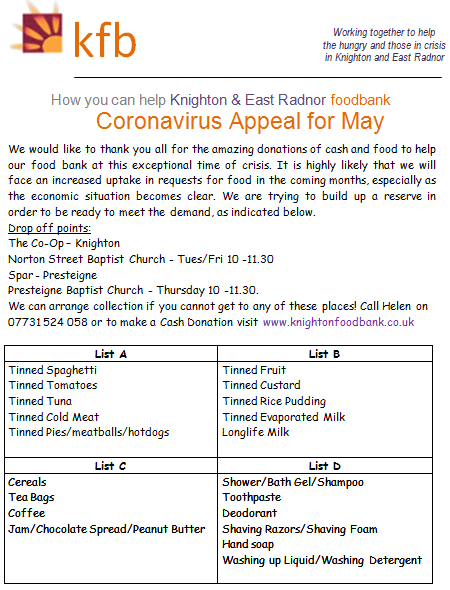
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Reported as having appeared in another parish magazine:

“For those of you who have children and don't know it, we have a nursery downstairs.”

**8**

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**9**

**Lingen in May**

**Carpet Bowls team** end of season update - the bowls took a different format this year, as we are now only four teams in our little league, it was decided to play each club home and away twice which gave us a lot of fixtures. We welcomed two new members from Presteigne who were a great asset. In the club inter club competitions Roy Price won the singles once again. We thoroughly enjoyed our season and meeting up for friendly game and chat each Thursday. We were able to complete our games before the lock down and hope everyone can stay safe until

we can meet again. Trevor Joseph.

**Mortimer Medical Practice PPG (Patient Participation Group)** update – our meetings are postponed but here’s some news from the practice, in brief... \*Dr Gray has stepped down as Senior Partner and is retiring on 30.6.20. \*Dr Black is now Senior Partner. \*All three sites are open for dispensing, routine HCA/Nurse appointments that cannot be put off and Dr telephone and video appointments. \*Still providing cover for LCH and occasional shifts in the COVID Amber hub in Kington. \*Recently had CQC inspection via telephone and the practice retained our "good" rating. \*The surgeries and dispensaries will be closed for staff training on the 10.6.2020 Kingsland will open for emergency appointments and medication collection at 4.30pm, the other sites will remain closed. Christine Moore.

Herefordshire residents are urged to **return unwanted medical equipment** for reuse contact 0300 100 0045 or enquiries@herefordshire.nrs-uk.net to arrange collection.

**A resident bereavement councillor** is offering her help to those in their time of need. And a resident trained Samaritan is also offering a friendly ear at the end of a phone. Ring 01544 260865 so they can contact you direct and in confidence.

**Methodist Chapel** Joyce reports Summer Songs of Praise service will not take place but would like to pass on a saying her mother used which may be of help to folk at this time, which is, “Remember there’s always sunshine after the storm”.

**E-mails received from thankful parishioners** mention kindnesses from others such as volunteer grass cutting when others that have usually done so have been self isolating, putting a neighbour’s bin out, collecting prescriptions, picking up pet medications, getting a chatty phone call or friendly wave from folk when passing, the list goes on.... Having also gratefully received some of these kindnesses, I would like to join in with everyone else that has contacted ‘lingenweb’ and say **100%** how much they are appreciated; our thanks just really goes beyond words.

Hang on in there & stay safe Christine Moore

**10**



**!!! Poster Competition !!!**

If you're looking for a fun activity for children to do during lockdown

why not ask them to design a poster for next year’s carnival?

