



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

### Updates from the Community Support Hub

**Flu Vaccination 2020 campaign** - West Berkshire Council is beginning to launch a Flu Vaccination campaign. Please share the following information with your community:

This year, with COVID-19 in circulation, it's more important than ever that eligible groups are vaccinated to protect them from flu. The flu vaccination is **FREE** for a range of people including:

- Those with a long term health condition
- People living with someone who's at high risk of coronavirus (on the NHS shielded patient list)
- Children aged 2 and 3, pupils in Primary School and in year 7
- Pregnant women
- People aged over 65 – where capacity allows, it will be offered to those over 50 later in the year
- Carers

Have You  
Had Your  
Flu Vaccine?



More information: <https://www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/>

**Don't put it off. Protect yourself, protect your family and protect those you care for. Speak to your GP or your local pharmacist now!**

As community leaders you are welcome to attend a webinar on the government's marketing plans for promoting flu vaccinations, which is being held on Thursday 10 September, 2pm – 3pm. Please register [here](#).

**Face coverings - wear it right** - West Berkshire Council seeks your help to urge your local communities to wear face coverings property. This is part of the "Let's all play our part to keep West Berkshire campaign" announced in [last week's Hub Bulletin](#). Please share the following information with your community:

Let's **all** play our part to  
keep West Berkshire **open**



of them carefully. [This YouTube video provides advice on how to wear a mask safely.](#)

As you know face coverings are now required to be worn in many settings up and down the country as well as on public transport unless you are exempt. Wearing a face covering helps to keep others safe, but are you wearing yours correctly?

Face coverings should cover your mouth, nose and chin with no gaps at the side in order to be effective. You should also try to avoid touching your mask whilst wearing it and if using disposable masks please dispose

**Supporting residents experiencing loneliness, anxiety and mental health issues – Part 2.** In last week's Hub Bulletin ([here](#)) we shared a number of resources that can help members of your community deal with any mental health issues as it is vital that they reach out for help. If the choice of whom to contact is unclear or overwhelming, in the first instance they should talk to their GP, or contact the [Common Point of Entry](#) on 0300 365 0300 (Mental Health referral service).

For our part, the Community Support Hub has called back everyone who has contacted us since April with these kinds of issues. In the past few weeks, we have called 65 individuals to check on their welfare – 25 were fine, with several expressing gratitude that we had taken the trouble to call them. We were able to support the others by providing a listening ear and signposting to resources that can help.



In addition this week we'd like to highlight the importance of self care as a key way to improve mental health and well being. [#SelfCareSeptember](#) is Action for Happiness's month devoted to raising the awareness of this important concept. Accordingly we have accompanied this Hub Bulletin with an information sheet on general self-care tips and additional resources that can be shared with your community.

**Correction : Public Protection Partnership telephone number** - Last week the wrong telephone number was issued for the Public Protection Partnership, which welcomes support from the public to report suspected scams, licensing activity, businesses not complying with COVID guidelines, trading standards issues or environmental health concerns relating to the Coronavirus outbreak. The **correct contact details** are: tel 01635 519930 or email [tsadvice@westberks.gov.uk](mailto:tsadvice@westberks.gov.uk) or online [Coronavirus enforcement form](#).

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## Peasemore Committee builds extended team of “Lockdown Volunteers”

*Interview with Pauline Beattie, Chair of Peasemore Committee*

### How did the Peasemore volunteer effort get started for the lockdown?

Peasemore Committee has been in place for a number of years to raise funds for charities and local village facilities. We also arrange community events – for example, an annual Halloween party for children and Christmas dinner for local dignitaries and residents who may ordinarily struggle to have the festive meal.

When lockdown hit, as this year's incoming Chair, it was my responsibility to put together an extended team of helpers for Peasemore Committee to assist all those in need. When we put out a call for help, loads of people offered to help – we had up to 30 active volunteers at any point of time throughout the lockdown.



Newly armed with volunteers, the extended committee put out a leaflet in the village offering support to those who were shielding. Following the response from the community, we divided up the village and assigned each volunteer to about 5 or 6 shielded residents to support and look out for.

The volunteers called them every day or so to see if they needed any help, such as any shopping, walking the dog, gardening or mowing the lawn. Some of this activity is ongoing post lockdown for those who still need some assistance.

### How did volunteers manage to get food and supplies for shielding residents at the start of the lockdown when many supermarkets ran out of goods?

