

East Woodhay & Highclere Coronavirus Community Support



Highclere
Society



EWH Neighbourcare



Inside our Newsletter #20 – 31st July

[The Newsletters](#)
[Prescription Delivery](#)
[Shopping Delivery](#)
[Wellbeing Support](#)
[Back to Normal?](#)
[Carry on Tipping](#)
[Activities](#)
[August Church Services](#)
[Local Pubs and Shops](#)
[From Neighbourhood Chair – Sarah Garland](#)



"What day is it?" asked Pooh.
"It's today," squeaked Piglet.
"My favourite day," said Pooh.

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.

The Newsletters

We started these newsletters as a way of keeping the community informed of the rapid changes to the Coronavirus guidelines, especially around lockdown and how people could find support. We thought that after a few weeks, things would 'settle down' and, in the early stages, that maybe the following week may be the last newsletter as there wouldn't be anything new to write.

Here we are, some 20 weeks later. However, as there is now less to write, we hope you will understand that we will not be producing these newsletters until something radically changes for our area. We will then look to see what is required and communicate this to you.

As it is difficult to keep track of the latest situation, we have included a summary of the latest Coronavirus guidelines in this newsletter, plus how to obtain Neighbourcare support, which continues unchanged. All this news means that this newsletter is quite lengthy and consequently, doesn't contain the usual mix of photos.

Please note that various news and activity items will continue to be posted on www.wooltonhill.com and also via the Facebook site, [HERE](#)

Prescription Delivery

As the summer moves on and lockdown is eased, the requests for prescription and shopping deliveries have decreased.

However, the collection of prescriptions and their delivery to people's homes has always been a core element of the Neighbourcare service and will therefore continue to be offered as a service to patients of the surgery, free of charge, for as long as it is required.

Once you are advised by the surgery that your prescription is ready, just call **01635 745600** and your prescription will be collected and delivered to your door by a Neighbourcare driver.

Shopping Delivery

As with deliveries of Prescriptions, if anybody needs their shopping delivered, just call **01635 745600** and your shopping will be collected and delivered to your door by a Neighbourcare driver.

Wellbeing Support

This has been an unprecedented time in our lives where our world changed overnight.

Many people living in our community have needed extra support in their everyday lives where age, anxiety and loneliness have come to the fore.

Neighbourcare have been fortunate to have had many volunteers who have so willingly given their time to run the wellbeing programme, talking to vulnerable people, reducing their feeling of loneliness and their anxieties and making them realise they are not alone, that they are an important part of our community. We are very grateful to all our volunteers who have made this possible.

Neighbourcare will continue to maintain the wellbeing programme wherever it is needed.

If you yourself would like to have a chat with one of our volunteers in confidence, or you know of someone who may benefit from a friendly phone call, please contact one of our coordinators on **01635 745600**.

Back to Normal?

As stated above this is the last newsletter for the time being as we all learn to adjust to a new way of living.

Newspaper reports say that more than 55% of people do not know what the guidance is for dealing with coronavirus. Obviously, they do not live in East Woodhay, Highclere or Ashmansworth and have not been reading our newsletters. Nevertheless, it seems worthwhile summarising the current do's and don'ts of coping with Covid-19 as they apply in our part of England. There are variations in Scotland, Wales and Northern Ireland and in those areas designated as requiring special measures, and no doubt there will be further last minute impenetrable announcements to keep us on our toes, so stay alert.

It is worth remembering that the restrictions and guidance are there to keep us healthy and safe, protecting ourselves but also protecting others to whom we might unintentionally pass on the virus.

Coronavirus has not gone away. It is still a highly infectious and dangerous disease that can and has killed or severely debilitated people of all ages. Ignoring the guidelines is simply being selfish, no matter how young or fit you may think yourself to be. If we want to keep Covid-19 under control we all have a responsibility to observe the rules even if they do at times seem unnecessarily onerous.

If you contract or test positive for coronavirus

Do not leave home if you or someone you live with has any of the following:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

You must self-isolate for at least **10 days** if:

- you have symptoms of coronavirus and tested positive, had an unclear result or did not have a test
- you tested positive but have not had symptoms

The 10 days starts from when your symptoms started. If you have not had symptoms, the 10 days starts from when you had the test.

You must self-isolate for **14 days** if you live with (or are in a support bubble with) someone who:

- has symptoms of coronavirus and tested positive, had an unclear result or did not have a test
- tested positive but has not had symptoms

The 14 days starts from when the first person in your home or support bubble started having symptoms or the day they were tested, if they have not had symptoms. This is because it can take 14 days for symptoms to appear.

