

Community News

Issue 138 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 VIEW THESE 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.**

...a message from Daphne. Being elderly and having to self isolate I would like to say a big THANK YOU to all those friends, volunteers and shop keepers who make sure that I don't starve during this difficult time. You all deserve a big clap along with the NHS !

(Ed. About Co-op deliveries...I phoned the Knighton Co-op yesterday and, after checking with the supervisor, I was told that yes, they do deliver to Presteigne for over-70s and vulnerable customers ...so I included it in the Community News. However several people tried to order early this morning and were told that Norton could have deliveries but not Presteigne. Nobody's been answering the phone since at the Co-op so I can't clarify it but best to assume that they don't deliver to Presteigne (If I hear any different I'll let you know.)

UPDATE FROM LOCAL BUSINESSES AND THE HIGH STREET

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

...Message from the Salty Dog. Last week was extremely challenging for us all, with many changes. If our lovely customers in Norton could have coordinated deliveries it would help us out tremendously in these difficult times. If you would like to put an order in please email thesaltydogpresteigne@hotmail.com by this Friday 10th April , for delivery on Wednesday 13th April. Arrangement could be made for delivery or an allocated drop off point in the village for you to collect.

...**from Home Support** who will be providing a Meals on Wheels service on Good Friday & Easter Monday. Please telephone 01544 260360 / 260267 to order. Many Thanks

...**from the Presteigne Post Office.** Please note our current opening hours are 9am to 3pm Monday to Friday (closed Saturday/Sunday)

...**from Marian at The Retreat.** You can now have Online consultations for aches and pains with massage therapist Marian Hardiman from The Retreat. After a period of adjustment, Marian is available for support with aches and pains again! It looks a bit different, but she can offer quite a bit on-line. Firstly we would have a free 15-minute chat, where we can talk through the problem and I can give you some options. If you wish, you can then book a consultation at a time to suit. This would take place via Zoom,

FaceTime or WhatsApp. Cost £25 per session. (You don't have to download software, just follow a link). During the consultation, I can refer to the notes that I have already for you or if you are a new client I can take a case history, make an assessment and offer a plan. I can then give: *Specific self-care advice *A home exercise routine via online videos or emailed instructions. *Self-treatment techniques. *Suggestions for adaptations to movements.

You can contact me on [07816 981454](tel:07816981454) or marian@silvanmassage.com. Best wishes,
Marian

...update from Sheep Music. Like you, we have no idea how the world (or Went's Meadow) will look come August. But, for now, we're working on the assumption that Sheep Music will go ahead. And we reckon that you should too (if only because it gives us all something to look forward to). So, if you haven't already done so, please buy your tickets. What we need now is your support with continued ticket sales to make sure we can pull this thing off. Don't worry, if we're forced to cancel or postpone, it'll be ever so easy to get your money back (Wegotickets is looking after it, and we're all protected by its terms and conditions). Clearly, we'll base our decisions on official guidance. And, for more info on the matter, take a look at our ticket page here: <https://www.sheep-music.co.uk/tickets>. In the meantime, stay safe.

...from Marian at Silvan Skincare. Award-winning Presteigne based Silvan Skincare is offering free delivery and gift wrapping. We offer a range of nourishing and soothing products for face, lips and body including oils, creams and balms. Leaping Bunny certified cruelty free and Vegan Society registered balms. Silvan Skincare can be ordered online and delivered for free to UK addresses. We also offer gift wrapping for Easter presents or self-isolating treats. Order from the website here: www.silvanskincare.com or arrange collection in Presteigne by emailing marian@silvanskincare.com.

...from Rose Cottage Flowers & Café. Today's orders out so next menu for Friday delivery can be seen on our Facebook page. As well as the fresh meals I have a few frozen curries - chicken tikka masala, chicken korma and spinach, mushroom and potato curry. Also a few portions of cottage pie. Remember to order by 9am on Thursday.

THINGS DO WHILE COCOONED !

...from McFly's Tom Fletcher who will read his children's picture books live on YouTube every Monday in April at 6.30pm. The first book was The Dinosaur that Pooped a Princess written with Dougie Poynter and illustrated by Garry Parsons. Whether you want to watch for a bedtime story, use as part of your home schooling, or maybe just to watch a story while mum & dad have a cuppa for five minutes, I'd love you to join me. You can watch live on my YouTube channel or here on Instagram. See you Monday!" To tune in, visit Tom's [YouTube channel here](#)

...fromThe Craft Council. We've made all of our Craft magazines FREE and available to everybody for one month only. Follow this link to get crafty! <https://www.exacteditions.com/room/crafts/archive>

If you have any other ideas do please let us know - thank you !

