

# Community News

## Issue 143 April 2020

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

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**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](http://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](mailto:pacdg@icloud.com)**
- **and if you're self-isolating or need assistance in any way, you can also email [pacdg@icloud.com](mailto:pacdg@icloud.com) and we'll pass on your message to people who can help.**

**BEFORE YOU DO ANYTHING ELSE TODAY, LISTEN TO AND WATCH THIS PIECE OF ABSOLUTE GENIUS AND JOY...CHAMPAGNE FOR THE SOUL !! <http://volkerpannes.de/portfolio/bird-song-opera/> (thanks to Don for sending this)**

**...a message from Presteigne & Norton Coronavirus Community Response: Our shop workers need you!** If you are not self-isolating and are based in town, then we would love to hear from you. The town's volunteers are currently supporting Spar by monitoring its door every day, but we need more helpers. If you would be happy to do a couple of hours or more a week, then please let us know by emailing [presteigneandnortontc@outlook.com](mailto:presteigneandnortontc@outlook.com)

## SCAM ALERT

Update on the blackmail scam highlighted in Friday's News. (Dick says..) "That nasty email scam has been around for a long time thanks to many data breaches on things like Linked In. If people want to check their email accounts for breaches there is a website called <https://www.haveibeenpwned.com>. The website explains it all better than I can. Even if your email has been pwned - like mine - all you need to do is change your password and make it strong"

## UPDATE FROM LOCAL BUSINESSES AND THE HIGH STREET

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

**...from Presteigne Gates.** During the current situation we have done our best to help our customers out, I'm afraid due to a high number of calls and customers calling at the gate we will no longer be answering any calls or putting items out for anyone. As it states on the answerphone only leave a message in an emergency and if it really is something that needs repairing quickly. General fencing I'm afraid will have to wait and hopefully we will be able to help you all out in a few weeks time. We are trying our best to keep our family safe as I'm sure you can all understand. Many Thanks , John & Beth

**...from Arrowfield Vets.** (extract from their statement on vaccines during COVID-19 crisis). "We wanted to update you with our present practice position on vaccinations. We are still here providing emergency and urgent care to all our clients and patients. We ask

our staff to come into work (putting themselves at risk) so that we can provide this vital service. Equally, the government is imploring the public to stay at home, protect the NHS and save lives. Our feeling is that it is too early in this crisis to put our team and our clients at risk by asking them to leave home and risk breaking social distancing rules to attend the surgery for a vaccine. It is vital to say that we would love to be vaccinating your pets, it is still an important part of their healthcare and we will restart doing so just as soon as the greater risk of COVID infection reduces. We strongly believe that by delaying their vaccine for just a few short weeks the majority of pets in our area are at far less risk of ill health than our family and loved ones whilst we let the government and the NHS get on top of the crisis caused by the COVID epidemic in the UK that is yet to reach its peak. We will now update you all weekly on a Monday morning after our team meeting; taking updated government guidance into account on what service level we are able to provide each week moving forward. In the meantime, stay safe and please contact us with any concerns. Many Thanks Team AVP

**...from Emily Douce.** Hello everyone! Here is a link to my website [https://org.usbornebooksathome.co.uk/Emily\\_D/](https://org.usbornebooksathome.co.uk/Emily_D/) where you can check out all the fantastic books Usborne has available. You can buy from my website and they will be delivered to your front door (UK). Hopefully there are books to suit all your needs and help with lockdown! Here are some ideas about the books we have;

- \* Lift the flap
- \* Wipe clean activity books
- \* Reading libraries
- \* Fiction for all ages
- \* Encyclopaedias
- \* Magic painting
- \* Jigsaws
- \* Sticker books

## **THINGS TO DO WHILE COCOONING !**

**...heard about the new Lugg Blogg from Presteigne ?** This is a collective effort during this time of lockdown. Pete says *“Now, first of all let’s clear up what it’s not. It’s not an information guide on which supermarkets still have hand gel and loo rolls, it’s not an easy to follow guide on how to build your own face mask and it’s definitely not a long winded and pointless dissertation on whether or not Dyson cordless cleaners can double up as ventilators. No, this is more an exercise in ‘Light Entertainment’. We will not be telling you about all the wonderful stuff that has been cancelled but we will be showing you and pointing you in the direction of stuff that will amuse, inspire or even titillate you. The blog will attempt, once a week (fortnight?) to bring a bit of comfort and joy in the form of art, photography and music not to mention local lore, gardens, food and the recounting of happier times’.* Sign up for updates here: <http://eepurl.com/gZxBXn> and view the first Blogg here: <https://www.luggblogg.co.uk/>

**...Royal Academy Online exhibition of the week: Picasso and Paper.** Take a video trip through the dizzying abundance of Picasso’s creativity and see how many surprising uses a genius can find for a piece of paper.

Visit [Royal Academy, London](#).

**...Johanna Unzueta: Tools for Life.** Political and social commentary from this Chilean-American artist is made immediate by a mini-documentary and virtual exhibition.

Visit [Modern Art Oxford](#).

**...National Gallery walk-through.** Take a virtual stroll around the National Gallery with Google Street View, seeing masterpieces by Leonardo, Botticelli and Van Gogh.

Visit [National Gallery, London](#).

**...Jim Dine.** The latest show by this radical and endlessly creative American visionary can be enjoyed in a film without sound.

Visit [Cristea Roberts Gallery, London](#).

