

Bampton Physiotherapy

Tel: 01993 851753 Email: bamptonphysio@btconnect.com
www.bampton-physiotherapy.co.uk

Community Matters ~ The Bampton Bush Club ~



These are just some of the wonderful volunteers who run the Bampton Bush Club! It's a weekly day centre and lunch club for residents of Bampton, started in 1985.



Members enjoy a cooked lunch and entertainment each Wednesday during "term-time". Activities are run each week and include exercise & seated voga classes, art lessons, crafting, singalongs, indoor golf, games and quizzes, visits from the local school children, talks and film shows and much more.



We also go on occasional trips to have lunch at local pubs, or visit garden centres etc. Coffee or tea is provided on arrival and a freshly cooked two course lunch is served for a very small charge – just £4 per week.



The Old School Community Centre Tel: 07880 749849

Curbridge by Robin Williams



Meet Belle!

find us on

facebook

@thebamptonlowdown



There's a great story behind this artwork which appeared overnight in Rosemary Lane last year! All will be revealed in the next issue: unless anyone would like to tell the story for us!! Email: thelockdownpress@gmail.com

(There's a clue somewhere in this issue. Ed.)

HEALTH AND ESSENTIAL SERVICES

Bampton Surgery

Call first on 01993 850257
Monday – Friday: 8.30am - 6.30pm
Saturday and Sunday: Closed

Bampton Healthcare Ltd Pharmacy

Monday to Friday 9.30am to 12.30pm,
2pm to 6pm Saturday 9am to 12.00pm
Tel: 01993 851961

Bampton Post Office

Mon-Fri 09.00- 17.30
Wed CLOSED Sat 09.00 - 12.30

Bampton Aid Network **NEW TIMES**

Helpline 07946 192638
Monday, Wednesday and Friday only
9am to 4pm

Bampton Parish Council

Tel: 01993 851870
www.bamptonoxon-parishcouncil.gov.uk

Roadworks on Botley Road, Oxford

Starting on July 14. Phase 1 is the 250m stretch between the entrance to Seacourt Park and Ride and the city centre.



ANNOUNCEMENTS

Bluebell Groomers

Bampton-based Pet Service. Facebook and contact Alicia on 07470 820556.
Email: bluebellgroomers@gmail.com

Spray Tan Bampton now open!

[Facebook.com/Tanbampton](https://www.facebook.com/Tanbampton) for details.
Text Sandra Phinbow on 07947 240447.
Full precautions in place.

Blake's Kitchen Clanfield

We are currently open Tuesday to Saturday 08:30am – 4pm for eating and drinking in the garden and for takeaway food and drink.
01367 810660 daniel@blakeskitchen.com

Aston Pottery & Cafe is now open.

Hot food menu at lunchtime which includes all of the usual favourites and cakes, scones and hot drinks.

Polished Beauty is now open.

There are a few government restrictions on which treatments can be performed but please call for more info 01993 201195.

Welcome to Issue 10!

We've dropped the 'Lockdown' from our title so we're now the (Bampton) Lowdown.... lots of new articles this time including chats with social media stars and village legends!

Plus kids, we have a new pet! Belle (after Bampton Lockdown Lowdown) has arrived!

Happy reading, do keep in touch and - take care and stay safe.

Adam Lettbridge

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Lockdown with: Meggie Foster



Bampton born and bred Meggie Foster is an actress and voice artist, best known for her lockdown overnight success of political lip syncing via the popular app, TikTok. Meggie has lived in Bampton her whole life, only moving for university where she studied Business Management at Kings College London. She went on to pursue her acting career training in Acting at Arts Educational Schools, and graduated in 2016.

Meggie has always wanted to have a full time career in acting, but as the industry is well-known to be highly competitive, it has always been hard for her to break in to. To pay her rent in London, she had a full time job in sales for a company called Fresha, whilst trying to act on the side. She has now officially handed in her notice there and is pursuing her acting full time, in hope of "The Meggie Show" one day!

While playing the parts of celebrities, royalty and politicians, Meggie gained a following of over 100,000 on Twitter in the space of 2 months, as well as increasing her other social media followings tenfold.

She has made the headlines in many print outlets such as The Guardian, The Times, The Observer, The Daily Mail, The Sun, and British Vogue.

She has appeared on Good Morning Britain's Lorraine show, BBC Breakfast, ITV News London and ITV News at 10.

Her most popular video, 'I Feel Priti' has reached over 1.5 million views on Twitter. You can find her videos on Youtube, Twitter, TikTok and Instagram @meggiefoster

"What I really missed most was seeing my friends in person. Although I could see them over Zoom, it wasn't really the same. I am a very sociable person, so the pubs being closed also didn't help!

It was no surprise to most, but as soon as 4th of July hit, I was straight to the pub! I had missed being around people, the atmosphere etc. Drinking gin with my mum and dad was fun, but not half as fun with no parental eyes watching how many you are having!

