

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



Lockdown? Yes, I'm fine – thanks for asking!

Vaccine Success

New data show both Pfizer-BioNTech and Oxford-AstraZeneca vaccines significantly reduce severe COVID-19 in older adults.

Both the Pfizer and Oxford-AstraZeneca vaccines are highly effective in reducing COVID-19 infections among older people aged 70 years and over.

In the over 80s, data suggest that a single dose of either vaccine is more than 80% effective at preventing hospitalisation, around 3 to 4 weeks after the jab. There is also evidence for the Pfizer vaccine, which suggests it leads to an 83% reduction in deaths from COVID-19.

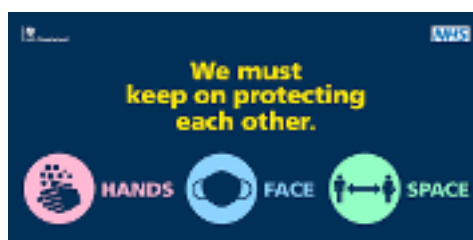
The data also shows symptomatic infections in over 70s decreasing from around 3 weeks after one dose of both vaccines.

The new analysis adds to growing evidence that the vaccines are working and are highly effective in protecting people against severe illness, hospitalisation and death.

It is important to remember that protection is not complete, and we don't yet know how much these vaccines will reduce the risk of you passing COVID-19 onto others.

1 in 3 people who have the virus have no symptoms, so you could be spreading it without knowing it.

Even if you have been vaccinated, it is really important that you continue to act like you have the virus, practise good hand hygiene and stay at home.



- **HANDS** - Wash your hands regularly and for 20 seconds.
- **FACE** - Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet. On public transport and in many indoor spaces, you must still wear a face covering by law, unless you are exempt.
- **SPACE** - Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).

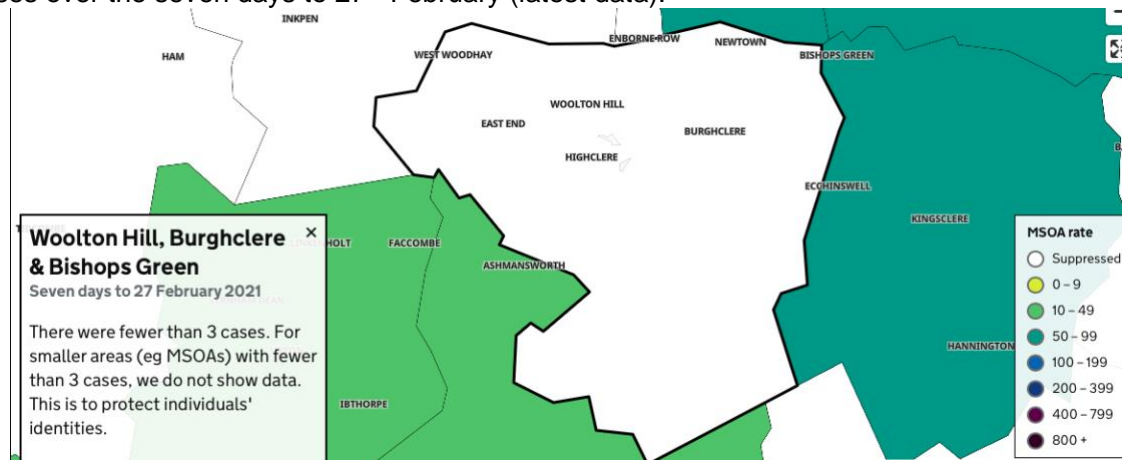
In addition to social distancing and other measures, you can also reduce the risk of spreading COVID-19 if you:

- avoid coming into contact with people in spaces with limited flow of fresh air such as rooms with windows that are never opened.
- reduce the amount of time you spend indoors with people you do not live with.
- make sure you let plenty of fresh air into your home without getting uncomfortably cold if you have people working in or visiting your house (only where permitted). You should do this during their visit and after they leave.

