

East Woodhay & Highclere Coronavirus Community Support



Highclere
Society



EWB Neighbourcare



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We are here for you – one number to have:

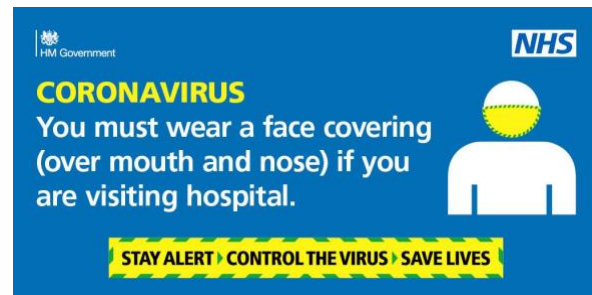
- prescriptions delivered
- shopping collected
- a friendly chat on the phone

01635 745 600

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

Visiting the Surgery

With the guidelines advising more use of face masks and the need to always wear one now on public transport in England, anyone entering a hospital, or the surgery will now be asked to wear a face covering, either a mask or some alternative. This can be a scarf or bandanna that ties behind the head to give a snug fit.



Please make sure that if you intend going to the surgery you take with you a mask or alternative face covering to wear on entering.

If you are thinking of collecting a repeat prescription remember that Neighbourcare will still deliver it to your door free of charge Monday to Friday by calling: **01635 745600** or online at www.ewhneighbourcare.org.uk by clicking the 'request a prescription delivery' button.

Face Masks

Here's the BBC guide to different types and step-by-step instructions on how to make them, including one without a sewing machine! Click [HERE](#)

So whether you're handy with a sewing machine, like cutting up old t-shirts or just want a quick fix, the principles are the same: the more layers of material the better, and the mask needs to fit snugly around the face, and you should be able to breathe comfortably.

One study has shown that the best materials to use are tightly woven cottons or twill, natural silk or quilted cotton material. But you can also make do with what you have around your home.

How to wear your mask:

- Avoid touching your eyes, nose, or mouth at all times
- Store used face coverings in a plastic bag until you have an opportunity to wash them
- Wash a face covering regularly - it can go in with other laundry, using your normal detergent

In Need of Cheering Up? Transport Yourself to Barbados

Fancy transporting yourself to Barbados and watching a wonderfully upbeat video for a few minutes? Click [HERE](#).

"My friends we have come a long way, we are not yet where we need to be...but in accepting our new reality, I am saying to you this is who we are!" – Barbados Prime Minister, Mia Mottley.

From the Rector: Revd Canon Christine Dale

Thank you to all our volunteers and to our fantastic Neighbourcare team. It continues to be so important that we care for one another and be aware of each other in changing times.

During June we continue to hold our services online. We are now in the Church season of Trinity and we have yet another wonderful new banner as a backdrop for our online services. With thanks to Mary Herbert and Jayne Roch who organised some of our young people to contribute some individual creations to add to decorate the banner.



Last Sunday we held an online Eucharist and Evensong and all together some 60 folk joined us for worship. This coming Sunday (21st June) we are online at 11.00am for Holy Communion. If you would like to join our e-mail circulation for details and joining codes for services, please send your e-mail address to me (contact details below).

NORTH WEST HAMPSHIRE BENEFICE
ASHMANSWORTH • CRUX EASTON • EAST WOODHAY • HIGHCLERE • WOOLTON HILL
...making Christ known in our communities

Welcome!

We are pleased that we now have permission to open our church buildings for individual prayer – with the required support in place for social distancing requirements, hand sanitization, thorough hygiene, and supervision of buildings.

Churches open for individual prayer

Opening times

St Thomas' Church, Woolton Hill
Wednesdays 2pm-4pm

St Michael & All Angels', Highclere
Fridays 10am-12noon

St Martin's Church, East Woodhay
Sundays 2pm-4pm

St James', Ashmansworth
Saturdays 2pm-4pm
(twice a month start date yet to be confirmed)

St Michael & All Angels', Crux Easton
(the church building is remaining closed for the time being)

We are worshipping Sunday by Sunday online; you are welcome to join us and if you would like to join in please contact one of the clergy for details.

