

# East Woodhay & Highclere Coronavirus Community Support



Highclere  
Society



EW H 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>

## What We Can Do After 4<sup>th</sup> July

As part of a slow and measured return to normality some restrictions will be eased from Saturday July 4<sup>th</sup>.

However, COVID-19 has not gone away entirely and remains a serious threat if not controlled. Until then, you should observe existing social distancing guidelines and must only gather indoors with people outside of your household if you have formed a support bubble with them.

You are allowed to meet outside e.g. in a park or in your garden, in groups of up to six people who you do not live with or who are not in your support bubble.

From July 4<sup>th</sup>, but not before, the following changes will apply:

- you can meet in groups of up to two households (your [support bubble](#) counts as one household) in any location - public or private, indoors or outdoors. You do not always have to meet with the same household - you can meet with different households at different times. However, it remains the case - even inside someone's home - that you should socially distance from anyone not in your household or bubble. This change also does not affect the support you receive from your carers.
- when you are outside you can continue to meet in groups of up to six people from different households, following social distancing guidelines
- you will be able to stay overnight away from your home with your own household or support bubble, or with members of one other household

However, you must not:

- gather indoors in groups of more than two households (your support bubble counts as one household) - this includes when dining out or going to the pub
- gather outdoors in a group of more than six people from different households; gatherings larger than 6 should only take place if everyone is from just two households
- interact socially with anyone outside the group you are attending a place with, even if you see other people you know, for example, in a restaurant, community centre or place of worship
- hold or attend celebrations (such as parties) where it is difficult to maintain social distancing
- stay overnight away from your home with members of more than one other household (your support bubble counts as one household)

Gatherings of more than 30 people will be prohibited, apart from some limited circumstances to be set out in law.

## **Keeping safe outside of your home**

When out of your home you should try to keep your distance from people outside your household.

The government recommends that you keep two metres away from people as a precaution or one metre when you can mitigate the risk by taking other precautions. For instance, avoid being face-to-face with people if they are outside your household or support bubble. You can lower the risk of infection if you stay side-to-side rather than facing someone. If you must face someone, keep it as brief as possible.

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.

In good weather, try to leave windows and doors open in areas where people from different households come into contact, or move activity outdoors if you can.

Avoid crowded spaces. If you can do your job from home, you should continue to do so. Avoid peak travel times on public transport where possible and avoid densely crowded areas. Small groups in small spaces pose a risk as well as large, close crowds.

### **Over 70's**

Please remember, we know that as you get older, there is a higher risk of coronavirus having a more serious impact with infection. Complications and deaths are more common in the elderly, even those without pre-existing conditions but those aged 70 and over can be absolutely fit and healthy and it's not the case that everybody over 70 has a chronic health condition or an underlying disease.

The advice for those aged 70 and over continues to be that they should take particular care to minimise contact with others outside their household. Those who are younger also have a responsibility to ensure that older people's safety is not put unnecessarily at risk by their behaviour.

### **Self-isolation**

If you are unlucky enough to contract COVID-19 the guidelines remain the same. If you have symptoms of coronavirus (COVID-19), however mild, or you have received a positive coronavirus (COVID-19) test result, the clear medical advice is to immediately self-isolate at home for at least 7 days from when your symptoms started.

Do not go to a GP surgery, pharmacy or hospital. You should arrange to have a test to see if you have COVID-19 – go to [testing](#) to arrange.

Consider alerting the people that you have had close contact with in the last 48 hours to let them know you have symptoms of coronavirus COVID-19. All other household members who remain well must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the household became ill.

For further information click [HERE](#)

Full news of opening of pubs etc will be included next week.

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## Face Masks / Covering

You must wear a face covering at all times on public transport or when attending a hospital as a visitor or outpatient.

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.

A World Health Organisation study in May suggested that wearing a covering can reduce the transmission of the virus significantly, the rates of reduction depending on who is wearing a mask. The best results are obviously when as many people as possible wear face coverings / masks the basis being: **'My mask protects you and your mask protects me'**.

There are now lots of face coverings / masks available and for personal use a mask doesn't have to be of medical standard, these are best kept for health professionals who have the greater need.

A simple face covering such as the one shown, made from cotton fabric with a lining and if possible, a filter layer, washable at 60 degrees, will work perfectly well.



