

WINTER 2020-21

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A Community Newsletter

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the Comm



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A Knighton Christmas!

Churches Together, Knighton Library and KDCC, along with volunteers have arranged the following events to bring some Christmas cheer to Knighton.

Knighton Christmas Countdown - our very own online Advent Calendar, suitable for children of all ages. Daily events will be posted on our *Knighton Christmas Countdown Facebook page* or via Zoom.

Christmas Memories (Knighton Museum and KINDA) - Luggage labels will be available to one and all so special Christmas memories can be captured and shared with others. Labels will be available from Knighton Library - please return to Julia at *The Tower House Gallery*. On Christmas Eve they will be placed on the Christmas tree at the Clock Tower. The memory labels final resting place will be in the archive section of Knighton Museum.

Knighton Santa Hunt 2020 - will be running from the 19th - 24th December. See *Knighton Christmas Countdown Facebook page* for details.

With thanks for generous and ongoing support



Welcome to our new community newsletter

The Coronavirus pandemic saw the Knighton and District Community Centre doors close in mid-March. Our weekly hirers have been hugely supportive and understanding during these times of uncertainty. We have re-opened to certain groups including education, childcare, health and well-being. Each booking is dealt with on a case-by-case basis; the Management Committee and PCC have final say. Our Tuesday Cafe Hub services are postponed; some professionals who would otherwise attend have made a contribution to this newsletter. We look forward to seeing these services return in the future, either in person or virtually. The Community Centre website and all our Facebook pages are regularly updated with information on local shops, businesses, services and has up-to-date information from the Centre and Library. The management committee are working hard with our cleaning staff to ensure that the Centre, while opening where we can, always meets the Welsh Government and PCC requirements.

Knighton Volunteer Hub

The Hub has seen many wonderful people giving up their time to help others especially during this pandemic. From young to old it is simply wonderful. We have volunteers covering so many roles from acting as telephone befrienders for people who are isolated and alone to delivering lunches, baking cakes, making soups, marshalling events and generally helping out. Young volunteers find this helps immensely with college or job applications; we help them keep track of their hours and then they can use this on application forms which makes them stand out from the crowd. If you are already volunteering but haven't registered with us or you would like to find out more about volunteering then please get in touch with Louise on volunteerhubknighton@gmail.com or ring 01547 428088 and leave a message.

Stay & Play

We are a group held at Knighton Community Centre, where parents / carers can come with their pre-school children each Wednesday morning from 10am to 12 noon and have fun. There is always a wide range of toys and activities, including a slide, sand, water and an outside area, which help in the physical and social development of each child, and where parents can make new friends and talk about any issues or concerns. The local health visitor pops in regularly and is always available for advice. The children have a healthy snack of fruit, toast and a drink of milk or water, mid-morning.

On our *Facebook* group, **Stay & Play @ the Comm** we post ideas and keep in touch. We also broadcast live each week, reading a story and singing songs. For more information contact the Centre on 01547 428088.

News, information, interesting stories for your community? Contact the Knighton and District Community Centre: 01547 428088 or 07751 221487 or knightoncomm@gmail.com

Soup from the Hub Project

We have been offering our Soup from the Hub service since 23rd April 2020, and have served in excess of 1,500 soup lunches in that time! Grants and generous donations have been obtained in order to continue offering this service. Currently we provide up to 45 lunches per week. We will be delivering on Christmas and New Years Eve and are planning to continue until the end of April 2021. We do plan to 'come back' into the Comm at some point, but until this takes place we will continue our home delivery service and owe great thanks to all of our volunteers who tirelessly support this project, making it the great success it is. If you would like to make a referral into the project then please use this link to do so: <https://tinyurl.com/y4tdy6bo>

Knighton Community Market

The Market is held every 2nd and 4th Saturday of the month, inside the beautiful Knighton Community Centre. From 9.30am until 12.30pm you will find lots of fantastic local vendors selling everything from crafts - including string art, home made skin products, sewn items, cosmetics, up-cycled bags, wool and knitted wears, handmade paper products, stone carving, plants and food items - including cakes, honey, breads, pies, Indian cuisine, cheeses, pork and lamb products. Operating closely with Trading Standards to ensure everyone is as safe as possible, face masks must be worn and a one-way system is in place with social distancing measures set up. Like more info? Call Lou on **07805 722237** or follow our **Facebook** page for updates.

