

Community News

Issue 109 end-September 2019

an information service from PAC - the Presteigne Area Community Group

You are receiving this email because you asked to receive the Community News and be kept informed about PAC activities. If at any time you decide not to receive further PAC emails, just contact us on pacdg@icloud.com with REMOVE in the subject line and we'll immediately take you off the mailing list.

A Date for your Diary - PAC has organised a 3rd Presteigne Community Groups Fair for Saturday 26th October between 10am and 3pm in the Memorial Hall. The underlying theme of this year's Fair is the Climate Crisis facing our world. Come and meet all the many different social and interest groups in our community, and get some ideas how you can reduce your impact on the environment and help deal with climate change.....more information in the next issue.

n.b. if your community group has not received an invitation to take a table at the Fair, please urgently email pacdg@icloud.com with the name of your group and contact details.

A DPCM message from Dyfed Powys Police...Radnorshire NPT are aware of a scam that is going around Radnorshire where individuals are targeting residents by telephoning and saying that there has been a transaction or suspicious activity on your bank card and that £600 has gone out of your account. Press 1 for details. **THIS IS A SCAM!**, please DO NOT provide any personal details, DO NOT press 1, DO NOT panic, DO just terminate the call. They are "phishing" for your information - DO NOT provide it. Please inform family and friends of this scam to raise awareness and to prevent fraud. If you have accidentally provided bank details, contact your bank immediately and ring 101.

The Town Council is delighted to announce that it has secured grant funding for an aerial runway (zip wire) to site at the Wilson Terrace Play Area in Presteigne. Funding of almost £10,000 has been obtained from National Lottery Awards for All. Town Councillor and former Mayor Colin Kirkby has for some time wanted to replace the previous aerial runway (zip wire) and Town Councillors agreed in early 2019 that this was their top project this year for which to secure funding. The aerial runway will be sited at Wilson Terrace with the kind permission of Powys County Council. Thanks go to Cllr. Beverley Baynham and PCC officer Steve Gealy for their willingness to work with the Town Council on this, & to the National Lottery for agreeing to fund the project.

East Radnor Ramblers Weekday Walks - all walks start at 10am unless stated otherwise

Tuesday 1 October	SHORT WALK Pembridge & Staunton-on-Arrow	4 miles Moderate, no hills	Exp 201 SO 390585 HR6 9HL Pembridge Village Green	Phil 01544 260740 07710144728
Wednesday 2 October	Dorstone, Vagar Hill	7 miles (approx.) Moderate	OL13 SO 313417 Dorstone Village Hall	Anne 07815 522323 Jacky 07974 602969
Wednesday 9 October	Circular walk around Gilwern Hill	7.5 miles Moderate	Exp 200 062586 Three Wells Hotel Car Park	Felicity & Brendan 01544 260739 07800 772175
Wednesday 16 October	Cardingmill, Portway Circular	7 miles Moderate	Exp 217 SO 449942 Cardingmill Valley Car Park (charge except NT)	Mags 01547 529084 07837 7

Note that the next scheduled walk-in Flu Clinic at Presteigne Medical Centre is on Wednesday 16th October 9am-12noon

A big thank you from the Norton Show Committee to everyone who supported the Norton Show earlier this summer. We had lovely weather, a fabulous range of attractions and stalls, and a truly impressive crowd of adults, kids and four-legged friends all keen to enjoy their day. Final calculations have been completed and we're really pleased to say we made a magnificent profit of £1779 on the day. As you know, the Show is run in order to donate money to good causes, and this year's terrific result means we were able to make donations to East Radnor Day Centre, Hope House Children's Hospice, Norton Community Trust, Wales Air Ambulance, Presteigne & Norton Community Support, Presteigne Little People's Playgroup and Powys Young Carers. Huge thanks again to everyone who helped and supported us, and we look forward to welcoming you again next year.

8 week Mindfulness Based Cognitive Therapy Course starting 22nd October... This 8 week course by Alithea Waterfield is for anyone interested in their mental health, well being and happiness. MBCT aims to help you to understand your own mind and its workings and how it affects your daily life. You will learn skills and techniques which will enhance your ability to find some inner calm and resilience when dealing with life's ups and downs, to respond rather than react and most importantly to cultivate kindness and self compassion. MBCT is effective in dealing with low mood, anxiety and depression and is included in the NHS NICE guidelines. For more information please contact Alithea at: alitheawaterfield@gmail.com

KNIGHTON food Bank KFB - Working together to help the hungry and those in crisis in Knighton and East Radnor.

