

East Woodhay & Highclere Coronavirus Community Support



Highclere
Society



EWH Neighbourcare



Happy New Year

Perhaps not quite the New Year we were all hoping for. Now we must stay at home. The single most important action we can all take is to stay at home to protect the NHS and save lives. You must not leave or be outside of your home except where you have a 'reasonable excuse'.

The objective of the latest lockdown may be to reduce the risk of the spread of Coronavirus by reducing interpersonal contact as much as possible but there is a whole range of local support services to help us all get through the coming weeks safely.

You are certainly not alone.

The local support line for you to get help is **01635 745 600**

By calling this number you can get local support with

- The collection of shopping
- The delivery of medication on prescription from Woolton Hill Surgery
- Transport to and from medical appointments including the vaccination centre
- Companionship and a friendly chat on the phone if you feel at all worried
- Someone to go for a walk with

Run entirely by local volunteers these services are free and there to help us all. Here is a list of other organisations offering support locally or nationally if you feel you need it. No one should feel they have to cope on their own.

- Mind – call 0300 123 3393, text on 86463, email info@mind.org.uk or click [HERE](#)
- Samaritans – call 116 123, email jo@smamaritans.org or click [HERE](#)
- The Silver Line (advice and friendship for the elderly) – call 0800 470 8090 or click [HERE](#)
- Age UK (friendship service for over 60s) – call 0800 678 1602 or click [HERE](#)
- Hampshire Domestic Abuse Service – call 03300 165112 or click [HERE](#)
- National Domestic Abuse Helpline – call 0808 2000 247 or click [HERE](#)
- Childline – call 0800 1111 or click [HERE](#)
- Citizens Advice – call 0300 3309 064 or click [HERE](#)

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First trip booked for 2021

Hopefully off to Iceland in
February.

If that goes well, probably
looking at Asda in March and
Tesco in April.

Shopping and Takeaways

Many of our local shops, pubs and other outlets are offering goods and services easily available within the framework of the lockdown.

Supermarkets

All the Newbury supermarkets remain open. Some also operate delivery and click and collect services, as do those in Thatcham, Andover and Marlborough.

More details can be found at:

Morrisons Online: [HERE](#)

Sainsbury Online: [HERE](#)

Tesco Online: [HERE](#)

Waitrose Online: [HERE](#)

Local Shops

The following shops and suppliers are open and offering a variety of food, takeaways and other supplies (more will be featured in future newsletters but here is an initial list):

Woodland Stores (01635 253651) & **Woolton Hill Stores** (01635 253463) are both well stocked – contact Neighbourcare on **01635 745 600** if you need a delivery

Fisher of Newbury (01635 524822) has expanded the range to include dairy and bakery goods as well as fruit & veg. Next day delivery slots available – to book click [HERE](#)

Fernworth Farm meat and seasonal veg, collect or delivery Saturdays contact Jo@fernworthfarm.co.uk

Thatcham Refillable household products – delivery Tuesdays. Order goods Click [HERE](#) or email thatchamrefillable@hotmail.com, tel. 07876350137 by 2pm Mondays

Takeaways:

Highclere Red House (01635 255531) takeaway / delivery Tues–Sat click [HERE](#)

Rampant Cat – takeaways Friday / Saturday 4pm-8pm & Sunday roast lunch – order by phone 12noon - 2pm 01635 253474 For menu / special offers see [HERE](#)

Dundas Arms Kintbury (01488 658263) – takeaway Friday / Saturday, click [HERE](#) – ordering link only open Fri/Sat

Note: Carpenters Arms Burghclere, The Pheasant Highclere and Furze Bush Ball Hill – are all closed.

Vaccinations

Mass vaccination is a key part of fighting Covid-19. Woolton Hill and Kintbury surgery have made the following statement:

“Due to the nature of this vaccine and the need to reduce wastage, and work at scale, we have joined forces with 8 other Newbury practices including Lambourn and Hungerford. We will be delivering the vaccine from the Grandstand building at Newbury Racecourse.

We realise this is not as convenient for our patients, in that there will be a need to travel, but because of the delivery logistics and the need to deliver at scale we cannot do this from the surgery at this stage.

