

The Lockdown Lowdown

Issue 7

Sponsored by St Mary's Court
Private Residential Park Homes



Bringing in the punters
Lesson #1 – shamelessly bribe the dogs with biscuits and their owners will follow.... Zara and Paul on Sunday morning with John and Millie! Did we mention that you can pick up the Lockdown Lowdown at the newspaper caravan now? See 'Yes We're Open' for times.



Thank you everyone for your contributions! We love hearing your stories, seeing your photos and learning what you've been up to during lockdown. As the restrictions are gradually eased, we're bringing news of more businesses that are opening up, more places to visit and more things to do in our area. Some of our Lowdown Lockdown team are getting busier too, so the newsletter might be fortnightly from now on but to be honest, we're not sure! If you could help with the layout and graphic design in your spare time, we'd love to hear from you! We would really like to get your feedback about our newsletter; are you enjoying it, is it useful, informative, helpful, entertaining...? As you will have seen, we started out as an essential information guide during 'full lockdown' and now we are becoming more of, well, a newsletter! How do you feel about this? Please do send us your thoughts since this will help us decide the way forward for the Lockdown Lowdown. Thank you.
As always, take care and stay safe.
Adam Lethbridge (Editor)
Email us at thelockdownpress@gmail.com.



BAMPTON SHIRT RACE

Then and Now!

Newspaper photo from
2nd June 1989....

With the cancellation of the 2020 Shirt Race, we thought we'd take a look back! Rick and Azz 31 years on - still the best man for the job!

Annie's Meals Service

A group of volunteers have got together to produce healthy and nutritious meals which are then frozen in convenient size portions. Child friendly, vegan, vegetarian and dairy free options are available. There is no charge for the meals but a financial donation would help us to cover the cost of the ingredients. Collect from a central Bampton location or home delivery can be arranged. "Lovingly made in Bampton by a small team of home cooks." Contact BAN on 07946 192638 www.bampton-network.co.uk. Here's Jeremy preparing 20 meals of sausages and mash – looks delicious!



For all the latest information please check - www.bampton-network.co.uk

Ask a Celebrity...

Ray Jackson

Ray has lived locally for over 20 years and was a founder member and lead singer, mandolin and harmonica player with the hugely popular 70-80's folk-rock band, Lindisfarne.



That's him at the bottom of the picture! In addition to his musical career, Ray is an accomplished artist. <https://www.rayjacksonart.co.uk/> Ray spoke to the Lowdown about his lockdown....

What do you miss most?

Interestingly, the 50th anniversary of signing my first recording contract as a member of Lindisfarne, my previous life, has happened during Lockdown and so it has given me plenty of time to reflect on those heady days of touring the world and recording at some of the iconic studios, Trident, Olympic, Abbey Road and even Chipping Norton!

I have mostly missed attending concerts; during Lockdown I should have seen two of my Charisma Records stablemates, Steve Hackett of Genesis and Van der Graaf Generator who supported Lindisfarne in the 1970s, and of course, coming from the port of Newcastle, I miss the sea.

What's the first thing you're going to do when lockdown is over?

As an artist I miss going to galleries. I am a member of West Ox Arts and have produced some local scenes. I've lived in Bampton for 8 years and 12 years previously in Witney. I'll also go the Morris Clown... for a pint of real ale.

What do you wish you'd done, or bought, before lockdown started?

Before Lockdown I wish I had recently been to see my grandchildren, had a very short haircut and not booked a holiday in The Netherlands via Le Shuttle.....!

WILDLIFE WATCH

"Cuckoo! I heard one today, the first here for many years. Hope others in Bampton enjoyed the sound too." Ann Norman is one of several readers who have heard one of the traditional 'sounds of summer' - which seems quite rare now! Andrew Mann tells us: "The adult birds are only with us for a few brief weeks of the year and by July will be winging their way back to Africa. It's a miracle of nature how the young (which are reared in a surrogate parent's nest) find their own way to Africa when they have fledged later in the summer."



Record-breaker! Using a satellite tag, scientists have monitored a cuckoo that flew more than 12,000 kms from its winter home in Zambia to its breeding ground in Mongolia. 'Onon' survived ocean crossings and high winds after traversing 16 countries flying at an average speed of 60km/h. Amazing! (Photo taken in Oxfordshire by Caroline Walker)



Readers Write

Sandie Sharples tells us: "The residents of the Lanes are not letting lockdown get them down. Once a week they hold a doorstep socially distanced music event with a new theme each week. Fish Friday is now a regular event with a takeaway provided by the Black Horse Standlake, who open their kitchen at lunchtime especially for The Lanes residents."



