

East Woodhay & Highclere Coronavirus Community Support



Highclere
Society



EWH Neighbourcare



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We are here for you – one number to have:

- prescriptions delivered
- shopping collected
- a friendly chat on the phone

01635 745 600

<http://www.ewhneighbourcare.org.uk>

If you are reading this newsletter on Facebook or another site that means you cannot access the links to other websites go to:

<http://www.wooltonhill.com>

and click on the newsletter on the front page.

You can access and download the PDF file with active links from there.

Face Coverings to be Compulsory

As from next Friday 24th July, it will be compulsory to wear a face covering when in a shop or supermarket or travelling on public transport. Anyone not doing so will be liable to a £100 fine.

Face coverings are not necessary when visiting a café, restaurant or pub but you are also strongly encouraged to wear a face covering in other enclosed public spaces where social distancing may be difficult and where you come into contact with people you do not normally meet.

You do not need to wear a face covering only if you have a legitimate reason not to. This includes: young children under the age of 11; not being able to put on, wear or remove a face covering because of a physical or mental illness or impairment, or disability; if you are travelling with or providing assistance to someone who relies on lip reading to communicate; if a police officer or other official requests you remove your face covering. For a full list of exemptions click [HERE](#)

A face covering is something which safely covers the nose and mouth. You can buy reusable or single-use face coverings. You may also use a scarf, bandana, religious garment, or hand-made cloth covering but these must securely fit round the side of the face.

Face coverings are largely intended to protect others, not the wearer, against the spread of infection because they cover the nose and mouth, which are the main confirmed sources of transmission of virus that causes coronavirus infection.

They are not a replacement for social distancing and regular hand washing. It is important to continue to follow all the other advice on coronavirus which you will find in previous editions of this newsletter which you can find [HERE](#)

A face covering should:

- cover your nose and mouth while allowing you to breathe comfortably
- fit comfortably but securely against the side of the face
- be secured to the head with ties or ear loops

- be made of a material that you find to be comfortable and breathable, such as cotton
- ideally include at least two layers of fabric (the World Health Organisation recommends three depending on the fabric used)
- unless disposable, it should be able to be washed with other items of laundry according to fabric washing instructions and dried without causing the face covering to be damaged

When wearing a face covering you should:

- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before putting a face covering on
- avoid wearing on your neck or forehead
- avoid touching the part of the face covering in contact with your mouth and nose, as it could be contaminated with the virus
- change the face covering if it becomes damp or if you have touched it
- if you wear glasses and have problems with steaming up the BBC has a good little video on how to avoid this. Click [HERE](#)

When removing a face covering:

- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before removing
- only handle the straps, ties or clips. Do not touch the front of the face covering, or the part of the face covering that has been in contact with your mouth and nose
- do not share with someone else to use
- make sure you clean any surfaces the face covering has touched using normal household cleaning products. If eating in a restaurant, for example, it is important that you do not place the face covering on the table.
- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser once removed
- store reusable face coverings in a plastic bag until you have an opportunity to wash them. If single use, dispose of them carefully in a residual waste bin. Do not put them in a recycling bin.
- if reusable, wash in line with manufacturer's instructions at the highest temperature appropriate for the fabric. Wash your face covering regularly. You can use your normal detergent. You can wash and dry it with other laundry. You must throw away your face covering if it is damaged.

Wearing face coverings is here to stay for the foreseeable future. They are being sold by a large number of retailers online and in our local stores, and you can get them from the simplest to the most sophisticated designer ranges. There are also several people locally who are making face coverings and selling them for charity.

Woodland Stores in Penwood have a number of types. See photo alongside to see a small selection.



There are currently no UK product standards for face coverings. In June 2020, the British Retail Consortium (BRC) released a specification [HERE](#) for Textile Barrier Face Coverings designed for both disposable and reusable coverings. The specification sets out the design, performance, and chemical requirements of coverings, as well as labelling instructions. The performance requirements do not include tests for filtration efficiency.

If you want to make your own face covering, instructions are widely available online - [HERE](#). If you would like more information on how to make a face covering with materials from around your home please visit the Big Community Sew website [HERE](#). Here you will find step-by-step video tutorials on how to make face coverings and other useful tips and advice. Children should make face coverings under the supervision of an adult and face coverings for children should be secured to the head using ear loops only.

