

DETAILS INSIDE ON LOCAL SUPPORT & INFORMATION DURING THE COVID-19 PERIOD



News from Middletown, Trewern, Buttington & Hope.

Facebook: Border Gossip
www.bordergossip.com

April & May 2020

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The Border Gossip

is produced six
times a year,
December & January
February & March
April & May
June & July
August &
September
October &
November

**Also available to
read online -
www.bordergossip.com**

**Many thanks to the volunteers listed below
who deliver the Border Gossip to every
house in the Middletown, Trewern,
Buttington & Hope area -**

John Davies	Tony Jones	Andrew Lloyd
Kim Mountford	Kath Onions	Myfeda Hamer
David Corfield	Rachael Lee	Eley Hart
Olwen & Dave Morrell	Vic Pugh	Maggie Connolly
Sally Bailey	Ceinwen Jones	Brian Knox
Philip Hughes	Viv Pritchard	Ian Bradley
Maureen Andrew	Caroline Clegg	Graham Balmond
Kate Urquhart	Peter Kenyon & team	Margaret Evans
		Brenda Salisbury
		David & Liz Leigh

Copies of the Border Gossip are also available from -

The Breidden Pub	Westbury Doctors Surgery
Green Dragon	Buttington / Trewern School
Admiral Rodney	Middletown Church
Halfway House Shop	Buttington Church
	Moo's Cafe

**Deliveries co-ordinator: Kim Sulway
Email—kimschick@outlook.com**

Disclaimer

The Editor reserves the right to cut, edit or refuse to publish any contribution and does not necessarily endorse opinions expressed by contributors. Whilst care has been taken in compiling Border Gossip no liability can be accepted whatsoever for any errors, inaccuracies or omissions, or for any matter in any other way connected with or arising out of the publication of the magazine.

The Border Gossip is delivered, free of charge, to every house in the Trewern Community Council area.

The Border Gossip relies on advertising revenue and personal donations to cover the cost of printing the 700 copies which is now done by Kingsley Press, Portland House, Llandrinio, Llanymynech, SY22 6SG.

We hope you are enjoying reading the news
and will

continue to send your donations to
**Marion Hayes, 4 Breidden Meadow,
Middletown SY21 8BY
(cheques payable to 'Border Gossip')**

Thank you very much to all the advertisers,
especially those who have recently renewed
their advert. Many thanks for all donations

A note from the BG team:

The BG team hope you are all staying safe and well, these are crazy times we are living in at the moment. Please support your community in any way you can, phone a neighbour, loved one to make sure they are ok.

Hopefully you parents are surviving and children are behaving well for you. Now is extra special time to play, enjoy and make the most of them being with you. Hopefully we will have some sunshine so you can get out in the garden!

Please, please stay at home so we can all beat this together!!

Some details may be incorrect as time goes on so please contact the organiser before hand to check their situation !

Could all volunteers who help distribute the BG please email us so we can put together a list of contacts. Many thanks

Kim M, Marion & Kim S.

The deadline for the next issue is **22nd May**

If you have any questions, stories or interesting items to put in the border gossip please feel free to contact me through the facebook page or email me-

Facebook: Border Gossip or bordergossip@hotmail.com

Kim Mountford



Editor

Marion Hayes



Treasurer / Advertising

Kim Sulway



Deliveries Co-ordinator

Defibrillators

Cabinets outside
**Middletown Village Hall
& The Cefn Chapel**

**Enter code C 1 2 3, then turn knob
firmly to the right to open.**

Any problems with either unit please contact
Gill Corfield 01938 570260 or 07753 685 260 or
Judy Evans 01938 570501 or 07751 041 350

POLICE

When it is less urgent than 999
Call 101 or 01267 222020

**PCSO Gary Gwilt of Dyfed Powys
Police at Welshpool**

Gary Gwilt SCCH 8054/PCSO 8054

Email: [gary.gwilt@dyfed-](mailto:gary.gwilt@dyfed-powys.pnn.police.uk)

[powys.pnn.police.uk](mailto:gary.gwilt@dyfed-powys.pnn.police.uk)

BEAT THE BOREDOM COMPETITIONS

1. Page 7, Design a logo. Open to all.
2. Write a poem titled 'Be Kind'. Open to all.
3. Photo of 'Fun in the sun' Open to all.
4. Photo of 'Messy Play' Open to all.
5. Photo of 'Relaxing' Open to all.
6. Page 19, Colouring for up to 6 years.
7. Page 32, Colouring for up to 10 years.
8. Page 36, Colouring for up to 15 years.

**Closing date for all entries is
22nd May!!**

Entries can be entered by
commenting on the specific
thread on the Border Gossip
facebook page.

Please include your name, age
and area you live.

Prizes (probably chocolate)
will be awarded for favourites
and editors decision is final

Entries can also be sent to
address below where they will
then be uploaded to the
facebook thread.

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Buttington, Welshpool,
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or

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soot.sergeant@outlook.com

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Email: Sk9991@hotmail.co.uk
theadmiralrodney1970@gmail.com



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Tue to Thur	12.00 - 14.00
and	16.30 – 23.00
Fri & Sat	Open all day

Food served

Sun	12.00 – 15.00
Tue to Sat	12.00 – 14.00
and	17.30 – 20.00

BEAT THE BOREDOM

The Border Gossip needs you!!!

We need a new logo to put on the front cover of our issues. Can you design one for us?

Open to everyone.

Use this box as a guide to the space available.



Entries can be entered by commenting on the specific thread on the Border Gossip facebook page.

Please include your name, age and area you live.

Prizes (probably chocolate) will be awarded for favourites and editors decision is final

Entries can also be sent to address below where they will then be uploaded to the facebook thread.

K. Mountford, Whitehouse,
Buttington, Welshpool,
Powys, SY21 8SX.
or

kim-whitehouse@hotmail.com

Buttington Trewern Community Centre

Booking Secretary – Anne Jerman 01938 570320

Facebook: buttington trewern community centre

Weekly Events:

Monday

Playgroup

Bowls 01938 556243

Zumba 6.15 – 7.15pm

Tuesday

Playgroup

Knitting / Craft Group

Pilates Class

Wednesday

Playgroup

Thursday

Playgroup

Friday

Playgroup

Saturday

Knitting / Craft Group

Meet alternate Tuesdays at
Trewern Community Centre

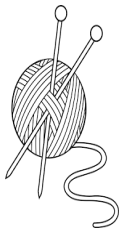
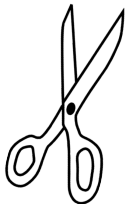
1.30 -3.30 pm
Term Time Only

Contacts:-

Margaret 570518

Linda 570529

Pam 570001



Join us for tea/coffee,
Biscuits and a chat.

We charge £1.20 per session to cover cost
of Community room
and refreshments

Ysgol Gynradd Buttington Trewern CP School

Head Master - Colin Jenkins 01938 570283

Please refer to website for school news.

