

COMMUNITY NEWS

ISSUE 346 JANUARY 2025



The Community News is an information service from the Presteigne Area Community Development Group
"Working Together For Our Community"

**Next Issue - deadline for contributions 10am Thursday 30th January 2025
email news@pacdg.org**

- 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 - email the Editor
 - **please email if you see or hear of anything that will be of help to other residents, including local area jobs**
 - if you need assistance in any way, email us and we'll pass on your message to people who can help.
- ...AND 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

A reminder that in emergencies, you can find a public access Defibrillator cabinet and a WinnCare Fall kit cabinet at both the Old School in Hereford Street, and the Day Centre in Scottleton Street.

THANK YOU

...**PNCS** - Thank you so much to Members, Supporters, Businesses who bought tickets or donated prizes for our Annual Christmas Raffle fundraiser. We raised £1,129.00!!

COUNCIL NEWS

...**FUTURE OF EAST RADNOR LEISURE CENTRE** - many residents will be aware of the recent report issued by the County Council which placed the future of our Leisure Centre under threat. The review of Leisure Centres has been pushed on to Summer time but the threat has not gone away. Please watch out for any updates in the press or on the Town Council website and Facebook pages and be ready to comment to support the retention of our Leisure Centre when the consultation goes live. In the meantime please be aware that the use of the centre is monitored and the figures will be part of the County Council's considerations - please try to support your local centre. **Use it or lose it!**

EVENTS & DATES FOR YOUR DIARY

...**Rest-Reflect-Reset** - Do you find that the current of life sweeps you along and despite your best efforts there is little time to rest, to pause, to take breath and reflect on where you're going and indeed whether you want to be going in that direction at all? This one-day retreat in Presteigne (Sunday February 9th, 10-4.30pm, £50) offers a break from all you have to do to rest your body, clear your mind and reconnect with yourself. We'll use a variety of practices such as guided relaxation, meditations, movement, writing, and sharing to explore what supports and nourishes you as well as finding clarity about any changes that may be needed. For more information please email Grace Loveday kgraceloveday@gmail.com

...**Week of Prayer for Christian Unity in Presteigne 18th - 26th January**. Two events have been organised. Sunday 19 January 4.00pm. Presteigne Baptist Church. An illustrated talk by Michael Tavinor on his recent visit to Rome, where he met and worshipped with Christians of all denominations and made a pilgrimage to the traditional 'Seven Pilgrim Churches' in the Eternal City. Sunday 26 January 11.00am. St Andrew's Church, Presteigne. An ecumenical service involving the five denominations represented in our town - Catholic, Baptist, Methodist, Society of Friends, Anglicans, with representatives of each tradition taking part. All very welcome to join us!

...**Inner Space Meditation begins again** from Tuesday January 7th (6 - 7pm) at The Coach House, Church Street, Presteigne. Meditation can be a turn off for some as it often conjures up images of having to sit uncomfortably in silence for long periods battling to free your mind of all thought. It doesn't have to be like that! These fortnightly drop-in sessions offer a welcoming space to explore a range of meditation practices and breathing techniques so you can find something that works for you. The benefits of regular meditation include reducing stress, lowering blood pressure, increasing concentration, feeling calmer and cultivating equanimity and contentment. Whether you're new to this or a more experienced meditator, you'd be very welcome to join us. £8 - 10 per session or £64 for 8 sessions. innerspace.woc@gmail.com

...**Presteigne Screen at the Assembly Rooms, Friday 17 January "The Beasts"**. Part social-realist drama, part film noir, the film presents the real-life story of a middle-aged French couple, Olga and Antoine, who retire to the rural Spanish idyll of Galicia, where they plan to till the soil, grow their own produce, and even give something back to the community. But it takes only a visit or two to the local bar to discover how unwelcome they are. What's going on? Well, perhaps inevitably the locals have their own conflicting ambitions and rather than continuing to enjoy the idyll where they live, they plan to

sell up to a windfarm developer, and thus try to wreck the couple's new-found Arcadia. As tensions ratchet up, who indeed are the beasts? (S) Spa/Fra 2023 137 mins 15. Tickets £5 on door or <https://wegottickets.com/event/643280>. The Assembly Rooms, Presteigne. Doors open 7:30pm for Bar, Coffee, Tea and Cakes. Films start 8:00pm

