

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.**

Teresa remarked yesterday on the glories of the bluebells on The Warden and they are incredible just at the moment. But, next day out, take a walk around The Withered Beds as well and enjoy the profusion of marsh marigolds, wood anemones and celandines as a backdrop to all the birds singing their hearts out. Worth a trip !

*(Ed.) I've just been reading the latest (2nd) issue of **The Lugg Blog** which is a collective effort during this time of lockdown which attempts to bring a bit of comfort and joy in the form of art, photography, literature and music not to mention local lore, gardens, food and the recounting of happier times - really interesting stuff ! If you've not already signed up to receive the monthly Blog by email, go here:*

<http://eepurl.com/gZxBXn> or to see the current issue <https://www.luggblog.co.uk/blog/one-month-into-lockdown> . Any questions email Sally on luggblog@outlook.com

In the last issue, we told you about the white plague crosses installed outside Presteigne by local blacksmith Pete Smith - if you visit the BBC Hereford & Worcester Facebook page, you can see a video of Pete explaining all about them.

SCAM ALERT

We're used to seeing those email phishing scams mentioning Netflix or Paypal or Apple accounts - some very obvious, some quite convincing, but Sarah has reported receiving an email claiming her Tesco account had been suspended and wanting account details (she doesn't have a Tesco account so knew at once it was a phish). Expect to see these for Sainsbury's etc (*thanks for this, Sarah*)

UPDATE FROM LOCAL BUSINESSES AND THE HIGH STREET

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

...**from Weobley Ash.** Jersey Royal new potatoes now in, the taste of summers finally here, 01544 598120 shop@weobleyash.co.uk to order.

...**from The Salty Dog.** A reminder on order/collection and deliveries. Deliveries are done on Tuesday and Thursday in and around Presteigne, and in Norton on Wednesdays (only). Sunday collection time is changed slightly, now from 10am till 12noon. Please order for collection and delivery at least 3 days in advance. Thanks.

...from **Rose Cottage Flowers and Café**. Just to remind anyone that would like to order for Tuesday delivery that I need your order by 9am on Monday. Have been trying out recipes for Cornish (Presteigne style) pasties. 01544 260453 or 07548 519714

...from **J P Turner**. Spot colour and herbs on the website. Take a look to see some of the lovely plants available. <https://www.arrowmills.co.uk/available-spot-colour-and-sweet-peas>; <https://www.arrowmills.co.uk/available-herbs-and-grasses>. Thank you all customers for helping to keep each other and our staff safe. Telephone orders for collection are great for reducing contact and queues. Orders before 10am will be ready for collection after 1pm. Orders after 10am will be ready for collection the following day. Facebook messenger and email orders - please wait for a reply to arrange collection time. Please go to our website to see our animal feed range and plants we stock. <https://www.arrowmills.co.uk/>

...from **Presteigne Spar**. While we're all staying in, we recommend letting the kids take charge for a few meals. It will be a great lesson for them and gives you a break as well (maybe). Looking for some recipe-spiration? Try <https://www.spar.co.uk/recipes> #kids #togetherness #stayhome #cooking

THINGS TO DO WHILE COCOONING AND DATES FOR YOUR DIARY

...heard about the **King Lear Prize** ? This is a nationwide competition for over-70s (UK residents or British Citizens Overseas) relating to the Arts in various genres - Art - Short Drama - Solo Musical Composition - Poetry - Short Story. Closing date is Friday 29th May 2020. NOT open to professionals. See <https://www.kinglearprizes.org.uk/rules> for more details (*thanks to Margaret for this information*)

...from **Presteigne Freegle (for the child in all of us!)**. It's #WorldPenguinDay which reminds us to share our favourite penguin recipe! via @Allrecipes. If you have a jar of olives at the back of the cupboard, a spare carrot and some cream cheese you'll have a head start and not need to go to the shop <http://allrecipes.co.uk/recipe/29939/penguin-party-snacks.aspx>

...from **The Judge's Lodging**. Day three 'Dinner with the Raj' is the Meat Course (although there's veggie recipes here too and some meat ones can be modified easily). We particularly recommend the very versatile Koobbee http://www.judgeslodging.org.uk/page/main_course/

...from **Presteigne Freegle**. Some of us find ourselves at home with unintended time on our hands! Did you know @iFixIt has a whole bunch of #repair guides so you can learn to fix your broken stuff yourself <https://www.ifixit.com/Guide> ? Follow our friends @RestartProject to get into the electronic repair movement and if things cannot be fixed or are truly obsolete maybe have a go at some #weee upcycling

...from **PCC and The Guardian Online**. Today's Great British Art Quiz in TheGuardian online has been compiled by our colleagues at y Gaer, our cultural hub in Brecon with, lots of references to our beautiful county. Why not have a go? <https://crowd.in/oZvKMn>

...from **Presteigne Carnival**. You may have seen the lovely article in the Mid-Wales Journal but do visit our Facebook page to see a video of our wonderful Carnival Queen, Steph, with answers to children's questions.

