

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



Thanks to vet Alexis Clark from The Coachhouse Vets for this wonderful photo of 'Snowdog' alongside a very patient model.

Progress on Vaccinations

The Newbury Racecourse Vaccination Centre is working in line with the JCVI (Joint Committee on Vaccination and Immunisation) priority groups in cohort order, cohort 1 being first in line.

The cohorts are as follows:

1. residents in a care home for older adults and their carers
2. all those 80 years of age and over and frontline health and social care workers
3. all those 75 years of age and over
4. all those 70 years of age and over and clinically extremely vulnerable individuals



Where there is enough vaccine supply and staff capacity, they are able to use some flexibility within cohorts 1-4, such as vaccinating people of a similar age from cohorts 3 & 4 who live together, or those living in multigenerational households.

Most of cohorts 1 and 2 have now been completed. There are a few 'mop up' clinics to do where patients were not fit enough to receive the vaccine or it has been a struggle to contact them, (if you are one of those, they will be back in touch to offer another clinic) and they are now moving to cohort 3.

There are reserve lists for each clinic to ensure no vaccine is wasted. These are drawn from the 'next cohort' on the list – at the moment either cohort 3 or cohort 4. You may be contacted to be offered a place on the reserve list, but you will need to be able to come at short notice.

Locally, by the end of the Sunday clinic this week Woolton Hill and Kintbury Surgery will have vaccinated those in the over 80s cohort - there are some who couldn't attend or were unable to at the time of booking and the surgery will get back in touch with these patients.

Housebound over 80s are being done this week by the District Nursing Team and Dr Howells.

There will be just a handful left to do next week and then a start will be made on housebound over 70 also. Vaccinations in our care homes were completed last weekend.

What to Expect after your COVID-19 Vaccination

Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them. Even if you do have symptoms after the first dose, you still need to have the second dose.

Although you may get some protection from the first dose, having the second dose will give you the best protection against the virus.

Very common side effects include:

- having a painful, heavy feeling and tenderness in the arm where you had your injection. This tends to be worst around 1 to 2 days after the vaccine
- feeling tired
- headache
- general aches, or mild flu like symptoms

If you feel unwell or very tired you should rest and avoid operating machinery or driving. You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you have the symptoms until after your vaccination appointment.

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)

The COVID-19 vaccine that you have had has been shown to reduce the chance of you suffering from COVID-19 disease. Each vaccine has been tested in more than 20,000 people in several different countries and shown to be safe.

It may take a week or two for your body to build up some protection from the first dose of vaccine. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid infection. Some people may still get COVID-19 despite having a vaccination, but this should be less severe.

The vaccine cannot give you COVID-19 infection, and a full course will reduce your chance of becoming seriously ill. We do not yet know whether it will stop you from catching and passing on the virus, but we do expect it to reduce this risk. So, it is still important to follow the guidance in your local area to protect those around you.

To protect yourself and your family, friends and colleagues you still need to:

- practice social distancing
- wear a face mask
- wash your hands carefully and frequently



COVID-19 Local Tracing Service

Local authorities have been working with NHS Test and Trace to organise Local Tracing Partnerships, which combine national scale and data with local knowledge. The staggered launch of the Local Tracing Service for Hampshire started in December and the aim is to have all districts on board by the end of January. This approach is ensuring careful, safe and effective implementation of the new service.

The Local Tracing Service is scheduled to launch in Basingstoke & Deane within the next seven days. Exact timings are dependent on provision of national data from NHS Test and Trace to Hampshire County Council.



In practice this means:

- where the NHS Test & Trace service is unable to reach people who have tested positive (cases) within their usual timeframes, local call handlers will take over;
- the local call handlers will then attempt to make contact with cases to gather details of their close contacts. This will be through a variety of methods including text messaging, and a call from a local phone number - 01962 826982;
- when contact is made, the case will be asked about their movements in the days prior to the start of symptoms, or a positive test, as well as relevant information about close contacts. This information will be shared with the national Test and Trace team who will follow-up the contacts;
- the local call handlers will also be able to offer advice on local support that is available to self-isolate if required, as well as picking up on any welfare and wellbeing concerns. In the districts where the Service is already active, our call handlers are reporting high success rates in contacting residents and have received positive feedback for their assistance, professionalism and efficiency.

Providing residents with access to prompt and convenient testing, and ensuring their close contacts are traced and supported to isolate, is key to preventing further spread of the virus by breaking the chain of infection.

Use Neighbourcare – Help Keep the Surgery Safe

Woolton Hill surgery is keen to minimise the number of people going into the surgery to collect prescriptions. With the number of COVID-19 cases in the area it is vital to keep the surgery building as safe as possible for patients in need of face-to-face consultations.

In discussion with the surgery during the last week it was repeated that, if you are exempt from paying for your prescriptions, you should call **Neighbourcare** to deliver as soon as you have been told they are ready. With numbers starting to slowly fall it is now essential that we do everything possible to keep things moving in that direction.

If you prepay or do not have to pay for your prescription, **Neighbourcare will deliver, free of charge**, to your door.