School PTFA

Parents, Teachers & Friends Association

Chairperson – Karen Williams –

07772 260 382

Secretary – Heidi Bentley - 07723133318

Treasurer – Lorraine Pryce - 07825 326 532

www.trewern.powys.sch.uk

Ti a Fi Group / Cylch Ti a Fi Welsh Mother & Toddler Group

Facebook: Ti a Fi Buttington/Trewern

Buttington / Trewern
Community Centre

Tuesdays 9.30 – 11am. £2.50 per family

Lots of toys, games and crafts for children to explore and play with whilst interacting with other children.

Children from new-born to pre-school welcome along with their parent, carer or child minder.

Refreshments for children and adults included.

Welsh and Non-Welsh speaking welcome.

Canolfan Gymunedol
Buttington / Trewern

Dydd Mawrth 9.30 – 11yb £2.50 y teulu

Llawer o deganau, gemau a chrefftau I blant gael archwyllo a chwarae efo tra'n cydweithio efo plant eraill. Croesawn plant newydd-anedig hyd at oed ysgol efo'i rhieni, gofalwr neu gwarchodwr plant.

Yn cynnwys lluniaeth ar gyfer y plant a'r oedolion. Croesawn Cymry Cymraeg a'r di-Gymraeg

Doors open from 9am

Buttington Trewern Playgroup

Buttington Trewern School

Mon, Tues, Wed, Thurs & Fri - 8.30am – 11am

Optional lunch club – 11am – 12.30pm ~ £5 per session

Do you have a child aged 3 to school age?

Are you looking for a fun, supportive pre-school environment for your child?

Do you want your child to learn to socialise and develop their independence while being cared for by experienced, friendly staff?

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- A safe, secure environment with both indoor and outdoor play areas
- Excellent inspection reports from Estyn and CSSIW
- Close working links with Buttington Trewern school
- Funding for 3 year olds (children accepted the term following their 3rd birthday)
- 2 free sessions a week to families who are receiving income support

Contact Play Leader Jenny Knight at

buttingtontrewernplaygroup@gmail.com for more information

" Both of my children attended Buttington Trewern Playgroup and loved it. Having the chance to learn some independence and make new friends before starting school was invaluable", Mrs E Jones, Trewern.

All Saints Church Buttington

serving Buttington, Trewern & Hope

Vicar:	Caroline Rhodes	(01938 554245)
Joint Treasurers:	Mrs Eley Hart	(01938 570343)
	Mr Peter Stedman	(01938 554855)
Secretary:	Mrs Heidi Bentley	(01938 570637)
Vergers:	Mrs A Jerman	(01938 570320)

CHURCH WARDENS

Mrs Jean Jones - 01938 570452

Mr Peter Stedman - 01938 554855

If you have any queries please contact the Church Wardens

News from All Saints Church Buttington

In order to take seriously Jesus command to love our neighbours as ourselves we have sadly had to suspend all public services, in line with government advice and Church in Wales instructions, to reduce the risk of transmitting the coronavirus infection.

It breaks my heart that, for the duration of the pandemic, we are no longer allowed to hold any funerals in church, a graveside service or service at the crematorium obeying their restrictions on attendance are all that is currently permitted. Of course we will be pleased to offer bereaved families the opportunity to hold a memorial service in church when restrictions have been lifted. We have also had to introduce restrictions on weddings (a maximum of ten persons including the vicar & the couple are allowed to be present). Currently these new restrictions apply until 31st July, but my personal suspicion is that the deadline is likely to be extended.

Our worship continues in our homes, in prayer, reading our bibles, in action serving our neighbours, in obeying instructions to reduce being in physical contact with one another, in making that phone call to someone who may be lonely, ...

The church building remains open as usual for individuals to enjoy its beauty and peace, and to pray. Inside you will also find some prayer booklets and other prayer resources which you are welcome to take away. We are unable to disinfect the door handles, if this concerns you please wear gloves, use a clean hankie or the corner of your coat etc to separate your hand from contact. Please maintain 2 metres (That's a bit over 6 feet) distance between yourself and anyone else who may be present.

If you want to talk to the vicar for any reason (I'm feeling a bit fed up, anxious or lonely and wanted someone to chat to is a perfectly good reason) please phone 01938 554245, (preferably between 9am & 8pm) and ask for Caroline.

Prayer in a Pandemic By Cameron Bellm

May we who are merely inconvenienced
 Remember those whose lives are at stake.
 May we who have no risk factors
 Remember those most vulnerable.
 May we who have the luxury of working from home
 Remember those who must choose between preserving their
 health or making their rent.
 May we who have the flexibility to care for our children when
 their schools close
 Remember those who have no options.
 May we who have to cancel our trips
 Remember those that have no safe place to go.
 May we who are losing our margin money in the tumult of the
 economic market
 Remember those who have no margin at all.
 May we who settle in for a quarantine at home
 Remember those who have no home.
 As fear grips our country, let us choose love.
 During this time when we cannot physically wrap our arms
 around each other,
 Let us yet find ways to be the loving embrace of God to our
 neighbours. Amen.

All Saints Church, Buttington 200 Club

Contact Jean Jones, Smithy, Buttington, Welshpool SY21 8SS

February winners:

£15 Helen Dart
 £10 Eluned Sheryn,
 Jack Rawlinson,
 Finnian Roberson,
 Amy Williams,
 Tesni Jones,
 Hazel Stibbe
 £5 Mary Lynne Jones,
 Adam Roberson

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Important Information About Paper Repeat Prescription Requests

Our normal repeat medication process of handing in a repeat slip will be temporarily suspended, to avoid the spread of coronavirus. As an alternative to your paper copy prescription slip please ring into the surgery line on 553118 or 557639.

Self-isolation will mean living through our screens

With great swathes of the world population physically distancing themselves from the rest of society, travel restricted, schools, workplaces and leisure facilities shut down we can expect a massive increase in “screen time.” We are familiar with numerous terrestrial TV channels, catch-up services such as BBC iPlayer and satellite broadcasters. Streaming services such as Netflix and Amazon Prime are well known.

The BBC:

is broadcasting *Health Check UK Live* on BBC1 at 9.15am commencing 30 March 2020 to give daily advice for viewers in self isolation. The intention is to offer tips on how to stay happy and active. It will include a gentle exercise class.

The Green Goddess – the keep-fit queen of the 1980s – has made a comeback on *BBC Breakfast*. Eighty year old Diana Moran will be doing exercises three times a week from self isolation so viewers can follow along at home.

There is a plan to broadcast a weekly Sunday morning church service on BBC1 and the corporation is exploring ways to cover other religions.

Arts coverage will be rebranded as *Culture in Quarantine*.

The BBC Food website will focus on recipes that can be made from store-cupboard ingredients, aimed especially at older people and low income families.

