

East Woodhay & Highclere Coronavirus Community Support

We Are Here To Help

Thanks to everybody who has helped distribute the leaflet through letter boxes across the East Woodhay, Highclere and Ashmansworth Parishes.

If you didn't receive a leaflet do let us know via the following link

<https://ewhneighbourcare.org.uk/contact>

Thanks, so much to everyone who has volunteered – we have 117 registered people in the group. This is wonderful!

We continue to post regular updates via local Websites and Facebook pages and at www.ewhneighbourcare.org.uk

East Woodhay and Highclere Coronavirus Community Support

Help if you need to self-isolate

You may need shopping, a prescription or some other help.

There are local volunteers here to help, just call one of our coordinators:

07770 834592 - Chris
01635 253378 - Frieda
01635 255582 - Nicole

Or complete the form at: ewhneighbourcare.org.uk/contact.

You can volunteer to help at ewhneighbourcare.org.uk/volunteer or by calling one of the numbers above.

If you're already registered with Neighbourcare as a volunteer, you will be automatically included - there's no need to register again.

We can't offer medical or financial advice and have no access to emergency healthcare advice or practitioners. So follow the advice at www.nhs.uk/conditions/coronavirus-covid-19.

If you can't get help online and your symptoms get worse call 111.

Don't feel too proud to get in touch these are exceptional times and we are here to help.

EWPC Highclere Society HPC Neighbourcare

KINTBURY SURGERY IS CLOSED due to low staffing levels and calls will be diverted.

Prescriptions can be ordered as usual but must be collected from Woolton Hill Surgery 9am - 6pm Mon, Tues, Fri & 9am - 1pm Weds, Thurs

Please call 01635 253324 to ensure your prescription is ready.

If you are struggling to collect medication, especially over 70, self isolating the Neighbourcare team have a number of volunteers who can help. They will pick up the prescription and deliver it to your door.

Please register at

<https://ewhneighbourcare.org.uk/prescriptions> or call

Chris - 07770 834592,

Frieda - 01635 253378 or

Nicole - 01635 255582



Here are Lorraine and Paul Strudley delivering prescriptions yesterday to people's doors

Message from the Woolton Hill and Kintbury Surgeries

Everyone must stay at home to help stop the spread of coronavirus. This includes people of all ages – even if you do not have any symptoms or other health conditions.

You can only leave your home:

- Shopping for basic essentials - only when you really need to
- For any medical needs - for example, to visit a pharmacy or deliver essential supplies to a vulnerable person
- To travel to and from work - but only where this is absolutely necessary
- For one form of exercise a day - such as a run, walk or cycle, alone or with other people you live with.

These 4 reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.



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Ashmansworth and Crux Easter Parishes Website

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If you have symptoms of coronavirus, to protect others, **do not** go to places like a GP surgery, pharmacy or hospital. Stay at home.

If you're at high risk of getting seriously ill from coronavirus, there are extra things you should do to avoid catching it

These include:

- not leaving your home – you should not go out to do shopping, visit friends or family, or attend any gatherings
- avoiding close contact with other people in your home as much as possible
- Read the full advice on protecting yourself if you're at high risk from coronavirus on GOV.UK.
- Use the 111 online coronavirus service to find out what to do
- If you live with someone who has symptoms of coronavirus, you can get an isolation note, you do not need to get a note from a GP.
- Only call 111 if you cannot get help online.

For further information go to nhs.uk/coronavirus or gov.uk/coronavirus.

A great video on why washing hands is so important – please click on this link and take a look. Don't worry that it is not in English as it's visually very powerful.

<https://www.facebook.com/anna.luen/videos/2972807166096253/>

Uplifting support during this time:

Free Daily Resources For Children



PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.

Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!

Dance with Oti Mabuse On Facebook

Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman

Free access to the her maths website:
www.themathsfactor.com

Music with Myleene Klass on YouTube

Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams

Free story everyday at 11am on his website:
www.worldofdavidwalliams.com



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Rock Choir are doing a 'singalong' at home every day at 3pm. Simply go to <https://www.facebook.com/TheRockChoir/> and join in. It's easy to do and fun.

Then at 4pm..... For all those with kids (and without if you're interested) Ben Fogle is doing a slot everyday to give people a break.

"Adventure and wilderness class at 4pm everyday. Just click the link below

<https://www.instagram.com/p/B-H5ZiUnGJK/...>

The Royal Opera House are pleased to announce a FREE live programme of full-length productions to spread the joy of ballet and opera during these uncertain times. They will be broadcast via our [Facebook](#) and [YouTube](#) channels allowing you to enjoy them from the comfort of your own home. #OurHouseToYourHouse
First onePeter and the Wolf

27 March 2020, 7pm GMT

This children's ballet, set to music by Prokofiev, is about a boy who isn't afraid of the big, bad wolf. It is performed by the Royal Ballet School.

Woolton Hill Stores – 01635 253463. Customers on the paper round can order urgent items (milk, tea, etc) in late pm to be delivered the next day. General orders should be made 24 hour in advance.

Woodland Stores, 42 Woodlands, Penwood. 01635 253651 will deliver to customers in Penwood.

