



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

Heat Health Alert until 9pm Tuesday 11 August

The Met Office has issued a Heatwave Level 3 warning to last until 9m on 11 August (as of today's publication). Temperatures are 90% likely to rise to levels that increase the risk of ill health among vulnerable adults, particularly older people, the very young and those with long term conditions including asthma or COPD.

Key messages, particularly those who are vulnerable, are to stay out of the sun. Keep your home as cool as possible – shading windows and shutting them during the day may help. Open them when it is cooler at night. Keep drinking fluids.



If there's anybody you know, for example an older person living on their own, who might be at special risk, please make sure they know what to do.

Useful links:

- [Metoffice.gov.uk](https://www.metoffice.gov.uk) - the latest weather forecast and any high temperature health warnings
- [Coping with heat and COVID-19](#) - Government guidance on staying safe in hot weather
- [Beat the heat poster](#) for display
- NHS advice: [heat exhaustion and heatstroke](#) and [preparing for hot weather](#)

Updates from the Community Support Hub



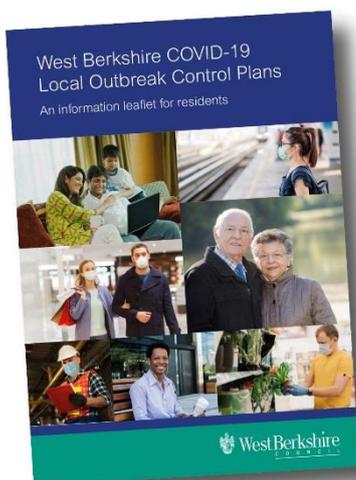
Shielding data: Even though the guidance for shielded has been paused, the shielded list continues to be maintained and is under constant review by GPs and hospital clinicians. Only 13 shielded residents still require food parcels according to Government data just in – we are following these up to establish whether this is an issue of food affordability or food access.

The volume of requests to the Hub is now very low but we remain ready to respond immediately in the event of a local outbreak.

Accessing food and medicine: Last week's Hub Bulletin explained how residents in need can access food and medicine now that Government deliveries have ended as of 31 July. This same information has now been published on the West Berkshire Council website [HERE](#).

Thanking Community and Volunteer Groups: The article splash in last week's Hub Bulletin about the amazing work of community and volunteer groups has been published on the Council's website [HERE](#), and issued to the local media.

Local Outbreak Plan Leaflets for Residents to be distributed week of 10 August



West Berkshire Council will be distributing leaflets to households next week containing information on what to do if a local coronavirus outbreak is declared. Translations of the leaflet will be available in: Hindi, Polish, Portuguese and Urdu.

Residents are urged to read this information and keep the leaflet safe, as there is a risk of an outbreak occurring in any area at any time.

This safety measure is part of the Council's COVID-19 Local Outbreak Control Plan (LOCP), which outlines how a local outbreak and any future restrictions would be managed. The LOCP can be accessed from [HERE](#).

Government's Latest News and Guidance on Covid-19

Face coverings – the mandatory list of places to be worn is expanding 8 August to include:

- auction houses
- cinemas, theatres, bingo halls, concert halls and indoor entertainment venues, public areas in hotels and hostels
- community centres, social clubs
- funeral directors
- libraries and public reading rooms
- museums, galleries, aquariums, indoor zoos or visitor farms, other indoor tourist, heritage or cultural sites
- nail, beauty, hair salons and barbers; massage tattoo and piercing parlours
- places of worship
- premises providing professional, legal or financial services
- storage and distribution facilities
- veterinary services



The public is also strongly encouraged to wear a face covering in other enclosed public spaces where social distancing may be difficult and where they may come into contact with people they do not normally meet. Face coverings are not required in restaurants with table service, bars, and pubs. For more information, please see: [Guidance](#).

Social distancing badges available for download - The Cabinet Office has published optional "Please give me space." badges that can be used to show the carrier may have difficulties or concerns in maintaining social distancing. The badges are available for mobile phones as well as print [HERE](#).