Following the closure of theatres and museums here are a few on screen cultural treats that readers may like to investigate:

www.mediciv.tv

Medici TV – the world’s leading classical music channel. A rare and exclusive collection of concerts, operas, ballets, documentaries and master classes. Minimum subscription one month, from £9.90/month.

www.marquee.tv

Marquee TV – culture on demand with dance, opera and theatre performances available to stream FREE for a 30 day trial period.

www.digitaltheatre.com

Digital Theatre – brings the live experience to your screen by streaming the best theatre productions from around the world. For unlimited access users can subscribe on a monthly basis (£9.99/month). Alternatively each production is available to rent online for 48 hours.

www.metopera.org

Met Opera on Demand - from legends to today’s great stars, experience more than 700 full length performances from this New York City institution. (\$14.99 USD/month). In addition to this subscription service the Met is currently making available each day a different encore presentation from the company’s *Live in HD* series for FREE streaming.

www.broadwayhd.com

Stream your favourite Broadway hits – monthly or annual subscription plan available. Free 7 day trial. \$8.99 USD/month after trial (plus applicable taxes).

www.museivaticani.va

Enjoy virtual tours of six sites within the Vatican Museum. Experience the beautiful interiors up close and FREE OF CHARGE. Includes the Sistine Chapel.

www.artsandculture.google.com

A fantastic online resource which is FREE OF CHARGE and where you can

Tour famous sites and landmarks, step inside must-see museums around the world, visit now closed exhibitions which you can still explore in Street View;

Access All Areas – go behind the scenes in key sporting locations;

Step into history – visit 10 European Heritage sites;

Explore art works in high definition using Art Camera;

Uncover the novelties of nature in Natural Historyand more.

Many of the named subscription services have free trial periods and/or gift subscriptions. If it is your birthday soon you could suggest a gift subscription as a present or you may wish to consider gifting a subscription to a friend or family member at this time.

A lot of “screen time” doesn’t mean turning into a couch potato. If you usually work out at the gym and don’t want your hard earned fitness level to drop you maybe interested in the following websites. Not having gym equipment shouldn’t limit what you can do at home. A dining chair is good for step-ups and simply add cans of tinned food or bottles of wine for weights. Fill a tote bag and use it as a kettleball.

www.crossrope.com/app

A US company, Crossrope sells weighted jump ropes (from a hefty £100) but its easy to use free app is available for those who’ve dug out their children’s old skipping ropes from the attic. Sessions range from 10 to 30 minutes. Beginners sessions too.

www.nike.com/gb/ntc-app

High quality and free to use, the Nike Training Club (NTC) app offers a vast library of minimal equipment workouts. Start training with a personal plan that guides you whilst adjusting to your progress, schedule and other activities. You get access to four 4-6 week plans. Free app for IOS and Android.

www.bodycontrolpilatescentral.vhx.tv

This website hosts a wealth of information, classes and knowledge from top teachers. Membership from £13/month. Free trial available. Body Control Pilates also has a FREE YouTube channel to get you started. You’ll just need some pillows and a mat.

www.youtube.com/user/yogawithadrienne

Texas born yoga phenomenon Adrienne Mishler has hundreds of FREE YouTube videos ranging from Yoga for Seniors to her classic 30 days of yoga challenge.

Border Club

Meet 2nd Wednesday in the month at 7.30pm at Middletown Village Hall

Chairman - Graham Roberson 01938 580192

Treasurer - Kathleen Fisher

The clubs Christmas Lunch was held at the Talbot Inn in Berriew, it has long been the practice to hold this lunch in February, not only is the run-up to Christmas a difficult time to book for a large party but also prices can double or even treble, so why not go when it is nice and quiet and prices are sensible? It was a good choice of venue with nearly all club members in attendance, so thanks to Peter Stedman for organising this event.

Our March meeting was a talk by a speaker whom we have had before, the last time Tony Crowe from Church Stretton spoke to us his subject was Carl Faberge', this time his subject was the Heraldry of the United Kingdom.

We started off in circa 1115 AD when men fighting for a particular leader or cause needed to be able to distinguish friend from foe and so needed a flag or banner to rally around. This slowly evolved into the wearing of symbols denoting a particular family and its connections to other families or even royalty. If we move forward a hundred years or so we found Knights on horseback wearing elaborate crests and plumes on their helmets and with what had become a coat of arms on their bedecked horses and shields. As we moved on through the centuries the various Kings and Queens of England acquired a 'Royal Coat of Arms' which changed again as each new monarch added his/her royal cipher and deleted the previous one. Interestingly enough is the fact that the present Royal Coat of Arms denotes England, Ireland and Scotland but not Wales! Tony was not able to throw any light on this mystery, perhaps we ought to petition the Welsh Assembly? It was a very interesting hour and a quarter and held the interest of all the members.

It will come as no surprise to readers that the next three months meetings have been cancelled though we have left untouched (at the moment!) our planned outing to Southport on July 8th, the committee will contact members nearer the time to advise of any changes to this outing.

In the meantime the committee and members of Border Club hope that you and your families continue to stay safe during this present crisis and we will all be able to return to a normal lifestyle in the not too distant future.

Graham Roberson

Middletown Village Hall

Chairman – Stuart Hughes 01938 570504
Booking Secretary – Kath Onions 01938 570286
Treasurer – Judy Evans 01938 570501
www.middletownvillagehall.co.uk

Weekly Events:

Monday

Bingo

Tuesday

Wednesday

Border Club
(2nd Wed of the month)

Thursday

Whist Drive
(1st Thur of the month)

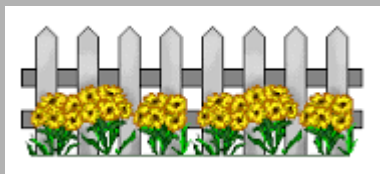
Good Companions
(3rd Thur of the month)

Friday

Saturday

Whist Drive
(1st Sat of the month)

Garden Group Jean Dorril



01938570570
Email –
jdorril@yahoo.com

BINGO

Every Monday Night 8 pm
Middletown Village Hall

Everyone Welcome (over 18)

Bus starts from

Montgomery - 7.07 pm

Berriew - 7.15 pm

Welshpool - 7.25 pm

Trewern - 7.35 pm

Membership Fee 10p.

Social distancing can be boring or frustrating. Try to stay mentally & physically active during this time:

- **keep in touch with family and friends using remote technology such as internet and social media.** Set up a Skype, FaceTime or Zoom call so you can see as well as hear each other. But remember that many older people don't have broadband access or are "internet lite" – they use email and shop online but are not into social media and may be unfamiliar with many apps. Don't forget old technology – use the telephone or put pen to paper when reaching out to someone who lives alone and may be feeling anxious, particularly the elderly;
- **spend time at home doing things you enjoy – this might include reading, cooking, indoor hobbies etc;**
- **try to eat healthy, well balanced meals, drink enough water and avoid smoking, alcohol & drugs;**
- **look for ideas of exercises you can do within the home on the NHS website;**
- **keep your windows open to let in fresh air, get some natural sunlight if you can, or get outside into the garden;**
- **you can also go for a walk or exercise outside if you stay more than 2 metres from others;**
- **jot down your tips for keeping spirits up and/or your experience of working from home or write an article on a subject that has nothing to do with coronavirus. Send to *Border Gossip*. We would love to hear from you.**

Bold text taken from *Guidance on social distancing for everyone in the UK*, published by Public Health England. Updated 20 March 2020.

