

Issue 70 - March 2018

an information service from PAC - the Presteigne Area Community Development Group

This information came in just too late for recent issue 69......

Two messages from Ann Curtis.....

PRESTEIGNE LOCAL FOOD MARKET <u>Saturday 3rd March 9 - 1pm</u> Memorial Hall, Presteigne. There will be over twenty artisan food makers eager to show you what they enjoy producing. It really is a wonderful range of delicious food of the highest quality.

The Market is having another seed swap this month, hoping that lots of Market customers will come along and bring their unwanted seeds to swap, or to find something they would like to grow this year, leaving a small donation for the Heritage Seed Library. This will go towards the excellent work they do in maintaining crop diversity for our future food security.

The Community Cafe is proud to announce that its customers have, since June 2013, now raised over £4,000. This donation money has all been passed on to local organisations and groups. The cards and letters of thanks express just how grateful the groups are for the generosity shown by the Cafe customers, generosity which has been put to excellent use.

The following groups have been supported by the Community Cafe:-

Beavers, Cubs and Scouts; Community Support; Daffodils for Presteigne; Guides; Knighton and East Radnor Food Bank; Knighton Leg Club; Little Peoples' Playgroup; Presteigne Defibrillator; Rainbows and Brownies; St Michael's Hospice; Tuesday Circle; Wales Air Ambulance; The Warden; Went's Meadow; Playground Group; Youth Club.

The cards and letters of thanks will be on show at the Cafe. You might like to read some of them whilst sharing your coffee or tea and cake with friends. Many thanks for your continued support of the Market!

KNIGHTON AND EAST RADNOR FOOD BANK....The Food Bank has had a presence in Presteigne during the Winter so the people that need help can get it nearer to home. As there have been just a few families that still need help we've decided to extend the Winter Crisis project until the end of March.

Presteigne people (of course) have been so generous with their donations of food and money - I wanted to be able to thank them, as well as give details of what is in short supply in the Food Bank - see below:

Winter Crisis support in Presteigne will be open Thursdays <u>10.00 - 11.30</u> in the Baptist Church, Hereford Street.

THE PRESTEIGNE COLLECTION POINT is at SPAR in the High Street and THIS IS THE SHOPPING LIST FOR MARCH:

Please, we do need:

Instant coffee (small jars please)

Tinned custard

Tinned rice pudding

Sugar

Washing powder

Washing up liquid

Toilet rolls

Deodorant

Shampoo

Shower/bath gel

Sorry, but we don't need:

Kidney beans, butter beans, chickpeas or noodles, Oxtail, Royal Game, Asparagus or Lobster Soup, Bran Flakes, muesli, granola or Special K cereal.

If you would prefer to give a small cash donation, this will enable us to purchase fresh milk, bread, cheese and eggs, to include with individual food parcels. You may prefer to set up a regular donation to support our work by completing a Standing Order to take to your bank/building society. Ask Helen for more information by phoning 07731 524058 or visit our website www.knightonfoodbank.co.uk

Thank you Presteigne for supporting our Food Bank so generously. Our special thanks go to the Baptist Church for accommodating us so kindly and the excellent support we receive from all the staff at Spar.

Thank you also to everyone who, always so happily, display Food Bank shopping list posters.

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) - mail <u>pacdg@icloud.com</u>

Feel free to tweet or forward this to others.

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