Dear Editor, I was billeted at the Dairy Farm Hostel during the war with several other Land Girls and I was watching TV last night on VE Day, but my mind went back to Bampton. On that night we had soldiers, airmen, and even Americans come to our bonfire party. When it was over, we all went our separate ways. I don't know where all the food and drink came from, I guess some of the local people donated it. A bit late I know but thank you all. I will be 93 next month and still potter around the garden so the hard work on your local farms didn't seem to do me any harm. Thank you all,
Mrs Joan Tooke



Yes We're Open

FOOD

NEW The Market Garden, Eynsham

Organic Greengrocers and Delicatessen
Open to walk-in customers
Mon - Sat 9.30am to 6pm
01865 604571 www.themarketgarden.co.uk

NEW The Harbour Fish & Chips Shop, Carterton

Pick-Up 4.30pm - 9pm 01993 843787

NEW Aangon Indian Restaurant Carterton

www.aangon.com mmp@hotmial.co.uk
01993 844230 Orders from 5pm to 9pm
Free Delivery over £15

NEW Max Ice Cream Van

Coming to Bampton every day from midday, call for details 07825 132 961 or Facebook Messenger, Price List on Facebook

NEW The Cake Element Bakery Open

Wednesday to Sunday 10am - 4pm
Takeaway only, phone in advance or just come along! Tel: 01993 852229 or 01993 357468
Coffees, Teas, Shakes, Cakes, Paninis, Scones and more.

Thank you to Tracy Barnett for providing essential health and movement home-based exercises. Tracy is a Chartered Physiotherapist and a qualified Strength and Balance instructor. In non-COVID times Tracy runs a class in Bampton Village Hall on behalf of AGE UK.

Activities for Older People

Weekly activity, number 4: Heel-toe stand

Here's another great exercise to help with your balance.

- Stand next to a sturdy chair or kitchen work surface and rest one hand lightly on the surface.
- Place one foot directly in front of the other. Stand tall and look ahead.
- Hold that position for 10 seconds.
- Repeat with the other foot in front.
- Do 5 of each

Gradually reducing the amount of support you take through your hand will increase the balance challenge of this exercise.

Safety: Dizziness, sickness or excessive tiredness are signals to stop exercising and wait for symptoms to settle. Warning signs to stop exercising and seek urgent medical attention include sudden onset of rapid palpitations, reduction in exercise capacity, dizziness, severe breathlessness or chest pain.



Grace's Grandad – A Bampton Story

Our heartfelt thanks go to Lisa Thompson from Broad Street for sharing this very personal and touching story. Lisa writes:

'My daughter Grace (11) made this lovely poster for our front door for this week's clap for NHS. She wanted to say thank you to the lovely NHS staff for taking care of her grandad for 5 days at the end of March when he was hospitalised with COVID19. Sadly, he passed away on Monday 30th March at the John Radcliffe Hospital but as a family we will always be grateful for the care he was given and the support and virtual hugs that we as a family received during that time.

I would also like to say a big thank you to two lovely ladies (I am sorry I don't know their names) who stood with me in the cemetery of the St Mary's Church on the evening of Friday 27th March at around 6pm. I had just been told that my father would not survive this illness and that I needed to get ready to say goodbye to him. I sat alone on the bench outside the church trying to prepare myself and one by one these two ladies appeared. They were so kind, offering beautiful words and virtual hugs. Thank you to both of them.'



S.P.A.J.E.R.S

"The Bampton Spajers would like to send a sincere thank you to the organisers and participants of the Chandlers Close party. Your generous contribution is even more important this year as all of our fund raising activities have so far been cancelled. Hopefully, we can resume in the very near future." Jeff Dando, Treasurer



Give unwanted old bikes to CycloX who will renovate them and put them to good use!

Find out more at www.cycloX.org
contact@cycloX.org 07931769484

Corona Cobra!!

It's a sensational village success! We are very close to 700 decorated rocks making up Bampton's very own 'Corona Cobra'. If you would like to join in, please bring your own colourful rock/s to the path that runs along Cala Homes recreational area (parallel to Mount Owen Road) to add onto the trail or just come along to have a look at what our lovely community have made together.

Please do not remove any rocks, but any pictures taken are most welcome to be shared on the 'Bampton Rocks' Facebook page (go to posts and share photo). Have a browse through our pics for creative ideas. It's fun, it's free! Can we make ours the longest snake in the UK?! We have got to be the 1st two headed snake with Corona Cobra & Stella Serpent?!

Thank you everyone! from 'Bampton Rocks', you all totally ROCK!