Before lockdown started, I wish I had bought more clothes down from London. I didn't take too much, in the hope the lockdown was not going to go on as long as it actually has. Wearing my mums clothes was good for my videos, but out in public I did look a bit frumpy (sorry mum)...."



UPDATE FROM BAMPTON TOWN FC: Lockdown brought our season to a sudden end in the men's grassroots league. Both our first and reserves team were doing well in their divisions, and also the first team in a cup run. Although we were unable to finish this season in the way we would have hoped we are looking forward to starting the next one, and with all being well it is hopeful we can continue as normal with the season starting in September. We have read through the guidance from the FA on re-starting training and are hopeful this will be in the next few weeks. Our training facility and all equipment will be undergoing a deep clean which will continue after each use. We are also implementing all necessary guidance in line with advice about the coronavirus. **If you are aged 16 years or over and interested in joining your local men's team or finding out more information, then please contact 07789533870.**





WILDLIFE WATCH

Collective Noun of the day: a loveliness of ladybirds..... :)



"I am creating a garden that attracts wildlife... and have numerous birds coming to my feeders. This young fledgling sparrow got a bit lost...!" Annie Jenkin



Leucism (not albinism) produces white colouring in birds, and is quite rare in certain species. Here's a white starling in Ducklington and a white pheasant in Bampton.



Thank you Amy Bartlett and Karen Keep for the photos!

How about joining the Oxford Ornithological Society? (<https://oos.org.uk/>)

Also check out Andrew Mann's guided walks, info at <https://www.meetup.com/Magic-Moments-With-Birds/>



'Super Saturday' 4th July in Bampton saw many of our great pubs, cafés and hair salons opening after so long - we're delighted for you and hope you catch up as soon as you can!



Regulars Helen and Robert from Clanfield enjoying a first breakfast at the Bampton Coffee House!



Hollie and the girls all PPE'd up and ready at Polished :)



Social distancing in the Morris Clown beer tent...



Bikers chillin' outside The Talbot



Hazel and Roger enjoying coffee and cake al fresco with Ivan at The Cake Element Bakery



Getting the early beers in at The Horseshoe...



David Cooke from Aston getting his lockdown locks cut at Parallel Lines!



Friends at The Romany Inn

GETTING TO KNOW... 譚曼玲 and 葉美均

Tam Man Ling

Jackie Yip



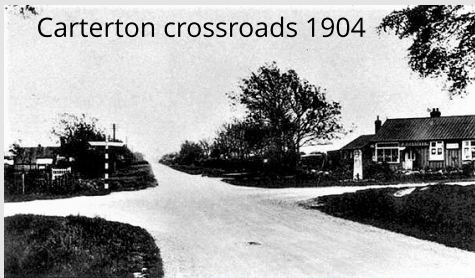
Marks Kitchen has long been an essential part of Bampton life for many of us but what do we know about the lovely lady who sits always smiling behind the counter, greeting and serving out the many Chinese dishes?! Well, her name is Shirlina, her Cantonese name is Tam Man Ling (her family nickname is Ling Ling) and she has a fascinating story which she shared with The Lowdown!

Shirlina was born in Hong Kong in 1953 and from 1971 to 1994 she was a Civilian Member of the British Armed Forces based at the shore station HMS Tamar. She was variously a Dental Services Administrator, a Medical Assistant and a Secretary in the Military Police, writing confidential reports about the frequent fights between 'boisterous' US and British sailors in the HK bars! The political situation ended her Forces career and as a holder of UK Right of Abode, she got her British Passport and came to the UK in 1995. Photos show her with British Admirals and her colleagues.



She married in 1976 and her husband's experience in the food business led to them to taking over Marks Kitchen in 1995. They live in Swindon and have two daughters, one is a Doctors Practice PA in Headington and the other is a Manager at University College London. Her best friend Jackie Yip is her main helper. She says "We have won awards and have a good reputation around the Oxford area. We are pensioners for five years but we still enjoy working in the shop and our customers are so nice and friendly!" **Thank you Shirlina!**

Carterton crossroads 1904



Did you know..... Carterton is believed to be the only town in England that was named after a man who was alive at the time.

In 1900 William Carter from Devon bought 100 acres of land formerly part of the Blenheim Estate and sub-divided it into 6 acre smallholdings, selling to settlers at £20 per acres with bungalows costing from £120. At first it was known for its market garden produce, tomatoes in particular, and then in 1935 the Royal Air Force arrived.....

By 1901 the town was already named Carterton and Carter himself died in 1921, thus enjoying the rare distinction of having his 'own' town for 20 years!

Disclaimer. Without prejudice: All views and opinions expressed in The Lockdown Lowdown are those of the individual contributors and do not represent those of the publication nor of its editorial team.