Revd Canon Christine Dale *Revd Canon Marvin Bamforth*
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The Revd Canon Christine Dale The Revd Canon Marvin Bamforth
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Following the announcement from the government that 'church buildings can open up for supervised individual prayer from June 15' - I am so grateful to churchwardens who have worked hard this last week to complete risk assessments and put in place good practice regarding social distancing, hand sanitizing and cleaning. We are ensuring that church buildings are supervised when open and then are closed for at least 72 hours, which is the period we are advised will significantly reduce any risk of transmitting coronavirus through contact with surfaces.

So this week we are very pleased to have made a cautious start with re-opening for private prayer. This new notice has been put up outside our churches, and we are keeping to the days and times it advertises. We can now confirm that St James' Church in Ashmansworth starting its Saturday fortnightly opening from 27th June.

Everyone is welcome!

with every blessing to you all
Revd. Canon Christine Dale
(e-mail: cdale001@btinternet.com, Tel. 01635 253323)

Helping with Wellbeing

If you need anyone to talk to, our Wellbeing team is always available. Just call 01635 745600. Exploring relaxation can help you look after your wellbeing when you're feeling stressed or busy. [HERE](#) is an excellent relaxing video talking through the value of the following:

1. Take a break
2. Focus on breathing
3. Listen to music
4. Think of a relaxing place
5. Active relaxation (do sports)
6. Use an online guided relaxation exercise
7. Create something
8. Spend time outside.



Deliveries to The Twilight Zone

Here are some thoughts from one of our regular drivers: Jim Stokes. Thanks for sharing!

I volunteered early on and was placed under the watchful eyes of Chris, Frieda and Nicole. Regular visits to the Woolton Hill surgery to collect boxes of prescriptions along with other volunteers.

The WH surgery team are all delightful and deserve the accolades they receive. My wife and daughter bake cakes and other goodies which they are so pleased to receive.

Most of my deliveries are in the Kintbury and Inkpen area which was a joy in the sunny months of April and May. Having lived in the area for 40 years it is only now do I fully appreciate what an Area of Outstanding Natural Beauty (AONB) means. We live in a beautiful part of the world.

Recipients are really pleased with some, understandably, a little apprehensive.

One 81-year-old man who I knew before the lockdown has been in isolation, but he always comes out and gives me a wave with his stick. He has lived in the same house all of his life and I am trying to encourage him to write his life story.

Another elderly couple greeted me like a long-lost brother, how are you Bill they cried. It took me 5 minutes to tell them my name was not Bill, but the greeting was very genuine!

I am getting to know Kintbury well, appreciate the beauty of East and West Woodhay but have so far failed to work out Inkpen. I think it is a twilight zone to another dimension which I am delighted to visit once or twice a week.

Fundraising – thank you

Thank you to everyone for raising donations for Neighbourcare with #easyfundraising. Since we started some three months ago those who have signed up have raised nearly £80.

If you haven't joined yet, it's easy and completely FREE. 4,000 shops and sites will donate to us when you use easyfundraising to do your everyday online shopping - no extra cost to you.

Every donation you raise makes a real difference. Click [HERE](#) to sign up

Armed Forces Week

This is very timely after the Red Arrows flying over our area yesterday!

A virtual flag-raising ceremony to mark the start of Armed Forces Week will be led by the borough's Mayor Cllr Diane Taylor on Monday 22 June.

Following COVID-19 restrictions, there won't be a gathering of Armed Forces personnel this year but the virtual celebration will be broadcast on the Mayor's social media channels at 10am. Click [HERE](#)

This will show CSgt Kieran Purnell from 3PL (Basingstoke) Army Cadet Force raising the Armed Forces flag outside Basingstoke's Civic Offices. The Mayor is joined in the video by Sqn Ldr Robert Hylands from RAF Odiham and bugler Stuart Hasking from The Salvation Army, Basingstoke.

