

East Woodhay & Highclere Coronavirus Community Support



Highclere
Society



EWH Neighbourcare



Inside our Newsletter #23 – 27th November

[The COVID Rules of Christmas](#)

[Latest Local COVID-19 Cases](#)

[From the Rector](#)

[Flu Vaccines](#)

[Christmas Shopping](#)

[Email Scam to be Aware](#)

[Next Newsletter](#)

We are here for you – one number to have:

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

01635 745 600



As this newsletter is lengthy with the new COVID rules, many regular features will be left over until next week.

The COVID Rules of Christmas

It seems that the closer we get to a possible solution to COVID-19 the more complex and stringent the rules feel for controlling it. And because we have all been restricted for so long the more insufferable those rules may appear. So, it is worth remembering why they are there and how changes in the situation mean we may have to do things differently now to a few months ago:

1. We are in winter

Coronavirus spreads much more easily in warm unventilated spaces like our homes or pubs and restaurants. So, there is more chance of catching it or passing it on now than in the summer when we all spent much more time outdoors

2. Coronavirus seriously affects the over 60's

People over 60 tend to suffer worse from COVID-19 than some younger people but they can catch it from younger people very easily. Most at risk are those with underlying respiratory problems and other conditions that weaken their resistance, and they are the ones most likely to require hospital treatment.

3. Hospitals are already under pressure

The winter is the worst time for hospital admissions with greater risk of severe 'flu cases and more breaks, slips and sprains if conditions become icy. COVID-19 has to be accommodated on top of these annual events.

The restrictions imposed are attempting to recognise these pressures and to minimise their impact by limiting the spread of the virus. However, the emphasis has to be on personal responsibility not to do things just because you want to or out of frustration with the limitations that might spread the virus and put others at risk of serious illness or death. Particularly when a vaccine may be just around the corner.

The New Tiers:

In Hampshire we are in Tier 2. So is West Berkshire and most other surrounding areas. Below is a summary list of what you can and can't do as from next Wednesday 2nd December when the

new rules come into effect. Until then the lockdown rules brought in on 5th November still apply. The only exception will be the Christmas period from December 23rd to 27th when some easing of the rules around families getting together will apply. (see below)

Across all tiers, everyone:

- must [wear a face covering](#) in most indoor public settings, unless they have an exemption
- should follow the [rules on meeting others safely](#)
- should attend school or college as normal, unless they are self-isolating. Schools, universities, colleges and early years settings remain open in all tiers
- should walk or cycle where possible, plan ahead and avoid busy times and routes when travelling
- must follow the gathering limits at their tier except for in specific settings and circumstances.
- Visits to care homes can take place with arrangements such as substantial screens, visiting pods, and window visits. Regular testing will be offered to up to 2 family members or friends per resident by Christmas, which – when combined with other infection-control measures such as PPE – will support indoor visits with physical contact. Detailed guidance will be published shortly.
- All businesses and venues that are open are expected to follow [COVID-19 secure guidelines](#) to protect customers, visitors and workers. In all tiers, the following businesses and venues can remain open:
 - essential and non-essential retail, including indoor and outdoor markets and car boot sales
 - certain leisure and sporting facilities such as gyms, sports courts and facilities, leisure centres, fitness and dance studios, golf courses, swimming pools, riding centres, outdoor playgrounds – subject to relevant [social contact rules](#) in each tier. Indoor group activities and classes should not take place at tier 3
 - personal care and close contact services such as hairdressers and barbers, beauty salons, tattoo parlours, nail salons, spas and beauty services, massage parlours and tanning salons
 - public buildings, such as libraries, community centres and halls. They should not host events for private hire, such as birthday parties or most other social activities in tier 3
 - allotments, recycling and waste centres, public toilets, car parks
 - essential public services such as the NHS and medical services, courts, and jobcentre plus sites
 - places of worship – communal worship can now resume, subject to relevant social contact rules in each tier
- Everyone who can work from home should do so. Where people cannot do so – including, but not limited to, people who work in critical national infrastructure, construction, or manufacturing – they should continue to travel to their workplace. Public-sector employees working in essential services, including education settings, should continue to go into work where necessary

The rules which apply specifically in our tier, Tier 2, are:

- you must not socialise with anyone you do not live with or who is not in your support bubble in any indoor setting, whether at home or in a public place (and that includes pubs and restaurants)
- you must not socialise in a group of more than 6 people outside, including in a garden or a public space – this is called the ‘rule of 6’