We will be starting vaccinations during week commencing the 11th January.

[We have heard subsequently from this being issued that the vaccination program will start on Wednesday 13th January.]

As soon as we have this, we will start calling the first cohort which is the over 80's. The housebound patients will be vaccinated by ourselves and not the district nurses and there are plans being drawn up to ensure we achieve this and the care home vaccinations also, as quickly as possible.

Please do not call us, we will call you to book in your appointment in order of priority according to the National Criteria which we are unable to deviate from.

We are very excited to begin work on this vaccination programme, please bear with us, we are all working very hard to bring this to you as fast and as safely as we can."



You should only attend for vaccination if you have no symptoms of coronavirus. **If you have any coronavirus symptoms:**

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

[Get a test](#) and stay at home

If you will have difficulty travelling to and from the Racecourse call **01635 745 600** to arrange help with transport.

You will be notified up to 12 weeks after your initial vaccination with an appointment for your second treatment. Please remember that the vaccination only becomes fully effective three weeks after it is received.

Beware of Scams: There have been reports of a text message scam, where a person receives a text or an email saying they need to book a vaccination appointment and it takes them to a fake NHS form which then asks for their bank details to prove their identity. **The NHS will never ask for a person's banking information.**

Clinical Volunteers

The Woolton Hill & Kintbury surgery is asking if any clinical volunteers could please come forward for the new COVID vaccination centre at the Newbury racecourse. They hope to be able to offer some vaccination roles in due course once things are a little clearer about some of the requirements. In the interim anyone with up-to-date BLS/anaphylaxis training would be welcome to volunteer for post vaccination observation too.

If you'd like to volunteer for these roles, could you please contact Karen Oakton, Practice Manager at Kintbury & Woolton Hill surgery on Tel: 01635 253324

Surgery and Prescriptions

The surgeries at Woolton Hill and Kintbury remain open and emphasise it is important for people to contact them with any medical concerns they may have.

However, with the increase in the number of positive COVID-19 cases in the area and the new national lockdown, Woolton Hill Surgery is keen to minimise the number of people accessing the surgery building for repeat prescriptions.

For those who don't pay or pre-pay, please call Neighbourcare rather than collecting it yourself and they will collect your repeat prescription and deliver to your door, free of charge.

Currently, there are two delivery days a week, Tuesday and Friday, but this may be increased dependant on the number of requests received. Just call the central number, **01635 745600**, when you are told that your prescription is ready for collection and one of our drivers will collect on your behalf.



There is also a stand-by facility available on a daily basis for urgent medication collection and delivery, just call **01635 745600**.

Childcare

There are several ways that parents and carers can continue to access childcare:

- Early Years settings (including nurseries and childminders) remain open
- Vulnerable children and children of critical workers can continue to use registered childcare, childminders and other childcare activities (including wraparound care)
- parents are able to form a childcare bubble with one other household for the purposes of informal childcare, where the child is under 14. This is mainly to enable parents to work, and must not be used to enable social contact between adults
- some households will also be able to benefit from being in a support bubble
- nannies will be able to continue to provide services, including in the home

Schools & Universities

Under the new lockdown arrangements all schools, state and private, primary and secondary are closed and will remain so at least until mid-February but will remain open for vulnerable children and the children of critical workers. All other children will learn remotely until February half term.

Those students who are undertaking training and study for the following courses should return to face-to-face learning as planned and be tested twice, upon arrival or self-isolate for ten days:

- Medicine & dentistry
- Subjects allied to medicine/health
- Veterinary science
- Education (initial teacher training)
- Social work
- Courses which require Professional, Statutory and Regulatory Body (PSRB) assessments and or mandatory activity which is scheduled for January and which cannot be rescheduled (your university will notify you if this applies to you).

Students who do not study these courses should remain where they are wherever possible, and start their term online, as facilitated by their university until at least Mid-February. This includes students on other practical courses not on the list above.

