

East Woodhay & Highclere Coronavirus Community Support



Highclere
Society



EWH Neighbourcare



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Neighbourcare are here for you – one number to have:

- prescriptions delivered
- attending a vaccine / medical appointment
- shopping collected
- a friendly chat on the phone
- or someone to go for walk with

01635 745 600



**I know you are excited Piglet, my friend,
but take care, there could be danger ahead**

Is this the final Local Coronavirus Support Newsletter?

When we first started these newsletters in March last year, as a way of communicating the latest Government guidelines and local news to help people through the first lockdown days, we expected that we might be issuing them for several weeks or maybe a couple of months.

Incredibly, here we are around 17 months later and on next Monday, most of the final Covid-19 related restrictions are being lifted.

This could mean that this is the final local coronavirus support newsletter but unfortunately, national Covid infections are increasing and there is also a trend upwards with our local numbers (see below). Consequently, please pay attention to the messages below.

If restrictions are reintroduced, we will be back again. However, in the meantime, we will continue to publish weekly local Covid numbers on www.wooltonhill.com

Please enjoy the summer but as Pooh says above, 'take care'.

They Think It's All Over – Well, Not Quite!

From next Monday 19th July most legal restrictions to control Covid 19 will be lifted in England. We have come to a stage in the pandemic when there is no easy answer or obvious date for unlocking. It is vital that we proceed now with caution. This pandemic is not over. This disease coronavirus continues to carry risks for all of us and for our families.

We cannot simply revert instantly from Monday 19th July to life as it was before Covid. Other restrictions may continue to apply in Scotland, Wales, and Northern Ireland as well as in Ireland and the Channel Isles, so check before you travel if you are visiting these places.

In England this means that from Monday:

- You will not need to stay 2 metres apart from people you do not live with. There will also be no limits on the number of people you can meet.
- The Government is no longer instructing people to work from home if they can. However, the Government expects and recommends a gradual return over the summer.
- The requirement to wear face coverings in law will be lifted. However, the Government expects and recommends that people wear face coverings in crowded areas such as public transport. Some businesses and transport operators will still require a facemask to be worn as a condition of offering services and face masks will continue to be required in all NHS health and care settings. Consequently, it would be advisory to continue to carry a face mask.
- All remaining closed businesses and venues such as nightclubs and adult entertainment venues will be able to reopen
- All capacity limits at sporting, entertainment, or business events will be lifted
- Hospitality venues such as pubs, restaurants and bars will no longer be required to provide table service or follow other social distancing rules.
- There will no longer be limits on the number of people who can attend weddings, civil partnerships, funerals and other life events (including receptions and celebrations). There will be no requirement for table service at life events, or restrictions on singing or dancing. You should follow guidance for weddings and funerals to reduce risk and protect yourself and others.
- There will no longer be restrictions on group sizes for attending communal worship.
- The Government has introduced a traffic light system for international travel. You should not travel to [countries or territories on the red or amber lists](#).

If you are travelling to England [find out which list the country you are travelling from is on and what you need to do](#).

What you must do when you arrive in England from abroad depends on where you have been in the last 10 days before you arrive. From 19 July, fully vaccinated people returning to England from amber list countries will not need to quarantine.

What Should We Do?

Although most legal restrictions will be lifted, and many people have been vaccinated, it is still possible to catch and spread COVID-19, even if you are fully vaccinated, and we are still in the third wave of this pandemic in the UK.

COVID-19 will be a feature of our lives for the foreseeable future, so we need to learn to live with it and manage the risk to ourselves and others.

As COVID-19 restrictions are lifted, it is important that we all use personal judgement to manage our own risk and help with the risk to others. All of us can play our part by exercising common sense and considering the risks.

While no situation is risk free, there are actions we can take to protect ourselves and others around us.

Get vaccinated

All adults in England have now been offered at least one dose of a COVID-19 vaccine. The coronavirus (COVID-19) vaccines are safe and effective. They provide the best protection against COVID-19.

