East Woodhay & Highclere Coronavirus Community Support





EWH Neighbourcare



Inside our Newsletter #38 – 18th June 2021

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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

Almost there but not quite

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But not quite!

We had wondered whether this would be the newsletter announcing that the final set of restrictions were being lifted but, as the government confirmed earlier this week, some Covid restrictions in England will stay in place for now.

It had hoped to "remove all legal limits on social contact" from 21st June but that has now been put back until 19th July - although a review will take place in two weeks.

Changes in Guidance

What has been announced?

The delay in England is because of concerns over the Delta variant of Covid. Cases are growing by about 64% per week. Although still low, there is even an increase in the local cases – shown later in the newsletter,

Consequently, more time is needed to vaccinate people before remaining rules can be lifted, the PM has said.

However, a few restrictions are being lifted:

- The number of guests at a wedding will no longer be limited to 30, although venues and hosts will have to do a risk assessment to ensure social distancing can take place. These rules also apply to funerals and wakes
- Care home residents will not necessarily have to self-isolate after leaving their care homes, and they will be able to nominate an "essential care-giver" who can visit, even if they are self-isolating.

Residents can have up to five regular visitors, with up to 2 visitors at one time or in a single day. People visiting will need to have tested negative for COVID-19 before they come inside and follow the rules on how to prevent infection from spreading. Click <u>HERE</u>

- Children can go on overnight trips in groups of 30 with, for example, the Scouts or Guides, or as part of summer residential schools
- Also, large events pilots will continue, including more Euro 2020 games and a number of other sports, arts and music events

What are England's remaining Covid restrictions?

The following restrictions remain in place:

- Limits on the number of people who can mix indoors and outdoors. Indoor gatherings are limited to 6 people or 2 households (each household can include a support bubble, if eligible) and outdoor gatherings are limited to 30 people.
- Pubs, clubs, theatres and cinemas still have to operate within capacity limits and service will be restricted to table service where you will be limited to 6 people or 2 households (each household can include a support bubble, if eligible).
- Limited numbers of people continue to be allowed to attend sports events
- Nightclubs remain closed

This guidance applies to England only. Different rules apply in Scotland, Wales and Northern Ireland. You need to act in accordance with their regulations if travelling to those countries. For further information click <u>HERE</u>

It is important to remember that maintaining distance from others, washing hands regularly and wearing a face mask are important to reduce infections.

Getting Tested for Covid-19

About 1 in 3 people with COVID-19 do not have symptoms but can still infect others. You can do a rapid test twice a week (every 3 to 4 days) to check if you have the virus. If people test positive and then self-isolate, it helps stop the virus spreading.

Rapid lateral flow testing is now available free to anybody without symptoms. You can get your tests from pharmacies, testing sites, employers, schools, colleges and universities. Click <u>HERE</u> for more detail.

If you have symptoms you should continue to <u>get a PCR test</u>. If you're not sure, you can <u>find out</u> <u>which coronavirus test you should get</u>.

You must self isolate if you test positive. Do not meet up with others and <u>follow the stay at home</u> <u>guidance</u>.

Prescription Delivery News – 01635 745600

The surgery has advised Neighbourcare that they are now open for everyone to collect repeat prescriptions. If you are going into the surgery please remember to wear a mask or alternative face covering.

Prescription collection times are: Monday 9am-6pm, Tuesday 1.30pm-6pm, Wednesday 1.30pm-6pm, Thursday 9am-1pm and Friday 9am-6pm.

If you are not able to get to the surgery, Neighbourcare can deliver your prescription however the current number of deliveries is down to 2 per week, Tuesdays and Fridays and as requests fall this will reduce to one day a week on Fridays.

If you need to use the Neighbourcare service please make sure that you request your repeat medication in plenty of time to allow for any delay in delivery dates.

Where urgent medication is prescribed as the result of a telephone consultation, Neighbourcare can collect from the surgery and deliver the same day if required. Just call 01635 745600.