Each driver collects, by prior arrangement with the surgery, prescriptions for a number of households without having to enter the surgery building. These are then delivered to your door and handed over observing the recommended social distancing.

From the Rector: Revd Canon Christine Dale



Greetings and blessings to you all.

This week we have heard that we have reached the distressing total of more than 100,000 people who have died after contracting COVID-19. **The Archbishops of Canterbury and York have issued a call to the nation** to pray and to pause to remember those who have died and all who know and love them. You can read their letter [HERE](#), and the following prayer has been published on the Church of England website.

A prayer for those who mourn:

Gracious God, as we remember before you the thousands who have died, surround us and all who mourn with your strong compassion. Be gentle with us in our grief, protect us from despair, and give us grace to persevere and face the future with hope in Jesus Christ, our risen Lord. Amen.

Locally we continue to be cautious and are offering our Sunday services online (via 'zoom'), and at 10am each Wednesday. For 'zoom' link details please e-mail me at cdale001@btinternet.com. This Sunday (31st January) the service is at 10.00am and is Benefice Communion.

All our church buildings are open for private prayer on Sundays.

Churches with published opening times:

St James', Ashmansworth 9.30am-4.30pm St Michael & All Angels', Highclere 11am-12.30pm
St Martin's, East Woodhay 11.00am-3.00pm St Thomas', Woolton Hill 10am-4pm

If you visit one of our churches please do protect yourself and others by wearing a face covering inside the building, sanitising your hands, and using a seat with a 'green tick' card marker (when you leave please turn over the card to show the red no entry sign).

We also have a Men's Fellowship group which meets online for topical discussions at 7.00pm on the first Wednesday of the month. The next meeting is this coming Wednesday (3rd February). For details, please do contact Canon Marvin (canonmarvin27@gmail.com).

If you want to ask for prayer, please do contact Canon Marvin (254718) or me (253323). with every blessing to you all,

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



Activities – Staying In

Learn:

WEA film and heritage festival – a broad range of talks & short courses on subjects from archaeology to jazz to Scorsese click [HERE](#)

Knitting for complete beginners – 2 part on-line course from Ardington School of Crafts click [HERE](#)

Self Portraits for beginners – learn with local artist Isabel Carmona from downloads and audio clips, [HERE](#) or, if you know someone without access, request a physical pack from the Corn Exchange Contactless Creativity tel **01635 780798**

For 14 – 25 year-olds – 5 x 1 hour workshops on-line in March to learn how to build your own video game, plug & play assets provided, click [HERE](#) for details

Quiz:

St Thomas' Church Annual Trivial Pursuit Championship is online –

Sat 7th Feb, 7.15pm, Household / bubble teams up to 6 people, £5 per person.

Contact Ian.Roch@hotmail.co.uk tel. 01635 255298

St Thomas' Church in the snow this week



Theatre online:

4 Fairy Tales for February – Pumpkin Panto will set 4 well known tales in Basingstoke. Children can get involved and name some characters and locations. All 4 tales will be available on Facebook during February Click [HERE](#) for details

Jane Eyre – streaming from Theatre Royal Winchester to Feb 28th, click [HERE](#)

Sammy & the Beanstalk – recommended ages 7+ 'A modern urban fairytale' from Oxford Playhouse, £5 streaming, click [HERE](#)

Staying active:

Couch to Family Fit – FREE structured 10 minute sessions for all the family, 3 times per week for 4 weeks – that's a good February challenge! Click [HERE](#)

Beginners Box fit with Darius – FREE 30 minutes boxing-based exercise click [HERE](#)

A little more challenging - **FRIYAY dance** – FREE 30 minute cardio routines from Our Parks click [HERE](#)

Activities – Going Out

Walk with purpose, download training plans for any POWER WALKS you may be doing later in the year, from 'Walk the Walk' - a grant making breast cancer charity. Click [HERE](#)

Naturewatch

This is the annual **Big Garden Birdwatch weekend**. All information and check sheets are [HERE](#)

Count the birds you see in your garden in any one hour period. Ignore any birds that are still in flight. To avoid double-counting, just record the highest number of each bird species you see at any one time – not a running total.

Two years ago the most frequently seen was the Blue Tit and last year Goldfinches were number 1. Send your results to EWCleresNews21@gmail.com.



Thanks to Carole Thelwall-Jones for this lovely robin

Thanks to Paul Hurst for spotting these near East End. Do you know what this fungus is called? email to:

EWCleresNews21@gmail.com

Answers will be given next week



Beauty in Winter – your photos

Thank you for these lovely local photos – please keep sending them in.



Frieda King spotted these deer trying to hide in the snow near her house



A resident in Ashmansworth by Paul Hurst



Susan Hamilton sent this sunset before the snow came down



Standing tall by Carole Thelwall-Jones



Roger Wills sent this photo of early spring



Snowy scene in Nicole Bentham's garden

Send us an image – of your favourite local view this winter and we will include it in a future newsletter. Please email to EWCleresNews21@gmail.com

East Woodhay & Highclere Coronavirus Community Support



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