[Get a test to check if you have coronavirus](#) if you get symptoms while you're self-isolating. Full details on what to do when self-isolating, how to stop the spread to others in your household and when it is safe to stop isolating can be found [HERE](#)

Going out.

The risk of infection increases the closer you are to another person with the virus, and the amount of time you spend in close contact with them. The advice remains that you keep two metres away from people as a precaution or one metre when you can mitigate the risk by taking other precautions.

Adults who live alone or with dependent children only – can form an exclusive 'support bubble' with one other household e.g. parents or grandparents and act as one unit. Those who have been able to form a support bubble (which is those in single adult households) can continue to have close contact as if they live with the other people in their bubble. This should be exclusive and should not change. This change also does not affect the support you receive from your carers.

If you are shielding, from 1st August, you'll be advised you could go out to more places and see more people, for example, the advice is:

- you can go to work, as long as the workplace is COVID-secure – but carry on working from home if you can
- children who are clinically extremely vulnerable can go back to school (when the rest of their class goes back)
- you can go outside to buy food, to places of worship and for exercise – keeping 2 metres away wherever possible

This guidance will be updated with these changes on 1st August so for more information after that date click [HERE](#)

You can lower the risk of infection if you stay side-to-side rather than facing someone. Wash your hands often using soap and water and dry them thoroughly. Where available, use sanitiser outside your home, especially as you enter a building and after you have had contact with surfaces. Avoid touching your face.

Evidence suggests that the virus is less likely to be passed on outdoors and in well-ventilated buildings so, in good weather, try to leave windows and doors open or move activity outdoors if you can.

You can now go out and do most things you used to do in the places you used to do them in England but the changes planned for tomorrow, 1st August now will not take place. So, the return of casinos, bowling alleys, skating rinks, indoor performances and wedding receptions for up to 30 people will not happen, at least until 15th August and nightclubs, dance halls, discotheques, and indoor play areas, including soft-play areas will have to remain closed. Pilots of sporting events with crowds and gatherings in conference centres also will be delayed.

All businesses that can open are required to follow [COVID-19 Secure guidelines](#) to open and some will have decided not to do so because the restrictions make operating uneconomic or are operating differently or with restricted services. Therefore, always check before you go to avoid disappointment. You must obey the guidelines in place at each venue while you are there.

When eating or drinking out with people you do not live with, you should only meet one other household (including a support bubble) if you are seated indoors.

If you are eating or drinking outdoors, you can do so with one other household (including a support bubble) or in a group of up to 6 people from different households. You should take care to limit your interactions with anyone outside the group you visit these places with.

More generally, you can continue to meet in larger groups if necessary for work, voluntary or charitable services, education, childcare or training, elite sporting competition or training, to fulfil legal obligations, to provide emergency assistance, or to enable someone to avoid illness, injury or risk of harm.

It is otherwise against the law for gatherings of more than 30 people to take place in private homes (including gardens and other outdoor spaces). Businesses and venues following COVID-19 Secure guidelines can host larger groups. This is also the case for events in public outdoor spaces that are organised by businesses, charitable or political organisations, and public bodies, provided they take reasonable steps to mitigate the risk of transmission, in line with COVID-19 secure guidance and including the completion of a risk assessment. This can include weddings, civil partnership ceremonies and funerals (which it is advised should be limited to no more than 30 people), religious ceremonies and services, community activities and support groups but excludes wedding receptions.

There are also more general regulations that are mandatory for all of us unless we have a specific medical exemption

You must always also wear a face covering when visiting shops and supermarkets, shopping centres and transport hubs as well as banks, building societies and post offices. From Saturday August 8th face coverings also will be required in places of worship, cinemas, galleries & museums.

You must also always wear a face covering on public transport or when attending a hospital as a visitor or outpatient and this includes our local doctors' surgery. Hospitals will be able to provide a face covering in emergencies.

Wearing a face covering is not mandatory in other venues that have measures in place to protect staff and the public from COVID-19. These include eat-in restaurants and pubs, hairdressers and other treatment salons, gyms and leisure centres, concert halls and theatres. However, it is compulsory to wear a face covering when buying food and drink to take away from cafes and shops. If you are in a premises where you are able to sit down and consume food or drink that you have bought, then you can remove your face covering in order to eat and drink onsite.

If you can, you should also wear a face covering in other enclosed public spaces where social distancing isn't possible and where you will come into contact with people you do not normally meet. This is most relevant for short periods indoors in crowded areas.