Bampton's very own Robin Shuckburgh has an alter ego.. he is also known as **The Cotswold Explorer!**



Robin has a wonderful YouTube TV series in which he explores life in the Cotswolds, delving into history, culture, architecture, countryside, towns, villages, personalities, cookery, wine, food, pubs, and more.... very, very, well worth a look! Here's the info:
Website: www.thecotswoldexplorer.co.uk Facebook: @CotswoldExplorer
Email: info@thecotswoldexplorer.co.uk



Play resumes at B-i-t-B CC!

Oxfordshire Libraries.

A phased reopening of your libraries will start next week. We have listened carefully to government guidance and have put considered safety measures in place as we prepare to open our doors. We have done so with staff and customer safety as our main priority. When we are ready to safely enter the next phase and open further libraries, we will get the word out right away. **Carterton library will be re-opening on the 20th July at 9.30am.**



Congratulations to Celia Humphreys who has won a Tea for Two from The Cake Element Bakery! Here's her winning entry: *'I would like to win a fantastic High Tea from the Cake Element Bakery. I would like to donate it to Debbie who makes my day on Wednesdays when I order groceries from the Co-op. She is always so positive and caring as we chat. It's an amazing service.'* Thank you to Ivan & Michelle!

Activities for Older People

Activity number 6: Ankle flexibility

Normal daily activities such as walking and climbing stairs involve a fair amount of flexibility in the ankle, and so this exercise is to help maintain range in the ankle joint.

- Place both feet flat on the floor.
- Keeping your heels on the floor, lift your toes as high as you can. Lower them back to the floor and then lift both heels.
- Continue alternating between toes and heels, at a steady and even pace. Work through the full range of movement at your ankle.
- Do 2 sets of 10



Safety: Dizziness, sickness or excessive tiredness are signs 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.

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.



To all our Messy Church Bampton families - have a wonderful summer holiday! We are hoping to have a picnic and get together early on in the new term!



Paolo & Luigi The Codfathers!



The LOWDOWN IS 10 ISSUES OLD TODAY! So we thought we'd tell you who we are ... here's the Lowdown Team!

Clockwise from left: **Sue Greenwood** (Chancellor of the Exchequer), **Alison Bardsley** (Distribution Doyenne), **Maurizio Fantato** (Spin Doctor) and **Adam Lethbridge** (Dogsbody and Showbiz Correspondent. Oh and Editor / Designer)

Not forgetting **James Wildman** - Design Guru who taught me everything I know :)

BAMPTON WALKS

Here are two good sources of details about local walks in and around Bampton - perfect for exercise, fresh air and nature watching!

Mobile Offline Maps
MAPS.ME (website and App)

https://www.oxfordshirecotswolds.org/downloads/Walk_Bamptoncomplete.pdf



Bampton Aid Network

07946 192638

NEW OPENING HOURS FROM 20 JULY:

MON - WED - FRI only from 9 am to 4 pm

**SPECIAL THANK YOU TO
OUR FANTASTIC
DISTRIBUTION TEAM
WHO DELIVER THE
LOWDOWN DOOR TO
DOOR ALL AROUND
BAMPTON!!**



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THE LOWDOWN HONOURS BOARD

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DAVID PULLMAN
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BAMPTON GAS
THE KITCHEN DEPOT
JOHN BLAKE
THE SOCIETY FOR THE
PROTECTION OF BAMPTON

We are so grateful for the support of our generous corporate and private

Sponsors.

Every now and then we'll be publishing our Honours Board to keep saying

Thank you!

KIDS CORNER KIDS CORNER



Bear Hunt is Back!



11th-31st July

1. Donate what you can at gf.me/u/yc3stp
2. Email FriendsOfBamptonSchool@gmail.com to get your map (or request a printed version)
3. Follow the map to find Bobby Bear's message
4. Email the message to Friends of Bampton School to be entered into the draw to win Big Ted

If you can't donate at this time you are still welcome to join the fun and will be entered into the prize draw



Big Ted is currently in quarantine so that we know he will be well when he joins his new home



Charity Number: 1041527

WODC Small Societies Lottery registration no: 1141

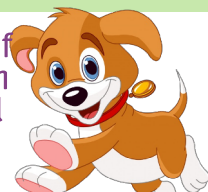


MESSAGE FROM BAMPPTON ROCKS!
WE WANT TO GIVE A MASSIVE SHOUT OUT TO OUR YEAR 6'S ENDING THEIR PRIMARY SCHOOL YEARS DURING THESE STRANGE TIMES. YOU ROCK!



WRITE TO US WITH YOUR NAME FOR THIS GRASS CAR!!

Our naughty Lowdown dog Belle is always running off somewhere... can you find her? She's usually hiding on one of our pages.....!! Write to us about your pet, we'd love to hear all about your dog, cat, hamster, or?!



Email us here at TheLowdown@thelockdownpress@gmail.com to enter the draw to win a signed copy of Abi's book! The next winner will be announced in Issue 11...

www.myabigailsworld.com



Send us your photos of you having fun, at home, outside, in the garden, on a walk, anywhere... and we'll put some of them into our newsletter!!