...Sounds Historical - "600 Years! From Hildegard to Haydn" St. Andrew's Church, Presteigne, 3pm Saturday, 1st February. Alison Kinder returns to Presteigne with some more of her early music colleagues to give us cheer on a gloomy winter's afternoon. 'Sounds Historical' is made up of players of practically any early music instrument you can imagine including the flute, recorders, viola da gamba, lutes, theorbo, crumhorns, violin, gittern - and the human voice. Their programme will take us on an exploration of 600 years of musical form, played on the instruments that it was written for. Tickets: £22 | £2 (under eighteen). For further information and tickets please contact me on 07989 091949 or at info@EarlyMusicInTheMarches.com

...'A Mermaid on a Dolphin's Back' - The Linarol Consort with soprano Héloïse Bernard. 7.30 p.m. Saturday, 12th April, St Michael's Church, Discoed. In his Dialogue on Music the 14th century poet Petrarch referred to the myth of Arion, riding to safety on the back of a dolphin whom he had charmed with his music. Over two centuries later Shakespeare referred to this myth in Twelfth Night and, in Midsummer Night's Dream, Oberon recalls to Puck the sight of "..... a mermaid on a dolphin's back uttering such dulcet and harmonious breath that the rude sea grew civil at her song ..." Petrarch together with Boccaccio and Dante, were the giants of Italian poetry of the early renaissance and provided inspiration to many other leading dramatists and composers. In this this programme The Linarol Consort of Viols is joined again by soprano Héloïse Bernard, who wowed us back in 2022, to explore the rich vein of settings of their words (not only about dolphins!) throughout the centuries leading to Shakespeare's life, including works by Dufay, Cipriano de Rore, Orlando di Lasso, Marenzio and others. Tickets: £22 | £2 (under eighteen). For further information and tickets please contact me at info@EarlyMusicInTheMarches.com or 07989 091949

...from Norton Community Hub: Norton Hub cafe morning, Saturday 25th January 10 till 12. Come and join us for coffee and a chat. A chance to see the lovely new Norton Hub if you haven't already!

...Happy New Year from us all at Sidney Nolan Trust! We are delighted to kick off the new year with a FREE performance of "The Healing House". Friday 17th January, 7pm, The Rodd. Join internationally renowned The Fetch Theatre as they lead you into the wonderful world of Ukrainian artist Polina Rayko's art and imagination. Polina picked up a paintbrush for the first time aged 69 and painted the interior of her house with stunning folk imagery. This family performance celebrates her amazing creativity and features incredible shadow puppetry, bunraku puppetry and live music played on the Bandura, a traditional Ukrainian folk instrument. The performance is presented bilingually in English and Ukrainian. Running time 1 hr. Suitable for ages 5 and upwards. Donations welcome but free Tickets available from <https://www.sidneynolantrust.org/your-visit/whats-on/the-healing-house--2025-01-17/>.

...Breathwork For Health with Elisabeth Reissner - I'm offering a series of 3 workshops whose focus will be the breathwork practice of coherent breathing. You will be guided in a slow, rhythmical way of breathing that research has shown improves physiological and emotional resilience: heart health, blood pressure and our ability to cope with stress. There will also be time to explore how to breathe more optimally in our daily lives, and to try out other breathwork practices that aid relaxation and sleep. 2.30-4pm Presteigne. Numbers are limited. £45 for the 3 sessions. wingsofchange24@gmail.com

...Natural beauty and wellness workshops by Silvan Skincare. Relaxed, hands-on workshops in Presteigne, centred around learning new skills and natural skincare. First workshop: Gua Sha Facial Massage Workshop - Friday 21 February. Booking link here <https://silvanskincare.com/collections/workshops>. Private bookings at a date and venue to suit you are also available on request - marian@silvanskincare.com.