If you have not yet received the COVID-19 vaccine, you should [get vaccinated](#). It usually takes around two to three weeks for an antibody response to develop and you need two doses of vaccine for maximum protection against COVID-19.

Be responsible

COVID-19 has not gone away, so it's important to remember the actions you can take to keep yourself and others safe. Everybody needs to continue to act carefully and remain cautious.

There are still many cases of COVID-19 in England (see the local numbers below) and there is a risk you could catch or pass on the virus, even if you are fully vaccinated. A recent PHE report shows that around 1 in 5 people who are double-vaccinated are still vulnerable to getting infected with the Delta variant and showing symptoms. You are encouraged to exercise caution and consider the risks. While no situation is risk free, there are actions we can take to protect ourselves and others around us.

Keep your distance

The main way of spreading COVID-19 is through close contact with an infected person. When someone with COVID-19 breathes, speaks, coughs or sneezes, they release particles (droplets and aerosols) containing the virus that causes COVID-19. These particles can be breathed in by another person.

To minimise risk at a time when Covid 19 is still spreading you should limit the close contact you have with those you do not usually live with and increase close contact gradually. This includes minimising the number, proximity, and duration of social contact.

Wear a mask in confined spaces.

The Government expects and recommends that people wear face coverings in crowded areas such as public transport where the risk of becoming infected is higher. You can, of course, continue to wear a mask at any time if you feel it is appropriate and it makes you feel safer.

Though wearing a mask is no longer a legal requirement be aware that some businesses and transport operators will still require a facemask to be worn as a condition of offering services. Face masks will continue to be required in all NHS health and care settings. If you do not wear a face mask you may be refused entry or the possibility to travel. It may therefore be common sense to continue always carry a face mask in case it is needed.

Fresh air

Fresh air blows away these particles, reducing the chances of COVID-19 spreading. The more fresh air you let into your home, office or other enclosed spaces, the less likely a person is to inhale infectious particles.

Wash your hands

Hands touch many surfaces and can become contaminated with viruses, including COVID-19. You can transfer viruses to your eyes, nose or mouth from your hands if they are contaminated. Then viruses can enter your body and infect you.

Washing or sanitising your hands removes viruses and other germs, so you're less likely to become infected if you touch your face. Using soap and water is the most effective way to clean your hands, especially if they are visibly dirty. Use hand sanitiser if there isn't soap and water available.

Stay home when unwell

If you develop [COVID-19 symptoms](#), self-isolate immediately and [get a PCR test](#), even if your symptoms are mild. You should self-isolate at home while you book the test and wait for the results. You must self-isolate if you test positive. Your isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days. This is [the law](#).

The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

You must also self-isolate if you are told to do so by NHS Test and Trace, for example if you have come into contact with someone who has tested positive. This remains [the law](#), regardless of your vaccination status.

From 16 August, if you have been fully vaccinated you will be exempt from the requirement to self-isolate if you are a contact of a positive case. You will instead be advised to take a PCR test as soon as possible.

You will also be exempt from self-isolation from 16 August if you are under 18 and a contact of a positive case. As with adults, you will be advised whether a PCR test needs to be taken. If you are 18 years old you will be treated in the same way as under 18-year-olds until 4 months after your 18th birthday, to allow you the opportunity to get fully vaccinated.

If you test positive you will still need to self-isolate regardless of your vaccination status or age.

Observe the self-isolation guidelines

When self-isolating, [follow the stay-at-home guidance](#). This will help reduce the risk of spreading COVID-19 to other members of your household and community.

You must [stay at home](#) at all times and not have contact with other people. There are only very limited circumstances when you do not have to do this, such as seeking medical assistance. If you do leave your home during your period of self-isolation for a permitted reason, you should maintain social distancing and keep 2 metres apart from other people.