- businesses and venues can continue to operate, in a [COVID-Secure](#) manner, other than those which remain closed by law, such as nightclubs
- pubs and bars must close, unless operating as restaurants. Hospitality venues can only serve alcohol with substantial meals
- hospitality businesses selling food or drink for consumption on their premises are required to:
 - provide table service only, in premises which sell alcohol
 - close between 11pm and 5am (hospitality venues in airports, ports, transport services and motorway service areas are exempt)
 - stop taking orders after 10pm
- hospitality businesses and venues selling food and drink for consumption off the premises can continue to do so after 10pm as long as this is through delivery service, click-and-collect or drive-through
- early closure (11pm) applies to casinos, cinemas, theatres, museums, bowling alleys, amusement arcades, funfairs, theme parks, adventure parks and activities, and bingo halls. Cinemas, theatres and concert halls can stay open beyond 11pm in order to conclude performances that start before 10pm
- public attendance at outdoor and indoor events (performances and shows) is permitted, limited to whichever is lower: 50% capacity, or either 2,000 people outdoors or 1,000 people indoors
- public attendance at spectator sport and business events can resume inside and outside, subject to [social contact rules](#) and limited to whichever is lower: 50% capacity, or either 2,000 people outdoors or 1,000 people indoors
- places of worship remain open, but you must not socialise with people from outside of your household or support bubble while you are indoors there, unless a legal exemption applies
- weddings and funerals can go ahead with restrictions on numbers of attendees – 15 people can attend wedding ceremonies and receptions, 30 people can attend funeral ceremonies, and 15 people can attend linked commemorative events such as wakes or stone-settings
- organised outdoor sport, and physical activity and exercise classes can continue
- organised indoor sport, physical activity and exercise classes will only be permitted if it is possible for people to avoid mixing with people they do not live with (or share a support bubble with). There are exceptions for indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s, which can take place with larger groups mixing
- you can continue to travel to venues or amenities which are open, but should aim to reduce the number of journeys you make where possible
- if you live in a tier 2 area, you must continue to follow tier 2 rules when you travel to a tier 1 area. Avoid travel to or overnight stays in tier 3 areas other than where necessary, such as for work, education, youth services, to receive medical treatment, or because of caring responsibilities. You can travel through a tier 3 area as a part of a longer journey
- for international travel see the Foreign, Commonwealth and Development Office [travel advice](#) for your destination and the [travel corridors list](#)

Special COVID-19 Rules for Christmas:

The festive period is an important time for many people of all faiths and none who want to come together over the holidays. However, doing so brings increased risk of transmission and therefore of passing on the virus to older people less able to cope. So, you must consider very carefully whether a few days together is worth the risk of serious illness or even death, particularly when a vaccine may be just around the corner.

If having a Christmas get together is still important to you the rules on forming and using a Christmas bubble will be the law. You must follow them to minimise the spread of infection. Everyone is allowed to form a Christmas bubble from 23rd December until 27th December. There are three main rules:

- **you can only be in one Christmas bubble**

you can only meet your Christmas bubble in private homes or in your garden, places of worship, or public outdoor spaces. You cannot go out for a meal or go shopping together so Christmas Day lunch at the pub as a group is out.

- **you cannot change your Christmas bubble**

You cannot decide to visit one part of the family one day and move on to a different part the next unless you all agree not to meet anyone else over the Christmas period. Being part of a bubble does not mean you have to be there all the time, but you cannot meet someone in another private dwelling who is not part of your household or Christmas bubble.

You can continue to meet people who are not in your Christmas bubble outside your home according to [the rules in the tier where you are staying](#) which, in Tier 2, means you can socialise in a group of no more than 6 people outside, including in a garden or a public space.

- **your Christmas bubble should not include people from more than three households**

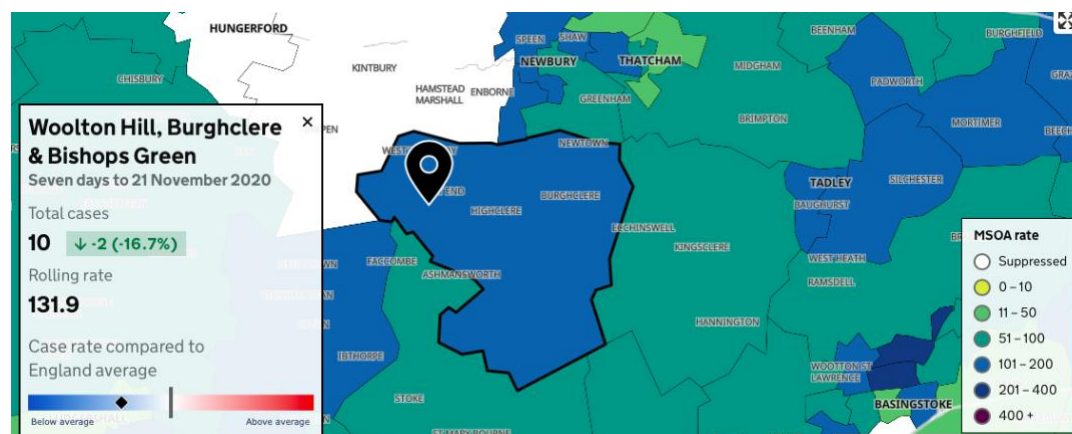
There is no limit to the number of people in each household or the total number in a Christmas bubble but to avoid the risk of spreading infection and to [protect our loved ones, particularly if they are vulnerable](#). is important that you keep your Christmas bubble as small as possible.