Remember, from next Friday you will need a face covering to go shopping or travel on public transport. Be prepared or you may be denied entry to protect the rest of us.

A Community Working Together – A Look Back on the Past Four Months

With the recent re-opening of Kintbury surgery, the delivery of repeat prescriptions for Kintbury patients was handed over to the Kintbury Volunteer Group last week.

It is worth looking back over the past four months to appreciate just how much has happened and how well the situation has been dealt with.

At the beginning of lockdown, Neighbourcare received a request for assistance in delivering a backlog of approximately 120 prescriptions from Woolton Hill surgery. Ten volunteers cleared the outstanding medication over the following three days.



Shortly after, the combined practice decided to close the Kintbury surgery for patient access and to dispense all repeat prescriptions from Woolton Hill surgery and to dispense all 'acute' prescriptions, medication prescribed following on-the-day consultations, from Kintbury.

EWH Neighbourcare quickly set up a system with the help of volunteer drivers to collect and deliver repeat prescription medication for Woolton Hill and acute prescription medication from Kintbury to patients registered with both surgeries. This covered not only the Woolton Hill and Kintbury areas but also villages including Hungerford, Combe, Stockcross, Wickham, Wash Common, Burghclere, Crux Easton, Newtown, Ashmansworth and Inkpen.

A central number was set in place for requests and these were logged onto a Neighbourcare system, calls being taken by 5 volunteer co-ordinators. Liaising with Woolton Hill surgery, a list would be compiled for each driver's 'round' for the day. Dependant on the numbers, up to three drivers a day would be required for repeat prescription deliveries.

Each day the drivers collected a box from the surgery containing their deliveries, including items which needed to be kept cool which would be put into a cool bag provided by each driver. In addition, twice a day, at 12.30pm and 6pm two drivers would attend Kintbury surgery and collect a box each, one with acute prescriptions for the Kintbury area and one for the Woolton Hill area.

A third strand of the deliveries covered those items required by patients that needed to be collected from independent pharmacies and a volunteer driver was on stand-by each day for these requests. Most days there was nothing to collect, some days there were two or three

requests for items from different pharmacies resulting in volunteers driving to a variety of pharmacies and then delivering to the respective patients. In all, there could be eight volunteer drivers on the road on a busy day ensuring that medication reached patients of both surgeries.

In June, Woolton Hill resumed the dispensing of acute prescriptions for Woolton Hill patients, these still being collected and delivered by volunteer drivers.

To date, the 22 volunteer drivers from Neighbourcare have delivered approximately 4,000 prescriptions and travelled roughly 7,000 miles to village and rural locations, all free of charge.

Of equal importance in the Woolton Hill area has been a further team of 14 volunteers who have collected prescriptions to take into the surgery ensuring that those patients without online access could receive repeat medication whilst still shielding/isolating at home. A shopping service was set up and the same Neighbourcare volunteer team have liaised to arrange collection and delivery of groceries for anyone who needed it. Currently, 42 shopping trips to 10 locations have been organised for 21 different clients. Shopping locations have been as far apart as supermarkets in Andover and Newbury for 'click and collect' orders, independent pharmacies for non-prescription items and the Post Office. Local shops, Woolton Hill Stores and Woodland Stores in Penwood, both led the way with setting up 'over the phone' payments, and shopping volunteers collected and delivered where necessary.

With lockdown easing, requests are dropping and for many people things are moving into a new 'normal'. The changes in our daily routines over the last four months have been immense for most of us but the services of Neighbourcare has meant that for many there has been help where it has been needed. A huge thank you is deserved to all the volunteer drivers and administrators for their time and effort to ensure our community has been cared for as much as possible.

As lockdown is easing, many people are returning to the surgery to collect prescriptions, if you do so please remember that you will need a face covering.

Alternatively, Neighbourcare is still delivering prescriptions on a daily basis, just ring 01635 745600 and we will be pleased to deliver it to you.

Out of School Childcare Guidance

For parents and carers considering holiday childcare and activities, this guidance explains changes to after-school clubs, holiday clubs, tuition, community activities and other out-of-school settings for children and young people over the age of 5, during the coronavirus (COVID-19) outbreak.

