



Weekly News Bulletin for Community and Voluntary Groups, Town and Parish Councils, Partners and Hub Update Subscribers

Updates from the Community Support Hub

“Got Symptoms? Get Tested Now” - We are still experiencing relatively low numbers of confirmed Covid-19 cases in West Berkshire (latest data [here](#)).

To help keep infection rates down, the Council is continuing to urge residents to obtain a free coronavirus test if they experience any symptoms.

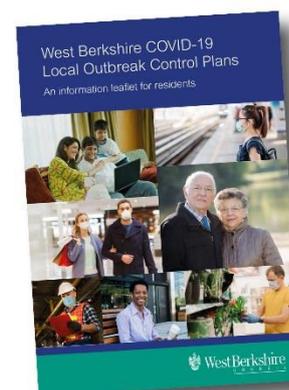
Key messages for this campaign are:

- Anyone can get a test
- You should get a test even if you have very mild coronavirus symptoms
- You can book a test over the phone or online 119 or <https://www.nhs.uk/ask-for-a-coronavirus-test>
- You can book a drive in test at Newbury Showground. You will be met at the entrance of the ground by the staff and be directed and shown what to do
- You can also request a self-test kit to be sent to your home
- You must self-isolate if you have symptoms OR live with someone who has symptoms
- You must self-isolate if you are contacted by NHS test and trace and told to do so



Local Outbreak Control Plan Resident's leaflet - Over the next few weeks residents will be receiving the information leaflet through the letterbox from the Council about our District's Local Outbreak Control Plan. The leaflet explains how we all need to play our part to stop the spread of Covid-19 and keep the infection rate as low as possible.

Please kindly ensure that the communities you support read this leaflet and keep hold of it, as the publication contains important contact information.



Supermarket slots - The Hub is now registered with the DEFRA scheme for priority supermarket delivery slots for Non Shielding Vulnerable people, and has the ability to refer individuals to either Tesco or Iceland priority slots. (DEFRA = The Department for Environment, Food and Rural Affairs).

Food deliveries - The Hub is now signposting the very small number of people requesting food support due to financial difficulties to the West Berkshire Foodbank. Those who can afford food but are having difficulty accessing it are being offered contact details for the relevant community groups, NHS Volunteer Responders or Age UK (who can provide online shopping for those over 60 with no internet access for a small charge).

Spotlight UK update - Now that shielding guidance has been paused and the food situation in West Berkshire has stabilised, Spotlight UK is standing down from their food parcel delivery work to return to their core activities. Spotlight is now referring any remaining food parcel requests from those in financial difficulty to West Berkshire Foodbank.

Spotlight stepped in to assist residents having difficulty accessing food supplies right at the beginning of the pandemic, when supermarket delivery slots were scarce. With the help of funding from Greenham Trust and in partnership with the Community Support Hub, WBC Transport, Newbury Rugby Club and volunteer drivers from community groups across the district, Spotlight has supported hundreds of our shielding and vulnerable residents throughout the lockdown period, right up until 5 August. We thank and wish them very well as they return to their core business of supporting young people across Berkshire and Hampshire.



Free hand sanitiser is available for Covid-19 volunteer groups and charities in West Berkshire and South Oxfordshire through the collaboration of Greenham Trust; St Nicolas Church, Newbury; and Hawkrigde Distillers of Compton. A total of 300L of WHO Formulation Hand Sanitiser will be shared.

If your charity or community group is interested, please contact Belinda on 07554 430 621 or 01635 285 709 and leave a message.

Government's Latest News and Guidance on Covid-19

Government has created a new National Institute for Health Protection Reducing transmission of coronavirus - The Institute brings together Public Health England, NHS Test and Trace and the Joint Biosecurity Centre to focus on tackling #COVID19 and protecting the nation's health: [Announcement](#).

Guidance published for young people on shielding and protecting people most likely to become unwell if they catch coronavirus. The guidance explains how the shielding advice has changed, the definition of clinically extremely vulnerable people, and the clinical risk to children and young people: [Guidance](#).