You may be entitled to a one-off payment of £500 through the NHS Test and Trace Support Payment scheme if you are required to stay at home and self-isolate, or you are the parent or guardian of a child who has been told to self-isolate. You should [visit your local authority website](#) for details on Test & Trace Support Payments and practical support offered in your area.

You could be fined if you do not self-isolate following notification by NHS Test & Trace.

Be understanding and considerate

It is important to consider that others may wish to take a more cautious approach as we open up. We should all be considerate of this and provide the opportunity and space for others to deal with the situation as they wish, without pressure.

If you are worried about going back to a more 'normal' life, there is really useful information from the NHS on [how to cope with anxiety about lockdown lifting](#).

Clinically extremely vulnerable people are advised to follow the same guidance as everyone else.

However, as someone who is at a higher risk of becoming seriously ill if you were to catch COVID-19, or if you are a carer for someone at higher risk, you should think particularly carefully about precautions you can continue to take. These precautions are included in the [guidance for the clinically extremely vulnerable](#).

These are all personal choices which can help reduce your risk of catching or spreading COVID-19.

Drives, The Surgery & Prescriptions

The good news for many is that important hospital and surgery appointments are increasing and for those who do not drive, Neighbourcare can provide a driver to transport you to and from your appointment.

Consequently, there is an increase in requests asking for drivers and so, where you can, please give as much notice as possible in order to find an available driver.

There will be no change to Neighbourcare PPE procedures.

With this increase in requests for drives, we are looking for additional drivers. If you think you may be interested in helping provide this service, please contact us on **01635 745600** to find out more. If you have driven for Neighbourcare before and would like to re-join the team, we'd love to hear from you.

Whilst the surgery is open for the collection of prescriptions, Neighbourcare can still deliver for emergency situations where people are self-isolating.

For those who cannot get to the surgery we are still delivering routine prescriptions once a week on Friday.

If you need to use this service, please make sure you leave plenty of time when ordering your repeat prescription.

For medication prescribed following a telephone consultation if you are unable to get to the surgery Neighbourcare have a daily service for collection and delivery - just call 01635 745600.

PLEASE CONTINUE TO WEAR A FACE COVERING IN THE SURGERY

NHS Patients, staff and visitors must continue to wear face coverings in healthcare settings

Although Covid restrictions will end in many settings in England from Monday 19th July, Public Health England's Infection Prevention and Control guidelines are set to remain in place for all staff and visitors across all health and care settings.

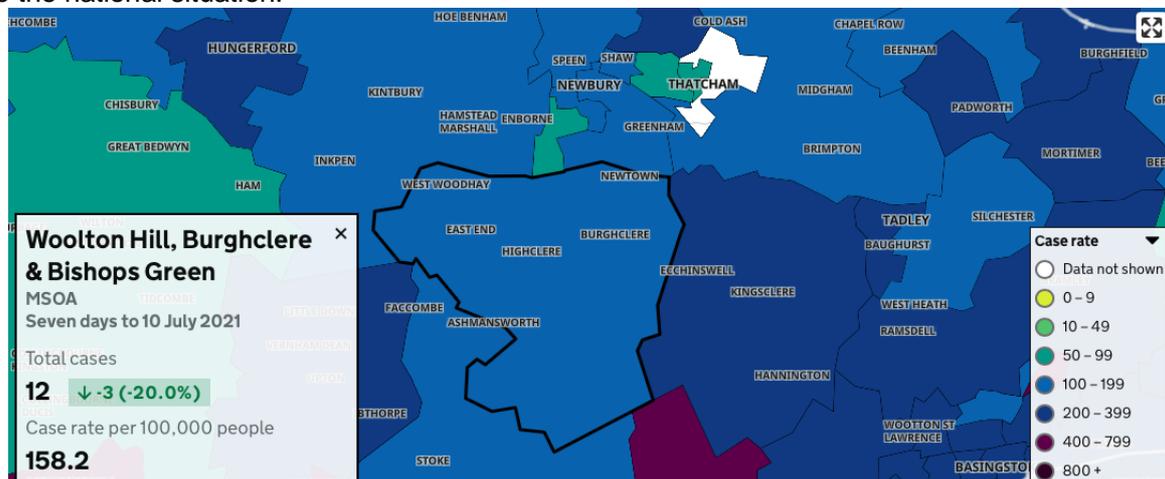
That means that NHS staff, patients and visitors will be expected to continue to follow social distancing rules when visiting any care setting as well as using face coverings, masks and other personal protection equipment in order to ensure that staff and patients are protected.