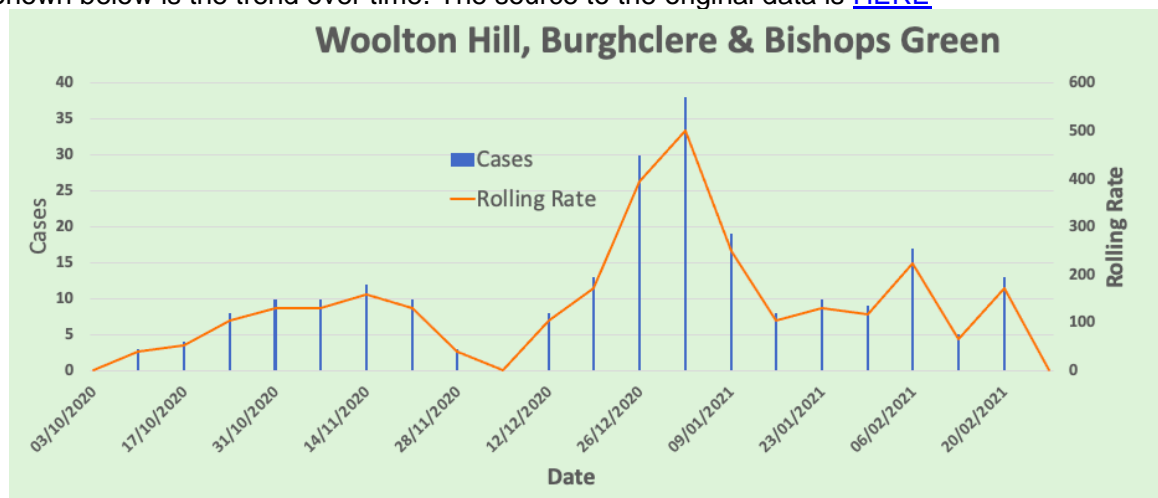
Remember all the legal restrictions on leaving home, travel and behaviour in public places are in force at least until the end of the month. It is important we don't give up now.

Latest Local COVID-19 Cases

The good news is that our behaviour has resulted in our local area now having fewer than 3 cases over the seven days to 27th February (latest data).



Shown below is the trend over time. The source to the original data is [HERE](#)



Letter of thanks to all volunteers from Newbury MP Laura Farris

Neighbourcare were delighted to receive this letter of appreciation from Newbury MP Laura Farris. Thank you to everyone who has volunteered over the past year to help the community.



LAURA FARRIS
Member of Parliament for Newbury

26 February 2021

To the East Woodhay and Highclere Neighbourcare Group,

I was recently made aware of your team and the efforts you have made in ensuring vulnerable members of the community receive their medication during this pandemic. I was even more touched to find out that your team has been active in driving elderly and vulnerable residents to medical appointments for over thirty years.

Your services have clearly enhanced during this pandemic, and I can imagine your team has been a vital lifeline for many in the area and surrounding villages this past year. I recently read that you have extended your services to driving residents to their Covid vaccine appointments, not only in Newbury racecourse but elsewhere too, and I wanted to express my sincere gratitude for all you have done.

A huge thank you to you and your team for your hard work, you are a shining example of selflessness in the community, and I am sending you all the best for the future.

With very best wishes,

Laura Farris MP

Messages from Woolton Hill Surgery

Neighbourcare Repeat Prescription Delivery Service:

We are really encouraging anyone who does not pay or, who have pre-paid, for their prescriptions to use the Neighbourcare Delivery Service to get their repeat medication delivered to their home.

This service is FREE and can massively reduce the number of people coming into the practice. This reduces the risk of Covid-19 transmission, keeping our whole community and particularly our vulnerable patients safer.

The service is currently operating at less than 50% capacity and can manage daily deliveries Monday to Friday each week if required so PLEASE USE IT!

COVID-19 Vaccinations:

Any over 60s who have not yet been vaccinated or received a date for their vaccine can book an appointment directly at 'Book a Coronavirus Vaccination' - NHS (www.nhs.uk) or via 111

Cohort 5 (those aged 65-69) have not been contacted by the practice, but by NHS England. They are being invited to book their vaccine at a mass vaccination centre (our local ones are Basingstoke, Reading & Swindon). The decision to vaccinate this cohort in this way was made nationally and not at a local or practice level.

The surgery is currently only inviting all those in Cohort 6 (those aged 16-64 with qualifying underlying health conditions) to the Racecourse. This is a large group of patients and this part of the vaccination programme will continue for several weeks.

The surgery will soon be contacting patients to confirm a date and time for a second vaccination. There is no need to contact the practice.

From the Rector: Revd Canon Christine Dale



Greetings and blessings to you all.

We continue to be cautious and offer Sunday services online (via 'zoom', for link details please e-mail me at cdale001@btinternet.com). This Sunday (7th March) there is a Family Service at 9.30am and Benefice Communion at 11.00am.

