

East Woodhay & Highclere Coronavirus Community Support



Highclere Society



EW Neighbourcare



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We are here for you – one number to have:

- help attending a medical appointment
- prescriptions delivered
- shopping collected
- a friendly chat on the phone

01635 745 600

Doctors' Surgery – appointments and the delivery of acute prescriptions

There have been concerns expressed in the media that people are avoiding their surgeries and as a result important diagnoses are not being identified in patients both young and old.

In accordance with NHS guidelines, Woolton Hill and Kintbury surgeries are currently closed for 'walk-in' appointments but that doesn't mean that medical help is not available if you are feeling ill.

For other issues you can contact the surgery (253324) for a telephone consultation with a member of the practice.



If, as a result of an 'appointment' with one of the surgery doctor's, medication is prescribed, this is considered an 'acute' prescription and is currently being delivered by Neighbourcare volunteer drivers. Following a consultation, patients need do nothing more as a driver will collect the necessary prescriptions and deliver medication to the patient's door within hours.

For morning consultations there is a **12.30pm** collection from the surgery and for consultations throughout the afternoon, prescriptions are collected at **6pm**. For both, medication will be delivered shortly thereafter, dependent on the number of prescriptions. Patients should be aware of these delivery times and be on the look-out for the Neighbourcare driver.

Last Friday there were a total of 32 'acute' prescriptions, 12 at lunchtime and 20 in the late afternoon, ensuring that 32 patients received medication without need for anyone to leave home and for there to be no delay over the weekend.

Our surgeries are working hard under difficult circumstances to ensure that we all stay fit and well and are still there when medical help is required. Patients should follow the guidelines but can be reassured that if they are unwell and medication is required, it can be prescribed immediately and delivered to their door within hours in order to quickly get them back on the road to recovery.

Only go outside for food, health reasons or work (but only if you cannot work from home)

Wash your hands as soon as you get home

A reminder of current guidelines

If you go out, stay 2 metres (6ft) away from other people at all times

Do not meet others, even friends or family. You can still spread the virus even if you don't have symptoms

Testing for Covid-19

With the various announcements about testing for Covid-19, it may have become a little confusing about who can access what, where and when.

So, here is a simple guide to Covid 19 tests and whether you are entitled to one as the rules apply at the end of April.

The guidelines on personal behaviour and testing are liable to change at any time. If you are in any doubt please consult the government website

<https://www.gov.uk/coronavirus>



You can apply for a test if you are

- [an essential worker](#) *with coronavirus symptoms*
- aged 65 or over *with coronavirus symptoms*
- someone who cannot work from home *and has coronavirus symptoms* (for example, construction workers or delivery drivers)

In addition, you can apply for a test if *you have coronavirus symptoms* and you live with an essential worker, a person aged 65 or over, or someone who travels to work.

The main symptoms of Coronavirus are a high temperature or a new, continuous cough. You can also apply for a test if you have a clinical referral from NHS 111 online.

You need to get the test done in the first 5 days of having symptoms. It's best to apply for the test in the first 3 days as it may take 1 or 2 days to arrange.

The test involves taking a swab of the inside of your nose and the back of your throat, using a long cotton bud.

The test is an 'antigen test'. It tests if you currently have coronavirus.

The test to tell if you've ever had coronavirus ('antibody test') is not available yet.

You might not get a test if you apply - it depends how many tests are available in the area, and in the first few days of the expanded eligibility list home test kits have been unavailable after only a couple of hours in the morning, though 25,000 home tests should be available each day by the end of this week.