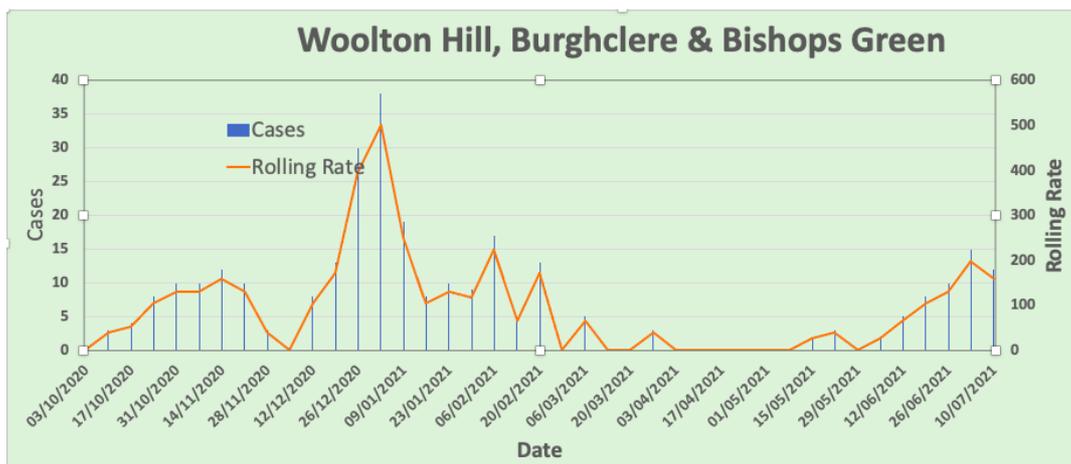
Thank you for helping us to ensure that the most vulnerable people can continue to attend the surgery for advice, care and treatment.



Latest Local COVID-19 Cases

The latest numbers on the system are from 10th July and there are three fewer cases in the past week, the trend over the recent couple of months is showing a general increase which correlates to the national situation.





From the Rector: Revd Canon Christine Dale



Greetings and blessings to you all.

When the Prime Minister confirmed that legal requirements in relation to many restrictions are being lifted from Monday 19th July I met with churchwardens and Ministry Team colleagues to think through how we should go forward in our churches from 19th July.

In the light of the rapidly increasing cases of the virus and the steady and cautious approach recommended by the scientists and the government we have agreed an approach for all our parishes which we believe is proportionate and appropriate for us at this time, please read details [here](#).

We urge you to please observe this updated protocol when attending church. It keeps a priority on the safety of all by keeping in place the wearing of face coverings, hand sanitization and some social distancing in our church buildings, whilst making some adjustments to our practice to enrich our expression of worship and our fellowship with one another.

Thank you so much for your support. We intend these guidelines to also apply for baptisms, weddings and funerals for the time being.

All services are now back in church and this **Sunday 18th July** the services are:

9.30am	Morning Prayer	Woolton Hill
9.30am	Matins	East Woodhay
11.00am	Parish Communion	Highclere
6.00pm	Evensong	Crux Easton

The schedule of services to end of August is [here](#). During August we will keep our annual pilgrimage around all our churches with a service in turn in each church.

If you want to ask for prayer, please do contact Canon Marvin (254718) or myself (253323).

With every blessing to you all,



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

Activities – Staying In

If you are staying in, here are a few ideas...