Did you know that if your child has an Xbox one or PlayStation 4 they can use this to access Microsoft teams for home schooling? Have a look at this [video](#)



There is an initiative for businesses to donate tech to local schools to help with home schooling. Both Park House and the Clere School are registered on the site. If your business is moving, or you're updating your computers and office furniture, why don't you think about donating the things you no longer need to Business2Schools? [HERE](#)

Places of Worship

You can attend places of worship for a service. However, you must not mingle with anyone outside of your household or support bubble. You should maintain strict social distancing at all times.

Weddings and civil partnership ceremonies must only take place with up to 6 people. Anyone working is not included. These should only take place in exceptional circumstances, for example, an urgent marriage where one of those getting married is seriously ill and not expected to recover or is to undergo debilitating treatment or life-changing surgery.

Funerals can be attended by a maximum of 30 people. Linked religious, belief-based or commemorative events, such as stone settings and ash scatterings can also continue with up to 6 people in attendance. Anyone working is not counted in these limits. Social distancing should be maintained between people who do not live together or share a support bubble.

From the Rector: Revd Canon Christine Dale



For the Church, the season of Epiphany has begun. The guiding star has led the wise men to make their visit to the Christchild, Christmas decorations are put away and we look ahead to an uncertain year. As the challenges of the pandemic continue the roll out of the vaccine gives us encouragement that some of our freedoms may be restored as the year unfolds. Our heartfelt thanks to all who are working so hard to give medical and practical support. May I offer this poem for reflection, it reminds me that the work of Christmas is something that we can all be involved with:

The Work of Christmas (Howard Thurman)

*When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and princes are home,
When the shepherds are back with their flock,*

The work of Christmas begins:

*To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among all,
To make music in the heart.*



*the scarecrow nativity at St Michael & All Angels',
Highclere*

During this current lockdown all our church buildings will continue to be open for private prayer on Sundays (*three of our churches have published opening times - St Thomas', Woolton Hill 10am-4pm; St Michael & All Angels', Highclere 11am-12.30pm; St Martin's, East Woodhay 11am-3pm*).

On reviewing our local practice against updated regulations, we have decided to hold some of our planned services but not all. We continue to offer worship online every Sunday (*if you wish to receive joining codes for our 'zoom' services please do contact me, e-mail below*). If you choose to attend a service in church please do remember the importance of **'hands, face, space'** and follow guidance given when you arrive.

Services for the rest of January are as follows:

10th January 9.30am Parish Communion *in church at St Thomas', Woolton Hill*
11.00am Morning Worship *online via Zoom*

17th January 9.30am Morning Worship *online via Zoom*
11.00am Parish Communion *in church at St Michael & All Angels', Highclere*

24th January 10.00am Benefice Communion *online via Zoom*
6.00pm Evensong *online via Zoom*

31st January 10.00am Benefice Communion *online via Zoom*

with every blessing to you all

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



What You Can and Cannot do Under Lockdown

You must stay at home. The single most important action we can all take is to stay at home to protect the NHS and save lives. You must not leave or be outside of your home except where you have a 'reasonable excuse'.

The police can take action against you if you leave home without a 'reasonable excuse', and issue you with a fine (Fixed Penalty Notice).

You can be given a Fixed Penalty Notice of £200 for the first offence, doubling for further offences up to a maximum of £6,400.

A 'reasonable excuse' includes:

- Work - you can only leave home for work purposes where it is unreasonable for you to do your job from home, including but not limited to people who work within critical national infrastructure, construction or manufacturing that require in-person attendance
- Volunteering - you can also leave home to provide voluntary or charitable services.
- Essential activities - you can leave home to buy things at shops or obtain services. You may also leave your home to do these things on behalf of a disabled or vulnerable person or someone self-isolating.
- Education and childcare - You can only leave home for education, registered childcare, and supervised activities for children where they are eligible to attend.. People can continue existing arrangements for contact between parents and children where they live apart. This includes [childcare bubbles](#).
- Meeting others and care - You can leave home to visit people in your [support bubble](#) (if you are legally permitted to form one), to provide informal childcare for children under 14 as part of a [childcare bubble](#) (for example, to enable parents to work, and not to enable social contact between adults), to provide care for disabled or vulnerable people, to provide emergency assistance, to attend a support group (of up to 15 people), or for respite care where that care is being provided to a vulnerable person or a person with a disability, or is a short break in respect of a looked-after child.
- Exercise - You can continue to exercise alone, with one other person or with your household or support bubble. This should be limited to once per day, and you should not travel outside your local area. You should maintain [social distancing](#)
- Medical reasons - You can leave home for a medical reason, including to get a COVID-19 test, for medical appointments and emergencies.
- Harm and compassionate visits - you can leave home to be with someone who is giving birth, to avoid injury or illness or to escape risk of harm (such as domestic abuse). You