To apply for a test, if you are eligible, go to <https://www.gov.uk/apply-coronavirus-test>

If you test positive for coronavirus the NHS 111 online coronavirus service provides advice on how to deal with the symptoms <https://111.nhs.uk/covid-19/>

VE Day – Friday 8th May

With members of the public unable to attend VE Day 75 events, The Royal British Legion is playing a central role in the delivery of a range of remote activity, including (click on links below):

- A [live VE Day 75 livestream](#) at 11.15am
- A [UK-wide singalong](#) to Vera Lynn's 'We'll Meet Again'
- A [VE Day learning pack](#) for children aged 7-14 years
- An evening of memories and music in partnership with the BBC from 8pm on BBC One



From the Rector: Revd Canon Christine Dale

A continued heartfelt thank you to our fantastic volunteers involved with East Woodhay & Highclere Coronavirus Community Support – I would like to say particular thanks to our hardworking committee and co-ordinators who are giving huge amounts of time and energy to support the work, often unseen.

It remains the case that we must keep our church buildings closed and cannot hold public worship. We do however continue to pray and please do contact me with any prayer requests. Online Zoom services are going well and this coming Sunday (3rd May) we are online at 9.30am for a Family Service ('All Together') and at 11am for Holy Communion. There will be a quiet service of Compline (Night Prayer) at 8.30pm on Thursday 7th May. If you would like to join our e-mail circulation for details

and joining codes for these services please send your e-mail address to me (contact details below).

It is a sadness that we are unable to hold any community commemorations at our war memorials on Friday 8th May which marks the 75th anniversary of VE Day, a day when, after the tragedies of war, villages and communities came out with relief to celebrate the end of the war in Europe.

There will I am sure be many television programmes and media reflections to help us; locally I and the Ministry Team will be recording a reflection with prayers to post on 8th May on our churches Facebook page (North West Hampshire Benefice www.facebook.com/nwhbchurches), where we post other updates and information.

with every blessing to you all

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

Can you help and make Scrubs?

There is a pattern on the link below which can be printed and put together:
<https://sewdifferent.co.uk/scrubs-paper-pattern-not-for-profit/>

The fabric used needs to be able to be washed at 60C and be either cotton or polycotton.

If you are on Facebook, there are a couple of local groups:

The first one is run by Claire Bird who lives in Thatcham and, following fundraising, she can provide fabric. (She has just ordered 500m of fabric). She also has free fabric from Liberty Department Store.

These scrubs go to the West Berkshire hub at the racecourse as well to care homes and GP practices.

The Facebook group is [Birdhouse scrub makers in West Berks](#). Just request to join for more information and Claire responds quickly.

The second group is a Hampshire one making scrubs for Basingstoke, Andover & Winchester hospitals. This is a larger group and Basingstoke has asked for hundreds of scrubs.

Likewise, just request to join the Facebook group for more information [For the Love of scrubs- Basingstoke Andover & Winchester hospital](#)



Shopping & Deliveries

A group of unpaid volunteers have stepped up to bring together the people of Basingstoke and the surrounding towns and villages a 'not for profit' home delivery service.

This includes our area.

Please see the flyer for more details of how to contact them.

£35 AVAILABLE TO ORDER NOW. Fresh vegetables, salad, fridge and cupboard essentials for two people for around seven days.



£15 FROM EARLY MAY. For one person for about seven days. Interested? Email us helpers@cov19bas.org.uk or call us and we'll let you know when it's ready.

Find out more, register and order at cov19bas.org.uk or phone 01256 263210

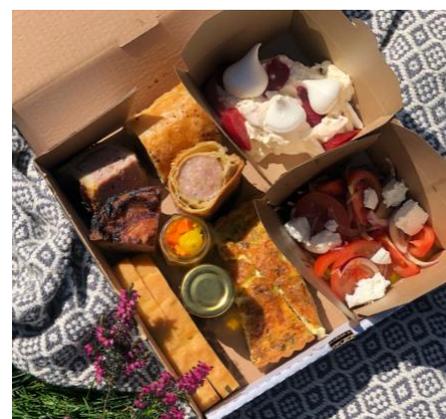


This is from Billy and Ryan from **the Pheasant in Highclere**.

