



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

Greetings from Dave Wraight, Community Support Hub Oversight



Thank you for stepping up to the challenge of supporting your communities as we moved rapidly through the tier alert levels and ever tightening, but necessary government restrictions. When we entered a further period of national lockdown, the Community Support Hub contacted the voluntary and community groups like yourselves across West Berkshire to ascertain local support available for the elderly and vulnerable. We have so far counted 72 active groups spread across the district involving around 2000 volunteers - small to large, well established to brand new, and some created solely as a COVID response and others including this support in their other activity. To all, THANK YOU! We owe you an immense debt of gratitude.

Since the introduction of the national restrictions the Hub has had around 100 requests a week directly through the website or phone for support and assistance. In addition, a further 50 Clinically Extremely Vulnerable people a week are registering on the national shielding service website requesting support during the lockdown. Each of these people are contacted by the Hub to determine what the support needs are and how they can be met. The nature of the requests for support cover a wide range of issues from access to food and medicine to financial support and loneliness.

Here at the Hub we've had a change in team members. When the Hub was launched in the first lockdown it was staffed by a variety of people seconded from their usual roles in the council, and most of those secondments ended in December. We have recruited a few full and part time staff to the Hub, therefore when you make contact it may be Hannah, Jo, Carl or Sasha who respond to those requests.

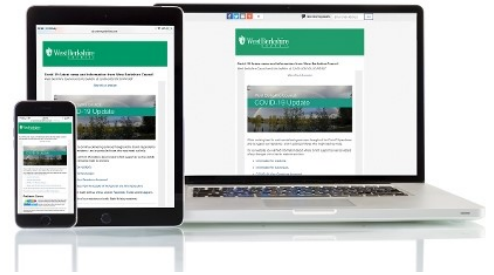
I am also new to the Hub; usually I work with young people and their families through the criminal justice system, substance misuse issues or families in crisis. Taking on the oversight to the Community Support Hub is a real privilege, particularly when I look back to see such wonderful work has been undertaken to date. We are all so grateful to the many people who supported the development of the hub over the last ten months and got us to this point.

The [Community Support Hub](#) remains open during office hours between 8.30am and 5pm Monday to Thursday, or between 8.30am and 4.30pm on Fridays.

If there are ways that the Hub can assist you to support your community, please get in contact or if you have developed new or innovative ways to support your community, please share it with us by calling 01635 503579 or by emailing westberksbct@westberks.gov.uk.

West Berkshire Council's Recent eNewsletters to Residents and Businesses

- [Covid-19 News – 15 January 2021](#)
- [Coronavirus Weeknotes – 15 January 2021](#)
- [Business News: Covid Grants Update – 15 January 2021](#)
- [West Berkshire Libraries News January – 12 January 2021](#)
- [Resident's News Bulletin – 11 January 2021](#)
- [Covid-19 News - 08 January 2021](#)
- [Coronavirus Weeknotes – 08 January 2021](#)



Please kindly remind your communities to sign up to receive future newsletters direct to their inbox by registering or updating their preferences on [this page](#).

Current newsletter editions include:

- Business News
- Community Champion Awards
- Coronavirus updates
- Environment News
- Newbury Sports Ground
- Waste and Recycling News
- West Berkshire Council - Weeknotes
- West Berkshire Council News
- West Berkshire Libraries
- West Berkshire Lottery

Recent Facebook posts from West Berkshire Council

We invite you to repost these topics to your social media channels, spread over the coming days:

Victims of Domestic Abuse can now access the new code word scheme, 'Ask for ANI' (Action Needed Immediately). This enable victims of domestic abuse to access immediate help from the police or other support services, from the safety of their local pharmacy.

Participating pharmacies will have the Ask for ANI symbol on display so please keep an eye out if you need immediate help.

More information here:
<https://www.gov.uk/government/news/pharmacies-launch-codeword-scheme-to-offer-lifeline-to-domestic-abuse-victims>

[#YouAreNotAlone](#)

A vertical poster with a blue and white color scheme. At the top left is the HM Government logo. The main text on the left reads 'IF YOU NEED IMMEDIATE HELP' in small blue letters, followed by 'ASK FOR ANI' in large white letters on a blue background. To the right of this is a circular icon containing a white hand with a pink heart in the palm. A small blue circle with the word 'OR' is positioned between the two main text blocks. On the right side, the text 'OUR CONSULTATION ROOM IS OPEN' is in small blue letters, followed by 'IF YOU NEED A SAFE SPACE' in large blue letters. At the bottom, a dark blue banner contains the text 'IF YOU ARE EXPERIENCING DOMESTIC ABUSE WE ARE HERE TO SUPPORT YOU.' in white, with 'Ask to use the Safe Space or ask for ANI at the healthcare counter.' in smaller white text below it. A small 'SAFE SPACES' logo is in the top right corner.