can also leave home to visit someone who is dying or someone in a care home (if permitted under [care home guidance](#)), hospice, or hospital, or to accompany them to a medical appointment.

- Animal welfare reasons – you can leave home for animal welfare reasons, such as to attend veterinary services for advice or treatment.
- Communal worship and life events - You can leave home to attend or visit a place of worship for communal worship, a funeral or event related to a death, a burial ground or a remembrance garden, or to attend a wedding ceremony.
- There are further reasonable excuses. For example, you may leave home to fulfil legal obligations or to carry out activities related to buying, selling, letting or renting a residential property, or where it is reasonably necessary for voting in an election or referendum.

Travel

You must not leave your home unless you have a reasonable excuse (for example, for work or education purposes). If you need to travel you should stay local – meaning avoiding travelling outside of your village or local town – and look to reduce the number of journeys you make overall.

You cannot leave your home or the place where you are living for holidays or overnight stays unless you have a reasonable excuse for doing so. This means that holidays in the UK and abroad are not allowed. This includes staying in a second home or caravan, if that is not your primary residence. This also includes staying with anyone who you don't live with unless they're in your support bubble.

Exercising and Meeting Other People

You should minimise time spent outside your home.

It is against the law to meet socially with family or friends unless they are part of your household or support bubble. You can only leave your home to exercise, and not for the purpose of recreation or leisure (e.g. a picnic or a social meeting). This should be limited to once per day, and you should not travel outside your local area.

You can exercise in a public outdoor place:

- by yourself
- with the people you live with
- with your support bubble (if you are legally permitted to form one)
- in a childcare bubble where providing childcare
- or, when on your own, with 1 person from another household

Public outdoor places include:

- parks, beaches, countryside accessible to the public, forests
- public gardens (whether or not you pay to enter them)
- the grounds of a heritage site
- playgrounds

Outdoor sports venues, including tennis courts, golf courses and swimming pools, must close. You must wear a face covering in many indoor settings, such as shops or places of worship where these remain open, and on public transport, unless you are exempt. This is the law.

Support and Childcare Bubbles

You have to meet certain eligibility rules to form a support or childcare bubble. This means not everyone will be able to form a bubble.

A [support bubble](#) is a support network which links two households. You can form a support bubble with another household of any size only if you meet the [eligibility rules](#).

You should not form a support bubble with a household that is part of another support bubble. It is against the law to form a support bubble if you do not follow these rules. You are permitted to leave your home to visit your support bubble (and to stay overnight with them). However, if you form a support bubble, it is best if this is with a household who live locally. This will help prevent the virus spreading from an area where more people are infected. If you live in a household with anyone aged under 14, you can form a [childcare bubble](#). This allows friends or family from one other household to provide informal childcare.

You must not meet socially with your childcare bubble and must avoid seeing members of your childcare and support bubbles at the same time. There is separate guidance for [support bubbles](#) and [childcare bubbles](#).

