

Community News

Issue 124 March 2020

an information service from PACDG - 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.

Editor's Note...

*** Do please contact us if you see or hear of anything that will be of help to other residents - better we receive it twice or three times than not at all ! email pacdg@icloud.com**

*** and if you're self-isolating or need assistance in any way, you can also email pacdg@icloud.com and we'll pass on your message to people who can help.**

SCAM WARNING - people are receiving texts, supposedly from the Post Office, saying "We have problems delivering your package due to unpaid VAT of £xx" with a link. DO NOT CLICK ON THE LINK !!! This is a nasty little scam.

Serious times but we still need to have a chuckle... from letters seen in The Week - "Will the nation's obesity crisis get worse when panic buyers try to eat all their food before the use-by dates ?" and "I note that a Cabinet Minister is self-isolating. In Wales we call this practice 'farming' !"

Protected shopping hours

If you have to travel for a supermarket shop then please note:

...the Co-op in Knighton and Kington have reserved shopping hours for vulnerable and elderly Monday to Saturday from 8am to 9am and now also on Sunday from 10am to 11am

...Morrisons in Leominster have introduced a special shopping hour for NHS staff on Monday to Saturday from 7am to 8am

...from NHS Wales. Are you a former doctor, nurse, midwife, social care worker or other healthcare professional? We're looking for your help to provide extra support to our NHS and social care during the coronavirus outbreak. We're also offering medical students and student nurses temporary, fully-paid roles to strengthen the NHS frontline even further. More here <https://gov.wales/health-professionals-coronavirus>

...and NHS England. 'You can come and join our fight. You can come and join our team...#YourNHSNeedsYou' — our Chief Nursing Officer for England Ruth May calls on former nurses and midwives to return to the NHS to help us support the fight against #coronavirus.

...for residents of Norton Manor Estate. Martyn Bliss has started up a Facebook page for a Covid support group. Please spread the word. Use this link:

<https://www.facebook.com/groups/1751764271646607/permalink/1751765614979806/>

...from Presteigne Library. Currently all libraries remain open (*including Presteigne*), except Crickhowell. Smaller libraries may have to restrict hours at short notice, according to staff availability, so please phone ahead before making a special journey. 01544 260552. We are now renewing all loans automatically, so you don't have to worry about returning items. Overdue fines for all customers will be cancelled or waived. Now might be a good time to try our ebooks and eAudiobooks. With BorrowBox you can

borrow & download up to 10 ebooks and 10 audiobooks at a time, completely free to library members. [Find out more and get started on our ebooks page.](#)

HERE IS THE LATEST INFORMATION AS OF 22nd MARCH FROM SHOPS AND BUSINESSES AROUND TOWN - THE SITUATION IS CONSTANTLY CHANGING SO PLEASE CHECK THEIR FACEBOOK PAGES OR WEBSITES FOR UPDATES.

...from Spar. Our New Home Delivery Service 🚚. Our local community is important to us, and we want to do what we can to support it. So we've decided to start offering a home delivery service to customers who are most at risk to COVID-19.

Here's a list of "vulnerable customers", if you aren't sure about this.

➡ Aged over 70 ➡ Customers with a disability/special needs ➡ Customers with long-term health problems ➡ Pregnant ➡ Single parents self-isolating with children.

If you fall into one of these groups please call us on 01544 267328 to arrange a delivery. Deliveries are new to us, and we're a small store, with limited staff, so please bear with us as we get to grips with this new service. Finally, if you know anyone who lives locally who would benefit from this service please share this post with them. Thank you for your support. We're SPAR and we're There For You.

...from the Hat Shop Restaurant. Together with East Radnor Home Support we are offering a meals on wheels service. The meal will consist of two courses. These will need to be ordered by 10.30 am. For more information please phone day centre on 01544 260267 or hat shop on 01544 260017

Just an idea to help out during these trying times - would anyone be interested in homemade deliveries of eg. soup, tray of lasagne, cheesecakes, cakes etc.? Leave a comment on the Hat Shop Facebook page. I see a lot of us are offering a service of food and let's all keep it reasonably priced as many families will be facing real hardships with job losses etc. I will post some ideas and prices if there's any interest.

...from the Food Bank. Dear Supporter of Knighton & District Food Bank, I hope you are doing the best you can to keep safe & well at this difficult time. The food bank is operating as usual, with a few necessary changes to the comings and goings on the premises - in order to keep us all safe. No hand shaking or hugging, but a bow or a curtsy really lifts the tension! Trust me, it is great! I know that if you do visit us at the Food Bank, you will be kind and considerate towards others - some of our friends using our service are experiencing very high anxiety levels, are fearful and not sure what to expect from us. I have attached a list of the priority items we are going to need. I know that there are currently shortages on the shelves, but things will get better.

However, if all our supporters bought just 1 item from List A, B, C or D it will make a real impact. Thank you for the wonderful cash donations - but due to rationing we cannot shop for all these items in one hit, so we need your help.

Drop off points in Presteigne - Spar - Baptist Church (Thursday 10 -11.30).

We can arrange collection if you cannot get to any of these places! Call Helen on 07731 524 058

List A - Tinned Soup, Tinned Spaghetti, Tinned Tuna, Tinned Cold Meat, Tinned Vegetables

List B - Tinned Fruit, Tinned Custard, Tinned Rice Pudding, Tinned Evaporated Milk

List C - Cereals, Biscuits, Tea Bags, Coffee, Fruit Squash, Easter Treats

List D - Shower/Bath Gel, Shampoo, Toothpaste, Deodorant, Shaving Razors, Shaving Foam, Hand soap, Washing up Liquid, Washing Detergent, Nappies/Baby Wipes

We do not need Toilet Rolls or feminine hygiene products or pet food – these have been sourced in sufficient numbers.