...Presteigne Repair is back! Saturday 18th January 10am to 12noon in the Old School/Youth Centre, Hereford Street, Presteigne. Our Lib Dem MP, David Chadwick, is coming to the first 2025 Presteigne Repair session on Saturday. So do bring some tricky things so that our wonderful fixers can show off their skills! We offer free fixing of broken or not working household or garden stuff. To save time & bother before you come, its easy to use your phone to fill in the necessary form on the [Repair Cafe Wales website](https://www.wales.gov.uk/repair-cafe) just find the 'Repair Form' on the red header.

...East Radnor Ramblers - Walks in January: Weds 13th Presteigne and Evenjobb, 8.2 miles. Sat 18th Rhulen, Llandeilo and Llanbedr Hills, 7.8 miles. Weds 22nd Breakfast at Penrhos Court at 9.30 am, followed by walk, 7.8 miles. Weds 29th Leintwardine and Downton Castle, 9.7 miles. For more details see www.ramblers.org.uk/east-radnor or call 01544 260524

...Gather Round and Sing for Fun with Marion Rowlatt. Thankyou to everyone who came to our Christmas singsong. We had great fun and sent £130 to the Food Bank. Join us for Love Songs on Saturday February 15th at 11am in the Baptist church, Presteigne.

...Roger Curtis' fascinating story of WW11 POW camp no.48 in Presteigne "Held in Presteigne" on Saturday March 22nd 3pm at Kinnerton Village Hall - teas, coffee and cake. Tickets £6 from Angela : kinnertoncourt@icloud.com or 01547 560 132. To be collected and paid for on the door. Many

prisoners descendants still live in this area and have their own stories to tell. The talk replaces one scheduled for that fateful day of December 7th when storm Darragh raged havoc with fallen trees and flooding cutting Kinnerton off. It lost power for up to 60 hrs. Fingers crossed the weather gods will be kinder this time. Everyone welcome.

...Lingen & District Gardening Club - The new 2025 programme starts on Tuesday 4 February with a talk by Gavin Stoneystreet on the gardens at Kelmscott and how they influenced the work of William Morris. Membership is £20 per year, £30 for couples at the same address and visitors £4. Talk starts at 7.30 pm at the Lingen village hall. Full programme will be available on notice boards around town.

NEWS FROM THE HIGH STREET & LOCAL BUSINESSES / ORGANISATIONS

...Presteigne Parish Magazine - last copy day for the mag Wednesday 22 January – thanks!

...Kington Choral - love to sing? We welcome new singers and, with our new Musical Director Simon Harper, are looking forward to a varied and exciting programme for 2025 - Rossini's 'Messe Solennelle' Saturday 22nd March at St Andrew's Presteigne - Wednesday 16 April 'The Crucifixion' by Stainer, at St Mary's Church Kington - Saturday 03 May 'Come & Sing Workshop' Sacred music of Henry Purcell at Weobley Village Hall - Saturday 12 July 'The Creation' by Joseph Haydn, at St. Andrews, Presteigne - Saturday 8 November European Sacred Music & Faure's 'Requiem' at St. Andrew's, Presteigne - Sunday 7th December Carols at St. Mary's Church, Kington. We rehearse on Monday evenings 7 to 9pm in Titley Village Hall. Come along and make yourself known to our Secretary Sandie or call/text Sandie on 07427 610120. See our FB page and website for more information.

...Norton Hub 100 Club - Winners (all have given permission for their names to be published) for December draw listed below - prizes for December are DOUBLE! 1st (£80) - Number 17 - Margaret & Brian Lloyd; 2nd (£50) - Number 6 - Georgina Pearson-Gee; 3rd (£30) - Number 42 - Lucy Wilding

...St Andrew's Church, Presteigne- are you a singer? Our lovely church has a small but committed group of singers. We sing just one Sunday a month with one rehearsal - so it's not a huge commitment. Might you consider joining us? Ideally you'll be able to read music and have some ability in sight-reading. If you might be interested in finding out more please contact Michael on michael.tavinor@gmail.com. He'd be delighted to hear from you!

