

Community News

Issue 127 March 2020

an information service from PACDG - the Presteigne Area Community Group "Working Together"

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.

Editor's Note... so much has changed in just the last 2 or 3 days and is still changing daily as everyone adjusts !

- **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.**

This flyer was issued this morning by the Presteigne & Norton Coronavirus Community Response team

WE'RE HERE TO HELP

Phone Support

We're here to help at this difficult time. If you're feeling isolated or anxious and want to talk, we can connect you with a volunteer in your neighbourhood who will be happy to phone you and keep in touch.

Feel free to contact us on any of the following numbers:

01544 267462 (Emma Lilley); 07969 440183 (John Hymas)

07767 753368 (Maggie James); 07453 031457 (David Ashby)

East Radnor Home Support

If you need practical help, contact East Radnor Home Support, who are able to provide a prescription delivery service for the Presteigne area. They can also do essential shopping and are working with The Hat Shop to offer Meals on Wheels (order by 10.30am). Phone 01544 260360 or email homesupport@erdaycentre.org

East Radnor Home Support Service is a free service and is currently available to anyone in the wider community. They have qualified staff who can help you.

WhatsApp groups

Many residents are already forming groups to look after their immediate neighbourhood and you're encouraged to join one if you can, or start your own.

High Street Help

Below are the numbers of shops and food outlets in Presteigne offering delivery/ collection services. In most cases payment can be taken on the phone.

Delivery for essential shopping can also be organised through East Radnor Home Support.

Carini's (butchers) 01544 260026 - collection service

Deli Tinto 01544 260534 or email hello@delitinto.com - collection

Spar 01544 267328 - collection/delivery

Premier 01544 267702 - collection

Rhos Organics (organic groceries) email info@rhosorganic.co.uk. Order by Tuesday evening for pick-up in Presteigne on Thursday at collection point at the Weobley Ash shop on the Industrial Estate.

The Salty Dog (greengrocers') 01544 267720 or email

thesaltydogpresteigne@hotmail.co.uk for a pre-order form. As well as a delivery service, there's an order and collect service on a Sunday between 10am and 2pm

(place orders by the Wednesday before).

Weobley Ash (lamb/pork/fresh veg) 01544 598120 or email shop@weobleyash.co.uk
Order and collect service.

TAKEAWAY/FOOD DELIVERY SERVICES

Daphne's (pizza takeaway) 07377 909216. Opening hours: Thursday/Friday (5-9pm);
Saturday/Sunday (noon-9pm)

Rose Cottage Flower Shop & Café (trad English food delivered to your home) 01544
260453

Wild Thyme (Italian takeaway) 07854 428668. Pre-order by Weds/Thursday for pick-up
Friday/Saturday

Advice to those self-isolating

Do not give out your bank card or pin number to anyone and do not let strangers into
your home.

Who are the volunteers?

The volunteers all live and/or work in the Presteigne & Norton community and have
signed up to support the community and one another at this time.

Keep this flyer for when you might need it. And don't be afraid to get in touch.

For latest information:

* sign up to the Community News by emailing pacdg@icloud.com

* visit the Presteigne and Norton Covid-19 Support page on Facebook

<https://www.facebook.com/Presteigne-Norton-Community-Covid-19-Support-101948184783706>

* go to the Council News page on the Presteigne and Norton website

<http://presteigne.org.uk/town-council/council-news>

If you would like to offer to volunteer, then email presteigneandnortontc@outlook.com
or phone 01547 528575 (Town Clerk).

Coordinated by Presteigne & Norton Town Council and volunteers from Presteigne & Norton community

**A plea from our Pharmacy - they are have a lot of customers coming through the
doors at the moment - the shop is overcrowded at times and people are not
keeping a safe social distance which is especially risky in a pharmacy. Therefore
the new rule is that there can be no more than two customers in the shop at any
one time. Notices will be posted on the door and windows. Please help by
respecting this restriction. If the situation doesn't change, volunteers will have to
man the doors and that means they are not available for other tasks. Thank you!!**

**There are lots of ways to share some love in your local area - the UK needs an
army of volunteers! Go here <https://www.goodsamapp.org/NHS> to join up.
The NHS is "rallying the troops" for the war on coronavirus, with volunteers being
called up to help vulnerable people stay safe and well at home.**

The nation is looking for up to 250,000 volunteers to help up to 1.5 million people who
have been asked to shield themselves from coronavirus because of underlying health
conditions.

Members of the public can sign up quickly and easily at [goodsamapp.org/NHS](https://www.goodsamapp.org/NHS) to
become NHS Volunteer Responders, and can be called on to do simple but vital tasks
such as:

- delivering medicines from pharmacies;
- driving patients to appointments;
- bringing them home from hospital;
- or making regular phone calls to check on people isolating at home.

NHS Volunteer Responders is not intended to replace local groups helping their
vulnerable neighbours but is an additional service provided by the NHS.

GPs, doctors, pharmacists, nurses, midwives, NHS 111 advisers and social care staff will all be able to request help for their at-risk patients via a call centre run by the Royal Voluntary Service (RVS), who will match people who need help with volunteers who live near to them. Some charities will also be able to refer people to the service.

All volunteers joining the NHS scheme will need to undertake training and background checks that are appropriate to the roles that they sign up for. All volunteers registering on the app will need to upload identity documents, driving license (for any driving related tasks), confirmation that they have insurance (if applicable) and any other role-related information.

