

East Woodhay & Highclere Coronavirus Community Support



Highclere
Society



EWB Neighbourcare



Ashmansworth
and Crux Easton Parish Website

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***This newsletter has an Easter focus.
The quotes are from the Queen's
televised address to the nation***



"The moments when the United Kingdom has come together to applaud its care and essential workers will be remembered as an expression of our national spirit; and its symbol will be the rainbows drawn by children"

New Local Helpline Number

If you live in our local area of East Woodhay, Highclere, Ashmansworth or Crux Easton and need assistance with:

- attending a medical appointment
- collection of prescriptions
- shopping or
- some other help

or you know someone who does, there is now **one number** to call for local community support

01635 745 600

This number replaces the separate numbers for our individual coordinators that we have published previously.

It will put you straight through to one of the team who will be able to help you with whatever problems you are concerned about or find someone who can.

Please note that we are not able to arrange the delivery of prescriptions until the Surgery has confirmed to you that the medication is ready for collection.

To speak to someone, you can call the helpline from 9 am to 5 pm daily, Monday to Friday. Outside those hours there is a voicemail facility and messages will be picked up as soon as a coordinator is available.

We are always here to lend an ear if something is worrying you and one of our team will call you back to share in confidence any issues that are causing you concern.

If you know of anyone who is isolated but perhaps does not have access to the internet, please let us know and we will be happy to contact them and check they are ok.

For frail and vulnerable people who need urgent assistance with essential food, medical or household supplies, there is also a Hampshire hotline to provide advice and assistance at Hantshelp4vulnerable on 0333 370 4000. The helpline is available seven days a week, from 9am-5pm.

In addition to the helpline, an expert County Council team is continuing to provide specialist social care support to residents with more complex needs.

Please don't feel to proud to get in touch if you think we could offer support. These are exceptional times, but local help is just a call away on

01635 745 600

To keep in touch with local news on the local services that are available and other local events you can receive this email directly each time it is published by signing up via the link on the website www.neighbourcare.org.uk

"Together we are tackling this disease, and I want to reassure you that if we remain united and resolute, then we will overcome it"

From the Rector: Revd Cannon Christine Dale

I would like to sincerely thank everyone who has volunteered and is involved with East Woodhay & Highclere Coronavirus Community Support. It has been and continues to be a terrific community coming together in response to the unprecedented situation we find ourselves in.

During these strange and distressing times, it is a great sadness that we have had to close our church buildings and cannot hold public worship, especially during Holy Week and Easter. However, we continue in prayer and in serving as best we all can. Please do send me any prayer requests you would like me to include in my daily prayers.

We are experimenting with online services using video conferencing tools at 11am on Good Friday and at 11am on Easter Sunday. If you would like to join these services, please e-mail me for details of these and of how to join.

If Facebook is your 'thing' then we have set up a new benefice Facebook page (North West Hampshire Benefice www.facebook.com/nwhbchurches) on which I am posting reflections for Good Friday and Easter Sunday.



I wish you all the peace and joy of Christ this Easter, with every blessing

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

Easter Competitions

To cheer us all up this Easter why not join in our Easter Egg or Easter Bonnet competitions. There are two categories in each competition: **7 years and under and 8-11 years.**

You can enter either or both competitions as many times as you like. Prizes will be awarded to the best entries in each category.

Entries will close at midday on Easter Monday and will be judged that afternoon online by our local MP Kit Malthouse.

This is what you do:

Easter Eggs

Your Easter egg can be any egg you can find, natural or one you have made, decorated in any way you like but with an Easter theme.

Easter Bonnets

You can create any style of bonnet you choose as long as it will go on your head and is appropriate for Easter.

Take a photograph of you with your egg or bonnet and then go to www.ewhneighbourcare.org.uk/eggs

or

www.ewhneighbourcare.org.uk/bonnets

and upload your photograph and contact details there.



Please make sure we have your entry by midday on Easter Monday 13th April and you have your parents' permission for us to use your photograph when we publish the winning entries in our weekly Newsletter. Good Luck!

"I hope in the years to come everyone will be able to take pride in how they responded to this challenge"

Food & Deliveries

Please see our previous newsletter (link [here](#)) for detail on local shopping opening times and take away details.