When items were scarce during the lockdown period, our local pub, Fox at Peasemore, set up a pop up shop. Phil and Lauren, who run the Fox, were able to secure produce and other items from their suppliers. This was very helpful as many of the volunteers were able to purchase goods from here for shielding residents.

## Prescription collections and deliveries were also a big challenge across the UK in lockdown. How did this issue affect Peasemore?

This certainly was a big issue for the vulnerable; not just the elderly, but younger people as well, all of whom were concerned about how they would be able to obtain their medications. Three of us in the volunteer committee set up prescription collections, each of us taking a week on a rotational basis. We've now arranged a driver to come and drop off the prescriptions each week at the house of one of our volunteers, given that the government prescription delivery service stopped on July 31<sup>st</sup>.

## What advice would you give to volunteer groups who have to quickly form in an emergency situation such as this?

What worked for us was having just a few people in charge of overall co-ordination to avoid any confusion or overlap. I'd also advise to keep talking with your group; keep the lines of communication open. Be fast and specific about what needs to be done and when. And don't be afraid to take people's help. If they offer to do something, take them up on it and don't be shy about it. That also makes volunteers feel valued. People have told us that they felt so good at being able to help out, and to help each other.

## Peasemore Committee managed to set up a socially distanced VE Day celebration for the whole village in less than a day. How did you manage this amazing achievement?

Again, it was down to solid co-ordination and the team moving swiftly. All of the village festivities we had planned over the year, including VE Day, had been cancelled due to Covid-19, as you can imagine. However, literally the day before, volunteers got together to create an impromptu village party to be held on VE Day, 8 May.



The Reverend Douglas Dales had let us know that he would be attending to the church bell ringing at St Barnabas Church at 11 am to observe the two minutes of silence. The Committee decided to build an event around this important occasion, and join the nation in holding a socially-distanced village get-together.



On 7 May we sent out an invitation to the village to participate in a VE Day 75<sup>th</sup> Anniversary Stay at Home Street party. This started with the bell ringing and included having refreshments outside in the afternoon.

That evening, ten of us, led by Sam Seater-Tillotson, put up miles of bunting around the village, which we managed to swiftly procure by calls and emails to local residents.

On the day itself, the whole village came out and assembled along the main road of the village to observe the two minutes of silence.

We were all dressed up and had great fun chatting to each other, standing at least 2 metres apart of course. It was such a party atmosphere as nobody had seen each other for quite a period of time.



## What else has Peasemore Committee been busy with?



We've just completed a sunflower growing competition for children. The winner's sunflower reached a height of 2m 24cm, grown by Mostyn, aged 12.

At the beginning of lockdown the Peasemore Committee placed a whole load of seeds in envelopes in a box we put outside of the church. We sent an email out to the village to parents, inviting their children to take an envelope, which contained instructions on how to grow and take care of the plant.

Via their parents, the children sent us lovely photos of the sunflowers along with their plants' measurements. The children's efforts certainly gave the village a lot of sunny cheer!

## Any final thoughts you'd like to share?

On behalf of Peasemore Committee I'd like to extend a huge thank you to all our helpers and the wider community. The wellbeing of the residents of Peasemore is entirely down to the collaborative commitment, kindness and sincerity of the village as a whole.

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## Eight Bells Community Strength seeks volunteer Community Navigators

[Eight Bells Community Strength](#) delivers community based support through Community Navigators across West Berkshire, helping people to look after themselves and live independently with a good quality of life. Are you a Community Navigator?

- ✓ Do you know what community activities are going on near you?
- ✓ Have you got a little time to give to support someone who is lonely?
- ✓ Can you help to build social networks to bring people together?

If this sounds like you, Eight Bells Community Strength is keen to hear from anyone who would be interested in this rewarding volunteer role. All necessary training will be provided. Sign up online: [www.eightbellsnewbury.co.uk/volunteer](http://www.eightbellsnewbury.co.uk/volunteer). For further information, please contact the Community Strength Coordinator by phone on 07985 404 302 or email [community.strength@eightbellsnewbury.co.uk](mailto:community.strength@eightbellsnewbury.co.uk)



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

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



**The Health and Wellbeing Conference 2020**

Friday 11th September

The Health and Wellbeing Board in West Berkshire invites you to join this conference on 11 September, 12.30 – 3pm (Zoom). **Sign up** via [Eventbrite](#). You will be sent the conference link and password a few days before the event. More event details on page 3 of [Hub Bulletin Issue 17](#). You can submit any questions in advance to: [kamalbahia@nhs.net](mailto:kamalbahia@nhs.net)

## 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.