Vaccinations

The racecourse vaccination hub closed its doors for the final time on Wednesday, having delivered an amazing 66,500 vaccinations to the patients of 9 local surgeries. Well done all and especially to those who have volunteered their time to make this possible.



There are now two options for getting vaccinated in Newbury, at Boots on Northbrook Street or the Kennet Shopping Vaccination centre. If you are invited for your 'jab' booking for both of these clinics can be made on the NHS site. Click <u>HERE</u>

The vaccine is currently being offered to people aged 18 and over. This means that now anyone in the following categories can book for their vaccination:

- you're aged 18 or over
- you're at high risk from COVID-19 (clinically extremely vulnerable)
- you have a condition that puts you at higher risk (clinically vulnerable)
- you have a learning disability
- you're a frontline health or social care worker
- you get a Carer's Allowance, get support following an assessment by your local authority or your GP record shows you're a carer

Click <u>HERE</u> to book an appointment and don't worry if you didn't take up the option when it was offered, you can still do so by booking via that link.

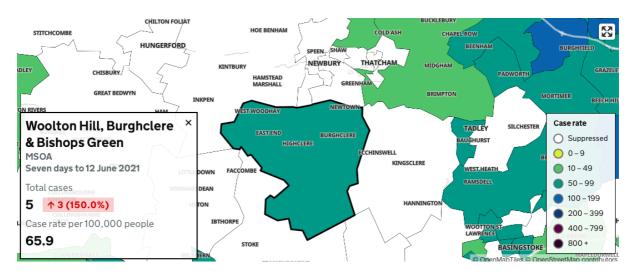
Transport to Medical Appointments

Neighbourcare is now organising drives for those who need to attend surgery, hospital, dentist or other essential appointments. Just call the team on 01635 745600.

If you need transport to attend an appointment, please try and give as much notice as possible. However if you are required to attend at short notice Neighbourcare will always endeavour to secure a driver for you.

Latest Local COVID-19 Cases

The latest numbers on the system are from 12th June but unfortunately it does show that there are cases in the local area. This does emphasise the importance that we all need to continue to take care to prevent cases increasing.



Shown below is the trend over time. The source to the original data is HERE



From the Rector: Revd Canon Christine Dale



Greetings and blessings to you all.

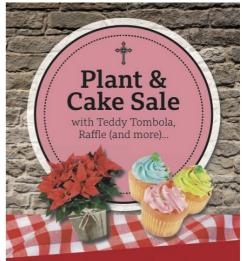
We have decided that from Sunday 27th June we will return all services to be in church. So, this Sunday 20th June will be the last zoom service (9.30am Morning Worship, contact me if you would like to join in). The Sunday service schedule to the end of July can be found <u>here</u>. The midweek Holy Communion at St Thomas' Church, Woolton Hill, will restart at 10am next Wednesday 23rd June.

St Thomas' Church, Woolton Hill and St Martin's Church. East Woodhay are open each day for private prayer. Our other churches are open for private prayer on Sundays. *St James', Ashmansworth 9.30am-4.30pm; St Michael & All Angels', Crux Easton 10am-3pm; St Michael & All Angels', Highclere.*

There will be a plant and cake sale outside St Thomas' Church, Woolton Hill, from 2pm on Saturday 3rd July. Details are alongside. We hope to restart the Community Café on Friday mornings at St Thomas' Church from Friday 23rd July.

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





St Thomas' Church Woolton Hill • Newbury RG20 9XF Saturday 3rd July 2.00pm

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

Father's Day – This Sunday

How about booking a celebration lunch at one of our local pubs / restaurants?

Furze Bush Inn – Ball Hill - 01635 253228 Jack Russell – Faccombe - <u>01264 737315</u> Rampant Cat – Woolton Hill 01635 253250 Red House – Highclere - 01635 255531 Pheasant – Highclere - 01635 253360

If you cannot visit each other, you may find a last minute gift on the Basingstoke Borough Basket – how about a family Zoom spice cookery class? click <u>HERE</u> Do take a look at this site as there is a lot going on.

