

Community News

Issue 134 April 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.

- **Please contact us if you see or hear of anything that will be of help to other residents - ideas or suggestions for new hobbies, or things to do at home, especially welcome ! 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.**

Please email us with your 'Reasons to be Cheerful' or 'Things to do while cocooned' - thank you !

UPDATE FROM LOCAL BUSINESSES AND THE HIGH STREET

(things are still changing every day so, if you have access to the internet, double check information on websites or Facebook pages)

...from **Celia's Creams**. New leaf design (Celia's Creams) are willing to receive your orders and will deliver to Presteigne on Saturday, contact her on 07772771510 or emailnewleafdesign@momentary-lapse.co.uk

...from **Spar - a reminder on their Home Delivery Service for 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 - Pregnant - Customers with a disability/special needs - Customers with long term health problems - 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 **Mark at Real Wines**. Good news - fresh supplies of French wine arrived yesterday. Simply type *freeshipping* in the discount box at checkout and the delivery charge will be knocked-off your order. [Click here](#) to place an order now

- [Laurent Miquel's new range](#) (Albarino)
- [Lamothe Vincent](#) Sauvignon Blanc back in.
- [Chateau d'Or et de Gueules](#) back in.
- [Verus](#) back in.

Thanks for being great customers and friends. Keep well!

...from **Co-op Stores (Kington & Knighton)**. As always, we're committed to giving you the best possible service. With demand higher than ever, we need to give our colleagues time to replenish stock, so we can continue giving customers and the community everything they need when we reopen each morning. Additionally, we want to encourage members to stay at home as the government has suggested and only shop for essentials. Therefore our store opening hours are changing to 7am-8pm. However, our petrol stores will remain open until 11pm.

...from **Rose Cottage Flowers Café**. **Ready-to-heat delicious meals for delivery**. See Facebook page for each week's menu. Order before 11am on Thursday for delivery on Friday. £20 minimum for delivery within 5 miles of Presteigne. Order on t Facebook, or email lesleyharvey1@outlook.com, or call 07548519714 or 01544 260453.

THINGS DO WHILE COCOONED !

From The Judge's Lodging. OK, we're starting off our 'Things for the Judge to do at home' posts with a nice simple game. We're going to warn you now, Victorian games are not always terribly exciting - they did have exciting ones, but they tended to be rather dangerous, so we'd better not put them here! Visit <https://www.facebook.com/TheJudgesLodging> each day.

Audio stories daily read by David Walliams. All those stuck at home with their kids may be able to relate to 'The World's Worst Children'!

David Walliams be releasing an audio story every day for 30 days absolutely #free. #AudioElevenses. First up The Terrible Triplets! <https://bit.ly/AudioElevenses>

Love and miss your singing ? A message from Laurie Denman, a musical theatre performer, singing teacher, arranger and musical director. I want to share with you an exciting, new 10-week online programme called 'Carry On Singing', which will bring the joy of singing into our homes at this difficult time.

With 'Carry On Singing', participants will receive rehearsal materials every Friday (starting Friday 3rd April) as we get to know unique arrangements of three songs over a ten week programme.

In your own time, and from the comfort of your own home, you'll discover entertaining warmups and fun, useful exercises, before being guided through each vocal part with step-by-step video tuition. At the end of the programme, you'll then be invited to record your part (either audio or video) to be compiled in a Virtual Choir Concert recording that you can share with your friends and family – all for the price of just one singing lesson! If you're interested and want to find out more, please visit: www.carryonsinging.com

Rainbows for Nightingale - NHS Nightingale are looking for pictures and messages of Hope drawn by children to decorate the bare walls.

Please ensure that pictures are A4 so they can be laminated for infection control purposes. If you can laminate them before sending to your regional hub PLEASE do! This saves a lot of work for those who are giving up time to do this. Feel free to draw as many as you like there are no restrictions on sharing the love! Also if you'd like to write a message of hope or get well wishes please feel free to!

Whichever region you live in can you please send your pictures to the address that has been assigned to your region (I know not all addresses are within your region but we've had to divide it up the best we can with the volunteers we've got). This helps to share the load between those who have volunteered. Finally on a health and safety point - please adhere to all government guidelines and adhere to safe self distancing measures.