Knighton Library

Opening hours after the 2nd of December.
Tuesday: 10.30-1.00, 2.00-4.30
Computers / Customer Services / Copying / Scanning, by appointment.
 Tel: **01597 827460.**
2.00-5.00 *Browsing / returns. Managed queue.*
Thursday: 10.30-1.00, 2.00-6.00
Browsing / Returns / Order and Collect. Managed queue.
2.30-4.00 *Computers / Customer Services / Copying / Scanning, by appointment.* Tel: **01597 827460.**
Friday: 8.00-12.30
Browsing / returns. Managed queue.
8.00-12.00 *Computers / Customer Services / Copying / Scanning, by appointment.* Tel: **01597 827460.**
4th Saturday of the month
10.30-12.30 *Browsing / Returns / Copying / Scanning. Managed queue.*

PAVO

My name is Dave Coffey. I am a Community Connector for Knighton and Presteigne areas employed by PAVO. Individuals and professionals contact me about a wide range of issues, such as local activity information, financial concerns, loneliness, transport and supported hospital discharge. I provide information regarding the most relevant support or service available to them and if appropriate I will help to make referrals on behalf of clients to other support services, if they are unable to do so themselves. I aim to help improve people's well-being and confidence in dealing with issues that matter to them. Please contact me on **01597 828607** or **07590 639607**.



Fy enw i ydy Dave Coffey. Dwi'n Gysylltydd Cymunedol ar gyfer ardaloedd Trefyclawdd a Llanandras yn cael fy nghyfflogi gan PAVO. Mae unigolion a gweithwyr proffesiynol yn cysylltu â mi am ystod eang o faterion, megis gwybodaeth am weithgareddau lleol, pryderon ariannol, unigrwydd, trafniadaeth a chymorth wrth ddod adref o'r ysbyty. Rwy'n darparu gwybodaeth am y gefnogaeth neu'r gwasanaeth mwyaf perthnasol sydd ar gael iddynt ac os ydynt yn briodol. Byddaf yn helpu i gyfeirio cleientiaid ymlaen at wasanaethau cymorth eraill, os na allant wneud hynny eu hunain. Rwy'n anelu at helpu i wella lles a hyder pobl wrth ddelio â materion sy'n bwysig iddyn nhw. Cysylltwch â mi ar **01597 828607** neu **07590 639607**.

PRIME Cymru



Do you need help to get you closer to becoming economically active? PRIME Cymru offers one-to-one support if you are economically inactive or long-term unemployed, to help you start volunteering, gain training, find employment or become self-employed. We have all had to adapt in these strange times and so we are now offering one-to-one support via telephone and video calls. If you would like to have a chat about what provision we can offer, please contact Jan on **07983 097629** or email janet@primecymru.co.uk.

Age Cymru Powys - Simply Nails

Simply Nails offers a basic and affordable toenail-cutting service across Powys for those over 50, who find this everyday task a struggle. The service has been a success at Knighton Community Centre, with a small but perfectly formed team of volunteers, all of whom have received Training by Powys Teaching Health Board, managed by Yvonne Bufton, a fully qualified Foot Health Practitioner. We offer a professional and fun service, (taking all Covid-19 policies into account.) For more information, please call **Age Cymru Powys** on **01597 825908**.



The Bracken Trust

We are delighted to announce that on 5th November the Bracken Trust will have been providing cancer support for 25 years. A huge thank you to everyone who has supported us during that time.



Services are free of charge for anyone living with a cancer diagnosis, caring for someone with cancer or those who have experienced a cancer related bereavement. Qualified nurse

and counselling support are available Monday to Friday, 9am to 5pm by telephone or video conferencing offering practical advice, emotional support, signposting, advocacy services and group activities. When regulations allow, face to face support will resume. For more information please contact **01597 823646** or email info@brackentrust.org.uk or www.brackentrust.org.uk.

Churches Together

Knighton Baptist Church

Knighton Baptists are doing their best to keep the doors of Norton Street Chapel open. Given the current and changing situation, that isn't always possible, but we are holding weekly on-line services and we are available to help in any way we can. You can find up-to-date information on our website at: www.knightonbaptists.org.uk. If you need someone to talk to about anything, big or small, then please call **01547 529707**.

St Edward's Church Knighton

St Edward's will continue to be open for private prayer on Wednesdays 10am - 12 noon, and Sundays 11am - 12 noon, 1pm - 2pm. Services will be held on alternate Sundays at 11am, commencing 15th November 2020. Full details will be on the church noticeboard where any changes will also be posted. Covid-19 regulations are complied with. Rev. Petra Goodband is available on **01547 529254** should you need help, advice, prayer or a chat.