People can become an NHS Volunteer Responder and join the NHS's trusted list of volunteers by visiting and adding their details to the NHS section.

Update from the Food Bank... Please support us to help others.

You can support the Knighton Food Bank in a number of ways, including donations of food, regular cash donations, and by giving your time as a volunteer (see the Volunteers page on our website for more information).

Donations without Gift Aid

To support the Food Bank on a regular basis please download and complete a Standing Order form – to print out and return by post to Knighton Food Bank, click [Here](#) to open, or right-click and choose Save File As / Save Link As to download.)

To support the Food Bank with a one-off donation, please either send a cheque (payable to Knighton Food Bank) to the Knighton Food Bank, Baptist Church, Norton Street, Knighton, Powys. Alternatively, to make a donation by bank transfer, please contact the Food Bank Manager for the relevant details helen@knightonfoodbank.co.uk

Donations with Gift Aid - If you are a UK tax payer and wish Gift Aid to be claimed on your monthly or one-off donation for the benefit of the food bank, please go [Here](#) and follow the instructions provided. (Note: the food bank uses Stewardship, a charitable intermediary, to administer Gift Aid on its behalf.)

Information on public place closures from the PCC website...

Nash Wood in Presteigne, Radnor Forest in Knighton and Warren Wood in New Radnor are all 'closed'.

UPDATE FROM THE HIGH STREET (things are changing every day - sorry ! - so if you have internet access, please double check on websites or Facebook pages)

...from B W Roberts Garage. Bit of an update, the Garage side of the business can stay open too - if it is for MOTs and essential works. It will be a bit more of a challenge getting parts as a lot of suppliers are only sending out essentials and obviously delivering a lot less regularly than usual. Give us a ring if you have any enquiries 01544267365 or email us on robertsandsonltd@gmail.com. Thanks

...from Lloyds Bank. We are planning to open Lloyds Bank this Friday but it will be 10am - 2pm. We hope to continue to open each Monday and Friday 10am - 2pm where we are able to. Please note however that we are only allowing 1 person into the branch at a time to stick to the 2 metre recommendation from the Government - thanks to all customers for helping with this.

...from Rhos Market Garden. We are inundated with requests and because of this unprecedented demand, we are sorry that we cannot take on any new orders just at the moment. Watch this space for future updates.

...from The Salty Dog. We have a very high demand for on-line orders to collect, so we have decided that we need to close the shop in the afternoons to be able to prepare the orders. So the shop will only be open to the public from 9am to 2pm Monday to Saturday, and **for collection only** on Sunday from 10am to 2pm.

...from Rose Cottage Flowers Café. The menu for Friday delivery is as follows. All orders must be by DM, email or phone by 11am on Thursday (the shop will not be open). MENU - Cottage Pie £3.95; Chicken and bacon pie £4.75; Roasted Vegetable Lasagne £3.50; Beef Madras £4.75; Chicken and Cauliflower Korma £4.75; Chickpea, lentil and Spinach Curry £3.75; Smoked Salmon and asparagus quiche £3.50; Sweet potato and lentil soup £3.00

EXTRAS - Bag of mixed vegetables £1.00; Potato, swede and carrot mash £1.50; Onion Bhaji 50p each; Pilau rice £1.50; Mixed salad box £2.00

Please be patient as we get this up and running as it's all a bit different to usual. Many thanks.

...from Weobley Ash. Call 01544 598120 or shop@weobleyash.co.uk to order for collection or delivery. Please plan meals and shopping for at least 5 days if possible to help us with stock

...from Presteigne Tyres. Following the DVSA announcement today regarding MOT Testing and also Government advice, our workshop and MOT testing lane will remain open as normal until Friday 27th March but will then be CLOSED from Monday 30th March until further notice. However we will continue to support our local community so if you are a key worker doing vital journeys or a member of the public having to make an essential journey we will be available on our EMERGENCY NUMBER - 07831 615675 to help out with any urgent vehicle issues that you may have. Please be assured that we are following Government guidelines on cleaning and sanitising all our work areas and vehicle's in order to limit the spread of COVID-19. We thank you for your support during the last few weeks and look forward to seeing you at Presteigne Tyres again soon.
Keep safe...Keep smiling. Nigel & Jackie

...from Lyonshall Nurseries. We are closed to the public at the moment as we are deemed non essential. This may change. We will be offering home delivery service. This can be done by telephone on 01544 340214 or the best way is to email us on info@lyonshallnurseries.co.uk. PLEASE be patient with this as we are running with limited staff. We will be operating a full online store where our products will be listed for click and collect and delivery. Please allow around 2-3 weeks to be fully operational. We are still growing our veg & bedding container plants . Keep safe, Simon and the rest of the garden centre team

Other useful sources of information:

[...the Presteigne and Norton Covid-19 Support page on Facebook - https://www.facebook.com/Presteigne-Norton-Community-Covid-19-Support-101948184783706](https://www.facebook.com/Presteigne-Norton-Community-Covid-19-Support-101948184783706)

[...and the Town Council News page on the Presteigne and Norton website - http://presteigne.org.uk/town-council/council-news](http://presteigne.org.uk/town-council/council-news)

[...the Presteigne Life Facebook page https://www.facebook.com/PresteigneLife/](https://www.facebook.com/PresteigneLife/)

PACDG – the PRESTEIGNE AREA COMMUNITY DEVELOPMENT GROUP... “WORKING TOGETHER”

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.