In response to the COVID-19 outbreak we have had to adapt our pub to something altogether different.

We are now offering delivery and collection of fresh produce and essentials, including meat, vegetables and store cupboard items. We also offer a selection of home-made ready meals for the freezer like venison hotpot and cottage pie.

And for anyone wishing to treat themselves or a loved one during lockdown, we also have picnic hampers, afternoon teas and Sunday roast hampers all available for local delivery or contact free collection.



If you would like any further information please visit our website: www.thepheasanthighclere.co.uk or alternately you can call us Monday - Friday 9am until 1pm 01635 253360 or email hello@thepheasanthighclere.co.uk Many thanks for your support during this difficult time, we hope that you are all safe and well

Don't Forget:

The Yew Tree Garden Centre open up their online ordering (<https://yewtreecg.co.uk>) at 2pm each day. Phone lines (01635 255 250) 9am-12pm Mon – Sat

Woodland Stores post regularly on Facebook (link [here](#)) and they have regular deliveries of meat, fish, bread, eggs.... Just go to [Cook & Butcher's](#) page and have a look at what you may like and then give Woodlands a call on 01635 253651.

Woolton Hill Stores/Post Office (253463) are also well stocked. Thanks for those early morning paper deliveries and also helping those who are isolating by dropping off shopping.

Takeaway & Delivery

The Red House - Highclere, 01635 255 531 <https://www.thehighclereredhouse.com>
The Pheasant – Highclere, 01635 253360 <https://www.thepheasanthighclere.co.uk/blog>
Lusso pizza and ice cream, 01635 32128 <https://www.lussokitchen.co.uk>
Saddleback Farm Shop Collection, 01488 638806 <https://www.saddlebackfarmshop.co.uk>
Fernworth Farm, Ashford Hill, 07966467058 <http://www.fernworthfarm.co.uk>

Keeping Yourself Amused

Baking ingredients

If you would like to make cakes with the family, but can't find all the ingredients, then you can buy baking kits on line for various cakes and goodies from Baked In [HERE](#)

Activity for those with long term health conditions

"We Are Undefeatable" supports people with a range of long term health conditions, (including arthritis, cancer, heart disease etc) developed by 15 leading health & social care charities. They aim to support and encourage finding ways to be active that work with each person's conditions, not against them. See their website <https://weareundefeatable.co.uk/> and click [HERE](#) for ways to start moving

Writing challenge for 9 – 14 year olds

Daily bite-sized online challenges for young writers: Ali Sparkes' Scribe Tribe Snacks! Monday 4th – Friday 8th May. Video lessons 10.30am each day, then a live follow-up Q&A at 3.30pm each day. Sign up on Hampshire Library Service facebook page [HERE](#)

Daily Sing 3pm with **Rock Choir** Each day, the lyrics to a song will be posted for a mass singalong at 3pm – see their facebook page [HERE](#)

Photography project – 'my perspective'

The Corn Exchange launched a challenge to take a photograph each day for 28 days. Shared images will form an online gallery capturing our lives and perspectives as we continue through this strange and challenging time. For details, click [HERE](#)

Free courses to improve your online skills

The Skills Toolkit Courses range from complete beginners to advanced, in bite-sized sessions which can be completed at home, at your own pace. Some examples include presentation and social media skills and cyber safety. Click [HERE](#) to access.

Whitchurch Silk Mill has posted several '**craft at home**' sessions on facebook Click [HERE](#)

Get Creative – new website

The Get Creative initiative has pulled together a wealth of free online arts, crafts and dance activities, with downloadable worksheets click [HERE](#)

Watch live theatre This week's free live theatre screening from the National Theatre is **Frankenstein, starring Benedict Cumberbatch and Jonny Lee Miller**, available on YouTube from Thursday evening 7pm – two versions, two links. To find out more, See <https://www.nationaltheatre.org.uk/shows/nt-at-home-frankenstein>

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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EWH Neighbourcare