OTHER INFORMATION

Don't forget if you are a critical worker and need a place for your child in the Presteigne emergency childcare hub, you will need to register your child every week at <https://crowd.in/Az8LFK>. Closing date for next application is 3pm tomorrow Wednesday, April 8 !

Beware current Paypal scam ! There's an outwardly convincing PayPal scam email doing the rounds, giving details of a (mythical) payment of £400 or £500 (or dollars) to some company. It doesn't actually request you to do anything but the intent is to tempt you into clicking onto a link of some sort. **Do not click on anything, just DELETE !**

...from PCC Waste. Recycling and waste collections will not be affected by the Easter Bank Holiday with collections on both Good Friday and Easter Monday as normal. Residents are being reminded that they should put their recycling and waste out by 7.30am on their normal collection day ready for the crews to collect as normal. Any additional cardboard packaging, envelopes and cards can be recycled in your blue paper and card box, and hard plastic items and silver foil packaging usually found around Easter eggs can be recycled in your red plastic and cans box.

...and...

Often, the long weekend is a time that many of us tackle the garden or a DIY project, but please remember that currently all our Household Waste and Recycling Centres are closed and any non-essential travel to community recycling sites is not allowed. Any additional waste must be kept safely at home until the sites reopen and travel restrictions are lifted.

Message from Weobley Ash - we require a trainee apprentice butcher for a butchery apprenticeship at our Presteigne store. You will need to have a sound work ethic, want to learn butchery to a very high standard, and fit in with an existing team. Pay will be minimum rate, however we shall offer bonus and discount on in store goods. This will lead to a full time position once qualified. Please call 01544 598120 or email to shop@weobleyash.co.uk

...update from Rhiannon and PCC Libraries. A reminder to library users NOT to return any library books to the Presteigne library while it is closed.

Books loans have been automatically renewed and members won't have to pay any fines when libraries do re-open in Powys, the county council has said. Although the libraries have closed, residents can still borrow eBooks and eAudiobooks for free if they become a library member online at <https://crowd.in/VK6fuW>.

Library members can also now access Ancestry online from their homes until Thursday, April 30. They can also download some of the biggest magazine titles from RBdigital including Radio Times, Cosmopolitan, Country Living as well as Disney comic books for younger children. Sign up as a library member visit <https://crowd.in/xvDC9p> today and you can start borrowing from the digital catalogue straight away. For the latest updates and information about coronavirus (COVID-19) from the council, please visit <https://crowd.in/3eiuJE>

...from Dyfed Powys Police. Would you know how to tell us you need help if you can't speak when calling 999? Cough, tap, or press 55 when you hear the operator to #MakeYourselfHeard. More info and support at <https://bit.ly/2w3bv3S>

...from PCC. If you - or someone you know - have/has hearing problems and use BSL - then visit the deaf health charity Sign Health to see the latest Covid19 updates in signed videos. You can find them at <https://crowd.in/c2AsuD>

...from Dyfed Powys Police. There's a huge community effort out there right now to help those in need as we all pull together to tackle #COVID19 This includes a huge number of fantastic volunteers who are working hard helping people with daily tasks, such as delivering shopping and collecting prescriptions. Sadly, there are also criminals out there who may look to take advantage of the situation and the most vulnerable in our communities.

It's important to still be on your guard to avoid falling victim to these types of scams, so follow our top tips:

- Beware of people cold calling or turning up on your doorstep unannounced offering to shop for you, or carry out tasks where they're asking for money up front. Don't be afraid to say 'no'.
- If possible, ask neighbours, friends or relatives to help out with these tasks, then can then leave items on your doorstep to maintain the social distancing that will help us beat this virus.
- If that's not possible, contact an established group of volunteers in your community either through the council or one of the coordinated groups that have been set up. We've put together a list of how you can find these below.
- If you have doubts over someone who's approached you, or have seen something suspicious, tell someone. You can report suspicious incidents to us by visiting bit.ly/DPPReportOnline, emailing contactcentre@dyfed-powys.pnn.police.uk or by calling 101. In an emergency – call 999.

You can find more info about established groups in Powys at <https://bit.ly/PowysVol>

Please share this info with anyone you think may not see it, but needs to know.

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.