The National Trust – coronavirus update

All houses, gardens, gated parks, toilets, cafes and shops are closed as from midnight on 21 March 2020 until further notice to help restrict the spread of coronavirus.

Some countryside and coastal places stay open with parking charges waived. Before you try to visit any place, please check the property webpage for the latest information.



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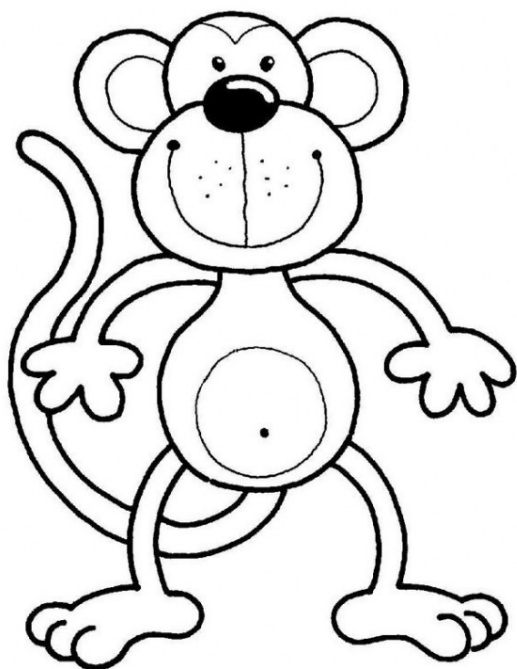
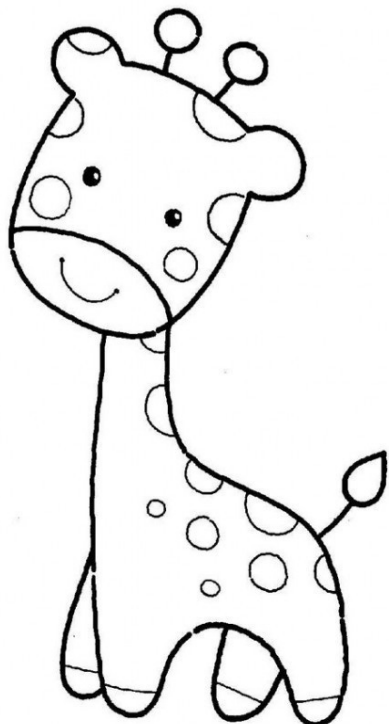
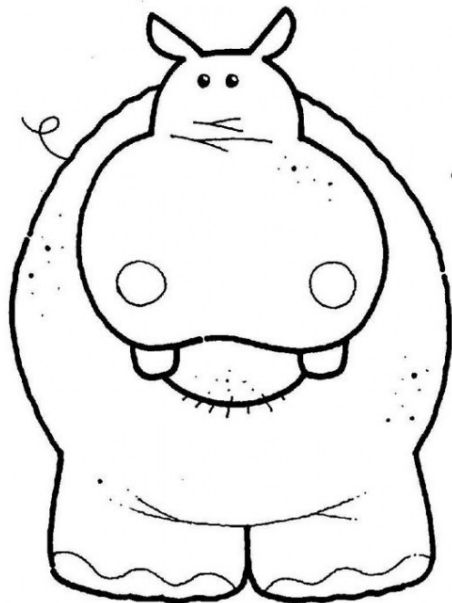
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BEAT THE BOREDOM





Middletown Three Cheers

Coffee, Cake & Company

Helpers - Roz Evans, Beryl Powell, Tony Hill

Contact – Sue Hill 07761056156



Great Wollaston & Middletown Churches are inviting everyone to a coffee morning once a month in Middletown Village Hall, 10.30 till 12.00pm. This is an event organised by volunteers on behalf of the churches as a service to the community. The idea is to come along, have a coffee and make new friends. In 2019 it will run on the 4th Tuesday of each month. It is a free event but people are very kind and have volunteered to cover the village hall costs. All the cakes and drinks are made by the volunteers.

Please continue to support our company and need help to eat all the cake!

Future dates TBC

**Future Dates:
28th April**

23rd June 28th July 25th August 22nd September
27th October 24th November 15th December

20th March

At least it's Spring

Who has not noticed?? It grows brighter by the morning. No one has told the birds about social distancing, and they sing for love. Flooding has receded and the sun has shone. It is an enemy of viruses and a friend to us all. The cherry trees, forsythia and camellias are blooming, the magnolias will soon join them and the daffodils nod happily. Trees on Moel y Golfa are showing a hint of green as are hedgerows enclosing fields on Long Mountain. The gorse on Middletown Hill is already tinged gold.

We are lucky to live amidst beautiful countryside and now, although "our lives may be full of care, we do have time to stand and stare." Of course there is a poignant contrast between the blossom and the sickness. But Spring returns, always has and always will, bringing new life and hope.

Written after an editorial in The Daily Telegraph prompted me to look out of the window. MKH

**All Saints Church
Middletown, 100 Club**

February Winners

£10 Pat Reeves
£5 Beryl Powell
£5 Richard Faibanks
£5 Eileen Clifton
£5 Rachel Lee
£5 Kath Onions

March Winners

£10 Jackie Smith
£5 Marjorie Scott
£5 Maldwyn Jones
£5 Mabel Breeze
£5 Val & Alan Davies
£5 June Vaughan

**St John the Baptist
Great Wollaston**

SERVICES

4th Sunday, 11am - Communion

Church Warden Mr Robert Kynaston

**All Saints Church Middletown
Services**

1st Sunday – 9.30am Communion
5th Sunday - 9.30am or 11am

Church Warden Mrs Rachel Lee 01743 884419

Good Companions

Meet 3rd Thursday of the month at Middletown Village Hall

Chairman - Chris Hilditch 07964414744

Secretary - Shelagh Tyler 01938 570016

At our last meeting we had a young man called Matthew who came with a variety of musical instruments which he passed around between us we had great fun playing them there was no "blowing" just shaking and beating at the end of the afternoon we played something that was nearly a tune. We all had a great time a very entertaining afternoon.

Unfortunately there will not be any more meetings for the time being let us hope it wont be too long before we can all meet again till then stay indoors and stay safe.



Events at Gregynog, Tregynon, Nr. Newtown, SY16 3PL

Registered Charity Number 1146516

**From statement issued on 19 March 2020 by
Jan Wallwork Clarke, CEO Gregynog Trust:**

The Gregynog Trust has taken the decision to close Gregynog Hall and the Courtyard Cafe until at least 1st May. This is to support the official advice on containment and social distancing and due to a huge reduction in bookings.

