

# HIGHFIELD RESIDENTS' ASSOCIATION

Update: 21 August 2020, our sixteenth Update

**Butchers Arms:** The news that people were waiting for: it's now open again!

**Reminder of Lime Walk closure Mon. 24 - Weds. 25 August:** We have received no indication that the scheduled work will not go ahead on these dates. During this time, parking should be avoided in the area of the junction with All Saints' Rd.

**What kind of mask is best?** Numerous studies have shown that a simple cloth mask - without valves, vents or filters - is ideal for controlling the spread of the coronavirus outside health-care settings. In updated guidance, we are warned against wearing masks with exhalation valves or vents, even those with disposable filters, because this type of mask does not prevent the person wearing the mask from transmitting COVID-19 to others. Masks with exhalation valves or vents, are made for hot and dusty construction work and have become a popular pandemic accessory because of their seemingly high-tech design. Apparently any mask that advertises "breathability" or "better airflow" is likely to allow viral particles through. A mask made up of a few layers of cotton fabric is still the best way to control the spread of the coronavirus.

**What are the general guidelines for proper mask care?** We are advised to wash our hands before putting on a mask; to resist the temptation to lower it round our neck to cool off; and when removing it, to avoid touching the outside, handling it by the elastic or tapes, and then putting it in a bag. For cloth masks, frequent washing is a must. They should be changed after a maximum of 4 hours; some say after only 2 hours, and definitely if damp. The recommended method is simple: the used mask (inside its small bag) goes into the washing machine with your regular laundry at 40°, or preferably at 60°.

**Can surgical masks be washed?** Unlike the cloth variety, these masks cannot be effectively sanitized by a standard washing. According to experts, hospitals may be able to disinfect them, but there is no way that the average person could disinfect them.

**Can sunlight disinfect a mask?** Sometimes people put a mask in the sun, thinking that they are decontaminating it. Although UV light comes from the sun, it's not sufficient to disinfect a mask.

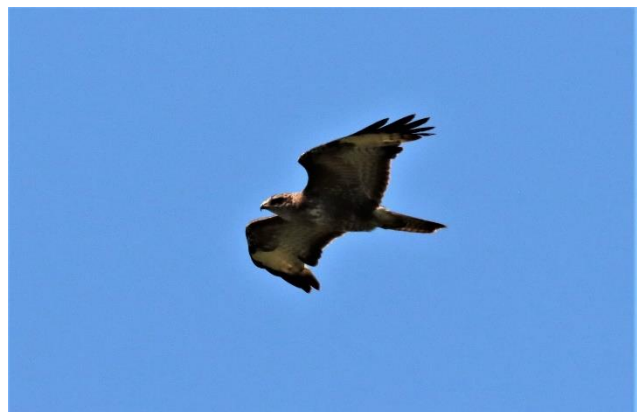


Lapwings, Othmoor, 20.08.20, CFCW

**Othmoor RSPB:** Othmoor, a haven of wildlife, is among the RSPB sites that have re-opened, and is best approached via Beckley. Entrance is free, and the car park is free to RSPB members, but £2 to non-members. NB Although the car park and trails are open, the hides remain closed. The site is less crowded mid-week. Enquiries: 01865 351 163.



Dragonfly at rest, Othmoor, 20.08.20, CFCW



Marsh Harrier (believed to be), Othmoor, 20.08.20, CFCW

**Proposed bus gate on Warneford Lane:** This was incorrectly reported in the Oxford Times of 13 August as being on Warneford Rd. If you have views about the advisability of creating a bus gate on Warneford Lane, you are advised to write, giving the subject line *Bus Gates*, to [yvonne.constance@oxfordshire.gov.uk](mailto:yvonne.constance@oxfordshire.gov.uk) copying your email to [roz.smith@oxfordshire.gov.uk](mailto:roz.smith@oxfordshire.gov.uk)

**Don't invite opportunist burglars:** Reminder from Thames Valley Police. 'At this time of year, opportunist thieves are always on the lookout for insecure doors and windows giving them easy access to your property.

- During hot weather, only leave windows open for ventilation when you are in the room, and lock them when you leave the room.
  - Do not leave windows open, even on upper floors, especially if they are next to a porch or flat garage roof which could be used to climb up and gain entry to your property.
  - If you are working in your garden, secure your front and back doors.'
- Thames Valley Police's Home Security Guide gives advice on a range of physical and digital security measures to protect your home and on how to avoid invalidating your home insurance through poor security, plus a handy checklist when going away. See: <https://www.thamesvalley.police.uk/SysSiteAssets/media/downloads/thames-valley/advice/home-security-guide2.pdf>

**Memberships, passes, annual tickets:** Policy varies immensely. For example: the Oxford Tube may be able to give you a refund or extend the validity of your 12-journey pass to compensate for the period when the service was withdrawn. Try ([oxford.enquiries@stagecoachbus.com](mailto:oxford.enquiries@stagecoachbus.com) Tel. 01865 772 250). For railcards the mechanism for refunds or extension for different kinds of cards was still being determined when I last checked (Tel 0345 3000 250). Another example: At Portsmouth's Naval Dockyards an annual pass can be extended on application by the number of days of closure to the public, namely 150 or 153 days according to the area for which the pass was bought. Conclusion: a little perseverance could well pay off, or 'Nothing venture, nothing gain'.

**Repair cafés:** Our local Bring and Fix it Café at Bullingdon Community Centre, OX3 7HS, is looking at re-opening in September. Further information from Barbara, Tel 07792 491 350.

**Makespace Oxford:** (currently at 1 Aristotle Lane, North Oxford, OX2 6TP, Tel 01865 554 097). This working and making space for individuals and organisations, home of the Library of Things, and Makespace Repair Café, is bringing back to life a building in central Oxford, which has been vacant for four years, and creating a new community hub and social business centre. The future premises (20/21 Park End Street) were previously a Chinese restaurant.

**Remaining closed:** Fusion's Barton Leisure Centre has yet to finalise arrangements for opening.

**Ashmolean Museum:** now open, and the Young Rembrandt exhibition, largest collection of works devoted to the young Rembrandt, including over 30 of his paintings, and 90 drawings and prints, is extended till 1<sup>st</sup> November. Due to social distancing, all visits must be pre-booked.

**Headington News** website: <http://www.headington.org.uk/news/items/coronavirus.html>  
**HRA Addresses:** Chair: [hrachair@gmail.com](mailto:hrachair@gmail.com)  
Admin: [hracttee@gmail.com](mailto:hracttee@gmail.com)  
HRA website: <https://highfieldresidents.weebly.com/>  
HRA Covid-19 Support Group: [hra-covid19-support@googlegroups.com](mailto:hra-covid19-support@googlegroups.com)

**Useful contacts for people seeking help outside the HRA area:**

Oxford Hub: <https://www.oxfordhub.org/>

The City Council provides a single point of contact for people to ask for the extra help they may need as a result of Covid-19: [oxford.gov.uk/CommunityAssistance](https://oxford.gov.uk/CommunityAssistance) or 01865 249 811

**Disclaimer:** The information we give each week is, as far as we can tell, correct at the time of circulation but be aware that it can change. NB As previously mentioned, with the easing of lockdown Update is being circulated less frequently, until it ceases all together. This may turn out to be our last edition, depending on developments in the next week or so.