

Community News

Issue 150 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.

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 - 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.**

Wonderful to see that the bluebells are now in full bloom on Warden. There is plenty of space for social distancing while getting your daily exercise and nothing lifts the spirits more than seeing Spring in action and hearing the new lambs in the fields round about. Nature is carrying on its own sweet course wonderfully! (thanks to Teresa for this)

If you're not able to get out and about you may not have seen or heard about the two striking white crosses created and installed by local blacksmith Pete Smith (creator of the much loved - and missed! - Sleeping Dragon). The crosses are at the Carmelite roundabout (road in from Shobdon) and at the junction of Letchmoor Lane, Brink Lane and Chicken Lane. Pete's Bluefoot blacksmithing post explains the link between Presteigne lockdown for plague and the present stay-at-home situation: "Here is a two piece installation that uses the symbol of the White Cross to draw a parallel between the plague of 1636/7 and the plague of 2020 that is poised to strike Presteigne." https://1drv.ms/w/s!AmKulVJFIK_VgV6q6xpccQgY5CIm

...and a message from Pete about the Thursday night rocket. *"I had some donations towards rockets and because fireworks are suddenly very popular all over the country I could not get the upgrade I wanted. So, undaunted, I took a leaf out of the RNLI's book and bought enough rockets to fire two signals. RNLI do this to ensure it is heard as one can be missed. Starting next week Thursday there will be two rockets at 8pm. I'd like to thank those who have donated and if I haven't got back to you yet, I will shortly.*

Pleased to hear that the church bells are being rung? Even if it is only one. We can't hear anything from here until the wind moves round to the SW. Best wishes. Pete."

SCAM ALERT

Be on your guard for a current email scam - you may receive an email (maybe appearing to come from Windows Online or could be from others) confirming a purchase you don't recall making. DELETE WITHOUT OPENING ! This is a scam. Although the email doesn't specifically ask you to click on anything, there are hidden links and the senders are hoping that you'll think this is just a mistake and try to correct it or cancel the purchase. The one I received was in \$ currency so it was an obvious fake but the emails do look convincing. It has been reported to Action Fraud.

UPDATE FROM LOCAL BUSINESSES AND THE HIGH STREET

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

...from Weobley Ash. Bbq pack - 12 sausages, 8 beef burgers, 4 Chinese pork kebabs and 4 Hereford beef steaks & pack of bread rolls. £45. 01544 598120

shop@weobleyash.co.uk

...from Rose Cottage Flowers and Café - next week's take-away menu. And on to next week, see our Facebook page for Tuesday's menu. Enjoy the sunshine.

...from PSAFC. Would you like to help your local football club by kindly sponsoring one of our new seats in our stand at Llanandras Park for the rest of the 2019/2020 and for the whole of next season? You can do this by letting me know by e-mail or message through this page secretary@presteignestandrewsfc.co.uk. The cost for this will be £20 and your name we proudly be put onto a board we are having made up and fixed at the back of the stand.....alternatively if you would like to buy a seat for a loved who has sadly passed where we can put a plaque on the seat (for life) we can do this but please get in touch for more details. Again as always, we thank everyone who helps, supports and sponsors PSAFC in the numerous ways that we offer. Please everyone stay safe and abide by the Government Guidelines and then hopefully we will see football sooner rather than later at Llanandras Park again, whether it be this season or next. Thanks, Tom Ammonds, Secretary

...from Lloyd Engineering who are looking for full time Plater-Welder and Press Brake Operator to join our friendly team in well-equipped workshops. We have a spacious factory layout and have implemented social distancing and safe working practices for Covid-19. We design and manufacture innovative screening buckets that are exported all over the world. We are a small but expanding company. Due to our location between Presteigne/Pembridge/Shobdon/Kington, a car is essential.

