

Community News

Issue 160 May 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 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 - email 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.

SCAM ALERT

...from Dyfed Powys Police Economic Crime Team. Dyfed-Powys Police have received an increase in reports that people have been caught out by criminals convincing them into making payments for online purchases in advance – and never seeing the items or their money again. A number of reports have related to the purchase of puppies, kittens, caravans, camper vans, hot tubs- the list is endless! With more people staying at home, more and more are shopping online. Shopping online can be great, but it also has its pitfalls which can be easy to forget, especially when buying items from sellers on online marketplaces. To help you avoid becoming a victim of this type of fraud, remember to STOP – CHALLENGE – PROTECT. Remember, if it sounds too good to be true, it probably is. If you or someone you know believes they have fallen victim to fraud, report it to us online at bit.ly/DPPReportOnline, by emailing contactcentre@dyfed-powys.pnn.police.uk, or by calling 101.

...A Facebook post claiming that a little girl called Alice has gone missing in the UK. Perhaps the post has not done the rounds in our area yet but beware, these posts are a scam, do NOT click the link.

UPDATE FROM LOCAL BUSINESSES AND THE HIGH STREET

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

...from The Retreat. We have taken the incredibly difficult and sad decision to permanently close our doors at our current location. As touch-based therapists (mostly) we think it will be a considerable time before we are able to work in the same way and to the same extent as we were just a couple of months ago. We will be at our current location until early July, so if you would like herbal teas, fitness aids, skincare items, etc, these can still be purchased for collection from The Retreat. Please contact me directly on marian@retreat.wales or 07816 981454. Several of the practitioners (including myself) are trying as hard as we can to adapt to the situation by offering telephone and online support, please contact us directly (full details here: retreat.wales/practitioners). I am offering: A free 15-minute chat, 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. You can contact me on 07816 981454 or marian@retreat.wales. Thank you for your support and stay safe, Very best wishes, Marian Hardiman

...from Lyonshall Nurseries. We are re-opening again today. Following the Governments green light for garden centres to re-open (not that they should have closed!) we have taken the decision to re-open. We are opening on Wednesday 13th

May at 10 am - 4pm. We will, hopefully, staff permitting, offer Monday - Saturday opening 10am -4pm. Closed on Sunday. As you you know it's gardening season! Please allow extra time during your visit, we will be limiting customer numbers. I know everyone is keen to get going, so no fisticuffs please! We are hoping to offer an evening during the week from 6-8pm for NHS, carers and key workers very soon. Please let me know if you would like this. It will not be a free for all, we will check! I am so looking forward to seeing you very soon. All the best, and keep safe. Simon & the Lyonshall Team. tel. 01544 340 214 info@lyonshallnurseries.co.uk, see full information at www.lyonshallnurseries.co.uk

...from Lloyds Bank. To keep everyone safe, please only visit us in branch if what you need to do is essential. For the latest information on what you can do in-branch and step-by-step guides to help you bank online visit: <http://spr.ly/618817II4>

...from Mid Border Arts. We are continuing to keep in touch with their newsletter subscribers, if you would like to sign up, here's the link <http://eepurl.com/dkDxc1>.

...from Presteigne Spar. It's #NationalVegetarianWeek so we're going to be sharing some of our best veggie recipes you can rustle up at home. Starting with this delicious Chickpea & Cauliflower Curry, tonight's dinner sorted! <http://ow.ly/bWWe50zCOIK>

...from Wild Thyme. Takeaway menu time again - see our Facebook page... new risotto dish this week with wonderful Herefordshire asparagus and pancetta. Fresh wild garlic pesto also available to order £5. Orders to 07854 428668 before 10pm Wednesday and Thursdays, for collection the following day between 6 and 7pm.

...from The Stagg. See our Facebook page for our new Takeaway Menu for Friday and Saturday evening - to order email reservations@thestagg.co.uk or call 01544 230221 after 3pm on both days! The Sunday lunch menu will be on Facebook tomorrow!

...from Weobley Ash. Fresh in vegetables and fruit, New in red Cabbage and red onions. Beef, pork and lamb, meat boxes, veg boxes & dairy. 01544 598120, email shop@weobleyash.co.uk

THINGS TO DO WHILE COCOONING

...from the UK Government. See the gov.uk website for instructions on making your own face mask without sewing using an old t-shirt or with simple sewing - see <https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering#making-your-own-face-covering>

...from The Lugg Blogg - Lockdown project. What about making some lockdown sync performances to share? Those of you who feel the need/are up for a bit of a performance could perhaps join in on a Presteigne lip sync - all age groups, the more the merrier! Choose your own song or, if you need a suggestion, email the Lugg Blogg (luggblogg@outlook.com) who will give you a song to lip sync to. Perhaps lockdown households would like to make costumes and props too...Send the video to luggblogg@outlook.com who will air the performances that wowed them the most. Have fun! Here's one they made earlier by a famous resident of the Presteigne area: <https://vimeo.com/412023797>

OTHER INFORMATION

...from Public Health Wales. The latest number of confirmed cases of Coronavirus in Wales has been updated. Data dashboard: from a mobile <https://tinyurl.com/wgthkgs> or

from your computer <https://tinyurl.com/ybm8yare> Find out how we are responding to the spread of the virus in our daily statement here: <https://tinyurl.com/ydgql6ya>