This is our Harvest shopping list:

Tinned Rice Pudding & Custard - Tinned Fruit - Tinned Meat & Pies eg Meatballs, Hot Dogs, Stewed Steak - Tinned Fish - Tinned Corned Beef & Ham - Tinned Soups - Pasta & Pasta Sauces - Tea & Coffee - UHT milk - Jam, Marmalade, Peanut Butter, Chocolate Spread - Biscuits - Toilet Rolls & Washing Up Liquid & Laundry Powder/ Liquid - Shampoo & Shower Gel - Deodorant - Toothpaste & Toothbrushes. If you would prefer to give a small cash donation, this will enable us to purchase fresh milk, bread, cheese and eggs & to buy fresh vegetable/fruit vouchers to include with individual food parcels. Please note we can only accept food items that are well within their use-by date. Manager: Helen Anderson tel: 07731 524 058, email helen@knightonfoodbank.co.uk. Visit www.knightonfoodbank.co.uk for more details. Reg Charity: 1172353

New Radnor Hub...regular events.

Every Wednesday - Informal Art group contact Susan [01544 350616](tel:01544350616) or Jenny [01545 350242](tel:01545350242)

Every Friday morning - Starlings ages 9-12 . A nurturing Parent and Child Group. Contact Izzy at steinerstarlings@gmail.com

Every Friday - PHuB night 6.30-11pm. Simple supper served on a first come first served basis

A wonderful opportunity to try Yoga and Alexander Technique in a series of short tasters sessions with Mike Young at The Retreat on Friday 4th October:-

10-10.30 Alexander Technique, 10.45-11.15 Yoga, 11.30-12.00 Alexander Technique, 12.15-12.45 Yoga

The sessions will be £3 donation each. Come along and find out how you can improve your posture and general health with the Alexander Technique. The sessions will be in small groups sitting in a chair and will benefit anyone no matter your age or physical condition. The Yoga sessions are a more meditative approach to Yoga and will give you a taste of how you can improve your physical health, flexibility and manage stress through simple movement linked to breath. To book your sessions - email marian@retreat.wales or phone 07816 981454.

A message from Presteigne Health Centre....MY HEALTH TEXT MESSAGES: We need your current mobile number! so we can send you a reminder of your appointment. Please check with reception to make sure that we have your current mobile phone number so you can start receiving these messages. All you have to do is to provide us with a valid mobile telephone number that you wish for text messages to be sent to. We will use this to remind you of upcoming appointments and invite you to contact the practice for the relevant clinic appointments. **Is it free? YES ! How will it help me?** It will make life easier and more convenient for you as you will be reminded about your upcoming appointment. You won't have to wait on the telephone to the GP practice to be told about your upcoming appointment. Your practice may also choose to use My Health Text to invite you to contact the practice to make a future appointment – saving paper and postage.

PRESTEIGNE LOCAL FOOD MARKET - Saturday October 5th 9-1pm in the Memorial Hall.

Young Pumpkin Growers Competition – Pumpkins grown from seed collected at the Spring markets will be judged at the October market at 11.00. Prizes will be given for age four and under, and those over four, for the largest, heaviest and strangest pumpkin.

Plant Swap including **houseplants** – If you have any perennials to divide or have been amazingly lucky with this year's plants, including houseplants and have more than you have room for, please bring them to the Autumn Plant Swap.

If you have any spare Autumn seeds to spare, especially heritage seeds, please make a note to bring them along to the February Market's Seed Swap.

The Market's regular and customers' favourite artisans will also be in the Memorial Hall so please come and see just how much wonderful local produce can be found in a place near you.

The Community Cafe's cakes just get even more delicious as the months go by. What better way to complement them than to share a piece with a cup of Fairtrade tea or coffee with friends.

From the Town Clerk on the Council Facebook page.....*I'm thrilled to announce Presteigne is getting its own Electric Car Charging point in the Hereford Street Car Park. Funded from a grant via Powys County Council. Fantastic news!!*

Would you like to receive the Parish Magazine published monthly by St. Andrew's Church, Presteigne and edited by Roger Curtis ? You can have the Parish Magazine delivered to your house for just 60p per month - to order, or for information, (or to submit items or advertisements to go in the magazine) call 01544 262846 or email standrewsintray@btinternet.com or.