During Lent we are offering weekly online (zoom) '**Thinking through Lent**' discussions on **The Lord's Prayer** (Tuesday evenings), or the '**I am**' sayings of Jesus (Wednesday mornings). It's not too late to join in – to receive details please fill in the simple online form [here](#). The Church of England is offering daily Lent reflections under the heading 'God's Story, Our Story'. You can sign up to receive these directly (or even download an App!), see details on the website [here](#).

Sunday 14th March is **Mothering Sunday**, and we invite you to join us online for an informal celebration for Mothering Sunday at 4.00pm.

As it is online perhaps use it to connect with your Mum, sons, daughters, and other family members! We will be reflecting on special family relationships and giving thanks for them.

This is open to everyone and is being arranged by St Thomas' Church Sunday Club, to join in and receive details please e-mail stthomassundayclub@gmail.com.



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, sanitise your hands on entry, 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*). Thank you.

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)



Mother's Day – Food & Treats for collection or delivery

Hungry Hare Hampers – from the Pheasant at Highclere – afternoon tea or Sunday roast, click [HERE](#)

Rampant Cat – taking lunch orders now for March 14th – tel 01635 253474, see their new website, click [HERE](#)

Thyme Home Cook – order by 9th March for a special lunch or cake for delivery or collection from Woolton Hill, 2 courses £20, email Rhona on thymehomecook@gmail.com

Roelofs & Rubens – ceramic decorations from West Woodhay,

order for delivery, tel 01488 668154 or click [HERE](#)



Letterbox tea & cake £6.50

from Blackberry Cottage Fayre click [HERE](#)



Flowers from Bramble Cottage, Burghclere tel 07894324384 or click [HERE](#)

Plenty more ideas from local independent businesses on the Borough Basket – click [HERE](#)

Activities – Staying In

Have your say:

what would you like to see changed in Basingstoke Town Centre? Take part in the survey for future design click [HERE](#)

Make:

a **trinket box** with Cait Gould (previous Pottery Throwdown participant). Collect clay from the Base & attend a zoom workshop 19th March with Cait -click [HERE](#)

Read:

100 years ago – read about an iron age discovery near Winchester click [HERE](#)

Theatre on-line:

Ticketmaster offers a range of live stream comedy, music, flamenco events - for details click [HERE](#)

The Picture of Dorian Gray – updated for the digital age – download from the Watermill Theatre March 16th – 31st click [HERE](#)

Staying Active:

Move it or lose it! – a series of free, short exercise routines designed to help older people with balance, strength & flexibility, on-line Click [HERE](#)

Something more energetic – **Cardio kickboxing** – free 30 minute on-line class from Pop Sugar click [HERE](#)

Activities – Going Out

Do you like a challenge? (and a medal at the end?) – sign up for a virtual run distance challenge – pick your distance and a 7 or 28 day time frame, adults & juniors. Click [HERE](#)

Last chance to enter – send your photographs of Winter in Hampshire by Sunday 7th March to Visit Hampshire Photography Competition click [HERE](#)

Naturewatch & Walks



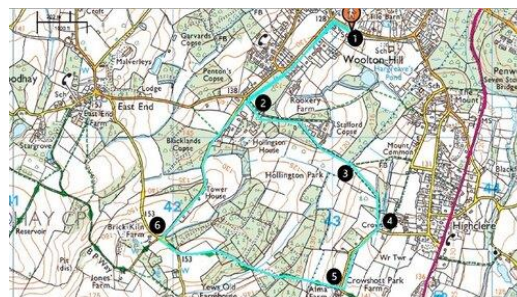
The answer to the previous newsletter's question. The name of the breed of sheep, seen here locally, is Dorset Horn

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

With the weather becoming milder, it is lovely to walk and enjoy our wonderful area. Do you have a favourite local walk? Let us know and we will post it so that others can also enjoy. Please email to EWCleresNews21@gmail.com

East Woodhay Society have posted a number of walks [HERE](#) – additional ones will be added so take a regular look at the site.

Highclere Society have too listed walks [HERE](#)



Beauty in Spring – your photos

This newsletter we will feature some of lovely spring flowers seen in the area:



Thanks to Teresa Munn for taking the primrose and aconite on a walk this week



Lovely crocuses seen by Susan Hamilton in the sun



Thanks to Carole Thelwall-Jones for these crocuses she saw brightening the area



Two pictures of snowdrops on our verges: North End on the left and East End above on the right.

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