If you test positive for COVID and are contacted by NHS Test and Trace or told to self-isolate, please remember it's a legal requirement that you tell your employer.

It's also a legal requirement for an employer to ensure that if someone should be isolating that they shouldn't enter the workplace until safe to do so.

For everyone's protection, please comply and assist with the Test and Trace system by including workplace details. Important details are being missed off making it difficult for national and local contact tracing to help curb the rates of transmission.

West Berkshire local contact tracing COVID-19



Heading out for some essential shopping? 🛒
Remember to keep your distance and wear a mask (unless you're exempt) when you are out shopping. If it isn't essential for you to go out, you should: Stay Home. Protect the NHS. Save Lives.



***The one that
leans over
you in the
supermarket.***

Don't be a space invader.

We want to remind everyone that a support bubble is not a social bubble for you to meet up with friends.

You can only form a support bubble with another household for a limited number of reasons. In lockdown, you can still meet your support bubble.

More information on who can create a support bubble : <https://www.gov.uk/guidance/making-a-support-bubble-with-another-household>

HM Government

NHS

SUPPORT BUBBLES

Are close **support networks** between **single adult households** and **another household** of any size. This means you **can** have **close contact** with that household as if they are your **own household**.

**BUT YOU MUST
NOT CHANGE WHO IS
IN YOUR SUPPORT BUBBLE**



The Covid-19 vaccine is a huge step forward in our fight against coronavirus. The NHS will contact you when it's time for you to have the jab. 🦋

Please be aware of scams. ⚠️ The NHS will never ask for payment for the vaccine.

Find out more here ➡

<https://www.nhs.uk/.../coronavirus.../coronavirus-vaccine/>

HM Government

NHS

Covid-19 vaccine

**The NHS will get in touch when
it's your turn to be vaccinated**

Find out about the roll-out at nhs.uk/CovidVaccine

Government Updates on Covid-19 Restrictions and Guidelines

- [Health and Social Care Secretary's statement on coronavirus \(COVID-19\): 18 January 2021](#)
- [British public urged to play their part in historic vaccine roll out – 17 January 2021](#)
- [Guidance on shielding and protecting the clinically extremely vulnerable – updated 13 January 2021](#)
- [Guidance on accessing green spaces safely – updated 13 January 2021](#)
- [Guidance for arranging or attending a funeral – updated 13 January 2021](#)
- The Government is working with independent pharmacies and Boots to launch a domestic abuse [Ask for ANI codeword scheme](#). The scheme allows those at risk or suffering from abuse to discreetly signal that they need help and access support. (see first social media post on this topic in the section above).

The West Berkshire Suicide Prevention Action Group launched a New Support Page with immediate and non immediate sources of help for people who may be suicidal. The resource has been a collaboration with a multi agency group led by Garry Poulson, Chairman of the group, and Vice Chair, Jerry Dixon, of Newbury Samaritans, who both express sincere thanks to Apple Print and Creative for their generosity in providing the web expertise. Both Garry and Jerry welcome you to spread the word and this web page link <https://westberkshiresuicideprevention.org>.

Home Energy, Fuel and Water Bill Advice Helpline

Helen Dean of Connecting Communities in Berkshire is running a telephone advice line for families who are worried about their bills, or who would like information about ways to reduce their costs. Helen supports families in taking action for themselves. Helen offers personalised one to one advice over phone or WhatsApp calls in a friendly and accepting way, and will follow up on advice after it's been given. Practitioners can refer families by emailing helen.dean@ccberks.org.uk. Helen normally works on a Tuesday and Thursday 9.30am to 4.30pm, however her hours may vary.



A Happier and
Healthier Berkshire

Reading West Berkshire Wokingham

Public Engagement Survey for the Berkshire West Joint Health and Wellbeing Strategy

West Berkshire, Reading and Wokingham Councils have [launched a survey](#) to obtain feedback on how best to shape plans and resources in support of the health and wellbeing of residents. You are invited to take part in this survey and also share the link with your communities: <https://www.surveymonkey.co.uk/r/jhwbstrategy>

Living Well in 2021 Webinar (FREE webinar)

Friday 29 January 2021 at 10.30am

For individuals who wish to learn about new and easy changes they can make to their daily lives to promote their wellbeing and happiness in 2021. The event is also aimed at people who want to learn more about ways they can bring improvements to their community and help others in their neighbourhood. [Click here for further details and to reserve your place.](#)



Eight Bells Community Strength seeks volunteer Community Navigators



to provide community-based support to help people to look after themselves and live independently with a good quality of life. All necessary training will be provided. For further information and to sign up online: www.eightbellsnewbury.co.uk/volunteer. If you would like to discuss further, please contact the Community Strength Coordinator by phone on 07985 404 302 or email community.strength@eightbellsnewbury.co.uk