LOCAL EVENTS IN THE FIRST HALF OF OCTOBER

Wednesday 2nd October - the Sharppp Chat discussion group hosts David Chantler from the Ludlow Slow Food Movement: 'Changing the planet, one meal at a time'. 7.30pm, Assembly Rooms. Donations.

Wednesday 2nd October - New Radnor Hub open for coffee. New time of 10.30-12.00 - all welcome

Friday 4th October - Presteigne Screen presents "The Heiresses" (Paraguay 2018 98 mins 12A)

8pm in The Assembly Rooms. The comfortable 30-year lesbian relationship of two rich Paraguayan socialites is sundered when one of them is jailed for fraud. And the fallout is as unexpected as it is moving. The outgoing Chiquita (Margarita Irun) thrives in prison, making new friends and quickly grasping how the system works, while the gentle, shy Chela (Ana Brun) suffers the humiliation of having to sell off many of her household effects, while also running a downmarket taxi service for her other rich friends. But, to her amazement, she also finds herself enjoying a fulfilling new relationship with a much younger woman in a film that explores both the pain and joy of fresh horizons.

Saturday 5th October - Presteigne Local Food Market (see item above)

Wednesday 9th October - Climate Change meeting, Assembly Rooms 7.30pm. All welcome!

Wednesday 9th October - Quiz Night @ Bowls Club. 7.30pm for 8pm start. Presteigne Bowls Social Club (opposite The Little Shop on Hereford Street). Teams of up to 4. £2pp. Full bar, coffee and cake! Prizes and WIN BIG on Backwards Bingo in the interval. All welcome but space is limited so please reserve your table by text to Terry on 07766 097600 or email presteignedogman@icloud.com

Wednesday 9th October - Presteigne & Borders Floral Art Society 7.30pm in Presteigne Memorial Hall for a demonstration by Sandra Snell. The title this month is *Shades of Autumn*. Visitors are welcome: £5. Information from Avril, 01547 529244 or Sue, 01568 589545

Thursday 10th October - Chatterbrook WI host "Wildlife in the Working Forest", an illustrated talk by Alan Reid. 7.30pm in the Memorial Hall. Followed by light refreshments. Visitors welcome - £2. For information call 01544 267245

Friday 11th October - Lingen Flix presents 'Green Book' 7.30pm Lingen Village Hall (12A)

Biography/Comedy Stars: Viggo Mortensen & Mahershala Ali. 'Green Book' is set in 1962, the film is inspired by the true story of a tour of the Deep South by African American classical & jazz pianist Don Shirley & Italian American bouncer Frank 'Tony Lip' Vallelonga who served as Shirley's driver & bodyguard.

When Tony a bouncer from an Italian-American neighbourhood in the Bronx, is hired to drive Dr. Don Shirley a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans. *Winner of three Academy Awards: Best Picture/Best Supporting Actor/Best Original Screenplay BAFTA Winner: Best Supporting Actor ***** Daily Express, ***** Heat, *****The Observer, *****Daily Mirror*

Saturday 12th October - Gather Round...and Sing for Fun with Marion Rowlatt on the 10th anniversary of Gather Round !! All welcome so do come along 10.30am-12 noon at The Assembly Rooms. Info 01544 260 466.

Saturday 12th October - MiNR presents "Cornucopia": Voice, Oboe, Four Horns - and a Piano. Tickets £15 (<14s £3) New Radnor Community Hall. Professional horn quartet Cornucopia (Steve Macallister, Paul Sawbridge, Alice Kingham, Allen Cheshire) will be performing with popular local musicians Ruth Watson and Jeremy Fisher, and singer Frith Trezevant. This concert will include works by Joseph Haydn, Richard Strauss, and Joseph Canteloube, and, one of Cornucopia's recent commissions, the Whimsical Songs of Gordon Carr. Tonight will also be a rare opportunity to hear Mozart's 1786 music for horns, written in the same year as the opera Figaro. Box office [01544 350268](http://01544350268). Wine & soft drinks available at the bar.

Wednesday 16th October - the New Radnor Hub is open for coffee. 10.30-12.00 - all welcome

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.

We're happy to help publicise community and charity activities and events (but only for events in the immediate Presteigne area) – email text (not poster images please) at least 3 weeks in advance to pacdg@icloud.com.

The Community News is published twice per month. Feel free to tweet or forward this issue to others.