

Community News

Issue 154 April 2020

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

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 need assistance in any way, email us and we'll pass on your message to people who can help.**

Dear Editor - The PCC team usually do a good job emptying the public bins. Maybe because of staff shortages, some of the public bins now get very full quite quickly - but we can all help a bit - instead of leaving dog poo bags etc on the ground near a full bin, take it to the next nearest one. On Went's Meadow for example there are two litter bins in the car park by the Scout hut and another in the allotments car park - all only a short walk from the one by the skateboard park which was overflowing with poo bags last week. We're lucky there are so many bins throughout town and the free poo bags provided by the Town Council - it's never too far to carry litter a short way to the next one.

(Ed: And if you see an overflowing bin please let me know and I'll report it - to fill the gap, David is now going around emptying all the area bins on a regular basis so this shouldn't be a problem in future).

...from Clare.....one relatively small item of good news is that Rosamund Black is planning to move her amazing textile business that was in Broad St into The Old Shop next to Spar.

UPDATE FROM LOCAL BUSINESSES AND THE HIGH STREET

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

...a reminder about Post Office hours. The Post Office in Premier is **not** open on Saturdays, but it **is open 9 am** through to **3 pm** on weekdays. The volunteers are reporting that quite a few people are turning up on Saturdays with packages that need to be weighed or registered, and other people on weekdays saying they didn't bring post because they thought the post office counter would be closed at lunchtime.

...from The Hat Shop. Today's lunches ham & parsley sauce, mash and veg followed by apple & blackberry crumble and custard. Available if pre ordered from hat shop or local day centre £6 or £6.50 if within walking distance delivered. Mondays, Tuesdays, Thursdays and Fridays. Phone for details 01544 260017

...from PNCS Presteigne & Norton Community Support. If you start to receive hospital appointments and need Community Transport. Please do not hesitate to contact us in the normal way. 01544 267961 or transport.pncs@gmail.com

...from Bryan's Ground. Your last chance to get hold of their Hortus Journal at half-price - see their [hortusjournal](https://www.instagram.com/hortusjournal) Instagram page. This Special Offer of a one-year

subscription to Hortus is still available at HALF PRICE (plus postage) but the offer ends midnight local time tomorrow, Sunday 3rd May. Go to www.hortus.co.uk and use promo (coupon) code 'Mayday'. Discounted price is shown at final checkout stage. New subscriptions only – cannot be used to renew existing subs. Happy gardening, happy reading. Stay safe and during lockdown enjoy the pleasures of gardening through the printed word.

THINGS TO DO WHILE COCOONING AND DATES FOR YOUR DIARY

...**There will be a Presteigne flavour to tonight's online Kitchen Disco!** DJ Max Galactic has teamed up with Sheep Music and Village Circus to bring some uplifting dance music to your kitchen. The theme is 'Sportswear and Sparkles' so dress up and put your hands in the air! The disco will be live-streamed from DJ Max Galactic's Facebook page **from 7.30pm** here <https://m.facebook.com/events/3196458313721447>. Max is raising much-needed money for Helping our Homeless Wales - please head over to donate: www.justgiving.com/fundraising/maxgalactic

...**Roll up roll up, get ready to DANCE!** Head over to our website NOW for the first free online classes: <https://www.impelo.org.uk> #KeepPowysMoving

...**from Presteigne Freegle.** We love the Little Free Library network! In these strange times it might be a nice way to also share non-perishable food :-). If you fancy knocking up a basic little library you might already have some of the materials at home. Free plan here <http://ow.ly/4rdP30qB4Oa>

It's #Caturday - see our Facebook page for some of our favourite creations for feline friends - most can be made from things you might have lying around at home. I mean, who wouldn't want a pink cocktail cat scratching-pole slash lounge thing! Happy weekend everyone #StayAtHome

p.s. some tips are starting to open around the UK - you must check what restrictions are in place at your very LOCAL site and follow those. Powys and Hereford HWRCs are still closed.

p.p.s. we hope that it might be safe to start freegling again soon with some extra guidances in place - we'll keep you posted :-). In the meantime do some decluttering and list items on our site and we will publish them the second we re-open - go here to do that <https://www.ilovefreegle.org>

...**free cooking classes.** There are no end of online cooking classes. Delia Smith is now giving out the gift of home-cooked grub with FREE access to her cookery school at www.deliaonline.com. Top baker Ruth Macintyre, meanwhile, is live-streaming her FREE baking workshops on Instagram on @ruthslittlekitchen.

