

East Woodhay & Highclere Coronavirus Community Support



Highclere
Society



EWH Neighbourcare



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We at **Neighbourcare** are here for you –

01635 745 600

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



Dramatic sunrise seen over Woolton Hill, taken today (12th Feb) by Sandra Clarke.

Had the Jab - what can you do now?

The simple answer is that all the regulations that applied before you had the jab still apply after you receive it. Don't think that because you have been vaccinated you are immune. Even after you have had the jab you can still catch Covid-19 and you can still pass it on. So, sticking to the guidance is just as important as before.

Will the vaccine protect you?

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.

Can you give COVID-19 to anyone if you have had the vaccine?

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, for the sake of others as well as yourself it is still important to follow the guidance to protect those around you.

What are the Rules?

To protect yourself and your family, friends and colleagues you still need to follow the current rules and guidance.

Leaving home

You must not leave or be outside of your home except where necessary. You may leave the home to:

- shop for basic necessities, for you or a vulnerable person
- go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- exercise with your household (or support bubble) or one other person (in which case you should stay 2m apart). Exercise should be limited to once per day, and you should not travel outside your local area.
- meet your support bubble or childcare bubble where necessary, but only if you are legally permitted to form one
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare - for those eligible

If you do leave home for a permitted reason, you should always stay in your local area - unless it is necessary to go further, for example to go to work.

Meeting others

You cannot leave your home to meet socially with anyone you do not live with or are not in a support bubble with (if you are legally permitted to form one).

You may exercise on your own, 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 cannot meet other people you do not live with, or have not formed a support bubble with, unless for a permitted reason.

Stay 2 metres apart from anyone not in your household or support bubble.

Hands. Face. Space.

Approximately 1 in 3 people who have coronavirus have no symptoms and could be spreading it without realising it.

Remember - 'Hands. Face. Space.'



Travelling from Abroad

The latest news on this will be included in next week's newsletter

Over 70 – Not had your Vaccination Appointment yet?

Over 15,000 vaccination jabs have been administered by the Newbury Vaccination Centre at the racecourse and the majority of the nine participating surgeries have now called all patients in the over 70 age range as well as those who are clinically vulnerable.

If you think you have been missed, their message is that you should call your Surgery.

Use Neighbourcare – Help Keep the Surgery Safe

Prescription deliveries this week will result in nearly 80 people staying away from the surgery building. Thank You to everyone who contacted Neighbourcare.

However, whilst this is a good number, it is far less than the prescription deliveries that we were making for the Woolton Hill surgery area during the first lockdown. In the first instance this was to keep the general public safe by asking them to stay at home and whilst this is still true of this lockdown it is also about keeping surgery buildings safe for those who work there and also those who need to be able to see a doctor.

If your prescription is exempt from payment, please do as the surgery suggest and ask Neighbourcare to deliver. Neighbourcare has received funding to support this. Deliveries are

currently three days a week meaning in most cases a next day delivery. During the first lockdown we delivered every day and have the capacity to increase delivery days if demand increases.

For those who are prescribed medication as the result of a telephone consultation there is a Neighbourcare driver on stand-by each day that can collect and deliver your medication the same day.

Delivery is completely free of charge and can be arranged by calling **01635 745600** or can also be booked online at www.ewhneighbourcare.org.uk by clicking the 'request a prescription delivery' button.

Spotting a Scam

The COVID-19 vaccine is free of charge on the NHS and the NHS will never ask for:

- your bank account or card details
- your pin or banking password
- copies of personal documents to prove your identity such as your passport, driving licence, bills or pay slips

If you think you have been a victim of fraud or identify theft, report it to Action Fraud on 0300 123 2040.

From the Rector: Revd Canon Christine Dale



Greetings and blessings to you all.

Locally we continue to be cautious and offer Sunday services online (via 'zoom'). For 'zoom' link details please e-mail me at cdale001@btinternet.com. This Sunday (14th February) the service is at 10.00am (Benefice Communion).

Don't forget that next Tuesday is '**Pancake Day**'! Time to brush off your pancake flipping skills and get out the lemon and sugar, or whatever your favourite topping might be. Pancake Day is a more commonly used name for 'Shrove Tuesday' which for the Church is the feast day before Lent begins. Traditionally Christians would come to be 'shriven', that is to come for confession and to receive absolution before the start of Lent. Shrove Tuesday was also seen as an opportunity to use up rich, indulgent foods before the season of Lent began, a season of fasting and abstinence. So, enjoy those pancakes!

It seems odd to think about giving something up for Lent when we have all been giving up so much during these times of restrictions. So perhaps it is better to take something up instead. How about taking up **hope** for Lent? Notice something that offers you hope each day and keep a note of it on your calendar or in your diary. It might be the first sign of spring flowers or a bird singing. It might be a kind word offered or a shared smile (even over 'zoom')! It might be your vaccination appointment has arrived. Don't forget to share hope with others by sharing the things that have given you hope.

