



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

Invitation to promote “Let’s all play our part to keep West Berkshire open” campaign locally

West Berkshire Council invites you to join forces with us in launching a public awareness campaign to urge all residents and visitors to play their part in keeping our District “open” by adhering to the Covid-19 guidance. Working together, we can help spread the messages as far and wide as possible.

About the campaign - The campaign is using behaviour change messaging to help remind every one to play a role in Covid-19 prevention, as follows:

Let’s all play our part to keep West Berkshire open

- By washing your hands
- By keeping your distance
- By wearing a face covering
- By getting a test and self-isolating if you have symptoms

The campaign assets include a poster that can be customised with a logo along with social media images, as illustrated below:



What the Council will do - We will be arranging for these posters to be put up at NHS sites, schools, adult social care homes, and other public settings. From next week we will be periodically posting the images on social media including Instagram, Twitter and Facebook to keep reminding the public of these messages.

What you can do – You are encouraged to display the posters wherever you feel is most appropriate: such as community centres, noticeboards, places of worship and other settings in your local area that you know about. You can also use the campaign imagery in your newsletters and mailings.

If you would like to add your logo to the poster for local use, please send an electronic copy of the logo to Rhys Lewis at HubCommunities@westberks.gov.uk We will send the updated poster back to you in an electronic format, or if you need printed copies, please let us know how many you need and which mailing address we should use to send the posters to.

Please encourage your community members to sign up for the weekly Residents Bulletin. In case of a local outbreak, the Residents Bulletin and its mailing list will be one of the key means of speedy communication. The bulletin currently provides Covid-related updates to around 49,000 residents, but we would like to reach as many more people as possible. Please can you support us by reminding your communities how to sign up for the e-bulletin. This way they will receive the latest information, advice and support relating to coronavirus. Residents can sign up for the bulletin here:

https://public.govdelivery.com/accounts/UKWESTBC/subscriber/new?qsp=CODE_RED

You are also welcome to follow us on our social media sites if you have not yet done so:

- <http://www.westberks.gov.uk/facebook>
- <http://www.westberks.gov.uk/twitter>
- <http://www.westberks.gov.uk/instagram>
- [facebook.com/CommunitySupportHubGroup](https://www.facebook.com/CommunitySupportHubGroup)

The Council's latest Local Outbreak Engagement Board public meeting took place today, Friday 28 August. Details can be found [here](#). The event has been recorded for later viewing on [The West Berkshire Council YouTube channel](#).

Updates from the Community Support Hub

Temporary coronavirus mobile testing sites will be running from the following locations on the dates listed below. These mobile units travel around the UK to increase access to coronavirus testing. All test appointments must be arranged by calling 119 or booking online at nhs.uk/coronavirus. Tests are not available on a 'drop-in' basis. All sites are following the Government's [testing guidance](#)



- Near Herongate Club Charnham Berkshire, Hungerford - RG17 0YU on Wednesday 2 September for up to 2 days.
- Henwick Worthy playing fields, Thatcham - RG18 3BN on Wednesday 16 September for 1 day.
- Herongate Club, Charnham Berkshire, Hungerford - RG17 0YU Thursday 17 September for up to 2 days

The pop up sites are in addition to the [Covid-19 Drive Through Testing Site](#) open every day at the Newbury Showground.

Supporting residents experiencing loneliness and anxiety – While the Community Support Hub is currently receiving only a modest level of calls, in the calls we are getting we are noticing a trend in requests for help in dealing with loneliness and anxiety triggered by the ongoing coronavirus pandemic. We are fully committed to the mental health and well being of our residents and would be grateful to continue working with you to tackle this issue of loneliness and anxiety. We will share further plans and ideas in next week's Hub Bulletin, but in the meantime, here are resources that you and volunteers may find helpful in supporting the residents in your communities:

- [COVID-19: Psychological First Aid](#) - free online training for volunteers.
- [Blog and published study by Whatworkswellbeing.org on loneliness during the time of social distancing](#) – study shows impact of Covid-19 on loneliness based on a survey 70,000 people since March and points to the importance of tailored interventions to support recovery.
- [West Berkshire advice on looking after mental health](#) – also contains a questionnaire called "Your Mind Plan" that provides customised suggestions based on responses.
- [Emotional health academy helpline](#): 01635 503587 - for young people 11-18. Monday to Friday, mornings and afternoons.
- [Talking Therapies Berkshire](#) - 0300 365 0200 – for those aged 17 and over. 8am to 8pm Monday to Thursday, and 8am to 5pm on Fridays.
- [Common Point of Entry](#): 0300 365 0300 – Mental Health referral service.
- [Eight Bells for Mental Health](#) – reopens 7 Sept following temporary closure for summer leave. New contact details for email: coordinator@eightbellsnewbury.co.uk and mobile: 07387 962220. Kathryn is supporting existing members and anyone else needing help or advice for mental ill health by phone and email on Mondays 8am-8pm and Tuesdays to Fridays 10am-5pm (closed on weekends).

(*Eight Bells for Mental Health cont'd*) Peer Supporters have set up a WhatsApp Group to offer friendship and a listening ear to all members; please email for more details.