Learn a skill in a friendly, socially distanced group –

Whitchurch Silk Mill has a monthly crafting session. Create a colourful necklace using silk fabrics to cover cotton-paper beads. Tickets £10, to include: tuition, all materials and a hot drink from the café. Click [HERE](#)

City Arts, Hampton Rd, Newbury offers a range of one day workshops over the summer click [HERE](#)

Exhibitions

For Tolkein fans – “The Magic of Middle Earth” at the Willis Museum, Basingstoke. Free entry, from 30th July, Fri, Sat, Sun. Click [HERE](#) for booking information

Contemporary Art Fair Newbury Racecourse – July 31st / August 1st click [HERE](#)

Remember Fungus the Bogeyman? Or The Snowman? Raymond Briggs exhibition at Winchester Discovery Centre to Aug 18th Click [HERE](#)

Going Outdoors

WOOLTON HILL OUTDOOR MARKET



Woolton Hill Junior School
SATURDAY 17TH JULY
11am - 2pm

- SEASONAL FRUIT AND VEG
- LOCAL HIGH WELFARE MEAT
- BREAD, FISH, PIES, CHEESE, COFFEE AND HONEY
- CRAFTS, SKINCARE, PLANTS, PET TREATS
- HOMEWARE, CARDS, SILVER JEWELLERY AND ACCESSORIES
- TEA ROOM WITH HOME-MADE CAKES
- FRESHLY COOKED BACON ROLLS

NEXT MARKET – SEPTEMBER 18TH



Tomorrow 17th July is the Village Market which is being held at Woolton Hill Junior School.



The following are local venues and events, some require booking to allow a comfortable visit.

Find a new Walking trail - this one starts and finishes at a pub click [HERE](#)

For the family – could you find your way out of a rope maze? Visit Basing House click [HERE](#)

Open Air Theatre at Basing House – take a picnic and enjoy a show in the garden or the great barn - click [HERE](#)

Outdoor Theatre – Romeo & Juliet at Shaw House, July 25th Book [HERE](#)

Outdoor Theatre- The Boxford Masques 2021 – “comedy, music, dance and imagination in the land of mosaics, myths and monsters” 28 JUL - 01 AUG at Boxford Recreation Ground. Click [HERE](#)

Visit a Garden The National Garden Scheme lists gardens open for charity over the coming weeks. Click [HERE](#)

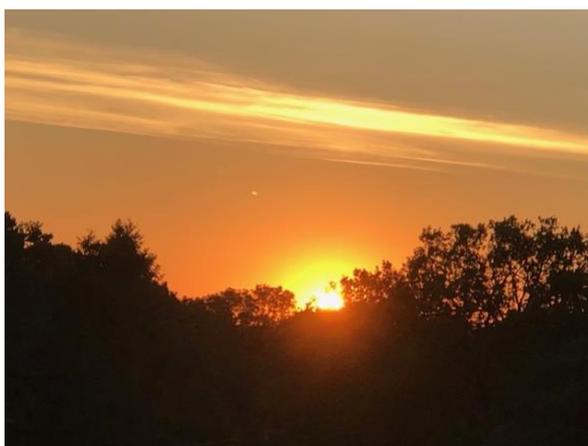
Naturewatch

Take part in the **Big Butterfly Count** – spend 15 minutes counting the butterflies in your garden or out on a walk and report the varieties. All the details and a handy identification chart are on the Butterfly Conservation website, click [HERE](#)

Seen locally this month – comma, speckled wood and marbled white butterflies.



The left photo below is looking along the path across the village field looking towards St Thomas Church and the one on the right is a stunning sunset seen over Woolton Hill by Keith Nunn this past week



Send us an image – We are always pleased to see your favourite local views – email images to EWCleresNews21@gmail.com

East Woodhay & Highclere Coronavirus Community Support



Highclere Society



EWH Neighbourcare