Catholic Church, Knighton

Our Lady of Perpetual Succour and St. Nicholas Catholic Church on Market Street is always open to everyone. We have two Masses every week on Sunday at 11am, and Friday at 11.30am. Although the priest resides in Rhayader, he and the parishioners are always available to help in whatever way we can. Please email us on pk@menevia.org or call **01597 810199**

~ FR. JEROME ITUAH, OCD

Methodist Church

We continue to meet on a Sunday morning at 11am, using face coverings, socially distancing and one door in and another out. The four Sunday's of Advent which begin this year on Sunday 29th November will each follow a theme - Hope, Peace, Faith and Love. On Sunday 20th December we are encouraging folk to join with a national initiative organised in part by Premier Radio, to stand on our doorsteps and sing along to the carols on the radio, which will hopefully help to fill that gap where our usual practice of Carol singing, both in our churches and in our community is missing due to the Covid Pandemic. This year, we are joining with our friends at the Baptist Church for

their service on Christmas morning. We will not be holding a service on Sunday 27th December. Obviously all Knighton events are all subject to alteration / cancellation. Contact: **01547 520854**

Knighton Food Bank



The Food Bank provides crisis food, cleaning products, toiletries and feminine hygiene products, to those in our community who are without an income / benefits / wages or struggling to manage. We also offer festive food, treats and small gifts for Christmas. In order to keep us all safe, visitors to the food bank need to wear face coverings (disposable masks provided) and use the hand sanitiser. We will give a time slot to collect food parcels, to help with social distancing.

Knighton Food Bank, Norton St Baptist Church - Tues and Fri: 10am-11.30am. Contact Helen: **07731 524058** helen@knightonfoodbank.co.uk or www.knightonfoodbank.co.uk

Lunch Club

It is very frustrating that the Lunch Club members have not been able to meet together since March. However, they have not been left alone! Friends on the various tables keep in touch with one another and I phone round sometimes to try and bring a smile to faces and to



assure folk that they are not forgotten.

Lunches are still being provided mainly on Tuesdays now for up to forty people and the meals are delivered by volunteers, taking not only meals but also a cheery word and keeping me up to date with news, especially of those who are having problems with their health. Our most grateful thanks go out to the volunteers who, so willingly through the year, are delivering meals for us in Knighton and villages round about. Special thanks go to the cooks, Suzanne, Pete and Mary who are a superb team on whose services we rely greatly. We hope to have positive news in the New Year.

~ SISTER MARGARET DAVIS

Teme Spirits Light Entertainment Society

Due to the pandemic, Teme Spirits regret to announce we will be unable to perform our annual show in 2021. Our performances may have been interrupted but inevitably our running costs are still the same. With this in mind we now have some fabulous and unique Christmas cards for sale featuring images of some of the cast from previous shows. A pack of six is £5 (three different images) and are now available from *Teme Treasures* and *The Tower House Gallery*. Alternatively please contact Carole Pigram on **01547 528406**. We hope to be back performing for you soon.



Lou's Baked Treats

I am continuing to offer fresh home cooked meals, puddings, cakes and other baked treats including the renowned afternoon teas to suit all dietary needs. I am still able to cater for funerals and you can request my services directly or through your funeral director, all provided in individual tea boxes complete with soft drinks if desired. Want to send a gift to someone who you can't visit in town? I can arrange cakes or afternoon teas to be freshly made and delivered safely. I will be offering a limited number of Christmas Dinners on 25th December - pre-booking and deposit is essential. I am now taking orders for Christmas cakes or other baked treats for the festive period. I would like to thank all my customers who have supported my business throughout the lockdown - it's greatly appreciated. Contact: **07805 722237** Check out my *Facebook* page - **Lou's Baked Treats**. Email: louiseannehardwick@hotmail.com

~ LOUISE HARDWICK

Little Black Sheep Cafe

We offer delicious home cooked meals along with the famous Sunday roasts and luxury afternoon teas. Our meals are currently being offered as eat-ins, take-away or delivered to your door, 'meals on wheels' fashion, Monday to Sunday. On Christmas Day we will be providing the elderly and vulnerable with a Christmas Dinner and pudding delivered to your door. **01547 520224** or juliewatts747@gmail.com Thanks to all my customers and delivery drivers whose continued support has kept my business afloat - it is really appreciated.