Activities – Staying In

If the weather is terrible, here are a few ideas...

Exhibition - Matisse 'Drawing with Scissors' at the Willis Museum, Basingstoke. Also showing BCOT Students' final year art and design work. Click <u>HERE</u> for booking information

Interactive Exhibition - 'Game Plan: Board Games Rediscovered' – counters and activity sheets provided. Iconic, enthralling and visually striking games from the V&A's outstanding national collection of board games. Family favourites of today are joined by historical board games including 'The Game of the Goose' (??) Exhibition at the Base, New Greenham Park, from 25th June – 5th September. For tickets book <u>HERE</u>

Learn a skill in a friendly, socially distanced local group -

Ceramics Painting Workshops with Roelofs & Rubens. Learn about 'Delft' style tiles or have a go at painting your own design hanging decorations. Tile Painting Workshops - Tuesday 3rd August & Saturday 21st August

Decorations Painting Workshops - Saturday 7th August and Tuesday 17th August West Woodhay Village Hall, 10.00am -2.00 pm,

The cost includes all materials, firing of ceramics, beads and ribbons, delivery, coffee, tea, biscuits and a light lunch. £60 per person, Book <u>HERE</u> Or host a private group workshop (minimum 4), call

01488 668154 for details.



Going Outdoors

The following are local venues and events, some require booking to allow a comfortable visit.

Altered States Sculpture Exhibition – FREE entry, no booking required. In the grounds of Shaw House, Newbury RG14 2DR, open daily to June 27th, 11am – 4pm, click <u>HERE</u> for details

YPACF Charity Car Wash! Is your car dusty after months of idleness? – support our local charity and have your car cleaned at the same time. Young People & Children First, Raising money for young people aged between 16 and 25 who are care leavers or homeless. At The Base, Greenham, RG19 6HN, Monday 21st June, From 10:00 -16:00, £10 for outside or £20 for inside and outside. Honesty Café open for coffee while you wait.

Find a new Cycling Trail – a variety of trails of different lengths and difficulty, some with pubs along the route... click <u>HERE</u>

For the family – could you find your way out of a rope maze? Visit Basing House click HERE

Open Air Theatre at Basing House – take your pick from 'A Midsummer Night's Dream' 30th July evening or 'Alice's Adventures in Wonderland' on the afternoon of August 1st. click <u>HERE</u>

Outdoor Theatre at the Watermill -

'AS YOU LIKE IT' By William Shakespeare, Adapted by Yolanda Mercy, THU 24 JUN 2021 -SAT 24 JUL 2021. A few dates still available. Book <u>HERE</u>

FOR CHILDREN – 'Just So – the Musical', inspired by the works of Kipling. July 30th – September 4th. Book <u>HERE</u> Children 8 - 12 can also attend a week of afternoon workshops creating and performing 'Just So' stories of their own. August 9th – 13th Book <u>HERE</u>

Visit a Garden The National Garden Scheme lists gardens open for charity over the coming weeks. Click <u>HERE</u>

Save the date! July 17th – next **Woolton Hill Village Market** – If you haven't been before there is a fantastic range of stalls and it's also great to chat over a coffee and enjoy some cake.



Naturewatch

This is probably the last week to enjoy watching the Andover Peregrines nesting on the roof of St. Mary's Church – 3 large hungry chicks ready to fledge – watch them on the live webcam <u>HERE</u>. Scroll back through the timeline for feeding time. Other local peregrine cams are available from Bournemouth, Winchester and Salisbury.

Can you name these butterflies spotted by Paul Hurst on the Wayfarers Way this week? The answers will be published in our next newsletter which is expected to be in July.



Send us an image – We are always pleased to see your favourite local views – email images for future newsletters to <u>EWCleresNews21@gmail.com</u>

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