Full guidance on the details of the regulations in each tier and on the forming of Christmas bubbles etc can be found [HERE](#). Onerous as they may be, they are there to try to help people get through the Christmas period and beyond safely and healthily.

Latest Local COVID-19 Cases

There is a slight improvement on our local numbers from the previous week but as you will see we are higher than some other local rural communities.

The link to the original data can be found [HERE](#)



From the Rector: Revd Canon Christine Dale



Thank you once again to our fantastic Neighbourcare team for bringing invaluable information to us all in these constantly changing times.

This Sunday (29th November) is **Advent Sunday**, and we begin the season of preparation for the Christmas Festival. It is a season when we recall how the patriarchs and prophets of old waited in prayer and faith for the coming Messiah before recalling how John the Baptist heralded the coming of Christ and the obedience of Mary and Joseph. On Sunday we will meet online at 10am (using Zoom) for the Advent Sunday Eucharist. Then at 4.00pm we gather online for an Advent Carol Service with Advent carols, prayers and readings to explore the meaning of the season. If you would like details of the links for these services then please send your e-mail address to me at cdale001@btinternet.com by 5pm Saturday.

Each Sunday our churches are open during the day for private prayer (St Michael & All Angels', Highclere is open 11am-12.30pm and St Martin's, East Woodhay 11am-3pm).

Following the lockdown public worship in our church buildings is permitted, according to the regulations we had become used to (hand hygiene, face coverings being mandatory, social distancing, no communal singing etc). So, from 6th December we will return to a mix of 'in church' and online services on Sundays.

Christingle Service: 3.30pm Sunday 6th December. We have moved our annual Christingle Service online (via Zoom). If you would like the joining details and instructions on how to make your own Christingle, then please send you e-mail address to me at cdale001@btinternet.com.

Christmas Services and how to request attendance

Our planning as yet does not incorporate the government's announcement yesterday (Thursday) that some carol singing outside is now permitted!! We have however been busy planning a number of services 'inside' the churches! The full December service schedule is [HERE](#).

The 'in church' services will inevitably be different from previous Christmases, but we do believe that we can bring the unchanging Christmas message of comfort and joy through familiar Christmas readings and music (congregational singing inside is still not permitted – hence a new service title for this year 'Not the Carol Service!'. We hope to live stream some services. We have a couple of new 'surprises' planned – 'Come to Bethlehem' in St Thomas' Church on 19th December is a living Nativity which family groups can explore (booking for this is essential), and watch out for the Scarecrow Nativity in Highclere. A full online, via Zoom, Carol Service will be held at 7.30pm on 23rd December (so that you can freely join in the singing in the privacy of your own home!).

*****Request a seat!**

Please note that due to the reduced capacity of our church buildings you do need to request to attend Christmas services and we have set up **an online request system** for 'in church' services on 20th December and Christmas Eve/Day. You can now enter your request [HERE](#).

Booking for the 'Come to Bethlehem' Nativity in St Thomas' Church on 19th December is not open yet and will be handled separately, again send your e-mail to me if you want details when available.



The Church of England have launched a phone line called Daily Hope (free to call). You can call it for music, hymns, prayers and reflections as well as full worship services from the Church of England. The line is available 24 hours a day on **0800 804 8044**

with every blessing to you all

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

Flu Vaccines

The local surgeries are working on flu vaccines for 50 to 64 year olds and will send letters out to anyone in this group with an invitation to attend a clinic. Consequently, they have said there is no need to contact the surgery directly but to wait for the letter.

Christmas Shopping

Here are some ideas on how you can support local, independent businesses without leaving home!

'The Borough Basket' – one website for small businesses and craftspeople from Basingstoke and surrounding villages – great initiative! Click [HERE](#)

'Artful Collective' – 77 gift ideas from 55 Hampshire makers on-line to December 15th – click [HERE](#)

Christmas Cakes & decorations – free local delivery – supporting Young People & Children First – click [HERE](#)

Online Christmas Fair – local craft stalls, only through Facebook 28th / 29th November, 11am – 5pm click [HERE](#)

Honey and beeswax products from Hillside House, Great Shefford. Click [HERE](#)

Email Scam to be Aware

People are receiving an email claiming to be from Royal Mail, advising customers they need to pay a £1.99 redelivery fee, and requesting bank details via a link in the email. Sadly, it is scam.

Due to the style of the email and the small sum that is being requested, the scam is proving to be successful. Please be wary of any email requesting money to be paid.

Next Newsletter

We are planning that our next Newsletter will be next week with a focus on local shops and activities.

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