Abigail's World

Every week in the Lockdown Lowdown, Abigail Groves is giving away a signed copy of her magical book 'Abigail's World'! Write in to thelockdownpress@gmail.com to enter! Here's this week's winner Grace from Pembroke Place! Her mum Kelly told us "Grace really misses school and her friends but has made it through these unprecedented times with a spring in her step and an unwavering smile on her face so I would love for her to receive one of these books as a thank you for her un-ending bravery and positivity!" We're keeping all the other entrants in the draw for next week....





Supporting your wellbeing at home

Most people are being asked to stay at home and avoid others, which might feel difficult or stressful. But there are lots of things you can do to try to maintain or boost your mental wellbeing during this time.

Five ways to wellbeing

Connect

- Talk to a friend or family member on the phone.
- Write a letter or a note to a neighbour.
- Take part in an activity with a friend whilst on the phone such as a walk around your own gardens or a quiz.



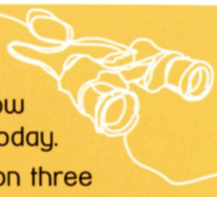
Be active

- Move more during the day.
- Try to sit less, dance, stretch or walk around the house.
- If you have a garden or can get outside, take a walk in the fresh air.
- Take a look over the page for more ideas to get active.



Take notice

- Take notice of how you are feeling today.
- Each day focus on three things you are thankful for.
- Try taking part in the activities overleaf in different places around the house or at different times of day.



Learn

- Rekindle an old hobby or learn a new one.
- You could read a book, play an instrument, get crafty or research something you've always wondered about.
- Learn a new activity - are there any overleaf that you've never tried before?



Give

- Pay a compliment to a friend, family member or neighbour. Here are a few of our favourites:
 - “You are supportive”
 - “You are considerate”
 - “You are patient”
 - “You are friendly”
- Draw a rainbow and place it in your window for people walking past.
- Encourage someone else to get active using the tips you have learnt.



Studies show that being active, even when having to remain indoors, can improve your mental health. For example, it can help with:

- **better sleep**
by making you feel more tired at the end of the day
- **happier moods**
physical activity releases feel-good hormones that make you feel better in yourself and give you more energy
- **better self-esteem**
being more active can make you feel better about yourself as you improve and meet your goals
- **managing stress, anxiety or intrusive and racing thoughts**
doing something physical releases cortisol which helps us manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times
- **reducing the risk of depression**
studies have shown that doing regular physical activity can reduce the likelihood of experiencing a period of depression with one study suggesting it can reduce the risk by up to 30%.

Top tips:

Do something you enjoy

it could be dancing around the kitchen, playing an active game or walking the dog

Everything counts

whether it's cleaning the windows, vacuuming or getting outside in the garden if you have one

Pace yourself

build up gradually, if it motivates you set achievable goals

Connect with nature

by taking part in outdoor activities

Take your time

to ensure movements are slow and controlled

Celebrate your achievements

whether progress is big or small.

For further information about supporting your wellbeing at home and other related topics, contact our Infoline – call: 0300 123 3393 text: 86463 email: info@mind.org.uk We're open 9am to 6pm, Monday to Friday (except for bank holidays).

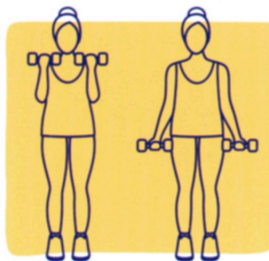
Ways to be active at home



Activity 1

Walk or march on the spot

- Start by swinging one arm forwards and one arm backwards.
- To progress this raise your knee towards your waist and bring your opposite elbow towards your opposite knee.



Activity 4

Bicep curls (seated or standing)

- Start with your arms extended by your sides.
- Bring your hands up towards your shoulders and then lower them down again, see if you can repeat this 8-12 times.
- To make it more challenging add weights such as water bottles or tins.

Activity 2

Sit to stand



- Sit on a chair with your arms folded across your chest, then stand up and sit back down.
- See how many you can do in one minute.

Activity 5

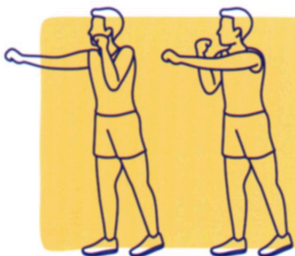
Heel raises



- Stand with your feet flat on the floor and hold onto a worktop for balance.
- Lift your heels so you are on the tips of your toes while keeping your upper body and knees straight, then slowly lower your heels and repeat.
- To make it more difficult, place your arms at your sides.

Activity 3

Punches (seated or standing)



- Extend one arm straight out in front of you and as you bring it back towards your chin extend your other arm.
- Breathe out as you punch.

Getting active has made me feel good inside and out