You may wish to use this information when considering a placement for your child/children this summer. Click [HERE](#)

Questions covered are:

What activities and out-of-school clubs can my child attend?

The holiday club that my child attends has contacted me to say that they are reopening. What protective measures should I expect them to have in place?

What should I do if my child is displaying coronavirus (COVID-19) symptoms?

Can I attend an out-of-school setting to supervise my child during a session?

Guidance in this document has also been made available for providers.

Resources for the School Summer Holidays

The Selfcare Summer resources are fun activities designed to help children look after their mental health and wellbeing while enjoying themselves. It also signposts them and their families to additional support if they need it.

It includes *Challenge Tuesdays* where young people can share their artwork, photography, poems, crafts or activities to help support their wellbeing over the summer.

Click [HERE](#) for Primary Age

Click [HERE](#) for Secondary Age

From the Rector: Revd Canon Christine Dale



The invaluable information in this newsletter each week is such a help and reminds us how important it continues to be to respect the guidelines for our mutual well-being as the lockdown begins to ease. Thank you to our fantastic Neighbourcare team.

Last Sunday we held our first service back in a church building! How things have changed for this to be something about which to remark! It did feel good to gather for Evensong in person at St Martin's, East Woodhay. Even without a hymn or two we were able to enjoy saying together the psalm and canticles – not hearing each other speak out of sync as in a 'zoom' online service but together as one. We have also restarted the weekly midweek Holy Communion at St Thomas' Church, Woolton Hill.

It will take us all a while to get used to the guidelines we must follow, as you may imagine we are observing government, and Church of England, guidelines for the welfare of all. I have updated the notes as to what to expect with an added section about Holy Communion, please read them [HERE](#).

We are starting slowly with worship in church and this Sunday there is an early 8.00am Holy Communion at St Michael & All Angels', Highclere. Our main Sunday service will continue online at 11.00am. As ever - if you would like to join our e-mail circulation for all details and joining codes for online services, please send your e-mail address to me (*contact details below*).

Please pray for our local schools this coming week as this very strange term ends. I am looking forward to holding some special school leavers' services in our churches (albeit with much reduced attendance to normal and no singing!). I believe it is so important to mark such occasions, to celebrate friendship, achievements and memories made together - as well as turning hopes and thoughts onwards to a new stage. May God bless all the children of our parishes, and all the teachers and school staff who work with them. Amen.

with every blessing to you all

Revd. Canon Christine Dale
(e-mail: cdale001@btinternet.com, Tel. 01635 253323)

Activities

Going out?

West Berkshire Museum – If you enjoyed Val Pollitt's article in the Newbury Weekly News last month, you can now see exhibits at the museum in Newbury Weds to Friday 10am – 4pm

Shaw House and Gardens now open for weekend visits 11am – 4pm. (Mon – Fri grounds only)

Basing House has reopened. Each Wednesday in July there will be wellbeing workshops / yoga in the walled garden. Click [HERE](#)

The Wonderful World of Ladybird Book Artists – exhibition at the Willis museum Basingstoke. Free, but pre-booking essential. Click [HERE](#)

Staying home?

Virtual Summer Fair at Shaw House - browse local craft, see magic from Mr Muddle, enjoy music from Dragonfly Rhythms and take part in a virtual dog show. Sunday 19th July 11am to 4pm via facebook @ShawHouseEvents click [HERE](#)

Seniors workout – 10 minutes of gentle exercise with the Body Coach click [HERE](#)

Hampshire Libraries - extensive collections for digital borrowing, and join a virtual bookclub to share your reading Click [HERE](#)

Memory Café online Mon 20th July 10.45am sing along to songs from the rat pack and musicals. click [HERE](#) to book.

Watch live stream performances

Sebastian Faulks' Birdsong – produced especially for on-line viewing, available to 19th July, fundraising for the Royal British Legion £15 to access – For details click [HERE](#)

Free from the National Theatre – **Amadeus**, available from Thursday evening 7pm. To find out more, click [HERE](#)

Local Pubs and Shops

Please see Newsletter 16 for all the details on local Pubs and Shops. Click [HERE](#)

The Yew Tree Garden Centre café is open and there is an area to sit outside too.
The building extension starts going up next.



Next Newsletter

The following newsletter will be issued next week. You can request to receive this newsletter directly by registering via the website Click [HERE](#)

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