Updated guidance on domestic abuse - The guidance for the public on how to get help if they or someone they know is a victim of domestic abuse has been updated to include more information about help for children and young people: [Guidance](#).



Helping out in and around Hampstead Norreys - Case Study from the Village Support Team

Sunny Montague of the Village Support Team explains how volunteers rallied together to support residents in Hampstead Norreys and nearby throughout the lockdown

The Hampstead Norreys and surrounding areas group started with a Facebook post just before lockdown began.

The response was amazing, with 60 volunteers signing up within days. Everyone rallied around to assist with making sure that each home had a flyer through the door telling them that there was help available.

Once we had established how many volunteers we had, we split the village into smaller area groups which are managed by an area Lead, with a backup in place. This has allowed us to respond to requests quickly and ensured that there is always someone available to help.

Since March, our group has helped people who were shielding by collecting regular and adhoc prescriptions from our local pharmacy, at The Downland Practice.

We have also been taking daily deliveries for locals from Hampstead Norreys Community Shop, the village store. One resident recounts how lovely it was whilst shielding to have her newspaper brought to her door for her every day and to be able to enjoy fresh produce from the shop.



Volunteers Vonnie and Trish at the Hampstead Norreys Community Shop



Chef Jay making a batch of his legendary sausage rolls

The group continues to deliver hot, freshly cooked meals made by the shop's fantastic chef, Jay, to a business based in Compton every morning.

There has been a tremendous response from villagers and visitors who have purchased items on the food list whilst at Hampstead Norreys Community Shop. Families who needed a little help have benefitted from a weekly food box delivery by volunteers. Although things are quieter now, we are still offering a daily delivery from the shop by one of our lovely volunteers.

This has previously been co-ordinated by the team at the West Berkshire Community Support Hub, Newbury Rugby Club, and Spotlight. More recently, we have been continuing to collect and deliver food boxes with the fantastic assistance of the Hermitage Volunteers Group and donations from our village.

It has been wonderful to see how many people of all ages have come together and worked so hard to keep everyone in our lovely village safe and cared for. It makes me very proud to be part of this community!

Great British September Clean: 11 - 27 September 2020



Keep Britain Tidy's annual nationwide clean up event, traditionally held in the spring, is now taking place from 11 to 27 September 2020. It will see volunteers from across the country take part in litter picks to help protect the environment and keep it tidy.

Named the Great British September Clean, the event is open to as many people and businesses as possible to take part, whilst following government guidance on staying safe outside their home. For more details go to: [Great British September Clean](#).

For special coronavirus guidance for the event, please click [HERE](#).



REMINDER - Health and Wellbeing Conference 2020, Friday 11 September 2020, 12.30-3 pm

The Health and Wellbeing Board (Wellbeing in West Berkshire) invites you to join The Health and Wellbeing Conference 2020 on 11 September, 12.30 – 3pm via Zoom.

The event's aim is to share insights and promote discussion about how we can learn from the COVID crisis, keeping what's gone well and learning from what hasn't, to strengthen our communities, improve our wellbeing and reduce health inequalities in the months and years to come.

Signing up for the conference and breakout sessions is free and easy via [Eventbrite](#). You will be sent the conference link and password a few days before the event.



You can submit any questions in advance to: kamalbahia@nhs.net

For more details about the event, please visit page 3 of [Hub Bulletin Issue 17](#).

Good news stories – please keep them coming in!

We love to feature your good news stories on our social media and [Hub Facebook](#) page and you can find more stories, photos and videos about the wonderful work of West Berkshire's volunteers on our [Local Heroes](#) website.

With our grateful thanks and best wishes,
The Hub Team

Please ensure that all queries about individual cases are directed to the Hub via the general email westberksbct@westberks.gov.uk or by calling 01635 503579. This is to ensure they are dealt with promptly, effectively and in line with guidelines on dealing with vulnerable adults.