...from the Welsh Government. We're not making it compulsory for everyone to wear a face covering when they leave home. This should be a personal choice. Non-clinical face coverings can help to reduce coronavirus and they may be useful in some indoor settings, like public transport. But there are disadvantages. We're worried about pressure on stocks of clinical grade face masks, which our NHS and social care staff need, and people forgetting about social distancing. The best way to reduce the spread of coronavirus is to stay at home, protect the NHS and save lives. If you leave home to work, shop or exercise, you should continue to follow social distancing rules, wash your hands, and avoid touching your face. The full statement from our Chief Medical Officer <https://gov.wales/face-coverings-coronavirus>

...correction to item on wild flowers on the bypass. *"thanks for pointing out about the beautiful wild flower verge and the lovely labelling that has been done to highlight the variety in the flowers along this stretch of the "North side" (not South side) of the bypass. It really is a lovely verge. However, I would like to point out the historical interest in this will have nothing to do with the old railway line. Presteigne was a branch line which came into Presteigne from Titley Junction. The station and end of the line was at the top of Station Road. The bypass follows the train line from the bottom roundabout (Kington turn) as far as Station Road. The rest of the by-pass follows a path which used to be called "the back of the Radnor" and also foreshortened many a garden on Castle Road and then cut through a couple of lovely fields which stretched between Scottleton Street and Warden. Eddie's Meadow, the small piece of disused land and the trees on the south side verge next to Warden are the only bits of these two fields that remain. The species rich verge is probably to do with these meadows which only ever had sheep and lambs on them, as I remember, back in the 60s. (thanks Teresa for this information)*

...from Kirsty Williams. I want to make it clear this morning that coronavirus advice has not changed in Wales. The message here is still to #StayHomeSaveLives. Coronavirus has not gone away and as the First Minister outlined on Friday, the way we behave over the weeks ahead will continue to have a profound impact on our NHS and our ability to save lives. If you need to leave home for work, exercise or shopping, you should stay local. Modest changes to the stay-at-home regulations in Wales will come into force this afternoon and include: - Allowing people to exercise more than once a day, but people should stay local. This means any exercise should start and end at home and not involve going a significant distance from home - Enabling local authorities to begin the process of planning how to safely reopen libraries and municipal recycling centres. - Allowing garden centres to open provided they comply with the physical distancing duty. The situation for schools in Wales will not change on 1st June. Thank you everyone for all you are doing.

...from PCC. We'd like to say a big thank you to our staff who have been redeployed to make welfare calls to Powys residents who are shielding during the Covid19 pandemic. Normally these staff would be doing very different work, from working in sports development to working on reception at County Hall. These days their focus is on making sure vulnerable people in Powys are supported during this pandemic.

...from PCC libraries. If you need any help with setting up accounts and borrowing e-resources, please contact the library service on library@powys.gov.uk

...from PCC Waste. Bulky waste collections, temporarily suspended at the beginning of the lockdown, will now resume. Collections can be booked online and are currently limited to 10 collection slots per day from each depot. Initially, for the first few weeks, we will be unable to collect fridges, freezers or televisions as we currently do not have an outlet to recycle these hazardous electricals safely. As before, up to three standard items can be collected for a £30 charge. For more details and to book a collections, please visit: <https://en.powys.gov.uk/recycle>

...from Bev & Powys Teaching Health Board. A new online eligibility checker is available for Key (Critical) Workers in Powys to help them book an appointment at new mobile testing units in the county. The mobile testing units help to bring testing closer to home across the county. This includes for key (critical) workers who have symptoms of COVID-19 or who have an immediate household member with symptoms of COVID-19. The current testing strategy from Welsh Government identifies the following categories of key (critical) worker: Health and social care workers - Public safety (emergency workers) and national security workers - Local and national government workers - Education and childcare workers - Food and other necessary goods - Transport workers - Utilities, communication and financial services workers - Key public service workers. Testing is available to key (critical) workers with symptoms of COVID-19, or to a symptomatic household member of a key (critical) worker. The online eligibility checker is available from www.powysthb.wales.nhs.uk/coronavirus-testing. Information has also been posted on our Facebook and Twitter channels. More information about the Welsh Government's approach to Coronavirus Testing is available from the Welsh Government website at <https://gov.wales/testing-coronavirus>

...from NHS Wales. Share your feedback on NHS care during the Coronavirus emergency. Over the past few weeks we have seen our lives, our communities and the way we carry out our daily activities change in a way we have never seen before. We are in a global public health emergency. We know how difficult a time it is for everyone – and particularly for people who are in the most vulnerable situations. If you are currently receiving NHS care, and if you need or regularly use NHS services you may be feeling very anxious and worried. As your NHS Patient Watchdogs, CHCs across Wales want to continue to play our part in reflecting peoples' views and representing your interests in the NHS at this critical time. Use this survey <https://tas.survey-me.com/take-a-survey/6mp1r> to tell us about - Your experience of care and/or treatment, it can be good or bad - How your care and/or treatment has been affected by this emergency, and how you feel about this - Any suggestions you may have on how the NHS in Wales could do things differently during this emergency. Your feedback will help make a difference. We will share with the NHS what people and local communities are telling us. This is so it can see what people think is working well and take action to make care better where this is needed - as quickly as it is possible to do so.

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.