



# ABERHAFESP

## Interim COMMUNITY NEWSLETTER

(During Coronavirus Lockdown) Spring 2020

### GOVERNMENT MESSAGE

HM Government

## Coronavirus

### Isolate your household

### Stay at home

**CORONAVIRUS**  
PROTECT YOURSELF  
OTHERS &  
THE NHS

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- Everyone in your household must stay at home for 14 days and keep away from others.
- DO NOT go to your GP, hospital or pharmacy.
- Go to [NHS.UK](https://www.nhs.uk) to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can't get online or your symptoms worsen.
- Protect older people and those with existing health conditions by avoiding contact.

Find out how to isolate your household at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

Check [here](#) to see what you can and cannot do

### ABERHAFESP YOUNG FARMERS

#### CALL US FOR HELP

Helpu'r Gymuned  
Helping the community

## ABERHAFESP YFC

We're here to help

Due to the current situation with COVID-19 we have postponed all club activities, so Aberhafesp club members are here to help and support the community during this time.

- FOOD SHOPPING
- MEDICATION/PRESCRIPTIONS COLLECTION
- EVEN JUST FOR A CHAT
- ANY OTHER NEEDS

PLEASE CALL  
Gemma Owen -07791466484

happy to help our community

**Gemma Owen 07791466484**

Some of you may have seen Gemma Owen on **BBC Breakfast news on Wednesday 1<sup>st</sup> April**

What an experience for her to be interviewed about the help she is offering to the residents of our rural mid-Wales village.

**WE ARE ALL VERY GRATEFUL TO YOU GEMMA**

If you have [Facebook](#) you may be able to view us being interviewed (Marilyn and John at Fairhaven) and Janet Edwards at Ardwyn.

## ST. GWYNOG'S CHURCH

You can access Youtube videos of All Saints Church Newtown services if you subscribe (foc) [here](#)

At this difficult time if you need pastoral support of a priest/minister please contact:

Rev Nia Wyn Morris: [niawyn1000@yahoo.com](mailto:niawyn1000@yahoo.com)/07833302312

Or:

If you require help with shopping, posting, prescription collection etc, or would just like someone to telephone you occasionally for a chat, you can email or call:

Pam Thompson: [pamcrusty@gmail.com](mailto:pamcrusty@gmail.com)/ 091686 627959 or

Elinor Francis: [egfrancis27@gmail.com](mailto:egfrancis27@gmail.com)/01686 689966 (Rhydfelin)

**Keep Safe EVERYONE:** Do keep safe and in touch with your family, friends and community.

See our [Facebook](#) page

## COMMUNITY COUNCIL

It is strange times that we are going through, but as the powers that be say 'we will get through this as long as we observe the rules and stay at home where possible'.

Easy to say but as we live in a rural community livestock has to be tended to especially now with lambing season.

We have NHS staff and other key workers, who live in the Parish, who are carrying out their normal role caring for us all in not normal circumstances.

It's great to see the Church and Aberhafesp YFC, giving support to those that want it in our community, and we thank you for the work that you have done so far. Nigel Hamer:Chair.

## LOCAL MEDICAL HELP FOR KEY WORKERS

### PROTECTIVE PERSONAL EQUIPMENT (PPE)

Message from Powys County Councillor Heulwen Hulme:

Llanfair Caereinion school have designed some face masks using their 3D printer and are currently producing about 20 per day. This is a kind and wonderful gesture and is being done by the Design and Technology Department. Are you a health care professional/carer in need of some personal protection equipment (PPE)? Do let me know.

My email address is: [cllr.heulwen.hulme@powys.gov.uk](mailto:cllr.heulwen.hulme@powys.gov.uk)

and my telephone numbers are 01686 650182 or 07976 927487

## NEWTOWN NETWORK

Check [here](#) to find out What we Do

This group is for residents of Newtown Powys and surrounding area, looking to help one another out during the Covid-19/Coronavirus pandemic. We started out as a few volunteers and we are now a "Network" involving volunteers and professionals from a few organisations in the town including the Town Council, PAVO Community Connectors, Ponthafren Association, South Montgomeryshire Volunteer Bureau, the Salvation Army and All Saints Church. We are evolving by the day in response to what is needed in the town. We aim to be a focal point for information and support volunteers to help people access food, complete errands etc. particularly those who are elderly, disabled and/or immunocompromised. **E.G. MY FRIENDS / FAMILY CAN'T COLLECT MY PRESCRIPTIONS:** See **PAVO Guidance** for all volunteers at this time [here](#):

Call Powys Community Connectors – 01597 828649

## WOMEN'S INSTITUTE

All W.I .activities have been cancelled, from our local meetings right through to the National AGM due to be held at The Royal Albert Hall in June.

It is very important at times like these that we keep in touch with our members and to show that we are there to support each other in these difficult times.

Our monthly Newsletter and even the minutes of our last meeting have been posted out, all of which helps us to keep in touch.

On the first Thursday of the month, which would have been our meeting night I decided to email, text or telephone all of our members. I had a wonderful response, messages were coming in of how everyone was spending their time and how grateful we should be to be living amongst such beautiful countryside.

We do not know when life will return to normal, so here is a little poem which I found in a daily newspaper which gives us a little hope. Elaine Benbow. Chair.

### THE DAY WILL DAWN

As I sit and watch TV  
My thoughts so often stray,  
To the people who are dear to me,  
Some near, some far away.

I think of the many happy hours I spent  
When everything was grand,  
Until this dreaded virus  
Forced us all to wash our hands.

But soon there'll come once more a day  
When hope again will reign,  
When all the clouds will roll away  
And the sun will shine again.

And when this happy dawn is near,  
We're released through open door,  
Back to the friends we hold so dear,  
Have fun, and smile once more.

Our British hearts will then rejoice,  
Our prayers were not in vain,  
For God has sent us back to them,  
Safe from the fear of pain.

To see those lovely, lovely friends,  
And life will make amends,  
When safe times come once more to stay,  
With coronavirus gone away.

## GENERAL DATA PROTECTION REGULATION (GDPR)

Residents and friends of Aberhafesp and Bwlch-y-ffridd have submitted their email addresses to the editor of this newsletter giving permission for the distribution of quarterly issues of the newsletter plus occasional emails giving additional local news and/or information. Consent for the use of personal details to be held for this purpose can be withdrawn at any time.

## ABERHAFESP COMMUNITY CONTACTS

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Aberhafesp Community Council website	<a href="http://www.community-council.org.uk/aberhafespcommunitycouncil">www.community-council.org.uk/ aberhafespcommunitycouncil</a>	

This newsletter can be accessed from both the website and our [Facebook](#) page

## NEXT ISSUE

The next full issue of this newsletter will be published in **July 2020**. Please send any articles of interest to the Editor ([mbedworth@gmail.com](mailto:mbedworth@gmail.com)) no later than the **20<sup>th</sup> June**.

**No Printed copies:** Unfortunately it is not possible at this time to get copies of this interim newsletter printed and distributed through letter boxes, so if you have a neighbour who does not have an email address and you are able to print this document please pass it on.

**Also:** If there is anything you would like to circulate to local residents during this difficult time that may help them, please send details to the editor and another interim newsletter could be created before the full July issue is released (hopefully with better news about current restrictions being lifted). Marilyn.