We are going to offer **Lent worship and study online**. If you would like to find out how to join in with our Ash Wednesday online Holy Communion service at 10am next Wednesday... or find out more information or how to join in with our weekly '**Thinking through Lent**' study and discussions on **The Lord's Prayer** (Tuesday evenings from 23rd Feb), or the '**I am**' sayings of **Jesus** (Wednesday mornings from 24th Feb). Then please e-mail me on cdale001@btinternet.com and I will send you information and details.

The Church of England is also offering Lent resources for individuals and families under the heading 'God's Story, our story'. See details on the website [HERE](#).

All our church buildings continue to be open for private prayer on Sundays.

Churches with published opening times:

- St James', Ashmansworth 9.30am-4.30pm
- St Martin's, East Woodhay 11am-3pm
- St Michael & All Angels', Highclere 11am-12.30pm
- 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).

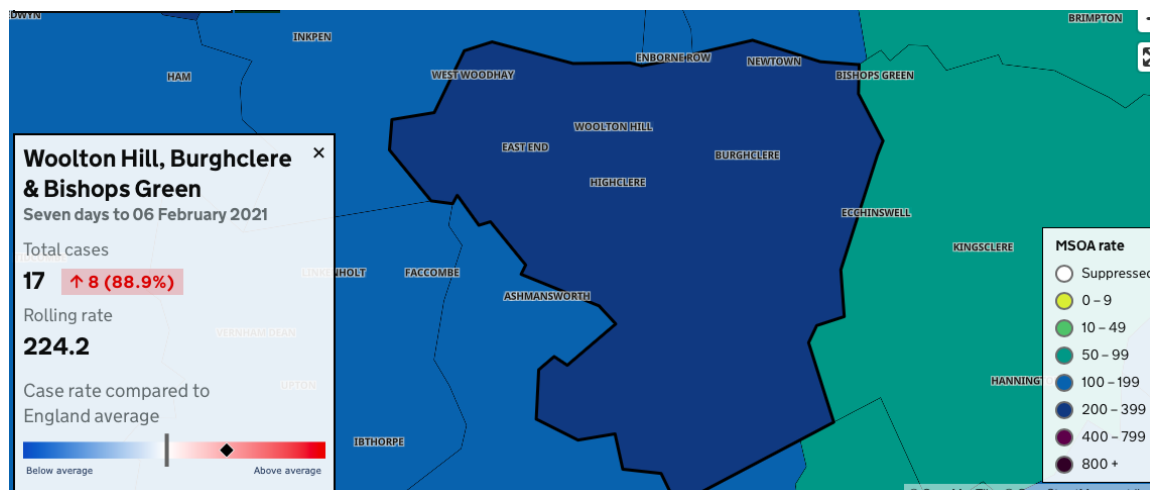
If you want to ask for prayer, please do contact Canon Marvin (254718) or me (253323). with every blessing to you all,

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

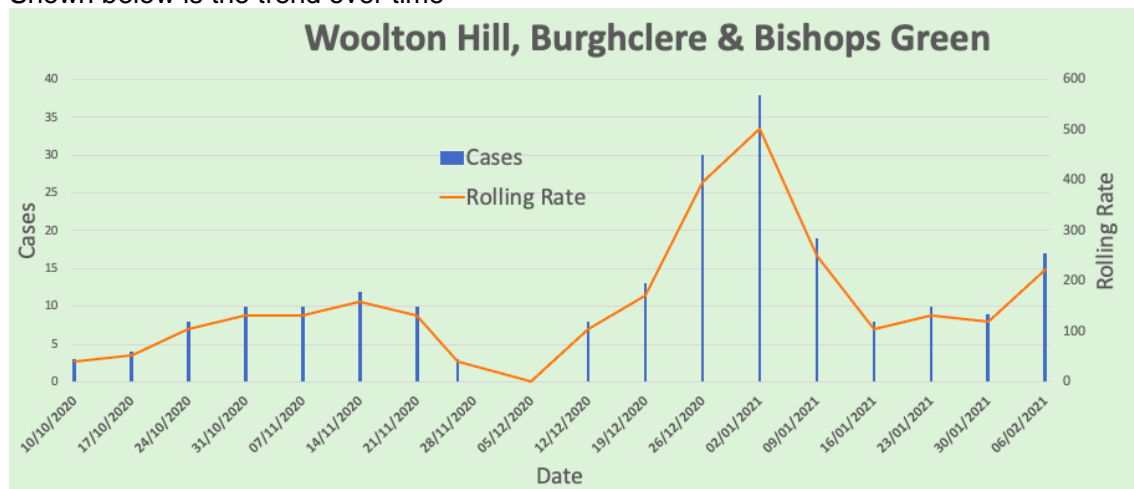


Local COVID-19 Cases Increase

Here are our recent local numbers which show the case changes from the previous week. Unfortunately, although the wider Basingstoke and national numbers are coming down, we have seen an increase locally and it is a stark reminder to keep adhering to all the rules.