You should try not to share a vehicle with those outside your household or support bubble. If you need to do this, try to share the transport with the same people each time and keep to small groups of people at any one time. Open windows for ventilation, travel side by side or behind other people, rather than facing them. Clean your car between journeys using standard cleaning products - make sure you clean door handles and other areas that people may touch. Ask everyone in the vehicle to [wear a face covering](#).

The Foreign & Commonwealth Office currently advises British nationals against all but essential international travel. There are exemptions for travelling to certain countries and territories that no longer pose a high risk for British travellers which can be found [HERE](#) but this advice is being kept under constant review and travel disruption is still possible as national control measures may be brought in with little notice as situations change. You travel at your own risk. Advice against cruise ship travel continues.

Staying in

You can invite people into your home and go to visit and stay with others.

Only socialise indoors with members of up to 2 households (including their bubble). This does not need to be the same household each time.

If meeting outdoors you can socialise e.g. sit at a table in a group of up to 6 people from different households or more than 6 if they come from no more than 2 households (anyone in a support bubble counts as being part of one household).

If you do need to use the toilet in someone's home or are passing through to access someone's garden, try to avoid touching surfaces and if you use the toilet wash your hands thoroughly, wipe down surfaces, use separate towels or paper towels and wash or dispose of them safely after use.

You, and members of your household or support bubble, should only stay overnight in groups of up to 2 households (anyone in your support bubble counts as one household). This can be in each other's homes or other accommodation, such as hotels or apartments. You should, wherever possible, socially distance from people you do not normally live with, take particular care to maintain excellent hygiene – washing hands and surfaces – and avoid using shared facilities like bathrooms wherever possible.

It remains the case – even inside someone's home – that you should socially distance from anyone not in your household or bubble.

A final thought

For the anti Covid 19 measures to be effective we all have to be alert to what guidance should be followed. Picking and choosing the bits that suit you will only undermine the efforts to keep everyone safe and well.

Some people will find the whole situation distressing. Please do not ignore or dismiss these concerns even if you feel OK. Help and support is available for those who are worried or unsure. Call **01635 745 600** and you will be put in touch with our support group who will be happy to help.

Finally, remember everything passes. This is not the end of the world and fun and frivolity will reassert itself once the pandemic is under control. Until then try not to bemoan what you cannot do but make the most of what you can.

For further detailed information consult one of the following sites:

Medical advice from the NHS - [HERE](#)

Do's and don'ts - [HERE](#)

Staying safe outside your home - [HERE](#)

The use of face coverings - [HERE](#)

Or call **01635 745 600** <http://www.ewhneighbourcare.org.uk> for help or a chat.

Carry on Tipping

Following last week's news, there is confirmation that there is an extension of the transitional arrangements with West Berkshire Council until 31 July 2021, to enable permit holding residents to continue to use the Newton Road Household Waste Recycling Centre (HWRC) in Newbury. The costs are to be shared equally between Hampshire County Council and Basingstoke and Deane Borough Council and a review of the feasibility of a potential site for an HWRC at Kingsclere is being held by Hampshire County Council.

Activities

Staying home?

FREE Summer programme for those without internet access or who are shielding - Contactless Creativity offers the opportunity to keep creative and feel connected. Each week a new creative activity pack will be launched for access online or delivered as a pack to homes by one of our volunteers. Packs will include materials for creative tasks such as card-making, painting or writing, along with an audio message from the artist talking through the exercise step by step. Contactless Creativity Packs will be available to download [HERE](#) each week (keep checking!). **Kennet Radio** are supporting the project by designating a weekly slot on the station to broadcast the creative exercises. If you know someone who would benefit, please call **01635 582666** or email boxoffice@cornexchangenew.co.uk

Raising Wellbeing Warriors – free family programme starting August 18th is a course of six free digital workshops for parents/carers, each offering support, creative activities and specialised information about wellbeing for themselves and children aged 4 – 11. To sign up, call 01635 582666 or click [HERE](#)

Hampshire Open Studios normally takes place in August - on line this year – click [HERE](#) to browse the local arts and crafts

Winchester Science Centre offers weekly family challenges 'Science Sizzles' to download and try at home - simple experiments using home equipment. Every Monday they'll launch the kit list and on Wednesdays a 'how to' video. Aug 3rd Egg Jackets, Aug 10th Insect Pooter Download [HERE](#)

Going out?

Free outdoor performances from Corn Exchange Newbury over the summer. The first, **Gorilla Circus** on Sat 22nd August will have a giant trapeze rig, wowing us with acrobatic skills as they perform for a socially distanced audience. For details, keep an eye on the website [HERE](#) and the Corn Exchange social media pages [HERE](#).

