

Prescriptions

Please plan on ordering your prescriptions four days in advance due to the unprecedented demand and restrictions during this time.

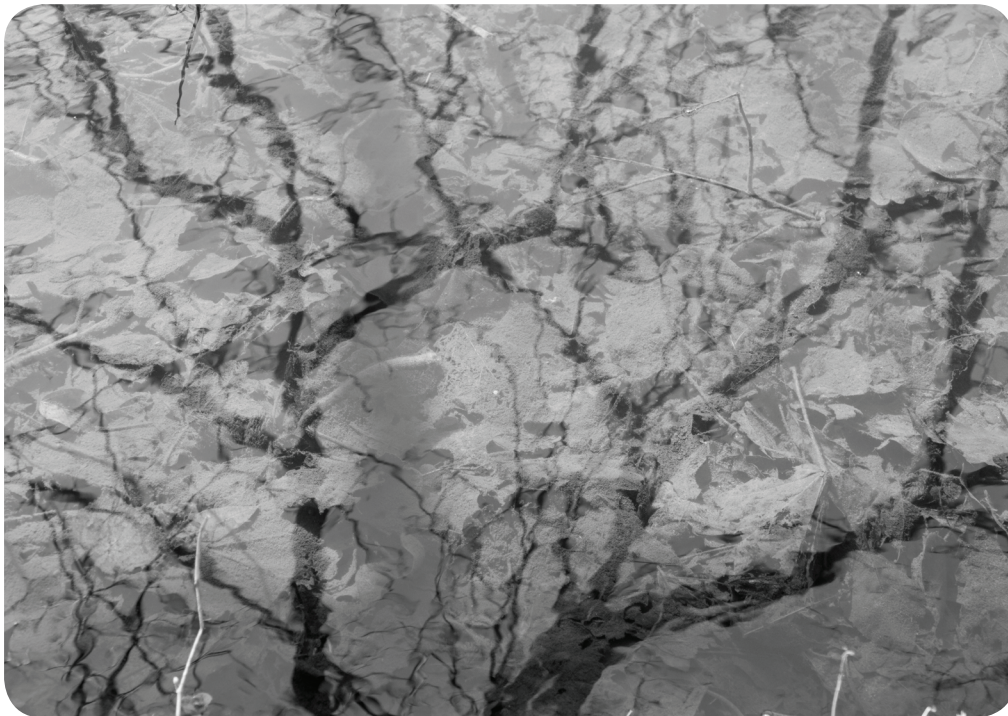
Basic masks can be effective in reducing virus transmission in public
Washington Post March 28, 2020 tinyurl.com/tf6ayr6

By Jeremy Howard (research scientist University of San Francisco)
It's time to make masks a key part of our fight to contain, then defeat, this pandemic. Masks effective at "flattening the curve" can be made at home with nothing more than a T-shirt and a pair of scissors. We should all wear masks — store-bought or homemade — whenever we're out in public.

Many people have asymptomatic or presymptomatic infections. If they are wearing face masks, it can prevent droplets that carry the virus from escaping and infecting others.

twitter.com/search?q=%23masks4all&src=typed_query

Get coronavirus support If you have a medical condition which makes you extremely vulnerable to coronavirus (COVID-19), register and tell us whether or not you need support. www.gov.uk/coronavirus-extremely-vulnerable
Telephone: 0800-028-8327.



FINSTOCK NEWS EXTRA

The *Finstock News*, in conjunction with the Parish Council and with the acknowledgement of the Finstock Self-isolating Group, has produced the following special edition of the village newsletter to provide you with information and sources you may find helpful during this global pandemic.

Parish Council Position

The Parish Council has formed an Emergency Committee (Parish Clerk June Pratley, the Chair Mike Woodfield and vice-chair Julie Stringfellow), to ensure that the Council can continue to function during the next critical few weeks or months. The powers delegated to the Emergency Committee enable the Council to do anything expedient and necessary to ensure the continuous business of the Council and to deal with mandatory undertakings in order to prevent it from incurring liability during the period that the delegation is applicable.

The Parish Council will not hold meetings due to the restriction limiting contact to two people. Routine business will be handled by correspondence and email. Any Council decisions will be minuted and copies posted on the Finstock PC website. finstockpc.org.uk

The PC will review its financial position to determine what leeway we have for grants to Finstock organisations combating the effects of the Coronavirus (Covid-19) on residents.

The Emergency Committee

Village Hall

The Hall is now closed until further notice. All hirers with outstanding bookings will be contacted by the Bookings Manager within the next week.

Woodpecker Community Shop and Post Office

The Shop and Post Office will remain open as an essential service. We have been advised to ask all our volunteers to stand down as many fall into the vulnerable category. Supply of some lines has been constrained but currently we are receiving regular deliveries of bread and eggs, and as much milk as our helpers can collect. As Karen is running the shop largely on her own, and has to source supply, there may be times when we need to change our hours of opening but we will post any restrictions on the Woodpecker Community shop Finstock Facebook page and on the A board outside the shop. We ask

everyone to support us during these difficult times and respect limits on a number of essential items that can be purchased to ensure we have enough to go round.