...Old School/Youth Centre regular activities in 2025 - Mondays: MAKE & Presteigne Youth Club - Tuesdays: The Circle Drop-in Lunch Club & Presteigne Rainbows/Brownies/Guides - Wednesdays: Playgroup Play'n Stay, Press Gangers rehearsals, Yoga with Sarah Williams & RNID Hearing Aid Clinic - Fridays: 'The Hub' with Jenny - Saturdays: Presteigne Repair & Local Food Market. To enquire about hiring the building or for information on groups & classes email Terry presteignedogman@icloud.com.

...from Amy, Jess & Jenny - come and join us at The Hub in Presteigne. The Hub is a new community-based project where everyone is welcome to join. The aim and focus of the project is based around well being, community, wellness, craft and art. Bringing people together, through community to support one another and to create opportunities to share skills as well as learn new crafts along the way. We would love for you to join us. We are open every Friday from 10am - 12pm at the Old School/ Youth centre Presteigne. £3 donation. For more information contact jennysgibbon1989@gmail.com

...Presteigne Tyre Services - New for 2025 !! Try our new customer MOT & Service reminder service - Completely FREE - Get your reminder sent 30 days before your expiry. Giving you & us time to get you booked in - Text or email option available. Call 01544 267240 or email enquiries@presteignetyres.com to be added to our reminder list

...The Workhouse Gallery & Café - Happy New Year! We are open, and regular schedules have resumed for 2025! Wed- Sat, 10am - 4pm.

...Be Brilliant Dogs to run advanced dog training events at the Old School/Youth Centre in Presteigne! In 2025, Be Brilliant Dogs will be using the Old School for two unusual advanced training dog activities. "Scent work" is a training activity that harnesses the dog's natural sense of smell to locate and identify specific scents. It involves teaching dogs to search for hidden odours, and alert their handler when they find them. Originally inspired by working detection dogs, scent work is now a fast growing, popular and mentally stimulating activity for all breeds and ages of dog, with a focus on promoting confidence and teamwork! The other dog sport that the building will be used for is to practice "Canine Freestyle". Freestyle or "Heelwork to Music" is a dog sport that combines obedience, precision, and creativity by having a dog and handler perform choreographed routines to music. The focus is on the dog working closely at the handler's side (heelwork) while executing a variety of movements, such as spins, weaves, and jumps, all in sync with the rhythm and flow of the music. This discipline showcases the bond and communication between the dog and handler while highlighting the dog's training and athleticism in a fun and artistic way. Sessions are currently running on an ad hoc basis in the Old School Building with plans to run more as the year continues! To know more, you can contact Jen directly via her webpage (www.BeBrilliantDogs.co.uk) or phone (phone 07472701887).

...MAKE - Our weekly art club for young people aged 7-11 returned to Presteigne Youth Centre last Monday. There's currently some space in the sessions (3.30 - 5pm) so if your young person fancies

getting involved please get in touch with us at learning@sidneynolantrust.org or 01544 260149, see <https://www.sidneynolantrust.org/learning/make/>

...**PNCS Warehouse** - please note for the rest of this month (January) we cannot accept any more books. Our storage area is FULL! Thank you for your cooperation.

...**Powys Highways** - you can let us know if a salt bin or heap needs replenishing online here: <https://en.powys.gov.uk/article/9901/Report-a-Problem-with-Salt-bins-Gritting-or-Footways>

...**Knighton Rotary Club** - We are a small group who share fun & friendship while supporting our local community. We are currently looking for new members to join our team who can bring with them new perspectives and ideas. Together we really do make a difference in people's lives.