New rapid coronavirus tests - The government has announced that from next week rapid coronavirus tests will be rolled out to hospitals, care homes and labs across the UK to increase testing capacity ahead of winter. Two new tests, both able to detect the virus in just 90 minutes, will be made available. See [Announcement](#). We will share details about West Berkshire as soon as the information is available.

Revised guidelines for marking the 75th anniversary of VJ Day on 15 August have been published. The short update document outlines how people can celebrate safely, what the government is doing to mark the day and how councils can promote the day in their area. Links to materials are included in the [Update document](#). The Royal Family will also lead tributes and a two minute silence, as announced [HERE](#).



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



The Health and Wellbeing Conference 2020

Friday 11th September

The path out of COVID towards a fairer, more inclusive community built on kindness, resilience and wellbeing.

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. Open to everyone, the event will be run online via Zoom.

The COVID crisis has challenged and affected us all in different ways. The aims of this Conference are 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.

Agenda

- Working Lunch with opportunities for informal discussion (12.30pm - 1pm)
- Welcome - Kamal Bahia, Head of the Health and Wellbeing Board Engagement Group (1pm)
- Introduction and Scene Setting - Garry Poulson, Director of the Volunteer Centre West Berkshire
- The COVID Response and a review of the current situation in West Berkshire - Matt Pearce, Head of Public Health and Wellbeing and Nick Carter, Chief Executive (West Berkshire Council)
- Q & A Panel Discussion
- Close (3pm)

Breakout Sessions - There will be a series of simultaneous recorded Breakout Sessions to engage discussion and ideas for the future. Sessions will include: Volunteering, Working Together as Board Partners, and Young People.

Interested? Signing up is free and easy via [Eventbrite](https://www.eventbrite.co.uk/e/health-and-wellbeing-conference-tickets-114084830800) (<https://www.eventbrite.co.uk/e/health-and-wellbeing-conference-tickets-114084830800>) and you will be sent the conference link and password a few days before the event giving you details on how to access the Conference. If you would like to participate in a Breakout Session, you can secure your ticket via the same Eventbrite page.

Want to get involved? - The organisers would be delighted to hear from you and welcome any questions you may have. You can submit your questions before the event to: kamalbahia@nhs.net

REMINDER - Free webinar for West Berkshire volunteers on “Supporting People to Stay Active” Thursday 20 August, 11 am – 12 noon

Get Berkshire Active is holding a free, one hour online session 20 August, 11 am, to help volunteers with encouraging others to stay active. This webinar will discuss the importance and benefits of physical activity, national guidelines and practical tips, and ways to have positive conversations with others about being active. There's no cost as the program is funded through Sport England. Participants will receive a resource pack following the session. To book, please click [HERE](#).



The West Berkshire Lottery draws fourth £2,000 winner!



The [West Berkshire Lottery](#) and its prizes are our way of putting the fun in fundraising for our community. Since launching 18 months ago, the Lottery has paid out nearly £22,000 in winnings to ticket holders and has recently drawn the fourth £2,000 winner! Out of every £1 ticket purchased, 50p goes directly to the lottery player's chosen charity and 10p goes into the Council's good cause fund.

The lucky £2,000 winner, who selected Dingley's Promise as their charity, said: "...The £2,000 was a fabulous surprise and I will be sending a donation to my chosen charity Dingley's Promise as well." Dingley's Promise supports under 5s with Special Educational Needs and Disabilities (SEND) across Berkshire at its Centres in Newbury, Wokingham and Reading.

The West Berkshire Lottery is an ideal way for good causes to raise money - particularly at a time when they cannot conduct face-to-face fundraising or easily hold events. So far nearly £85,000 has been paid out in funds to good causes since the lottery was launched. There are 123 local good causes signed up as recipients of the ticket sale proceeds, with more than 1,000 residents currently supporting the lottery each week.

More details in the [news announcement](#).

To find out how to raise funds for your good cause through the West Berkshire Lottery, please visit the [information and application page](#).

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.*