- Newbury Volunteer Bureau: 01635 49004 – Janie. Lines open 10-1pm. Befriending Service can be set for calls daily /weekly. Volunteers offer many services depending on clients' needs. Can self-refer or referral can be third party.



Government's Latest News and Guidance on Covid-19

Updated Coronavirus outbreak FAQs: "What you can and can't do" guidance has been updated to include what happens when you are ill on holiday in England. Click [HERE](#) for the information.

Woolhampton Help team sprang into action during lockdown

Tony Renouf, Chairman of the Woolhampton Parish Council, shares how the Woolhampton Help team of volunteers supported residents during the coronavirus lockdown:

Having obtained an address label print run from West Berkshire Council, Woolhampton Help posted a leaflet to every household in the parish. The leaflet asked "Need Help?" and "Can You Help?" and provided contact details for both cases.

In addition a volunteer delivered leaflets to a number of properties which are in the village, but are in Midgham Parish and for which we had no personalised label.

The response from villagers offering help was both immediate and gratifying and within a week a list of 40 volunteers was established.

Every request for shopping, shopping collection, prescription collection and food parcel delivery was met. Given the number of registered volunteers, it was possible to fulfill every one within 24 hours.



Thanks to our volunteers, I am confident that should we be faced with another lockdown the resulting problems will be resolved.

Public Protection Partnership welcomes support from the public to protect residents

The Public Protection Partnership (PPP) is a shared service delivering Environmental Health, Licensing and Trading Standards to over 450,000 people and 10,000 businesses on behalf of West Berkshire Council, Bracknell Forest Council, and Wokingham Borough Council. The PPP has recently played a big part in the response to the COVID-19 pandemic in our local area, including producing guidance and tools for local businesses as well as offering support to concerned residents.



Moving forward, PPP welcomes support from the public regarding reporting of suspected scams, licensing activity, businesses not complying with COVID guidelines, trading standards issues or environmental health concerns relating to the Coronavirus outbreak. If you have a genuine concern about any of these things happening locally in West Berkshire you can get in touch with PPP via phone Tel 01635 503579 or by filling in a Coronavirus enforcement form on their website at <https://publicprotectionpartnership.org.uk/covid-19/coronavirus-enforcement-form/>. For more updates on PPP activity and to hear about the latest news follow them on Facebook @PublicProtectionPartnershipUK.

Public Consultation underway for the new Stop Smoking Service planned for 2021



Public Consultation - now until 4 October 2020
Have your say on the new local Stop Smoking Service for 2021
<https://www.surveymonkey.co.uk/r/stopsmokingservice>

Let us know the best way to help you stop - take part in the survey today!

NHS Berkshire West is planning [a new Stop Smoking Service](#) for West Berkshire, Reading and Wokingham for next year. There is now a public consultation open until 4 October to gain residents' views and experiences on the best ways to support people who want to quit smoking.

The key message is that as Covid-19 is a respiratory infection, the symptoms can be more severe if you smoke. This means that now is a better time than ever to quit for good.

We know 60% of people who currently smoke want to quit, and with the right support, a smoker is up to four times more likely to successfully quit than if they attempted alone.

Residents are encouraged to share their views in the Public Consultation via the [Survey](#) by 4 October. For a print version of the survey please contact: Publichealthandwellbeing@westberks.gov.uk.

#GetActivityConfident with Get Berkshire Active

Outdoor Ever Active sessions on 2 and 4 September to Improve Wellbeing and to Support those with Long Term Health Conditions

The gentle sessions are perfect for those who might not have been active for a while, may have been shielding, and/or are looking to rebuild their confidence about getting out and about again. The free, under-an-hour sessions will strictly follow social distancing guidelines, and need to be booked in advance, by emailing the relevant contact details below:



Wednesday 2 September

- **Walking Wednesday:** 10.30am meet outside the entrance to reception at Shaw House, RG14 2DR. Please book by 5pm, 1 Sept by emailing Kirsty.Heath@getberkshireactive.org
- **Gentle Bodyweight Circuits for those with Health conditions:** 10.00am meet outside the front of the main building, Henwick Worthy, Sports Ground, Thatcham, RG18 3BU. Please book by 5pm, 1 Sept by emailing hayley.kirby@me.com

Friday 4 September

- **Feel Good Friday Walk:** 10.00am meet in the car park next to Adventure Dolphin, Pangbourne, RG8 7DA. Please book by 5pm, 3 Sept by emailing nick.rance@getberkshireactive.org
- **Gentle Exercises** (can be done seated or standing): 11.15 am. Parking is on The Street, under the pine trees just past the Old Fire Station Nursery, RG7 5ES. Please book by 5pm, 3 Sept by emailing nick.rance@getberkshireactive.org

Ever Active is a Get Berkshire Active programme that supports older and disabled adults seeking to improve their health and fitness and reduce feelings of loneliness and social isolation. Ever Active is funded by West Berkshire Council and Reading Borough Council. More information and the activity calendar can be obtained on: <https://getberkshireactive.org/ever-active>. All participants must agree to the code of conduct when booking. For further information please contact nick.rance@getberkshireactive.org

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.