...**or how about learning a new language ?** Learning on your own is much easier than it used to be. For the basics you could try Duolingo which is a FREE app offering bite-sized lessons and 'gamified' exercises. Or sample Babbel, which gives more structured lessons and useful real-world material (but costs - not a lot, but it's not free).

...**or learning to paint and other artistic skills ?** Some of you I know have been watching Grayson Perry's new art lesson programme which began on Channel 4 last week, but for a painting apprenticeship, check out Bob Ross' YouTube channel which is stocked with 380 FREE episodes of his iconic 1 hour art show programmes which were huge in the US decades ago.

And American artist Lois DeWitt's FREE step-by-step videos show you how to master skills in drawing, painting, collage, printmaking and more on www.free-online-art-classes.com.

Or see the FREE Instagram tutorials that many artists are holding under the hashtag #isolationartschool including illustrator Quentin Blake, portrait painter Jonathan Yeo, taxidermist Polly Morgan, David Bailey, Keith Tyson and others.

OTHER INFORMATION

...(from several sources) Sad news for Presteigne this week. Sadly we have lost Heather Lewis & Roger Sparey. Both were wonderful community spirited people who will be sadly missed.

...**from PCC.** A BIG thank you to the 400 people who have signed up as #COVID Health and Care Volunteers in Powys so far! You are amazing and very much appreciated. More on volunteering at <https://crowd.in/wvNhrB>

...**want to ask a question on the Government's Daily Covid-19 Briefing ?** Go to <https://www.gov.uk/ask> for more information and to submit your question online. An independent polling organisation chooses the questions at 10am each day. Ministers will not see the questions before the press conference. The government is not involved in choosing questions.

...**A question on many people's minds** is whether and how many people are dying from Covid-19 here, or in a particular area (perhaps where family or friends live). You can find information (currently only up to 17th April) from the Office for National Statistics website, click [HERE https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/deathsinvolvingcovid19bylocalareasanddeprivation/latest](https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/deathsinvolvingcovid19bylocalareasanddeprivation/latest). Scroll down to item 6, fig.5 and then search on postcode. We need to remember though, just because here in sparsely-populated Mid Wales we're away from the worst of it, that doesn't mean we're immune, people have died here and we all need to carry on the good work of social distancing, isolating etc. *(Thanks to Tim for this information)*

...**from our Town Clerk.** Latest planning application in: 20/0609/FUL Grid Reference: E:332402 N: 263964 Proposal: Proposed change of use from combined retail, store & distribution (A1 and B8) to combined production, storage and distribution (B1 and B8). Site Address: Presteigne Mill, Presteigne, Powys, LD8 2HN. To be considered at the virtual (video conference) Council meeting to be held on 20th May 2020. If members of the public have any comments these can be emailed to presteigneandnortontc@outlook.com.

...**from the Welsh Government.** We will now test all residents and staff in care homes with outbreaks of coronavirus.

...**from the Welsh Government about VE Day.** Our #VEDay75 celebrations are going to be a bit different from what we had wanted, but we can still mark this occasion from our homes, gardens or front door steps. Find out how you can get involved here <https://ve-vjday75.gov.uk/get-involved/>

...**from Acumen who say they are hiring new staff in Health and Social Care positions.** Interested in a new start in Health and Social Care, changing positions or gaining some extra income? Check out our live vacancies (including one in Knighton)

and new easier route into work below. <https://acumencareservices.breezy.hr/>. The Acumen Recruitment team

...from Powys Teaching Health Board. Key workers supporting the Coronavirus response may have a lot on their mind and find it hard to cope. To help, people in Powys can now access #mentalhealth support via SilverCloud, a secure online platform that offers advice and guidance to manage your well-being. You can self-refer onto SilverCloud by registering at <http://bit.ly/3aujO7z>

...from the UK Government about Bounce Back Loans. Their new fast-track finance scheme will provide small businesses with loans of up to £50,000. Loans will be interest free for the first 12 months and you can apply online from Monday 4 May. More info <https://crowd.in/mz8PhI>

PACDG - the Presteigne Area Community Development Group... “Working together for the Community”

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.