There are 4 age categories: - Preschool  
 - Infants  
 - Juniors  
 - 11+

PRIZES:  
- Sweets/chocolates will be awarded for 1st, 2nd and 3rd winners in the  Preschool & Infant categories  
- Prizes for the Juniors & 11+ categories are:  
 1st prize - £10  
  2nd prize - £5  
  3rd prize - £3  
The only rules are:  
 1) The poster must be A4  
 2) The following wording must be included –

“Presteigne Carnival 10th July, 2021”

The poster can be in any medium (pens, pencils, collage, produced on computer) - let your imagination go wild!  
ALL ENTRIES TO BE POSTED TO: Tim Shallcross  
 Maypole Cottage  
 Norton  
 Presteigne  
 LD8 2EL  
PLEASE INCLUDE: the name, age and contact details of the entrant.  
CLOSING DATE: All entries must be received by 11th July 2020

We hope you all have fun producing your posters

and look forward to seeing them!

**11**



Photograph Competition

For any of you with wonderful photos of the Carnival, we are running a competition for the **Best Photograph/Memory of Presteigne Carnival** (include year, names of people or explanation if you wish).

This is open to any age, and can be of any Presteigne Carnival.  The closing date will be the 1st July, 2020, and we are hoping to create a montage for a virtual carnival day on the 11th July.  Needless to say, anyone on the photos must be happy for these to be shared on FB and other social media.

**There will be 3 prizes of family tickets to Presteigne Carnival 2021 plus afternoon tea (tea and delicious cake) in the Carnival cafe!**

To enter: please email the carnival on presteignecarnival@gmail.com, and include your name and contact number.  
So please get sorting, a great job to do during lockdown!”

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Reported as having appeared in another parish magazine:

“Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.”

**12**

**From our sewing correspondent** (? Ed)

Volunteers stitch together to make scrubs for NHS

The Guardian

‘Scrubs’ are the plain clothes worn by an increasing number of NHS staff as part of their personal protective equipment. Scrubs are being changed more frequently in order to stop the spread of Covid-19.

As a result ‘scrub hubs’ have been formed locally and around the UK to make these garments to thank as well as protect front-line NHS staff.

You can go it alone, as I am doing. It adds even more to your inspiration to support the NHS if you donate what you make to a hospital where you were looked after, where your child was born, or where a loved-one was cared for in their last days.

I went on-line to see if my trusty sewing machine and I could, in however modest a way, join in. It was simple. After two days of waiting for a company to get in new stock of material (www.fabricland.co.uk – but there are others) I have ordered a Royal Blue fabric. I am scrounging thread and tape, and am going to donate at least three scrubs to a hospital close to my heart.

The fabric needs to be 115 gsm, 100% cotton or 50/50 polyester-cotton in a plain dark colour (not patterned!) washable at 60 degrees. For a large size gown you need 5 metres (115 cm width) fabric; 40cm of fusible vilene, flat cord or tape or binding for the waist tie; and a reel of thread.

**Sew Different** offer a free scrubs pattern which you can download for free: https://sewdifferent.co.uk/scrubs-paper-pattern-not-for-profit/

**Blue Sky** **Printing** will sell you a 50gsm pattern (which is easier to use) for just £4.85: https://www.blueskyprinting.co.uk/product/printed-pattern-for-scrubs/

Ask friends and neighbours to share the cost of materials or sponsor you so much for each scrubs you make up and send off.

You can simply search for: **make NHS scrubs**. That’s what I did!

**13**



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

**14**

**Norton Nature Notes**

March rolled out with a perfect circle of wood anemones in the churchyard & some early cuckoo flowers. Up the manor drive is the first cowslip, patches of white violets & later the first bluebell. Birds are out & about, singing & nest building. The jackdaws, strutting their stuff, pick out moss for their nests on the banks & verges, many of which are wildflower species rich. Bees are busy on the pulmonaria as woodpeckers drum in April with their drilling, and snowdrops gave way to the yellow brigade; celandines, daffs, primroses, & dandelions! Everywhere nettles, ground elder & garlic mustard are up (free food full of vitamins & minerals), later when in flower the latter have been visited by the pretty orange tip butterflies, which along with others such as peacocks, have been soaking up the sun. Swallows were sighted on the 9th high above in one of the many clear blue, contrail-less skies. Fat horse chestnut buds are suddenly covering the trees in fresh green leaves, though an old sweet chestnut is only just breaking bud, the oak & ash are still head to head. Deer are out & about some misty mornings, on others the dew caught by the morning light makes grasses glisten. Many nights before the full moon & days after, bring skies alight with stars, & a few hard frosts. Later in the month white blossom of sloe & cherry, with the beginnings of hawthorn blossom thread the landscape. Pink campion is in flower, stitchwort, white & yellow dead nettle, as the blues of forget-me-not & alkanet take a hold; making necklaces of colour. In gardens columbines are opening their bonnets far & wide: such is the richness of Spring.