Our ideal candidates will have:

- MIG welding & fabrication experience and/or Press Brake experience as applicable
- Ability to take instruction and work to assembly drawings
- Good knowledge of engineering and fabrication processes
- Ability to work with minimum supervision and work with team members
- Good attention to detail, ensuring work conforms to quality and output requirements
- Positive, reliable, punctual and committed attitude to work

Working hours are 07.30am to 5.00pm but overtime will be available and expected during busy periods. Salary based on experience. Please send your CV and salary expectation to matt@lloydengineering.co.uk

...from Shepherds Ice Cream. Next Friday 1 May, we will be delivering to Presteigne once again! To order, email enquiries@shepherdsicecream.co.uk with your order, address, and telephone number. Please get orders in before the end of Wednesday if possible. Minimum order of 4 tubs with free delivery.

Specials: Turmeric Ice Cream and Banana Toffee Crunch Ice Cream (contains cows milk). **Ice cream:** Chocolate, Vanilla, Toffee and Honeycomb, Mint Choc Chip, Ginger, Hazelnut, Lebanese Coffee, Strawberries and Cream, Damson and Sloe Gin.

Sorbets: Mango and Passionfruit, Raspberry. **Vegan Ice Cream:** Coconut and Lime, Peanut Butter and Chocolate. Full details: <http://www.shepherdsicecream.co.uk/>

THINGS TO DO WHILE COCOONING AND DATES FOR YOUR DIARY

...from **Arundel Castle Tulip Festival**. Here it is folks...see our Facebook page or website <https://tulipfestival.co.uk/> for a tour of our Annual Tulip Festival in all its glory! We invite you to take a few minutes today and bask in the beauty of over 80,000 of the colourful flowers sweeping across our gardens. Let us know what you think! Thanks to Visual Air - Photography & Cinematography for the amazing footage!

...**April 28 is International Workers' Memorial Day**. This is the international day of remembrance and action for workers killed, disabled, injured or made unwell by their work and is officially recognised by the UK government. The focus this year is the global COVID-19 pandemic. At 11 am on Tuesday 28th April please take part in a minute's silence. It will be a moment to pay tribute to the sacrifice made of so many workers during the pandemic, to remember those who've sadly lost their lives, and to thank all those who continue to do vital work at great risk.

...from **Radio Wigwam**. Continuing to bring you live music, we have more acts on our Lock-Down Lounge this weekend. See Welsh folk ensemble THE MEADOWS at 8pm UK. Join them at <https://www.facebook.com/events/896227977492703/>

...from **Presteigne Freegle**. These@WoodlandTrust printable tree ID guides are a fantastic way to help children (and dare we say adults too) learn about trees. <https://www.woodlandtrust.org.uk/blog/2020/03/tree-id-kids>. Take them outside and use them in your garden or while out and about on your daily exercise. They cover all four seasons so youngsters can discover how trees change throughout the year. Use them to identify leaves, winter twigs, spring blossom and autumn fruits. They are also a hands-on way to connect children to our wonderful natural world.

...from **the Judge's Lodging**. On to day two of our 'Dinner with the Raj' recipes, so it is, in order of respectable dining, the fish course http://www.judgeslodging.org.uk/page/fish_course/

OTHER INFORMATION

...from **Presteigne Festival**. (27 August - 1 September 2020). The COVID-19 pandemic has caused huge disruption to normal life for all of us. We'd therefore like to take this opportunity to send a message of deep condolence to any of the wider Presteigne Festival community who have lost relatives or friends. Originally, the plan was to open 2020 Festival online and postal ticket sales on 28 April; this has now been postponed. It is essential for us to follow UK Government and Welsh Assembly advice and, more importantly, to prioritise the safety and welfare of our audience, volunteers, host community, staff and performing artists. The Board and Festival Team are working tirelessly, looking at alternatives for the delivery of all or part of the 2020 Festival. Obviously, our dearest wish is to retain as much of the live programme as we possibly can but, should conditions limit us, we are also looking into the possibility of commissioning original sound and video content. If restrictions are lifted in time and it is possible to safely stage the August Festival as planned, online and postal ticket sales will open in early June. Further news bulletins will be released as and when important decisions are made. In the meantime, we hope that our supporters, artists, volunteers and staff are managing to limit the negative effects of the COVID-19 pandemic, and that we will soon be reunited to share our mutual love for music and the arts.