...**This Corrosion**. A video tour of a group show that stars Tasha Amini, Lisa Brice, Allison Katz and more  
Visit [Modern Art, London](#).  
(thanks Sue for this information)

...**from Soho Theatre. Fleabag** has been available to stream for a limited 14-day period from Friday to raise money for charities dedicated to supporting those affected by Covid-19 pandemic. <https://ondemand.sohotheatre.com/> (thanks for this, Lisa)

...**from Recycle Now**. Need a way to entertain the kids for 5 minutes? Have a chat with them about the benefits of #recycling and get them involved in flattening your cardboard boxes and squashing your plastic bottles – a simple way to make more room in your recycling bin, too.

...**from the Scouts**. Lots of fab, fun things to do while you #StayHome (and #StaySane!) with the kids. <https://www.scouts.org.uk/the-great-indoors>

...**from The Judge's Lodging**. The final day of our Easter trail from the comfort of your sofa. So 5 eggs hidden in the picture - if you see them all, hit 'Haha'. We give you the ultimate challenge - our Lamp room. Good luck if you are trying this on your phone!!!

...**from The Tate Gallery**. Curator led virtual tour of Tate Britain's Aubrey Beardsley exhibition: <https://youtube.com/watch?v=7irwknBsBHA>

...**from Benji Kirkpatrick**. LIVESTREAM!! This Wednesday at 5pm I'll be doing a live acoustic concert from home, on facebook, before teatime (depending on your teatime). Material from GOLD HAS WORN AWAY and BOOMERANG plus some other stuff. Join me for about an hour!

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

## **OTHER INFORMATION**

**Please join the national project to monitor Corvid-19 in the population by downloading the new COVID Symptom Tracker App recommended by NHS Wales <https://covid.joinzoe.com/post/nhs-wales>**. Crucially this App can help anticipate potential COVID hot spots and get our NHS services ready, help protect our workers and save lives. The App allows you to simply report your symptoms - or lack of symptoms - daily. A map of the country is generated which shows the percentage of people with symptoms. As this data is not recorded elsewhere it is very valuable. Currently in Powys, the data is showing that 0-2% of the population that reported to the app are showing symptoms. **The App is available in Apple or Android (unfortunately not in Windows yet) and is FREE**. Powys Teaching Health Board has been sufficiently concerned to increase the reporting of cases to raise the question with NHS England. See article in the Powys County Times which explains the issue in more detail <https://www.countytimes.co.uk/news/18374221.coronavirus-powys-health-board-seeks/>

...**from Powys County Council**. Emergency childcare hubs are in place across the county to help support critical emergency workers, NHS staff and social care workers. Register your child every week at <https://crowd.in/293MVJ>. Bookings for places from 20/4 to 26/4 will close Wednesday 15/4 at 3pm

...**from B&Q**. Our DIY.com website is now open for people to buy home repair and maintenance essentials. The company has said its stores will remain closed to customers

for browsing and purchasing. Instead, B&Q will offer a Contactless Click+Collect scheme at its stores, as well as home delivery through its website. This means that customers can look at products online, buy them, and then either have them delivered, or pick them up from their local store, without being able to browse for other items there.

**...from Funeral Directors.** Could we ask everyone for some help at this very difficult time....Paying Our Respects....If you see a hearse, could you stop, stand for a moment as it passes, perhaps take off your cap, and bow your head? In these times where funerals are limited to only a very few close family our chance to support people during bereavement is limited. So, we wondered if we could revive an old tradition that would show people that their loss is noticed and shared by us all? It would mean the world to families in a time of sadness.

**...an update on the UCL questionnaire in Community News 142** to provide information for a UCL research team looking at mental health and activities that can help protect against the negative effects of isolation. Apparently it was not so easy to find the questionnaire with the link provided. This link [www.covid19study.org](http://www.covid19study.org) will take you straight there. *(thanks for this info, Phil)*

**It's swarm season!** If you see a large cloud of bees congregating somewhere or a large cluster of them hanging on a branch, sign, fence post, etc, DO NOT BE FRIGHTENED! These bees are homeless wayward travellers and looking for a new place to set up a hive. They not only have no home to defend, but they are also full and fat on honey so that they have enough resources to start fresh wherever they end up. This is the calmest you will ever see a honeybee. Contact me or another beekeeper and I am more than willing to come get them! #savethebees

**...from Dyfed Powys Police.** Please share so we can reach as many people who need support during this time.

Since the government imposed social distancing measures, we have seen a decrease in domestic abuse reports. This is concerning as we fear people might feel less able to access advice and support while at home with their abuser, and are suffering in silence. We would like to reassure you that we - and others - are here for you. There is still support available, and reports will continue to be dealt with swiftly. We have put together information on reporting abuse and how to use the '55' silent solution, as well as contact numbers for local and national support services on our website: <https://bit.ly/2w3bv3S>. Please call 999 in an emergency.

**...from Recycle Now.** Recycle your easter egg aluminium foil this Easter. Munch it, scrunch it, recycle it!

**...from Powys County Council.** A big thank you to all our school staff who are working over the Easter bank holiday weekend to make sure the childcare hubs stay open to care for the children of keyworkers #ThankYou

**...from the Welsh Government.** We've worked with councils to provide FREE parking both on and off the street for NHS workers, health and social care staff and NHS volunteers. Find out how to apply for a permit here <https://gov.wales/health-care-and-volunteer-workers-parking-pass-and-concessions>

**...from Public Health Wales.** As of today (Monday 13th April) 313 new cases have tested positive for Novel Coronavirus (COVID-19) in Wales, bringing the total number of confirmed cases to 5,610, although the true number of cases is likely to be higher. Read more here: <http://covid19-phwstatement.nhs.wales>

## **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](mailto:pacdg@icloud.com).**