We recognise that access to our beautiful gardens & grounds is important to local people, especially those that are having to limit social interaction due to coronavirus, so we will keep the gardens & grounds open for you all to enjoy.

We will keep the 24 hour free toilet available whilst it is safe and there is staff resource to do so.

We hope that you will continue to respect this access to a peaceful outdoor space by acting responsibly over dog mess and litter.

We will update our status on all our social media platforms as and when the situation changes.

Thank you for our cooperation and understanding.

For information on the above

Tel: 01686 650224 or visit www.gregynog.org



DONATIONS TO THE BORDER GOSSIP



We are extremely grateful for the generous donations received from

**** Trevor Jones ****

****Trewern Community Council****

We are very grateful for any donations we receive and thank you so much for all your support.

If you would like to make a donation please contact Marion. Every donation ensures we can keep producing The Border Gossip for you to enjoy. Thank you

Marion Hayes - marionkhayes@hotmail.com

Mobile Library Bus



(Route N11) visits

on 3rd Wednesday of the month

Trewern (Pentre Gwyn estate)

From 12.10-12.20

Middletown (Car Park) from

11.45-12.00

Local Recycling

Paper Bank

in the car

park of Middletown

Village Hall raises

money for the Village

Hall.



Timetable for Celtic Travel Bus Service X75 (valid from 3 September 2018)

The X75 service leaves FOR SHREWSBURY from:



Buttington – Green Dragon	0748	0951	1151	1351	1546	1706
Trewern - Little Chef	0752	0955	1155	1355	1550	1710
Middletown – Breidden Pub	0756	0959	1159	1359	1554	1714

The X75 service leaves FOR WELSHPOOL from:

Middletown – Breidden Pub	0730 Sch	0955	1155	1355	1505	1705	1825
Trewern – Little Chef	0734 Sch	0959	1159	1359	1509	1709	1829
Buttington – Green Dragon	0738 Sch	1003	1203	1403	1513	1713	1833

We will be taking calls from customers who wish to pre-order any food or drinks through our Drive Thru.

No need to leave your car!

Call us on 01938 570296

We can even deliver to those who need it. We will also be selling:

- *milk*
- *eggs*
- *bread*
- *toilet rolls*
- *tinned beans & tomatoes*
- *large cartons of orange & apple juice*
- *tea bags*
- *sugar*
- *cereal*

MOO'S Coffee Bar & Drive Thru

on the A458 at Trewern

Opening hours:

Mon - Fri	7am - 6pm
Saturday	8am - 6pm
Sunday	9am - 6pm



We're Your Experts

Due to our record breaking year in 2019 McCartneys Welshpool are in urgent need of **new instructions!**

We provide our clients with a first-class, bespoke marketing package, which includes 3D virtual tours, elevated photography, floorplans and much more.

If you require some property advice or would like to arrange a **FREE**, no obligation market appraisal then please call us on **01938 531000** or e-mail welshpool@mccartneys.co.uk



mccartneys.co.uk

Follow us on    





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- Double glazed Units • Door Panels

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07812 781905

F J ROBERTS DECORATING

- Interior & Exterior Decorating
- Wallpapering
- Paint Spraying
- Wall and Floor Tiling
-

Tel: Frazer Roberts on 07969130011

Email: FRA3@ICLOUD.COM

Public Liability Insurance

Window Cleaner

Local Service for Residential
& Commercial Properties

Free Quotes & Affordable Rates.

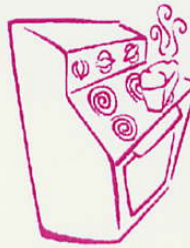
Mob: 07779837268

Tel : 01938 570854



www.welshpoolwindowcleaning.co.uk

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We clean domestic ovens, Ranges,
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Bulb and filter replacement serv-
ice available.

Minimum disruption • Low odour

Amazing results

House cleaning also undertaken.

For a free quote call:

07792 743664



TSH Home Improvements

- Bathrooms/Kitchens
- Plumbing/Tap Replacement
- Plastering
- Replacement UPVC
Doors/Windows
- Tiling
- Flooring
- Painting
- Guttering/Facias
- General Handy man

NO JOB TOO SMALL

Please Call Tim Hignett

07817 930690 or 01938 570304

DIY a problem? Well no more



Call Peter Whitfield on
07778162436

No job too small, for example:

- Decking
- Flat pack assembly
- Shelves
- Grass and hedge cutting
- General odd job

Email peter@pwservices.co.uk

Railway enthusiast??



Scheduled Events at Welshpool & Llanfair Light Railway

25th April	Sierra Leone Independence Celebrate WLLR's Links with the Sierra Leone Railway. Normal fares apply.
24th May	Evening Fish & Chip Train <i>Advance booking essential</i>
30th & 31st May	Welsh Tea on the Train <i>Advance booking essential</i>

Future plans regarding the above events will be posted on the website www.wllr.org.uk and on the social media pages www.facebook.com/welshpoolsteamrailway on Facebook and @LlanfairLine on Twitter

Scheduled Open Weekends at Rhiw Valley Light Railway

2nd & 3rd May	Situated on the B4390 between Berriew and Manafon.
6th & 7th June	10.30am – 4.30pm. Free Parking. You are welcome to picnic in the garden & grounds.
11th & 12th July	Adults £6, children £4. Children Under 3 Free. Family ticket £20 (2 adults + up to 4 children).

For up to date information please visit www.rvlr.co.uk or email steam@rvlr.co.uk

PLEASE CONTACT FOR DETAILS

Powys County Council

County Councillor – Amanda Jenner - 07800914446

Facebook.com/CllrAmandaJenner/ -

cllr.amanda.jenner@powys.gov.uk

COVID-19

JOINT BRIEFING FROM COUNCILLOR AMANDA JENNER & TREWERN COMMUNITY COUNCIL

Dear all,

We are going through unprecedented times. This health crisis is impacting all of us and causing worry and upset for many people. In order to help our community through this, we want to provide you all with as much information and advice/support as possible and so have put together this briefing. We are aware that many people in our community do not have the internet and may not be on Facebook, and so where possible, we have provided telephone numbers that you can call for further information.

We urge you all to follow the latest Government advice and to keep in regular telephone or internet contact with anyone you know who may be self-isolating or feeling very anxious during this period.

We have a strong community and many people here have already stepped up to offer support to their neighbours. Thank you to all of you!

Keep Calm. Follow the Advice. Stay Positive. AND PLEASE...Don't Panic Buy. Buying more than you need will mean that others will not get what they do need!