...from the NHS UK. There have been some news reports about vitamin D reducing the risk of coronavirus. However, there is no evidence that this is the case. Read more about vitamin D on our page.

...from the Society for the Blind. *“Good morning , I just want to let you all know that Tesco’s are now offering priority slots for online delivery for blind and partially sighted people , if you call 0800 917 7359 . After a few questions you are then registered and 48 hours later priority slots will appear . Wiltshire Farm Foods are also taking on new customers and you can call 0800 0773100. Take care all.”*

...from the UK Government. Scientists and medical professionals in the UK will start clinical trials of existing medicines that may be beneficial for those hospitalised with coronavirus. Read more: <https://www.recoverytrial.net/>

...from Education Wales. In year 13 and nervous about that leap to university? We’ve worked with universities to create resources to help build skills & confidence before you go. <https://hwb.gov.wales/distance-learning/resources/post-16/> #StaySafeStayLearning

...from the Town Clerk. Latest planning applications in -
20/0537/FUL Grid Reference: E:329882 N: 266231 Proposal: Installation of a biomass boiler (retrospective) Site Address: Unit 2, Home Farm, Presteigne, Powys LD8 2EF.
20/0538/FUL Grid Reference: E:329882 N: 266231 Proposal: Installation of biomass boiler (retrospective) Site Address: Unit 1, Home Farm, Presteigne, Powys LD8 2EF.
To be considered by Council under delegated powers on or after 21st April due to the current corona virus crisis. If members of the public have any comments for the Town Council to consider these can be emailed to presteigneandnortontc@outlook.com.

...from Powys County Council. Staff have been making welfare calls to Powys residents who are shielding in recent weeks. Just under 3,000 people in the county who have received letters from the Welsh Government’s Chief Medical Officer advising them to take extra measures to keep themselves safe have been contacted by council staff by telephone. Working in partnership with the Powys Association of Voluntary Organisations and the Community Connectors teams, staff who normally work in different roles across the Council have been offering a range of help. People who are unable to leave their home to shop have been offered help with shopping collection and the same assistance has been offered with prescription collections. The team have also offered well-being support and links to befriending schemes should people need a friendly voice to chat with.

If any residents have not received a call and have received a shielding letter from the Welsh Government’s Chief Medical Officer they should contact the Council on 01597 827460

...from Kirsty Williams. The Welsh Government has revised the stay-at-home regulations today. See her Facebook page and links below for more details. The changes will come into force at 00:01 on Saturday.

- <https://gov.wales/coronavirus-regulations-guidance>
- <https://gov.wales/coronavirus-covid-19-closure-businesses-and-premises>
- <https://gov.wales/staying-home-and-away-others-guidance>

...from OSHA. Check out our practical tips for home-based telework and protect your health. In the current context of confinement due to the COVID-19 pandemic, millions of European workers are forced to work from home full-time to cut down the risk of contracting the virus. A new reality that can take its toll on our health. Long periods of

sedentary work, lack of physical exercise, working in isolation, blurring boundaries between paid work and private life and stress are some of the risks associated with telework that may have an impact on the musculoskeletal and mental health of workers. Our brand new MSD database of practical tools and guidance makes it easy to assess and manage many MSD risks, including from telework. It contains links to resources from all across Europe: publications, case studies, guidance, practical tools, audio-visual materials. So far, more than 550 entries are available and regular updates will follow during the life of the 2020-22 Healthy Workplaces Campaign **Lighten the Load**. Check out the database entries on MSDs and telework
Read the [OSHwiki article with practical tips for home-based telework](#)

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.