*Many thanks to this new contributor. We would appreciate receiving future Norton Nature Notes – perhaps for each season? Ed*

**15**

**May in the Garden**

The combination of April’s warm weather and ‘lock down’ should have resulted in gardens and allotments being in very good order by now.

The last air frost we have recorded over the last 20 years is mid May. Keep some fleece handy to protect delicate new growth.

The Kington garden centres are planning on having bedding available this spring, ring before going to collect.

Remove spring bedding from pots and borders as they finish flowering. Harden off tender bedding and potted plants in frames or a sheltered part of the garden ready for planting out when the risk of frost has passed. Give plenty of ventilation to frames and greenhouses whenever the weather is mild, shading may well be needed. Regularly tie in climbers.

Prune unruly winter and spring flowering Clematis once their blossom has fallen. Plant up summer hanging baskets but protect from frost. Thinly sow quick growing colourful annuals in gaps in borders once the ground has warmed up. Single flowers are better for bees than doubles. If Pulmonaria plants appear weather damaged or tatty after flowering, remove damaged foliage to encourage a fresh flush of growth and divide if overcrowded. Trim aubrieta.

Hang pheromone traps in fruit trees from early May until mid August to catch male plum moths and apple codling moths. Prune off any mildewed apple shoots.

Sow tender vegetables into pots early in the month, place in a warm position and plant out around the end of the month once hardened off. Make space in the greenhouse for planting tomatoes, peppers, and cucumbers etc. Leave growbags somewhere sunny for a few days to warm up before planting them. Cucumbers must be kept warm and be handled very carefully. Make successional sowings of salad crops. Winter brassicas need to be sown early this month. Protect from slugs. Earth up early potatoes.

John Chrimes

**16**

**The Weather in Presteigne March 2020**

The first two and a half weeks of March brought us windy and very variable weather with showers and longer periods of rain.

Although the total month’s rain was less than normal, it all fell in this period and a third of the total on 9th, which was a seriously wet day (this amount has been exceeded in March only 7 times in the last 20 years).

The last twelve days of the month were dry, but continuing windy from the North or East, bringing pollen from flowering oilseed rape.

There was plenty of sunshine and at last the ubiquitous patches of mud were able to dry out. Day temperatures were above normal for the time of year (the 24th and 25th had temperature around 15° Celsius) but the wind and exceptionally low humidity made it feel chilly and there were frosty nights.

**Temperatures in degrees Celsius:**

March mean temp. 6.37° 0.46° above normal

Minimum temp. - 3.0° on 23rd

Mean daily min. 1.77° 0.25° above normal

Highest min. 9.0° on 18th

Lowest max. 6.2° on 4th

Mean daily max. 10.96° 0.66° above normal

Max temp. 15.7° on 24th

There was air frost on 11 nights. Hail was seen on two days but no snow.

Total March rainfall 67.0mm 86% of 10-year mean Wettest day 22.4mm fell from mid afternoon and on into the night on 9th.

**JW 22/4/20**

**17**

And finally ...



Eira likes to say ‘hello’ to friendly cows. While such expressions of friendship are laudable, neither Eira nor cows show understanding of social distancing - not to mention what the each other might be saying.



**18**