They are working with Fishers Fruit and Veg and Halls Bakery (see below) and customers outside of Penwood can collect from Woodland stores

Fisher of Newbury (01635 528117) <https://www.fisherofnewbury.co.uk>

They will deliver fruit & vegetable boxes to Woolton Hill Stores and Woodland Stores

Visit [fisherofnewbury.co.uk](https://www.fisherofnewbury.co.uk) to find out more about their fruit and veg boxes, available for next day delivery and collection. You can place your order through both the above Stores.

Halls Bakery

Place orders via Woodland Stores - Check Halls Bakery website for options

<http://www.hallsqualitybakers.co.uk>

Garden Waste

There are no garden waste collections this week or going forward until the COVID-19 situation improves

The household waste recycling centres in Newtown Road, Newbury is now closed likewise.



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Yew Tree Garden Centre

The Yew Tree is now closed but will continue to offer home delivery on all products. They are also doing a 'drive through' service.

Please call on 01635 255250 to place your order.

The café which is now closed will no longer offer a takeaway service.

For latest information go to

<https://www.facebook.com/Yew-Tree-Garden-Centre-144364902374342/>

Today for example there is fresh bread available and a delivery of compost came in.



Highclere Red House

The Red House has a full takeaway menu & pizza takeaway menu will both be available, Tuesday - Saturday 12-9.30pm for either collection or delivery within a 3 mile radius.

Wines, Real Ale & Craft Lagers are available to takeaway too as our Premises Licence states that we may "supply alcohol for consumption on and off the premises."

Please see our Coronavirus page on our website www.thehighclereredhouse.com for Today's Specials & Puddings.

Pre-ordering (01635 255 531) your meals & booking your time slot is advised so that we can ensure a smooth service to you!

Thank you for your support, Simon & Katie

The Pheasant, Highclere –

01635 253360 takeaway menu available and essential shopping boxes both for delivery available locally

www.thepheasanthighclere.co.uk They also do 'addons' to the boxes. It is best to visit the website to see details – the picture alongside will provide an idea of what is being provided.

Quoted from The Pheasant *'this will be the last week of offering hot takeaways, from next week we will concentrate on ready meals and hampers, so make sure you get your orders in! Also thank you for bearing with us though all of this, we are trying to take orders and get back to everyone as swiftly as possible.'*



The Essentials Box - £10.50

4 pack of toilet paper
Bag of sugar
Bag of flour - plain or self raising
Loaf of bread - white or brown
4 pint of milk - green or blue
Bag of pasta



The Meat Box - £20

450g beef mince
8 pork sausages
450g bacon (6/8 slices)
4 chicken breasts



The Fruit & Veg Box - £10

A bag of frozen peas
2 large onions
1kg potatoes
1kg carrots
4 apple
A hand of bananas



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Supermarkets

Here are the supermarket opening hours and any special times reserved for the elderly or NHS workers:

Aldi – 8am-8pm, 8am-4pm on Sunday

Lidl – 8am-10pm, 10am-4pm on Sunday

M&S – 8am-8pm, 10am-4pm on Sunday. The first hour of trading on Monday and Thursday will be for the over-70s and vulnerable people only. The first hour of trading on Tuesday and Friday will be for NHS staff only.

Sainsbury's – 8am-8pm. The first hour of trading on Monday, Wednesday and Friday is for the elderly and disabled, and their carers, only. From 7.30am-8am every day, Monday to Saturday the shop will be open to NHS staff and social care workers.

Tesco – 7am-10pm for the majority of their local stores, with Newbury's Pinchington Lane and the Burghfield and Baughurst stores all opening at 6am. From 9am-10am on Monday, Wednesday and Friday the store will prioritise elderly and vulnerable customers (not Express stores). One hour before opening on a Sunday will be available to NHS staff with a valid ID.

Waitrose – 8am-9pm Monday to Friday; 8am-8pm on Saturday and 10am-4pm on Sunday. The first hour of trading is being set aside for elderly and vulnerable customers. A proportion of hard-to-find and essential products are also being set aside for NHS workers and they will be offered priority at check-out. Waitrose stores are limiting the number of customers in each store at any one time.

A reminder of which shops can remain open:

- Supermarkets and other food shops
- Health shops
- Pharmacies, including non-dispensing pharmacies
- Petrol stations
- Bicycle shops
- Home and hardware shops
- Laundrettes and dry cleaners
- Bicycle shops
- Garages
- Car rentals
- Pet shops
- Corner shops
- Newsagents
- Post offices
- Banks

Online retail is 'still open and encouraged' and postal and delivery service will run as normal.

Playgrounds

The Woolton Hill playground and Heath End playground are CLOSED TO THE PUBLIC. The recreation ground remains open but please do not let your children play there. Signs will be placed up but please respect the need for this and keep your families safe



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MOT

The government has granted car owners a six-month exemption from MOT testing. However, it won't come in until Monday 30 March which means vehicles due an MOT before then must still take it.

For example an MOT due on 8th April will automatically roll over to 8th October.

Scams

A need to be vigilant for Scams... there's a text going round, purporting to be from HMRC saying you are entitled to a sum of about £250. Just click 'here'. Not true.... It's a scam.

The next newsletter will be issued next week.

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys



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