Advice for the Clinically Vulnerable

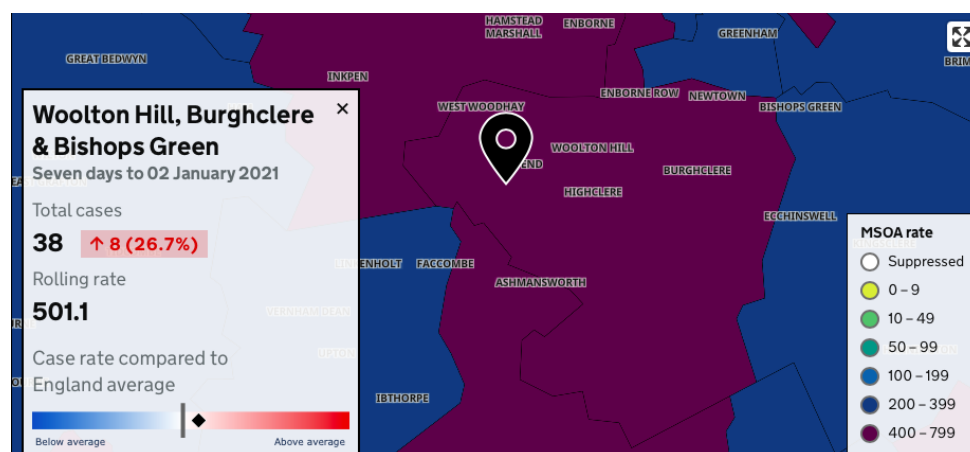
If you are clinically extremely vulnerable you should not attend work, school, college or university, and limit the time you spend outside the home. You should only go out for medical appointments, exercise or if it is essential.

For further detailed advice on all aspects of the lockdown regulations go to: <https://www.gov.uk/guidance/national-lockdown-stay-at-home>

Latest Local COVID-19 Cases

Here are our recent numbers. Please note that rolling rate of cases locally is actually slightly higher than the national average. Only five weeks ago we had 3 cases and rolling rate of 39.6 compared with this week's figure of 38 and rolling rate of 501 and is a sharp reminder that we all need to follow the regulations listed above.

Our recent historic information is stored [HERE](#) and the link to the original data can be found [HERE](#)



Foodbank

West Berks Food Bank urgently needs supplies, especially Tinned Fish, Custard, Rice Pudding, Sponge Puddings, Sugar, Tinned Fruit. To see the full list of items of those low in stock and for all information click [HERE](#). Donations can be made to the stores listed or dropped off at 13 Douglas Ride Woolton Hill RG20 9UG

Activities

Staying in

Learn – The Workers' Educational Association has switched all its courses to online learning, and there are opportunities to join many low cost classes in January & February across a range of topics. For details Click [HERE](#)

SING! The Watermill offers a FREE weekly session 'singing for the sake of it' (no talent required, just enthusiasm) to book one or more click [HERE](#)

View on-line Sunday Times Watercolour Competition – exhibition at the Willis Museum, Basingstoke Click [HERE](#)

Young Children – free daily activity sheets from Orchard Toys click [HERE](#) to sign up 8 – 12 year olds – Watts Gallery Drawing Club – 3 sessions from 11th Jan, click [HERE](#) Theatre

Panto online – Jack & the Beanstalk extended to 21st February click [HERE](#)

National Theatre at home – new streaming service launching a play a month, currently showing War Horse, for details click [HERE](#)

Staying active

Just getting started with exercise? Ultimate beginners low impact workout Click [HERE](#)

Pilates – 5 week online course starting 13th Jan click [HERE](#)
Going out?

Walk with purpose – build up to walking 10,000 steps /day during March for Cancer Research click [HERE](#) and find some new walks nearby – Hampshire website for walks of varying distance and difficulty click [HERE](#)

Please Help Us with Your Feedback

We expect that we will be in this situation a while and it would be great to know what you would like us to include in these Newsletters. Email us at EWCleresNews21@gmail.com with any feedback.

Please send us an image – we are asking for your favourite local view this winter and we will include it in a future newsletter. Others would really like to see what great sights you have seen in your garden or on a local walk. Please email to EWCleresNews21@gmail.com

Birdwatch - Have you seen any Redwing in the area this winter?
Let us know how many and where on
EWCleresNews21@gmail.com.

Watch out for news on the local birdwatch coming up later in the month



And Finally...

Everyone is feeling fed up with the current situation and many of you may be feeling isolated and worried. If you would like to share your concerns you can always call 01635 745 600 and there will be someone who you can talk to.

East Woodhay & Highclere Coronavirus Community Support