Always wash or gel hands after handling post etc. All pictures should be addressed to "Rainbows for Nightingale". Email nightingale@hubnhs.uk for the postal address.

OTHER INFORMATION

Anyone out there looking for work in health and social care ? - contact me.

Positions available in both Leominster and Knighton areas. If you feel you can help the vulnerable in this time of need then let me know. Hourly rate well above minimum wage

and mileage paid. Part time or Full time or even just a few hours. All PPE provided. A DBS within the last 3 years would be beneficial but not essential. If you want to give back in this crisis and earn money at the same time, then get in touch. Take care and stay safe. Terry Williams <https://www.facebook.com/terry.williams.31508>

If you or someone you know is a British Sign Language (BSL) user, you may find these links useful during the Covid-19 pandemic.

If you need to contact 111, this NHS 111 BSL service will interpret – via your webcam or phone camera – so that they can relay your message onto the 111 team. <https://interpreternow.co.uk/nhs111>

And for the latest news from the Welsh Ambulance Service NHS Trust on Covid-19, visit their Youtube channel at <https://www.youtube.com/watch?feature=youtu.be&v=VPUTLv3um94&app=desktop>

... SOMEONE IN YOUR HOUSE INFECTED? If anyone becomes infected in your household this is the advice given to NHS nurses about how long you should stay inside your home

(Ed. I did include this yesterday but perhaps the diagram will clarify things for some)

Criteria and guidance applied as of 17/03/2020:

Incubation period = maximum 14 days

Day 1 is the first day of symptoms

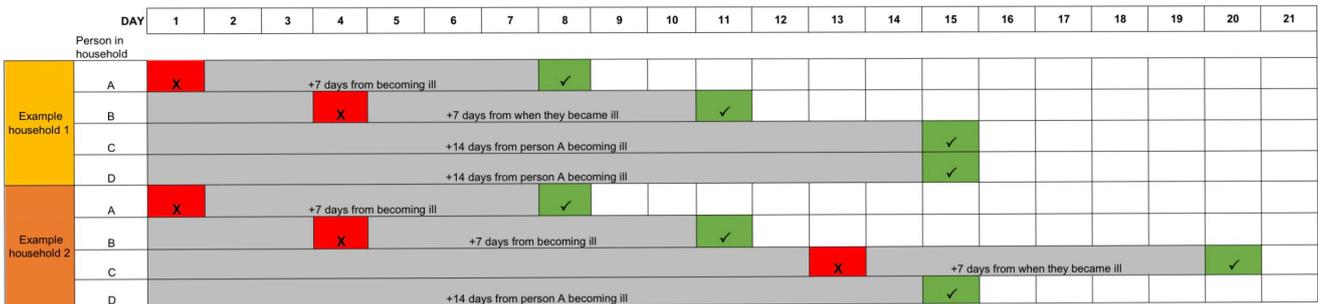
The 14-day period starts from the day when the first person in the house became ill

If you live with others and you are the first in the household to have symptoms of coronavirus, then you must stay at home for 7 days

If anyone else in the household starts displaying symptoms, they stay at home for 7 days from when their symptoms appeared, regardless of what day they are on in the original 14-day isolation period.

Household members who remain well stay in self isolation for 14 days due to maximum incubation period, calculated from day 1 of first symptomatic person

Household members do **not** need to restart the clock if other members become symptomatic during the 14 days self-isolation



Key: X = when illness started - first day of symptoms
✓ = allowed to go out again

...from Citizens Advice Bureau. Our telephone advice service is available 5 days a week if you need any help with Debt, Benefits, Housing, Energy, Employment or want to find out what you are entitled to during the current CV 19 situation. Please call and leave us a message on: 0345 601 8421 Monday to Friday 9am-3pm. We will call you back. Stay safe and please follow all Government guidelines.

...from the British Red Cross. Right now, we’re working with the NHS to support their priorities, such as providing rapid and safe discharge services (freeing up hospital beds). But just this week, we found out the demand for our support of UK hospitals may as much as triple – very soon. We need to be there no matter what. It’s your kindness that will keep us together. Please, visit our website and help fund our COVID-19 response.

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.