Thank you so much for all you are doing for those in our community who do not have any money or benefits and those who have suddenly lost their income/wages. With all best wishes to you and your loved ones, Helen

...from Alex Gooch. There will be an additional bread delivery to the stall outside Llanandras Curios on Wednesday this coming week, in addition to our normal Saturday.

...update from Weobley Ash. We are open today and Tuesday for walking, 2 ppl at a time washing hands outside please. From Wednesday we will offer a collection service from outside the shop and list what we have in store for you to choose from. We shall be delivering 3 days a week. Updates on stock will be shown throughout the day and you can call to order and pay over the phone. PLEASE ONLY ORDER WHAT YOU NEED FOR THE WEEK, WE WILL NOT RUN-OUT BUT THERE'RE MANY PEOPLE TO FEED. We shall remain open and continue to offer a service, this is going to be the way we shop for a good few months, please work with us and we can all get through this and show as a community we are strong and thoughtful of others.

Tel 01544 598120 for orders or email shop@weobleyash.co.uk

...update from The Workhouse. The Workhouse Gallery and Café is having to close completely from Monday, including a halt for the present to their takeaway/delivery service. For updates on the situation see their Facebook page <https://www.facebook.com/WorkhouseGalleryandCafe/> and website <https://www.theworkhousegallery.co.uk/pages/cafe>

...from Presteigne Building Supplies. We will be open as usual until we are advised otherwise by the government. We are continuing to disinfect door handles, counter surface & card machine throughout the day. All staff are washing hands as often as possible & we have tissues available for all staff & customers on the counter. We should have toilet rolls delivered today or tomorrow which will be available at the usual price but limited to 1 pack per customer. We will keep you informed of any changes during the coming days/weeks

...from The Royal Oak. One last update (hopefully). For those on the bonus ball it'll be stopped at last weeks date and be restarted when we reopen. The meat raffle will also be stopped with tickets already bought rolled over. This week's meat prizes are being donated to the local food bank. We look forward starting up when back up and running properly. Many thanks.

..from St. Michael's Hospice Shop. Regrettably our shops are all closed until further notice to safeguard our staff, volunteers and customers. PLEASE DO NOT LEAVE DONATIONS as we have no-one at the shop to process them. Updates can be found on our website www.st-michaels-hospice.org

...from Ian at Woods Barbers. As of the moment I will be open again on Wednesday as normal 9.30am to 6pm, Friday 9.30am till 7pm, and Saturday 9.30am to 1pm (unless I feel ill or consider the risk too high).

...from Grace Beauty. To our family of clients..it's with regret we have been told to close the salon in the short term. The decision has been taken out of our hands when the government announced the forced closure of spas and massage parlours which includes

our line of work. We are devastated, but know this decision is the safest option for our clients and families. It's important for us all to join together to fight this virus by stopping unnecessary contact. We will reopen as soon as we possibly can and hope to see you all once we are through the storm. We are still active online so if you have any questions, need a gift voucher or product then please get in touch. Clients, thank you also for your fantastic support as ever. Not quite how we wanted to celebrate our 10 years in business but we will be back as soon as possible. I would like to personally thank Rhi for her dedication and hard work she gives myself and the salon, this is a really hard time for her too. Stay safe, keep well and if anyone needs anything please let us know. Grace x

...from Lorna's. To our customers. It's with regret we have decided to close the shop for the foreseeable future. The decision is to protect our staff, families and customers. This has been a hard decision but we feel this is the right time. We will reopen as soon as we possibly can and hope to see you all once we are through this. Thank you all for your fantastic support as ever. I would like to thank my staff for their hard work, dedication and being so understanding. Stay safe, keep well and look after each other. Lorna.

...update from our Leisure Centre. Following on from the Government announcement and our own confirmation that our centres are now closed, some members have been in touch asking for more information on the options we have in place to make sure you are not financially disadvantaged as a result. We have suspended all direct debit memberships with immediate effect. You don't need to take any action for this to happen, we have organised this for you and no further payments will be taken until such time as we are open. If you have paid up-front for an annual or fixed term membership, your membership end date will be extended ensuring you receive your full membership term when the centre re-opens. However, we are a registered charity so without the income we receive from you there is a risk to the service and the community in the long term and permanent closures of leisure centres across the country can't be ruled out. We are asking, if you can afford it, to consider continuing with your membership subscription during this period for as long as you can so we may continue to operate our centres well into the future and help everyone to live healthy lives. If you feel this is something you can do please visit our website.

Although our centres are now closed our staff are working tirelessly to support our customers and the wider community to deal with the inevitable questions and queries. We have been able to support other charities like ourselves by donating food and milk from our cafés to local hospitals and food banks to help others less fortunate and who need our help in these unprecedented set of circumstances.

We have sent all our members information to be able to workout online using a FREE service provided by Les Mills – the world renowned group exercise company. If you'd like to take part please [click here](#). More information will follow in the next few days to offer more opportunities to our customers and keep you active during these difficult times. If we pull together as a community we can get through this and on behalf of all our staff we'd like to thank all our customers for their help and support during this time. Your positive feedback is very much appreciated by all our staff. Best wishes.

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 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.