With the best and healthiest of wishes to all of you from,

Cllr Amanda Jenner

Gill Corfield (on behalf of the Community Council)

LATEST GOVERNMENT & HEALTH ADVICE

Public Health Wales

<https://phw.nhs.wales/>

Powys Teaching Health Board

<http://www.powysthb.wales.nhs.uk/home>

Welsh Government

<https://gov.wales/coronavirus-covid19>

Powys County Council - Coronavirus

<https://en.powys.gov.uk/coronavirus>

ONLY IF YOU DON'T HAVE INTERNET ACCESS TO INFORMATION – CALL NHS 111 FOR HEALTH ADVICE & INFORMATION

LOCAL HELP & COMMUNITY SUPPORT

For any help or queries on support that may be available to you, please contact:

Amanda Jenner (County Councillor)

Tel: 07800 914446 Email: cllr.amanda.jenner@powys.gov.uk

Gill Corfield (Chair of Community Council)

Tel: 07753 685260 Email: trewerncommunitycouncil@hotmail.com

A number of locals have already kindly offered their support around their neighbourhoods to anyone who may be self-isolating. If you are self-isolating and need some help and haven't had a neighbour get in touch with you, please contact us and we will do our best to help.

For those of you Facebook

Amanda Jenner's facebook page will provide regular information on any government/council information that may help people during this period.

<https://www.facebook.com/CllrAmandaJenner/>

There is a local community facebook group where anyone can share information on anything that may be useful during this period. It is also a place for people to ask for help or advice.

See **Trewern/Middletown/Buttington/Hope Community**

<https://www.facebook.com/groups/184761105586059/>

For parents/carers/guardians of pupils at Buttington Trewern C.P School, we have set up a facebook group to share ideas/tips on keeping children entertained, activities and educational ideas whilst the children are at home.

See **Buttington Trewern CP Parents/Carers - Survival/Ideas/Help for Lockdown**

<https://www.facebook.com/groups/482736672606109/>

FINANCIAL SUPPORT DURING THE COVID-19 PERIOD

INDIVIDUALS

Martin Lewis from Money Saving Expert has put together this –

<https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/>

This is comprehensive advice on:

sick pay

Government coverage of wages

mortgages

rental help

energy top-ups

cancelled events & more

It is a good starting point, although some of the support is fast moving and emergency legislation may still be introduced or has yet to be announced in Wales.

To apply for or see if you are eligible for benefits, contact Welshpool Job Centre Plus

<https://www.jobcentrepplusoffices.com/na/welshpool-jobcentre-plus/>

Tel: 0800 055 6688

BUSINESSES

Welsh Government has already announced measures with regarding to Business Rate relief. There will be more announcements to come as they process everything that the Chancellor has announced and apply it to Wales. For any advice, contact Business Wales

Call the Business Wales Helpline on 03000 6 03000

<https://businesswales.gov.wales/contact-us>

<https://businesswales.gov.wales/coronavirus-advice>

LOCAL SHOPS & PRODUCERS DELIVERING/SUPPLYING TO OUR AREA

Eggs at Middletown Farm

Local Free range eggs for sale £5 per (30 egg) tray! Also offering free local delivery as well and can arrange to drop them by your door with the current situation!

If you would like to collect, they are sourced at The Farm, Middletown and there is an honesty box on the side of the road. Stuart Hughes 07801 305230

Moo's Coffee Bar - Call them on 01938 570296

Moo's have a drive through facility and will be taking any calls from customers who would like to pre order any food or drinks through their drive through.

They can even deliver to those who need it and will be selling:

Milk, eggs, bread, beans and tomatoes, toilet roll, large cartons of orange and apple juice, tea bags, sugar, cereal

Jake Burton Dairy

Delivers fresh milk and produce to your doorstep in our area

<https://www.burtondairiesltd.co.uk/>

Telephone - 07507 682667

Lewis' Llandrinio

For those who have concerns about attending a public place over the coming weeks Lewis' have introduced a designated personal shopper 'Drive Through' service for groceries and food.

Simply;

- 1- Ring with your order between 9am-3pm
- 2- Pay by card over the phone
- 3- Park up in our collection point at a time to suit you
- 4- They will bring your 'ready packed' shopping out to you.

If you would be interested or have family, friends or neighbours who would benefit from this service or our HOME DELIVERY service then please ask in store for further details or call 01691 830102 or message via their Facebook page - <https://www.facebook.com/lewisllandrinio/>

Alexander's of Welshpool

Sellers of hardware, home & garden goods. Will deliver to our area.

www.alexandersofwelshpool.co.uk

Tel: 01938 552329

Derwen Garden Centre

For those staying at home or avoiding contact with others they are offering a delivery service for plants (minimum orders of £50) , call 01938 553015. Groceries from farm shop can be ordered to collect outside shop, or delivered to those unable to drive there (within reason) on 01938 551586 . You can call and pay by card. <https://www.facebook.com/derwengardencentre1/>

Welshpool Pets

Tel: 01938 555300 – are doing local delivery but may require a fuel contribution

Churncote Farm Shop

As of print, they are still setting up a delivery service. Please call **01743 851081** for more information

Supermarkets – priority shopping to elderly, vulnerable and NHS workers

Some supermarkets have announced they will have priority shopping times for certain groups of people. At time of writing, it is not fully clear whether this will apply to all stores across the country. Here are the phone numbers for the stores in Welshpool for you to check this.

Tesco - 0345 026 9676

Morrisons - 01938 559032

Sainsbury's - 01938 559341

Aldi - 0800 042 0800

Library services for high-risk groups and those who are self isolating

Cllr Amanda Jenner has made enquiries with Powys County Council to see if there is a way that library books and resources could still be ordered and delivered to people (perhaps in drop boxes or through volunteers picking these up). As of writing this, it is not yet clear whether the libraries will be remaining fully open or providing full services during this period. If you are a regular library user or would like to be kept informed of any developments with this, please contact Amanda on the contact details provided above.

Contact your local politicians

If you cannot find the information that you need above, you can also contact your local elected politicians to see if they can help you. Face to face advice surgeries and meetings are not taking place during this period, but them and their staff are still working and contactable.

Craig Williams MP – Telephone: 01938 552315 or 020 7219 5134, or email craig.williams.mp@parliament.uk

Russell George AM – Telephone 01686 610887 or email russell.george@assembly.wales

Stay at home
Protect the NHS
Save lives

DATES FOR YOUR DIARY APRIL & MAY

Dates For Your Diary

*Unless Indicated Please Check With Individual Event Organisers to
See If It Is Going Ahead*