...**Freedom Leisure, Presteigne.** WAVE 1 Lesson availability. Suitable for 4 year olds+. We have spaces in the following: Monday 4pm, Tuesday 3.30pm, Wednesday 4pm, Thursday 4.30pm, Saturday 10am. If you are interested, please contact us here. <https://www.freedom-leisure.co.uk/centres/east-radnor-leisure-centre/swimming-lessons-enquiry/> . Also, get HALF PRICE on gym memberships this January at Freedom Leisure. Exercise isn't just a resolution—it's a revolution for your mind and body! Act fast—this offer won't last long. Your health journey starts now! <https://ow.ly/aqVL50UjL86>

...**Presteigne Little Peoples Playgroup** - we are constantly changing and adapting our setting environment to meet the needs of our children's next steps and interests! We are also ditching the colourful plastic and bringing in as many open ended and natural resources! If you have any spare home and 'real life' items that you're planning to throw away in your new year cleans, let us know, they could be a great addition to our setting.

...**Radnorshire Wildlife Trust** - If you have ever thought about becoming a member of Radnorshire Wildlife Trust. Now is your chance to get 50% off in our January sale! By becoming a member of RWT, you'll help protect Radnorshire's wildlife. Your support enables us to care for 18 nature reserves, restore our rivers, and provide essential guidance to local farmers and landowners - <https://www.rwtwales.org/become-member>

...**Knighton & Presteigne Foodbank - Winter Shopping list.** We would welcome: Tea, Coffee, Hot Chocolate, Meat-balls, Hot-dogs, Tinned Tuna, Pasta Sauces, Tinned Custard, Rice Pudding + Vouchers from Carini Butchers, The Salty Dog, Deli Tinto, Tom Pugh Butchers, Rhos Market Garden. Drop-off points: Knighton Co-op, Presteigne Spar, Contact Helen 07731 524 058 for more information.

OTHER NEWS

...**Powys CC - a six-week online consultation on changes to the local Powys bus services has begun.** The consultation follows an initial online engagement exercise, and a series of engagement events held across the county, where we sought feedback on the current local bus network and the wants and needs of bus users. Using this feedback and information from meetings with bus providers and other stakeholders, a series of revised bus timetables have been developed. The consultation allows you to search for and examine these updated timetables by your chosen localities. To have your say on the proposed new timetables and other aspects of bus travel, including fares, please visit: <https://www.haveyoursaypowys.wales/powys-local-bus-network-consultation> before 13 February.

...**Powys Teaching Health Board is asking all staff and visitors to wear a mask in all clinical areas** from 2 January 2025. This step is being taken to help protect patients and staff, particularly given the rising number of acute respiratory infections in our communities. Masks are being provided at the entrances to clinical departments. Visitors are also reminded that they should not attend hospital if they have the symptoms of respiratory infections or diarrhoea and vomiting. More information: <https://pthb.nhs.wales/news/health-board-news/powys-teaching-health-board-reintroduce>

...**Free online course for adults: Welsh Culture.** Starting: 21/01/2025. Cut&paste to register: <https://www.adultlearning.wales/course/54863-en/>. 4 weeks with lessons for 2 hours a week from 9:30 am to 11:30 am on Tuesdays. Free for Learners living/working in Wales / £52 for Learners from outside Wales.

...**Powys Recycles - real Christmas trees can be recycled at your local HWRC**, but please remember to take off all the decorations first! Opening times: <https://en.powys.gov.uk/article/725/Recycling-centres>

R.I.P

...**Jane Mills of Presteigne** and formerly of The Maidenhead, Lyonshall passed away suddenly on Monday 9th December 2024. Funeral took place at Hereford Crematorium on Friday 10th January 2025.

...**Russell Edward Davies of Hill Farm**, Presteigne passed away suddenly but peacefully with his family by his side on 30th December 2024 aged 64. Funeral Service at St. Andrew's Church, Presteigne Wednesday 22 January at 12noon, followed by a private family interment at Presteigne Cemetery. Family flowers only. Donations if desired to Welsh Air Ambulance, The DPJ Foundation (Mental Health in Agriculture) and Presteigne Co-Responders. For further information 01544 267778

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

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