FINSTOCK SELF-ISOLATING SUPPORT

HELLO! *If you are needing to self-isolate, we can help.*

If you're self-isolating due to Covid-19, we could help with:

- | | |
|--|--|
| <input type="checkbox"/> Urgent supplies | <input type="checkbox"/> A friendly phone call |
| <input type="checkbox"/> Meal Delivery from the Plough | <input type="checkbox"/> Other (please say more) |

CONTACT US ON

07809 741735 or finstocksis@gmail.com

please leave a message, if necessary

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness! Avoid any physical contact. Wash your hands regularly.

Items should be / will be left on your doorstep, or other pre-arranged place outside your home.

Finstock Self-isolating Support Group

This Finstock support group is registered with **Oxfordshire All In**, which has been set up for volunteers who can help in the community here and across Oxfordshire. Details of their initiatives are available on the **Oxfordshire All In Response Map**. You can also find them on the Finstock Facebook page.

Village playground has been closed due to instructions from government. Safety checks will not be carried out.

School Fête and Finstock Festival have been cancelled. Finstock Community Projects are now looking at dates for 2021.

The Plough Finstock is providing takeaways. www.theplough-inn.co.uk; click on the takeaway menu.

National Emergencies Trust There is a new fund that has just been launched from the National Emergencies Trust which will be distributed through Oxfordshire Community Foundation. nationalemergenciestrust.org.uk

Allotments can still be visited; they do provide food and exercise but social distancing should be observed. Guidance from the National Allotment Society is available here: www.nsalg.org.uk/news/covid19-information.

Windrush Medical Centre

In an effort to limit the spread of Coronavirus we are now telephoning patients before all appointments. Please **DO NOT** attend the practice for any routine appointments until you have spoken to the practice. Please **DO NOT** attend the practice if you have had a cough or a temperature in the last 7 days.

Thames Valley Alert

www.getsafeonline.org/coronavirus

Age UK Oxfordshire – advice, information and support for older people has launched a new, free of charge telephone support service offering advice and assistance. www.ageuk.org.uk/oxfordshire.

MIND – advice, information and support for your wellbeing.

tinyurl.com/wbsprob

Learn how to self-isolate. Guidance on the NHS website:

tinyurl.com/tvuepn6

The NHS provides guidance on how to wash hands: tinyurl.com/ycxj2rbk

The Centre for Disease Control and Prevention provides guidance on handwashing for families: tinyurl.com/s2c5u7a

The World Health Organisation provides guidance on basic protective measures: tinyurl.com/vr9owsn

When to call 111

All patients with a persistent cough or fever or have had contact with anyone with the coronavirus needs to self-isolate for 14 days. Do not go to a GP surgery or hospital, but stay indoors and avoid close contact with other people.

Cats and dominoes from Robert Court, MP:

www.youtube.com/watch?v=7Nn7NZI_LN4

WODC support for business

A 12-month business rates holiday for all retail, hospitality and leisure businesses; small business grants of £10,000 for all business in receipt of small business rate relief or rural rate relief; grant funding of up to £25,000 for retail, hospitality and leisure businesses with property with a rateable value between £15,000 and £51,000.

Additional support for businesses includes: A statutory sick pay relief package for SMEs the Coronavirus Business Interruption Loan Scheme to support long-term viable businesses that may need to respond to cash-flow pressures by seeking additional finance the HMRC Time to Pay Scheme. For more information and support on coronavirus visit our website: www.westoxon.gov.uk/coronavirus

Art UK <https://artuk.org>
Art UK is the online home for the UK's public art collections from 3,300 collection venues. They list every publicly owned oil painting on its online database; they are now adding every sculpture. A new tool will allow members of the public to curate their own show, choosing from more than 200,000 oil paintings and 16,000 sculptures in UK galleries now; and they hope to have 80,000 by the end of the year.

The **Oxford Poetry Library** is sending out 'poems for breakfast' in an attempt to add some positivity into the daily headlines we're all receiving.
tinyurl.com/srumz5s

Project PT is running a virtual fitness class for children every weekday morning at 9am, via Facebook and Instagram live.

Virtual US National Parks, Arts and Culture
tinyurl.com/r64ushe Google now lets you explore U.S.National Parks via 360-degree virtual tours including the Kenai Fjords in Alaska, Hawaiian volcanoes, New Mexico's Carlsbad Caverns, Utah's Bryce Canyon, and Florida's Dry Tortugas.

There is a way to get a little culture and education while you're confined to your home. According to Fast Company, Google Arts & Culture teamed up with over 2500 museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world. tinyurl.com/rgwu4sl
Now, you can "go to the museum" and never have to leave your couch. Google Arts & Culture's collection includes the British Museum in London, the Van Gogh Museum in Amsterdam, the Guggenheim in New York City, and literally hundreds of more places where you can gain knowledge about art, history, and science. This collection is especially good for students who are looking for ways to stay on top of their studies while schools are closed.