First Knighton Scout Group



Lockdown has been hard and isolating for many of our local young people and as the Group Scout Leader I am proud to say that our sections have 'Zoom met' throughout the lockdown, allowing our young people to virtually see their friends and continue with their Scouting journeys - earning badges and gaining skills even when in 'Red'. Everyone has relished the challenges faced and a legacy of these strange times will be the number of Zoom smiles we've seen over this period, especially during our virtual camps. We are now busy planning our return to face-to-face Scouting but to do this we need some extra 'grown ups'. We have some great leaders in our team already with a range of skills but have opportunities for adults to join the young people in experiencing anything from making origami birds with the Beavers, helping

plan our allotment beds with Cubs, to international jamborees with the Scouts. If you think you'd like to join our adventures and are willing to undertake a DBS and some training then please contact: GSL1stknighton@yahoo.com or call / text **07539 272171**.

~ ANN DODD

Girlguiding Knighton

Girlguiding sections in Knighton are not able to meet at the moment, however when we do start again, all sections would welcome new members. If you are interested then follow the link below. Sections include; Rainbows 5-7 years, Brownies 7-10, Guides 10-14, Rangers 14-18. If you want to join us please register here <https://www.girlguiding.org.uk/information-for-parents/register-your-daughter>.

We are also looking for volunteers, and new Leaders, if you are interested, contact us at julieking.guiding@gmail.com

~ JULIE KING

Knighton and District Community Support



For hospital appointments to Shrewsbury / Hereford / Telford, etc. please book with our office between 9am - 3pm (Monday to Friday) giving a minimum of 48 hrs notice before the appointment date. For prescription and shopping deliveries, please contact the office the day before your prescription / shopping is due / required (if possible). For transport to local doctors / dentist / hospital appointments, please contact us during our office hours.

Tel: **01547 520653**

KDCS - The Furniture Barn

The opening hours for the winter months will be: Monday to Friday 9am - 2.30pm, Saturdays 9am - 12 noon. Tel: **01547 520444**

Wylcwm Street Surgery Update

We would like to say how immensely appreciative of all of the support the practice has received from our wonderful community and volunteers.

Throughout the Covid-19 pandemic, we've remained open to patients, offering appointments using new ways of working and new technology. We appreciate the telephone lines are very busy and MHOL is not a new technology; it allows you to order your medication on line. Please contact the surgery for details. You will also find useful information on our website: <https://www.wylcwmstreetsurgery.co.uk/> Thank you for the respect you continue to show our team, who have worked without a break over the last few months.

Leg Club / District Nurses

Unfortunately the Leg Club is still on hold. If you need assistance please call the District Nurses on **01547 521270**.

Learn to Relax!

Are *you* anxious or fearful about your current situation? Stressed out because of worries? Email doc.relax.singh@gmail.com for details of single free online session to show you a simple technique to clear anxiety, reduce fear and to relax your body without drugs or alcohol. You can control these powerful emotions. There is *no* catch - it's free!

~ DR KS SIDHU

Powys Hear to Help

A hearing aid maintenance service that is currently working remotely, offering support to people with NHS hearing aids. This service is run by RNID and commissioned by Powys Teaching Health Board. We can help with:

- information and support to help you manage hearing loss or tinnitus
- advice on how to maintain your hearing aid or replace your tubes
- information about your local audiology department and their postal service
- signposting to other organisations that can help or support.

New 'Drop off' service across three locations in Powys. Email: Rachael.beech@rnid.org.uk Tel: **07552 165800** or go to our website for additional information about deafness, hearing loss and tinnitus: <https://rnid.org.uk/>

CREDU Carers

Credu supports young and adult unpaid carers. The support depends upon what would work for you and how. Examples of how we can help:

- Practical information
- Emotional support / Counselling
- Listen to enable you to work through challenges
- Carers groups
- Free courses.

We also have emergency grants to support young and adult carers through winter 2020-2021 with things like food / fuel / access to the Internet / well-being. Also we have the Icare card which offers both discounts and can be used as a form of identity to prove you are a carer - these are free of charge. Just get in touch and you will receive a warm welcome:

Call: **01597 823800**

Email: carers@credu.cymru

Website: www.credu.cymru

Facebook: www.facebook.com/creducarers



Lettings and Rental advice surgery

We're missing our face to face drop-ins! In normal circumstances we meet every other Tuesday at the Knighton Community Centre to offer advice and help for people who are looking for somewhere to live but struggling to put down a deposit, facing rent arrears, or even homelessness. If you are in need of any advice and / or help, we're still available on the end of the phone or via email. Please contact:

Janet Barker, Lettings Facilitator, **Pobl** on; **07790 377255** or janet.barker@poblgroup.co.uk

Ben Tomlins, Private Rented Development Officer, **Powys County Council** on **07583 682699** or **ben**.

tomlins@powys.gov.uk