Public Health England updated the guidelines for wearing a face covering on 4<sup>th</sup> June as follows:

- A cloth face covering should cover your mouth and nose and fit under the chin, while allowing you to breathe comfortably.
- Wash your hands or use hand sanitiser before putting it on and after taking it off.
- Avoid touching your eyes, nose, or mouth at all times and store used face coverings in a plastic bag until you have an opportunity to wash them.
- Once removed, make sure you clean any surfaces the face covering has touched
- You should wash a face covering regularly. It can go in with other laundry using your normal detergent but is recommended to be washed at 60 degrees.
- When wearing a face covering, take care to tuck away any loose ends

There have been many comments about wearing a mask if you also wear glasses as it is common for your glasses to steam up as you breathe. A solution offered by a surgeon was to wash your glasses with soapy water, don't rinse, and then dry them carefully. This leaves a film on the glass which doesn't impair vision but prevents steaming up. Maybe worth a try!

With people wearing masks it isn't easy to judge mood or expressions, make sure to make eye contact and smile; it will show in your eyes and in your voice – even muffled by a mask!



You can [make face-coverings at home](#).

## Where Can We Go After 4<sup>th</sup> July?

From 4 July, many businesses and venues will be permitted to reopen and will be expected to follow COVID-19 Secure guidelines. These include:

- hotels, hostels, bed and breakfast accommodation, holiday apartments or homes, cottages or bungalows, campsites, caravan parks or boarding houses
- places of worship
- libraries
- community centres
- restaurants, cafes, workplace canteens, bars, pubs that are self-contained and can be accessed from the outside
- hair salons and barbers, including mobile businesses
- cinemas
- theatres and concert halls
- funfairs, theme parks, adventure parks and activities
- outdoor gyms and playgrounds
- museums and galleries
- bingo halls
- outdoor skating rinks
- amusement arcades and other entertainment centres
- model villages
- social clubs
- indoor attractions at aquariums, zoos, safari parks, farms, wildlife centres and any place where animals are exhibited to the public as an attraction
- indoor and outdoor areas of visitor attractions including, gardens, heritage sites, film studios and landmarks

The following businesses will need to remain closed, as it has been assessed that they cannot yet be made sufficiently COVID-19 Secure:

- nightclubs
- casinos
- bowling alleys and indoor skating rinks
- indoor play areas including soft play
- spas
- nail bars, beauty salons and tanning salons
- massage, tattoo and piercing parlours
- indoor fitness and dance studios, and indoor gyms and sports venues/facilities
- swimming pools and water parks
- exhibition or conference centres - where they are to be used for exhibitions or conferences, other than for those who work for that venue.

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## Visiting at Hampshire Hospitals

There are some changes to the visiting guidelines to allow for essential visits. One visitor will be welcomed onto site per patient and where possible, this should always be the same person.

Please agree your visit with the ward ahead of arrival and follow all other procedures to ensure the safety of the patients, staff and other visitors.

Full details [HERE](#)

## Available Support

**Hampshire CAMHS is the Child & Adolescent Mental Health Service.** Their Facebook page is full of advice for helping children & teens through Covid-19 confusions / preparing for senior school etc click [HERE](#)

**Dan Maskell Tennis Trust** Grants are available to help disabled people in the UK to play tennis through the purchase of wheelchairs, tennis equipment and grants for coaching Click [HERE](#)

## 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.

Last Sunday we held an online Holy Communion and some 50 folk joined in. This coming Sunday (28<sup>th</sup> June) we are online at 11.00am for Holy Communion and at 6pm for Evensong. 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).

We are delighted that we have been able to make a start to opening our buildings for private prayer. I am so grateful to our churchwardens who have worked hard to do all that is needed to enable this to happen. Opening times are as shown in the notice and St James' Church, Ashmansworth, starts its Saturday fortnightly opening tomorrow (27<sup>th</sup> June).