A reminder that both Woolton Hill Stores 01635 253463 and Woodland Stores, 42 Woodlands, Penwood. 01635 253651 will deliver. They are also working with Fishers Fruit and Veg – simply place the order at the stores for delivery <https://www.fisherofnewbury.co.uk>

A community group in East End have grouped together for deliveries of fish from www.brookleas.com and meat from <https://www.tvfm.org.uk/eadles> and been really pleased.

Given that it is Easter weekend there has been a lot of demand for plants to be delivered from both the Yew Tree Garden Centre (<https://yewtreegc.co.uk>) and Penwood Nurseries (<https://penwoodnurseries.co.uk>).

Penwood Nurseries are now unable to take new orders until after Easter and The Yew Tree Garden Centre are advising: to place the order online, and then they will then call for payment and you can make any additions or amendments. Please be aware it may take up to a week to complete the order due to unprecedented demand.

Bin Collections

The black/grey general bin collections are set to be reduced temporarily to every other week to protect bin crews and sustain the service for general waste, recycling, glass and clinical waste collections in the borough during the COVID-19 outbreak.

This means residents will be asked to only put out their green recycling bin and glass container one week and the other week put out their black/grey waste bin.

The day of the week that bins are collected will not change.

The temporary changes to the service will start from Monday 20 April and I will write more next week on which bin will be collected.

Healthy Breathing Exercises

Breathing exercises have become established as one of the ways which could help at this time and especially if you have an infection. There are lots of routines that can be followed but here is a simple one that has become very popular and was recently communicated in the papers and wider media.

<https://www.youtube.com/watch?v=TBhrngQepzl>

To start, take five deep breaths in and hold each one for five seconds.

On the sixth inhale, hold the breath for five seconds, and then do a big cough - whilst covering your mouth. Then repeat this process.

You may find you get dizzy at some point so make sure you have somewhere close by to sit down throughout.

The next step is to lay flat on your front on your bed with a pillow in front of you.

And for the next 10 minutes take slightly deeper breaths than usual.

Please remember, lying in bed for prolonged periods on your back can close off the small airways. This is because the majority of your lung is on your back, not on your front.

This is not good during a period of infection.

For a longer breathing class also see <https://www.youtube.com/watch?v=AiwrtgWQeDc>

"We should take comfort that while we may have more still to endure, better days will return: we will be with our friends again; we will be with our families again; we will meet again"

Keeping Yourself Amused

The Corn Exchange in Newbury is offering a range of FREE activities to suit all members of the family:

Clay with **Cait**

A series of 4 demonstrations with Cait Gould, Artist in Residence from the Base at Greenham making simple, decorative objects. This week Cait will demonstrate how to make tea light holders.

See last week's introductory session too.

<https://cornexchangenew.com/news/article/creative-with-clay>

Suitable for older children & adults.

If you don't have air hardening (air drying) clay, it's available mail order from suppliers such as Blue Matchbox, Potterycrafts and Bath Potters

The Corn Exchange 'Join our virtual choir from your own home'. Book onto one of the five free live rehearsal sessions to learn a version of *I'd like to Teach the World to Sing*.

Once you've booked your rehearsal slot you will receive an email with the words to the song and backing track included, as well as further information about the next steps of the project and how to get involved in sending us your own recording of the song!

A final video of the song, made up of the entries will be professionally created and will be shared across the community in celebration of resilience, happiness, hope and community spirit which we've all been a part of supporting in one another recently more so than ever. To find out more, click <https://cornexchangenew.com/event/community-choir>

There is also a handy guide on using the video tool Zoom

Watch and create with early years activities. From the Corn Exchange "Sing songs and play games" as a family before watching the live theatre performance of *Arthur's Dream Boat*, then come on back for downloadable activity packs and instructions on how to make your own dream boat hat courtesy of Long Nose Puppets." <https://cornexchangenew.com/learning/info/little-story-sundays-online>

For a full listing of early years activities, including Alphabetland and Rhyme and Shine singalongs, see <https://cornexchangenew.com/news/article/early-years-at-home>

Watch live theatre

This week's free live theatre screening from the National Theatre is Jane Eyre, available on YouTube from Thursday evening 7pm. To find out more,

See <https://www.nationaltheatre.org.uk/shows/nt-at-home-jane-eyre>

Next Newsletter

The following newsletter will be issued next week. You can request to receive this newsletter directly by registering via the website below:

www.ewhneighbourcare.org.uk

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