Shown below is the trend over time



All recent historic information, with graph is also stored [HERE](#). The source to the original data is [HERE](#)

Gertie Kingston

Our article last week celebrating Gertie Kingston's 112th birthday prompted local resident, Bertha Bates to write in with some more really interesting news about Gertie and a great photo.

Gertie is Bertha's second cousin. Gertie's mother, and Bertha's grandmother were sisters. Gertie's father was tragically killed in WW1 and this photo shows the family and her auntie before the men went off to war. Gertie is the little girl on the right in the photo with the long blond hair.



Gertie now at 112



Donating via Easyfundraising

Neighbourcare are registered with Easyfundraising, which means you can help us for free. Over 4,000 shops and sites will donate to us when you use easyfundraising to shop with them – **at no extra cost to yourself.**

All you need to do is sign up and remember to use easyfundraising whenever you shop online. It's easy and completely free. These donations really mount up and so far have raised £200 for Neighbourcare, so if you do not already support another charity using easyfundraising, please consider signing up to support Neighbourcare by clicking [HERE](#)

Companies such as Ocado, Waitrose, M&S, Tesco, Amazon, Argos, John Lewis, Screwfix are just a few of the 4000 shops registered with easyfundraising.

Naturewatch & Walks



It's lovely to see all the catkins at the moment – a sure sign Spring is on the way. Do you know which British trees have catkins? (answer next week)

There are many footpaths in the area and, although the ground is a bit muddy at the moment, there are some great walks to enjoy locally.

Take a look at some ideas on both the WooltonHill.Com website [HERE](#) as well as the Highclere Society website [HERE](#)

Do you have a **favourite local walk**? Let us know the route and we will map it out so we can share with others.

Beauty in Winter – your photos

Send us an image – of your favourite local view this winter and we will try to include it in a future newsletter. Please email to EWClersNews21@gmail.com
Thank you to everyone who has sent in photos – what a wonderful area we live in and it is lovely to share.



Icicles captured by Barry Lambert



Facombe in the sun – Paul Farrington



Icy scene in Penwood sent to us by Sarah Garland



Wintery Fog in Greenacres taken by Moyra Harkness



Carole Thelwall-Jones caught this graceful Red Kite



A walk between Ashmansworth to Facombe – Paul Hurst



Amanda Boston took this snowy scene in Highclere



Misty Highclere from high up in Ashmansworth from Lisa Hill

Local Shops, Food and Takeaways

For a list of local shops and takeaways see last week's Newsletter 30 [HERE](#). In addition:

Fresh or freezer food made specially for you. Call Gig Lees to discuss / get the 'food for thought' list. Free delivery locally. lees.gig@gmail.com 07767 257617. Here are a few suggestions on the 'gentle reheat' list: meatballs in goulash sauce, pork stroganoff, beef bourguignon, lamb, chicken or veg tagine, venison casserole.

Letterbox cake. Send a slice of gluten free cake for £6.50 from local bakers Blackberry Cottage Fayre, or attend an online workshop making cakes with unusual ingredients click [HERE](#)

Don't forget **Pancake Day!** Shrove Tuesday is on February 16th. Classic with lemon or vegan or fluffy American style? Recipes [HERE](#)

Activities – Staying In

Half-term Activities:

7 – 12 year olds – Short Story Competition, write a story up to 500 words, incorporating 8 West Berks Museum objects. Click [HERE](#) for details of the objects. Submit by April.

Family activity day online with Shaw House - Make a magnificent mini-beast – video instructions available Wednesday 17th Feb 09.00am – 5.00pm click [HERE](#)

Under 6 – Corn Exchange daily 'wake up' early learning sessions with dance, singing, acting, making, 09.00am, £2.50 per zoom session click [HERE](#)

For all:

Art in your window – take part in Antony Gormley's nationwide art challenge and create a piece of work to display in your window for others to enjoy. Open to end of April. Download an information pack [HERE](#)

Star Count: The CPRE are undertaking a family lockdown-friendly activity, counting stars to learn more about light pollution and spotting the Orion constellation.

To be done before 14th Feb. Click [HERE](#) for detail:



Volunteer locally – In addition to our Neighbourcare volunteers, if you are looking for additional opportunities to volunteer, whether on line, driving or gardening, see the North Hampshire Volunteer services, click [HERE](#)

Staying Active:

Wheelchair users – regular free on-line exercise classes or you tube videos designed for wheelchair users, include cardio, yoga, stretch for all ages. Click [HERE](#)

Hip hop fitness – 30-minute fun routine for all levels click [HERE](#)

Activities – Going Out

Walk / jog with purpose – train for the Trussell Trust (foodbanks) 5km run (or jog or saunter) on March 27th - for registration details click [HERE](#)

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