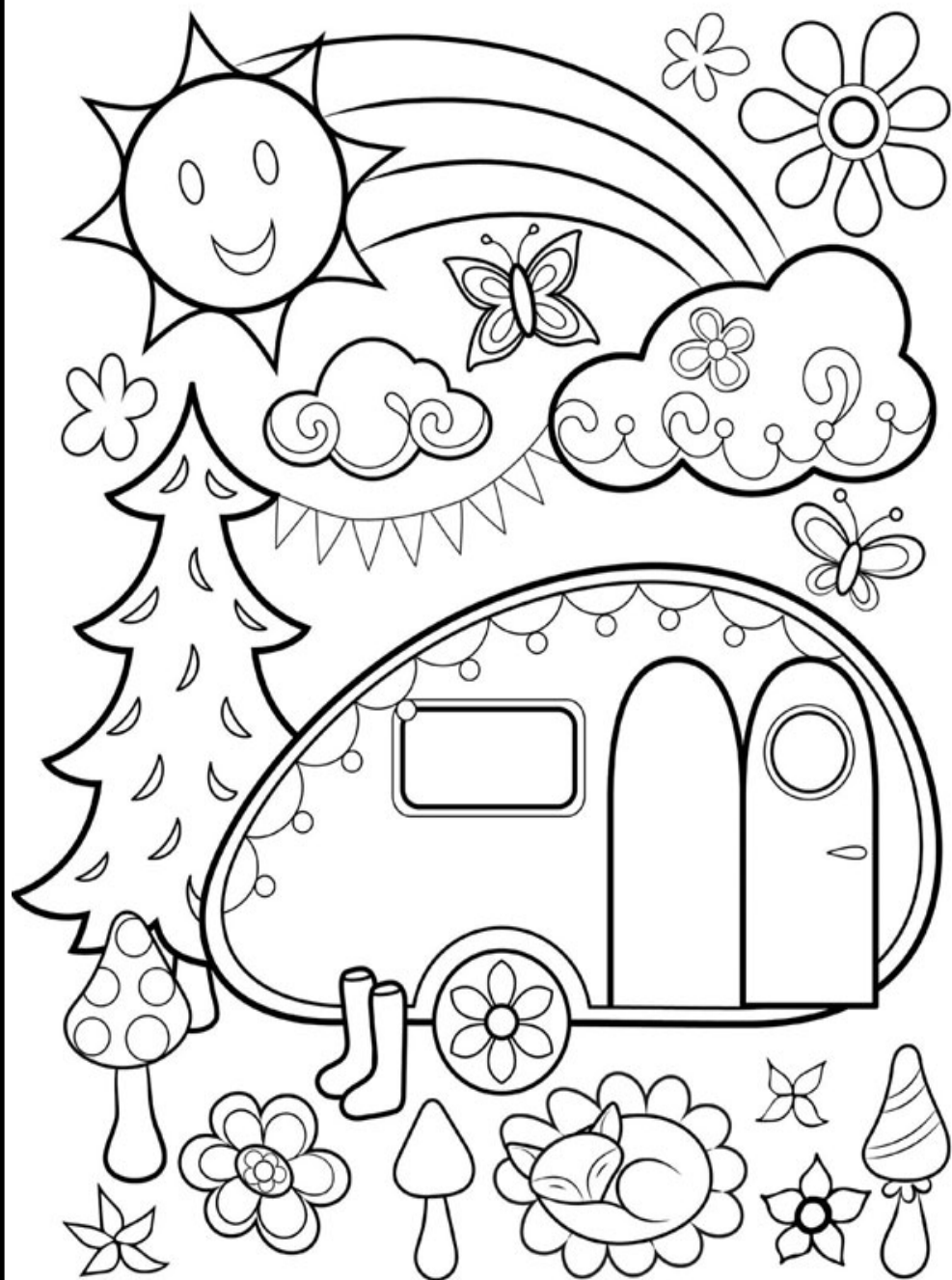
April 2020

7 th	<i>Percy Rudolph Broemel, Gentleman or Charlatan</i> at Cowshacc, Oldfield Road, Welshpool Talk by Brian Mills. U3A Welshpool. CANCELLED
18 th 3pm	<i>Crucks: the Good, the Bad & the Ugly. Reflections on Medieval Roofs</i> at Cowshacc, Oldfield Road, Welshpool Talk by Richard Sugget. See www.powyslandclub.co.uk
23 rd	<i>A Day at the Roman Games</i> at The Royal Oak, Welshpool Talk by Mike Clegg. Arts Society of Mid Wales, CANCELLED
26 th 10am start	Tesco Welshpool Car Boot Sale £5 a pitch which will be donated to Diabetes UK, British Heart Foundation & Cancer Research UK. Book pitch in advance at Customer Service Desk. Limited spaces.

May 2020

2 nd	Welsh National Motorcycle Rally start & finish at Welshpool Livestock Market, Buttington. SUSPENDED
2 nd	Montgomery Canal Triathlon For further info contact montcanaltriath@btinternet.com POSTPONED to 8th May 2021
2 nd 7.00 ^{pm}	VE 75th Anniversary Concert, Methodist Church, W'pool Tks £10 from Welshpool Jewellers.. Enquiries: 07782 166342
5 th	U3A Welshpool at Cowshacc, Oldfield Road, Welshpool Free to members. Non-members welcome. www.welshpoolanddistrictu3a.org.uk
24 th	Welshpool Festival of Music
28 th 2.30pm	<i>Charles Rennie Mackintosh</i> at The Royal Oak, Welshpool Talk by Stella Grace Lyons. Arts Society of Mid Wales, Info: 01938 555938
31 st 10am start	Tesco Welshpool Car Boot Sale £5 a pitch which will be donated to Diabetes UK, British Heart Foundation & Cancer Research UK. Book pitch in advance at Tesco Customer Service Desk. Limited spaces.

BEAT THE BOREDOM



Powysland Museum/Library, The Canal Wharf, Welshpool

The Welshpool Library building on Brook Street closed on 14 March 2020 and the new facility shared with Powysland Museum is scheduled to open on 30 March at The Wharf.



Amgueddfa Powysland | Powysland Museum
Llyfrgell y Trallwng | Welshpool Library

Due to the coronavirus situation now is the perfect time to highlight the online library services provided **FREE OF CHARGE** by Powys CC to library members. E-books, e-audio downloads, e-magazines and e-comics are available 24/7 from the council's website: www.powys.gov.uk

Join the Library Anyone who lives, works or is studying in Powys can join the library by completing the online form. You get a temporary membership number which you can immediately use to start downloading **eBooks & eAudiobooks from BorrowBox** or **eComics & eMagazines from rbDigital** straight to your smartphone, tablet or computer.



- You can borrow & download up to 10 eBooks and 10 eAudiobooks at a time.



- Current issues and back copies of 280 popular magazines. Enjoy unlimited checkouts with no loan period limits. Around 800 issues of comics & graphic novels – 30 day loan period, items automatically returned.

For detailed information on how to get started visit the Powys CC website and search on eBooks and/or eComics. If you are already a library member you can register for these services with your library card number and PIN.

Coronavirus update re Libraries as of 21st March

1. Powys CC are now renewing all loans automatically, so you don't have to worry about physically returning items to your library;
2. Overdue fines for all customers will be cancelled or waived;
3. The number of items you can take out (if you want to visit a library) has been increased to 40.