Now's Your Chance: Experience these top tier classical performances for Free at home tinyurl.com/shot7h4

CPR Classical - The Metropolitan Opera - free streaming on the Met website or accessed through the Met Opera on Demand apps for Apple, Amazon, and Roku devices and Samsung Smart TV.

The Berliner Philharmoniker Digital Concert Hall provides concerts, interviews and films can be accessed via their website www.digitalconcerthall.com/en/home or using the Digital Concert Hall app for iPhone, Apple TV, Amazon, Google and Roku devices.

NOT CANCELLED

Getting outdoors

Family not cancelled

Reading not cancelled

Singing not cancelled

Laughing not cancelled

Hope not cancelled

Let's embrace what we have!

The Witney COVID-19 Support group has created a great resource for everyone in West Oxfordshire: www.witneysupport.com, where you can see which businesses are still open and what services they are offering.

NHS volunteers site www.goodsamapp.org/NHS for more information.

Good Food Oxford Updated Information on community food supplies for the most vulnerable. www.oxford.gov.uk/foodservicesmap

British Heart Foundation How to get active indoors. tinyurl.com/wuvdcpf

Sport England Tips to stay active while you are at home. tinyurl.com/tlwq7nk

Living Streets Blogs and tips on walking and coronavirus.

www.livingstreets.org.uk

Police notification

The majority of scam reports are related to online shopping scams where people have ordered products, which have never arrived. Other frauds include ticket fraud, romance fraud, charity fraud and lender loan fraud.

Detailed counter fraud advice is available online, including from Scamsmart, ActionFraud, CIFAS, TakeFive, Citizens Advice, Trading Standards and the National Cyber Security Centre. Reporting to Action Fraud can be done online at www.actionfraud.police.uk or by calling 0300-123-2040. To report offers of financial assistance from HMRC contact phishing@hmrc.gov.uk.

Oxfordshire University Hospitals Information and advice on going to the hospital. www.ouh.nhs.uk

Reducing the Risk – Domestic Abuse advice and support

www.reducingtherisk.org.uk/cms/content/oxfordshire

ICE providing inclusive care & education for people with disabilities. The centre is closed but support is available online and via phone 01993-846240 theicecentre@btconnect.com www.facebook.com/theicecentre.co.uk

Oxfordshire Family Support Network is a not for profit organisation run by and for family carers of people with learning disabilities - both children and adults www.oxfsn.org.uk

Oxfordshire Learning Disability Community! Online community for people in Oxfordshire to ensure children and adults with learning disabilities including autism get the best support possible. notifications@ldox.org www.ldox.org

CAMHS continue to offer support digitally and by phone. Advice Line 01865-902515; there are a number of short videos and self help guides.

www.oxfordhealth.nhs.uk/camhs/oxon

Family Lives Parenting Support www.familylives.org.uk

Citizens Advice We give advice on many issues, including; debt, understanding benefits, employment issues, consumer rights and relationship problems. tinyurl.com/qvo44w5

Advice Line 0300-330-9043. Help to Claim Universal Credit 0800-144-8444

Cottsway Financial Advice for Tenants 0300-303-8618

www.cottsway.co.uk/coronavirus

ACAS Helpline 0300-123-1100. Live Twitter Q&A session every Friday at 10.30am to answer questions about time off work, pay, remote working.

www.acas.org.uk/advice

Southwest Florida Eagle Cam Four cameras allow different view of a pair of bald eagles. dickpritchettrealestate.com

Fatmap The site and app, originally set up in Chamonix to make maps for skiers, offer guides and routes, with zoomable, customisable 3D maps on which to plan trips or make virtual forays. Fatmap.com

Swiss Grand Tour A virtual drive around the country with stop offs to look at slideshows, panoramas and places to stay. grandtour.myswitzerland.com

National Library of Scotland This online collection of 200,000 maps has a feature that allows you to view modern and historic maps of the same UK place side by side. Maps.nls.uk

Virtual Yosemite offers zoomable 360-degree panoramas from 200 spots in and around the park. Virtualyosemite.org

Free comedy cosmicshambles.com/stayathome

Free theatre The BBC has a number of theatre productions as part of Culture in Quarantine, its “virtual festival of arts” including stream a National Theatre Live production on YouTube for free every Thursday.

Free gigs The Montreux Jazz Festival has made more than 50 festival concerts available to stream for free. Stingray.com/FREEMJF1M and enter the code FREEMJF1M.

Free art exhibitions Galleries may be shut but plenty have opened their virtual doors.

Free digital books Audible, part of Amazon, has released a collection of hundreds of free audiobooks for children. Stories.audible.com/start-listen

Free language lessons Rosetta stone is giving free access for schoolchildren to use its language courses for the next three months.

Rosettastone.co.uk/lp/freeforkids