Atmosphere Trampoline Park in Basingstoke is open with sessions for younger children too. Pre Booking. Click [HERE](#) for details

Walking - Whitchurch website offers a wealth of local walking trails if you have exhausted all those in the Parish! Click [HERE](#)

Whitchurch Scarecrow Trail takes place August 29th – 31st Click [HERE](#)

Quiz - Whitchurch Family Fun Walk and quiz. Download the 1.5 mile self-guided trail, quiz (and answers) [HERE](#)

Outdoor Cinema in the gardens of Basing House 7pm 13th, 14th, 15th August, Jurassic Park, Pretty Woman & The Greatest Showman. Booking Click [HERE](#)

For regular updates on Activities click [HERE](#)

August Church Services



NORTH WEST HAMPSHIRE BENEFICE

Ashmansworth + Crux Easton + East Woodhay + Highclere + Woolton Hill
making Christ known in our communities

Church Services July - August 2020

A note about worship: in challenging times whilst church buildings have been closed online worship using 'Zoom' has been well attended and appreciated by many. We can now make a start with worshipping again in our church buildings. Feedback tells us that going forward we need to aim for a mix of online and 'in church' services and we are reviewing how this might work in practice. For the month of August, as we are able once again to worship in our church buildings, we will explore how we may experience worship together whilst observing guidelines given - including social distancing and a restriction on singing (*music can still be played*). Everyone is welcome... come and see!

SUN 12th July <i>Trinity 5</i>	'Zoom' Benefice Communion Evensong	...online East Woodhay	11.00am 6.00pm
SUN 19th July <i>Trinity 6</i>	Holy Communion (BCP) 'Zoom' Benefice Communion	Highclere ...online	8.00am 11.00am
SUN 26th July <i>Trinity 7</i>	'Zoom' Benefice Communion Baptism Evensong (<i>feast of St James</i>)	...online Woolton Hill Ashmansworth	10.00am 12noon 6.00pm
SUN 2nd August <i>Trinity 8</i>	Benefice Communion	Woolton Hill	10.00am
Sun 9th <i>Trinity 9</i>	Benefice Communion Baptism	East Woodhay Highclere	10.00am 12noon
Sun 16th <i>Trinity 10</i>	Benefice Communion	Highclere	10.00am
Sun 23rd <i>Trinity 11</i>	Holy Communion (BCP) Benefice Communion	Highclere Woolton Hill	8.00am 10.00am
Sun 30th <i>Trinity 12</i>	Benefice Communion	Highclere	10.00am
WED 15th, 22nd, 29th July 10.00am Holy Communion Woolton Hill & 5 th , 12 th , 19 th , 26 th August			

Local Pubs and Shops

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

Further news will be posted on www.wooltonhill.com

From our Neighbourcare Chair – Sarah Garland

As this is the last newsletter for the time being, I'd like to take this opportunity to say a huge thank you to all our wonderful volunteers who have consistently gone above and beyond to help others.

We've so many examples of how people's kindness and willingness to help others has made such a difference, with sometimes the small acts making a big impact. The volunteer who helped buy plants for a lady's garden, the one who queued for over an hour at Boots for a prescription and another who drove to Andover to collect shopping when no other supermarket click & collect slots were available.

Our fantastic Neighbourcare Committee of Ann Evans, Frieda King, Keith Nunn, Mark Rand and Chris Sketchley along with Lisa Banwell, Nicole Bentham, Christine Dale, Paul Farrington, Lesley Foden, Mark Foden, Teresa Munn, Clive Sanders and Diana Sketchley have worked tirelessly over the last 4 months to ensure prescriptions are delivered, the brilliant newsletter is produced, a friendly ear offered and individual's issues resolved.

These newsletters have been very much a collective approach. Clive Sanders has translated the reams of guidelines into understandable summaries and kept us all up to date with what is happening with our local councils. Diana Sketchley has informed everybody about the latest news regarding Prescription Deliveries and the surgeries. Paul Farrington has done the same for Wellbeing as have I for Shopping. Teresa Munn has kept us all busy with an incredible weekly variety of Activities and information on how we can continue to engage with the Arts. Rev. Christine Dale has been looking after our Spiritual Wellbeing and providing news from the churches. Many, many more people have provided individual news items and anecdotes. And last but no means least, an especially big thank you to Mark Rand for being editor in chief.

Sarah Garland, Chair of EW&H Neighbourcare



East Woodhay & Highclere Coronavirus Community Support