Welshpool Rangers

For girls aged 14 years
& over

Meet every Thursday
Church House, Welshpool

Ranger Guide Leader

Judy Evans 01938 570501



Welshpool Guides

For girls aged 10 to
14 years

Meet every Thursday
Church House Welshpool

Guide Leader

Judy Evans 01938 570501



St Winefrides Catholic Church

Raven Street, Welshpool. 01938 555657

Father Johnson

Weekly Services - Saturday Vigil Mass - 6-30pm Sunday Mass 9am

Powysland Museum, The Canal Wharf, Welshpool



Notice of Temporary Closure issued by Powys CC

The Powysland Museum temporarily closed to allow some of the museum exhibitions to be moved and redesigned in order to accommodate Welshpool Library within the building.

Contact for more info: powysland@powys.gov.uk Tel: 01938 554656

VIVIENNES

Ladies Hairdressing - Open 6 Days
29 High Street, Welshpool
Tel: 01938 553227

LADS & DADS

Gentlemen's Barbers - Open 6 Days
(8am-2pm Saturday)
40 High Street, Welshpool

Do you have a business?

The Border gossip is delivered to 598 homes in the area. Why not advertise with us to reach more potential customers?

ADVERTISING IN THE BORDER GOSSIP

1/8 page - £25 for a year

1/4 page - £50 for a year

1/2 page - £100 for a year

For further information

Contact Marion Hayes:

marionkhayes@hotmail.com



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DipCFHP, MPSPract

Quality Foot care for pain
Relief and comfort

Mob: 07714 244359

Email: buswelluk@yahoo.co.uk

Mobile Service

Treatment in your own home



PILATES CLASS



Tuesdays

6.30pm-7.30pm Mixed Ability

7.30pm-8.30pm Intermediate

Buttington Trewern Community Centre

Cost: £30 per 6-week programme
(£5 per session)

Please contact Ennis Vingoe before
attending a session on:

ennis_vingoe@hotmail.com or 07803 583468



Back at it

Dave Farrow Dip FT&ST

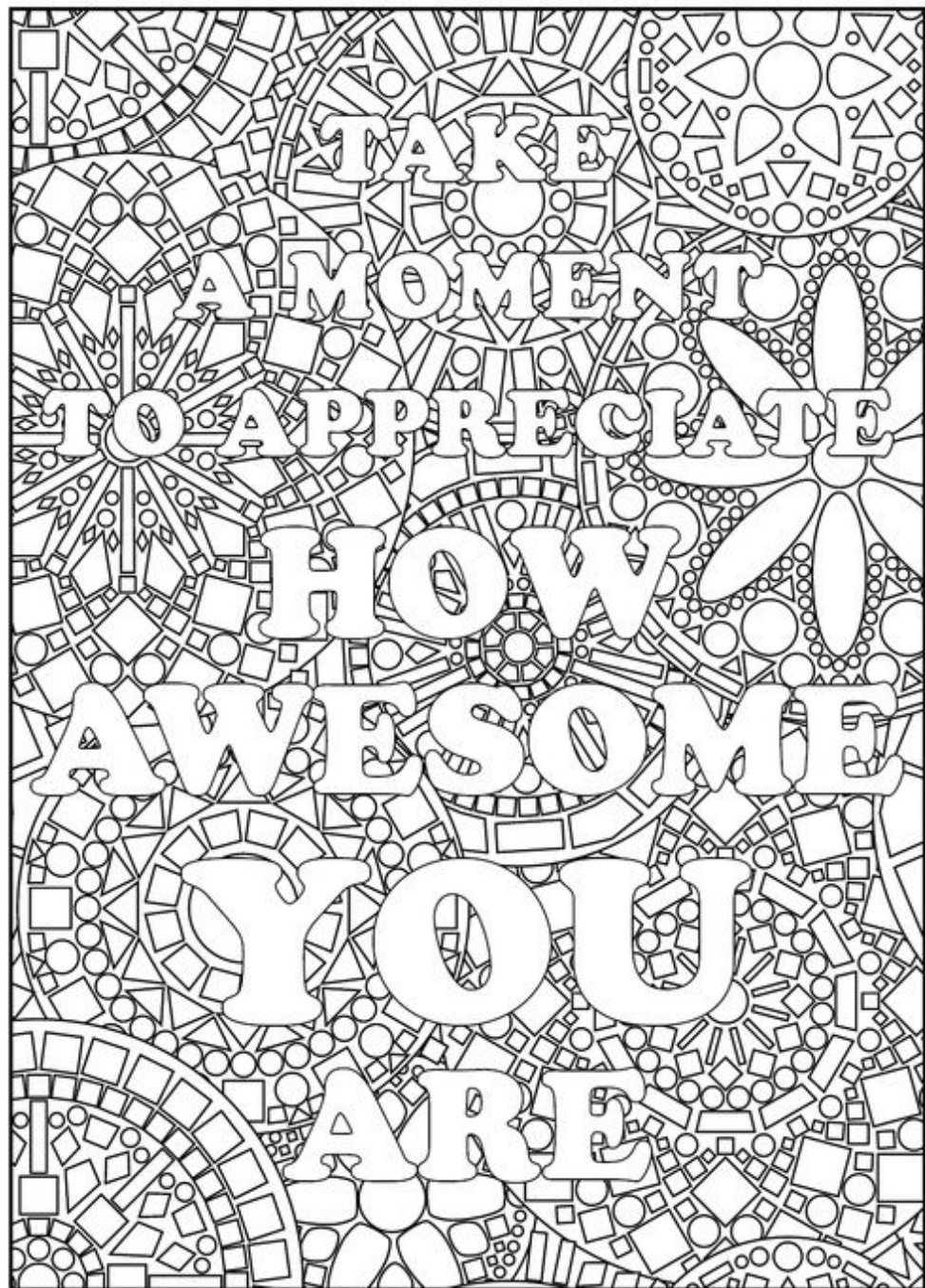
Personal training

sports massage therapy

07964 991777

david.s.farrow@hotmail.co.uk

BEAT THE BOREDOM





Flicks in the Sticks



Welshpool Assembly Room in Town Hall:

7.00pm Adult: £3.50, Child £2.50

Tickets on door (Doors open 6.30pm)

Enquiries: 01938 552043 (Welshpool Tourist Information Centre)

***The next scheduled screening will be
September 2020***

**A for sale item with the proceeds going to
Border Gossip Funds.**

An 8mm Eumig Cine camera complete with handle
and carrier shoulder box.

Contact Mike Jones, The Laurels, Middletown,
Welshpool, SY21 8DJ phone 01938570412 or e.mail
mikejon74@hotmail.com looking for offers please.

In the Time of Pandemic

And the people stayed home. And they read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And they listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live, and they healed the earth fully, as they had been healed.

*– Posted by Kitty O’Meara on her blog called The Daily Round
(the-daily-round.com/2020/03/16/in-the-time-of-pandemic), then picked up on
Facebook which turned it viral. Sorry, no pun intended!*

A large graphic featuring the number '75' in white, centered within a red inverted triangle. This triangle is set against a blue background that also forms a larger inverted triangle. The bottom point of the red triangle is a gradient that fades into white.

75

VE DAY

75TH ANNIVERSARY

A SHARED MOMENT OF CELEBRATION

8 - 10 MAY 2020