

TUESDAY 7TH APRIL 2020 - UPDATE

Home Support who will be providing a Meals on Wheels service on Good Friday & Easter Monday. Please telephone 01544 260360 / 260267 to order. Many Thanks.

Presteigne Post Office. Please note our current opening hours are 9am to 3pm Monday to Friday (closed Saturday/Sunday).

Marian at The Retreat. You can now have Online consultations for aches and pains with massage therapist Marian Hardiman from The Retreat. After a period of adjustment, Marian is available for support with aches and pains again! It looks a bit different, but she can offer quite a bit on-line. Firstly we would have a free 15-minute chat, where we can talk through the problem and I can give you some options. If you wish, you can then book a consultation at a time to suit. This would take place via Zoom, FaceTime or WhatsApp. Cost £25 per session. (You don't have to download software, just follow a link). During the consultation, I can refer to the notes that I have already for you or if you are a new client I can take a case history, make an assessment and offer a plan. I can then give: *Specific self-care advice *A home exercise routine via online videos or emailed instructions. *Self-treatment techniques. *Suggestions for adaptations to movements. You can contact me on 07816 981454 or marian@silvanmassage.com. Best wishes, Marian.

Marian at Silvan Skincare. Award-winning Presteigne based Silvan Skincare is offering free delivery and gift wrapping. We offer a range of nourishing and soothing products for face, lips and body including oils, creams and balms. Leaping Bunny certified cruelty free and Vegan Society registered balms. Silvan Skincare can be ordered online and delivered for free to UK addresses. We also offer gift wrapping for Easter presents or self-isolating treats. Order from the website here: www.silvanskincare.com or arrange collection in Presteigne by emailing marian@silvanskincare.com.

Powys County Council Waste. Recycling and waste collections will not be affected by the Easter Bank Holiday with collections on both Good Friday and Easter Monday as normal. Residents are being reminded that they should put their recycling and waste out by 7.30am on their normal collection day ready for the crews to collect as normal. Any additional cardboard packaging, envelopes and cards can be recycled in your blue paper and card box, and hard plastic items and silver foil packaging usually found around Easter eggs can be recycled in your red plastic and cans box. Often, the long weekend is a time that many of us tackle the garden or a DIY project, but please remember that currently all our Household Waste and Recycling Centres are closed and any non-essential travel to community recycling sites is not allowed. Any additional waste must be kept safely at home until the sites reopen and travel restrictions are lifted.

County Libraries. A reminder to library users NOT to return any library books to the Presteigne library while it is closed. Books loans have been automatically renewed and members won't have to pay any fines when libraries do re-open in Powys, the county council has said. Although the libraries have closed, residents can still borrow eBooks and eAudiobooks for free if they become a library member online at <https://crowd.in/VK6fuW>. Library members can also now access Ancestry online from their homes until Thursday, April 30. They can also download some of the biggest magazine titles from RBdigital including Radio Times, Cosmopolitan, Country Living as well as Disney comic books for younger children. Sign up as a library member visit <https://crowd.in/xvDC9p> today and you can start borrowing from the digital catalogue straight away. For the latest updates and information about coronavirus (COVID-19) from the council, please visit <https://crowd.in/3eiuJE>.

Dyfed Powys Police. Would you know how to tell us you need help if you can't speak when calling 999? Cough, tap, or press 55 when you hear the operator to #MakeYourselfHeard. More info and support at <https://bit.ly/2w3bv3S>.

Powys County Council. If you - or someone you know - have/has hearing problems and use BSL - then visit the deaf health charity Sign Health to see the latest Covid19 updates in signed videos. You can find them at <https://crowd.in/c2AsuD>.

Powys County Council: Emergency childcare hubs are in place across the county to help support critical emergency workers, NHS staff and social care workers. You will need to register your child every week at <https://crowd.in/Az8LFK>