...from **CEG - The Isolation Sessions, Episode 5!** Hosted by Sera (<https://cegrecords.com/sera>), and this week featuring: Caine (<https://www.facebook.com/>

[cainesacousticproject](#)), and Worldwide Welshman (<https://www.cegrecords.com/worldwide-welshman>).

...**check out New York-based mega-gallery www.davidzwirner.com** which is hosting on-line displays from some of London's smaller but interesting galleries to showcase their eclectic range of paintings and conceptual art (*thanks Pieter for this*)

...**don't forget the BBC Bitesize daily education service for children aged 5 to 14 (good for inquiring adult minds too!)** featuring Brian Cox on Physics, David Attenborough on Geography, Man City star Sergio Aguero on Spanish, and Danny Dyer (!) on History, supported by over 200 professional teachers. On BBC iPlayer and the Red Button 9am to 11am (*thanks Margaret for this reminder*)

...**from BBC Gardeners World.** Looking for some relaxing activities to do as a family? Gardening is a great way to de-stress. Being around plants and nature has been shown to lower stress levels and improve our mood. Fresh food doesn't need a lot of space to grow. You can create a small garden on your balcony or even on your window sill. Lettuce, radishes, spinach and green onion will all grow in a window box and create a great salad! For helpful tips from BBC Gardeners' World Magazine <https://www.gardenersworld.com/how-to/grow-plants/coronavirus-how-to-garden-without-a-garden/>

...**a reminder on Cirque du Soleil** who are streaming 60 Minute Specials - a different one each week - on their YouTube channel, plus lots of other related videos.

...**and on National Theatre at Home** who are streaming different plays each week on their YouTube channel. "12th Night" is streaming now until Thursday 30th April, when it is replaced by "Frankenstein" starring Benedict Cumberbatch, directed by Danny Boyle, running until Friday 8th May.

...**from John Lewis.** Calling all kids! We need your help designing a superhero-themed bear to grace our shelves this Christmas. All proceeds will go to the NHS in support of all their incredible work. The competition launches Feel Good Friday from Waitrose & Partners and John Lewis & Partners to help bring the nation together for good. From mindfulness and cookery classes to arts and crafts we'll be working with Partners, celebrity experts, charities and the NHS to support the nation through it all. To enter simply draw, sketch and design your SuperBear using the template which is available to download here: <https://jland.partners/FeelGoodFriday>. Be as creative as you like. Share your designs by email to designyoursuperbear@johnlewis.co.uk by 5pm on Friday 8th May 2020. Full details: <https://jland.partners/FeelGoodFriday>

OTHER INFORMATION

Are you are running out of greetings cards ? Ruth Kirkby is selling her beautiful botanical cards (blank inside) from the front of her house in aid of NHS charities. Suggested donation of £2 each. Use your exercise time by taking the lovely stroll over the old Lugg Bridge to the fourth house on the right. Only available in fine weather as otherwise they will get wet!

...**from Presteigne Primary School to parents and pupils.** Good morning everyone. We all hope you've had a great weekend and are staying safe and well! Your work for this week has been set. Remember to work at a pace that suits you best; completing what you can, when you can.

FP please log into HWB and you will find work in Just2easy in shared files and in J2Homework.

KS2 you have work set in Teams and an Online Safety task in J2Homework.
Have a good week!

...from the Dept of Education. While schools are being cleaned and disinfected, please take the opportunity to wash your child's backpacks, lunch kits and jackets - thank you.

...Tuesday April 28th 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. *(thanks to Sue for this information)*

...from PCC about the Economic Resilience Fund – the Fund is still open for applications. Powys businesses and charities are being reminded that the Welsh Government Economic Resilience Grant Fund remains open for applications. Demand has been very high across Wales however funding is still available. To be eligible for support, businesses and charities must meet a range of criteria. Micro businesses, including start-ups, employing up to nine employees could be eligible for up to £10,000 of support. This includes sole traders employing staff. Small and medium-sized firms with between 10 and 249 employees could be eligible for grants of up to £100,000. Full details on the eligibility <https://crowd.in/p0Z2Ob> For further information on Covid-19 support for businesses <https://crowd.in/JN6bV7>

...from the Department of Education. @First_News is offering children a free digital download of its weekly newspapers for a short while. Get yours here: <https://subscribe.firstnews.co.uk/free-downloadable-issue/>.

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.