**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*  
Rector      Associate Priest  
The Revd Canon Christine Dale      The Revd Canon Marvin Bamforth  
(01635) 253323      (01635) 254718  
e-mail: cdale001@btinternet.com      e-mail: canonmarv37@gmail.com

The government has now announced we may begin to hold services in church again from 5<sup>th</sup> July and we are awaiting the full guidelines, this permission includes baptism and wedding services. As with everything now things seem to be rapidly changing! It will take us a while to update our risk assessments and make appropriate plans but we look forward to being able to welcome folk back to church for services soon. More news in due course....

with every blessing to you all

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

**St Thomas' Church**  
**Plant Sale**  
*in*  
Church Grounds  
**Saturday**  
**4th July**  
2.00pm to 4.00pm  
Cakes – Marmalade – Jams  
also available

## Donate Unwanted Household Items

The Newbury Community Resource Centre operates a furniture and household goods re-use service. The Project enables people to donate items, knowing that they will be put to good use in helping others to improve their living conditions and benefiting the most vulnerable members of our local community. Surplus funds generated through the operation of the Project directly support the wide range of other services provided by the charity to vulnerable members of the local community.

The Community Furniture Project shop is in Bone Lane, on the Hambridge Road Industrial Estate, and is open Monday to Friday 10am to 12.30pm and 1.30pm to 4pm. Household collections have also started this week and you can book a collection by calling (01635) 43933. If you want to take in donations, call and book a time slot so that the charity can safely manage the movement of people and goods in the loading area.

For more information, Click [HERE](#)

## West Berks Foodbank

West Berks Foodbank are in need of more donations of food due to a substantial increase in demand. They have two local collection points where they are accepting donations for dried and canned goods.

Fran is the West Berks Foodbank Manager and Justine is a Lead Volunteer with the Foodbank

Fran Chamings	Justine Fry
4 Penwood Heights	13 Douglas Ride
Penwood	Woolton Hill
RG20 9EY	RG20 9UG

They have containers outside the houses for the food.

They would welcome donations of the following:

Tinned Meat Meals (Curry, Chilli, Stewed beef etc), Tinned Fish, Tinned Fruit, Tinned Vegetables, Custard, Sponge Puddings, Pasta, Pasta Sauce, Tinned Tomatoes, Long Grain Rice, 500gm Granulated Sugar, Cereal (not porridge), Squash, Long Life Fruit Juice, Confectionary

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## Shopping & Deliveries

Full news of opening of pubs etc will be included next week.

**Yew Tree Garden Centre** - 01635 255250

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

### 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

Three online quizzes with hosts Stephen Fry, Jonathon Ross and Scarlett Moffat in aid of Alzheimer's Research UK. Click [HERE](#)

## Activities

**Live happy with 'yogawellness'**. If you are feeling a loss of physical condition and or a sense of restless uncertainty as a result of recent restrictions, yoga could be helpful. Rediscover what easy movement feels like at any age and stage of fitness, but particularly for the over 50s. Click [HERE](#)

**Looking to learn a new skill?** - City Lit offers online courses over a wide range of subjects, from art history to podcasting and from yoga to Japanese script. Early booking discount. Click [HERE](#)

**For Children** - a range of creative nature design packs to download. Enter your designs to a competition online. Click [HERE](#)

**For Children** – the Watts Gallery Make Space has a range of creative activity packs to download Click [HERE](#)

**The WRVS virtual village hall** offers a huge range on line, from Gardening Q&A sessions with Terry Walton to beatboxing and laughter yoga classes Click [HERE](#)

**Exercise at home** – free Pilates classes on YouTube from 'The Girl with the Pilates Mat' – range from 10 to 45 minute sessions, some aimed at over 60s. Click [HERE](#)

**Watch free live stream performances:**

**Reasons to be cheerful** – raucous musical featuring the songs of Ian Dury & the Blockheads Click [HERE](#)

from the Bridge Theatre – **A Midsummer Night's Dream**, available from Thursday evening 7pm. To find out more, click [HERE](#)

If you would like to **watch football** on the tv, many live games are now available without subscription. Click [HERE](#)

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## Thanks

We would like to say a big thanks to everybody who has sent messages back to us saying they appreciate the information we have issued since starting these newsletters. Last week we received one such email which we would like to share as it meant a lot to us:

*"What a wonderful newsletter! These just get better and better! I loved the Barbados music video. I'm having such a tough time at the moment and this had really brightened up my day!"*

If you missed this Barbados music- click [HERE](#)

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## 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](#)

## East Woodhay & Highclere Coronavirus Community Support



Highclere Society



EWH Neighbourcare



Ashmansworth and Cray Eastern Parish Website