The flag will fly all week before the 12th annual Armed Forces Day on Saturday 27 June, when the Mayor will give an Armed Forces Day speech online at 10am.

Each day of Armed Forces Week will highlight different parts of the British military, including service personnel, their equipment and their roles. Reserves Day is being celebrated on Wednesday 24 June 2020, Click [HERE](#)

For general information about Armed Forces Week click [HERE](#)

Shopping & Deliveries

Did you know it is National Cream Tea day on Friday 26th June?
For all the information you will need click [HERE](#).
For a treat click [HERE](#) for a Cornish Cream Tea hamper



Yew Tree Garden Centre have lots of plants which have been enjoying the rain over the past couple of days.

Woodland Stores 01635 253651 and **Woolton Hill Stores/Post Office** (253463) are both well stocked, selling bread and cakes from Halls Bakery.

Don't forget Father's Day on Sunday!

Regular Food Outlets & Takeaways:

The Rampant Cat – Woolton Hill for takeaway Click [HERE](#)

Red House – Highclere for takeaway 01635 255 531 Click [HERE](#)

The Pheasant – Highclere, 01635 253360 Click [HERE](#)

The Blue Dolphin at Wash Common is open for collections Tues – Sat. Order on line [HERE](#)

Lusso pizza and ice cream, 01635 32128 Click [HERE](#)

Andrew North, **Fresh Fish**, car park - Highclere Red House at 2.30ish every Friday afternoon

Mio Fiore in Newbury takeaway service Click [HERE](#)

Fancy high quality **in home dining?** then John can supply Click [HERE](#) for more detail

Honesty bakery & cafes - for takeaways. For more details click [HERE](#)

The Rural Supply - Locally sourced produce supporting small businesses. Click [HERE](#) for detail.

The Coffee House –Delivered in Woolton Hill, Highclere, Ball Hill - Phone Brenda 01189 712850

The Rural Pie Company – Click [HERE](#) for detail.

Quizzes & Games

We're just coming to the end of our 10 day quiz this week – The East Woodhay fundraiser for Young People & Children First.

Thank you so much to all who have donated to this terrific local charity, working to provide 'a bridge to independence' for care leavers. If you have taken part, don't forget to send your entry to Mark Rand on email eastwoodhaysociety@gmail.com We hope you enjoyed our journey around our wonderful area. Thank you!



If you still would like more quiz activity, try this 50 minute, all-round knowledge quiz with all-star question masters [HERE](#) or this WOW quiz set by Sandi Toksvig, space scientist Maggie Aderin-Pocock and actress Liz Carr click [HERE](#)

Activities

For those self-isolating – Marmalade Trust aims to help those unable to go out and meet others, and tackle the problem of loneliness Click [HERE](#)

For those with dementia and their carers – new 'Still curious' activity packs are issued each week click [HERE](#)

For Young Children – looking forward to meeting up with friends, but a little nervous too? Teddy adventures may help. Click [HERE](#)

Gardens Open! Some gardens are now opening under The National Garden Scheme. Pre-Booking is essential. To see local gardens open over the next week, click [HERE](#)

Exercise at home – if you're looking for new routines, try Jo Tuffrey's free 8 x 30 minutes Pilates workouts (includes one for chair workouts) click [HERE](#)

Watch free live stream performances

Explore a range of musicals and stage shows available on line, including 4 sessions with Cirque du Soleil, click [HERE](#)

- from the National Theatre – **Small Island** adapted from Andrea Levy's novel, available from Thursday evening 7pm. To find out more, click [HERE](#)

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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Highclere Society



EWH Neighbourcare



Ashmansworth and Criv Easton Parish Website