

The Lockdown

Lowdown

Issue 6

Sponsored by Mollie's Motel Diner

M O L L I E S MOTEL DINER

DRIVE THRU OPEN 12PM-8PM EVERY DAY

Today's prescription posies deserve a special mention! Many thanks to the wonderful volunteers who not only collect and deliver the prescriptions, but also make up those amazing posies, which are much appreciated by the people who receive them "The ones I have received have been much appreciated. Such a nice thought. Thank you;" (Vivien) "Wow!!! My lovely carer collects my prescription every week, I would so love to give her one of these beautiful posies" (Gill)



Isabelle and Esmae Cadd outside the church on Monday 25th May. Mum Helen told the Lockdown "Whitsun weekend in Bampton has always been a memorable weekend for me since I was child, the Shirt Race, Morris dancing and taking part in the Garland competition with my sister and brother when we were younger. Now I have children of my own it's wonderful to see them embrace these traditions and hopefully grow up with fond memories of this special weekend. We couldn't enjoy the Morris dancing or the shirt race this year but we could celebrate the wonderful flowers!" Thank you Helen!



'BAMPTON AID NETWORK NEEDS YOUR HELP

Bampton Aid Network (BAN) was formed by a group of local volunteers to offer help in this time of Covid-19 to the elderly, the isolated, and to our hard-pressed health and care workers. BAN's services include picking up prescriptions, shopping, delivering cooked meals, dog walking or other errands, and providing a telephone helpline for advice, information, or even just for a friendly chat....

As lockdown eases, we are losing volunteers who are returning to work. If you can help us, even if it is only on a particular day please contact us on 07946 192638.

www.bampton-network.co.uk Thank you.'



A half dozen Lowdowns already - time flies when you're in lockdown A huge thank you for all your emails, pictures and stories, we love receiving them and please keep them coming! We're starting a regular 'Wildlife Watch' section so please send in all your fauna (and flora) photos and information, plus a 'Readers Write' area for your contributions! Email us at thelockdownpress@gmail.com. See you in June ... The Lowdown Team



Take care and stay safe.

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

View from the Base...

**Group Captain Dan James
Station Commander
RAF Brize Norton**

RAF Brize Norton has played a significant role during the global COVID-19 pandemic.

As a Station we have been on standby to assist, not only the government, but our local communities when required. Our flying Squadrons have on several occasions been tasked to aid in the recovery of patients from isolated islands and transfer them to hospitals across the country. We have delivered vital medical equipment to the Falkland Islands as part of the UK Government's support to the Overseas Territories during this pandemic.



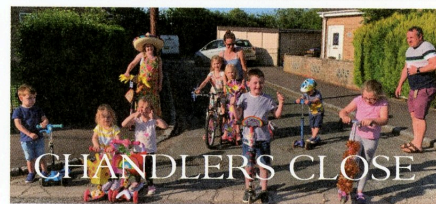
We have also continued to support the security of our airspace alongside Typhoon aircraft from RAF Lossiemouth and Coningsby. Station

personnel have been helping out within the local community, supporting the vulnerable and elderly with the delivery of much needed essentials and our medical staff are embedded in hospitals near and far. Many of our personnel have been raising money in support of the NHS and key workers.

As always, RAF Brize Norton stands ready to assist the government in efforts against COVID-19 with its ability to deliver critical supplies to (or retrieve patients) from remote areas of the UK and abroad.

BAMPTON TRADITIONAL MORRIS DANCERS

**(Squire: Craig Godwin
Headquarters: The
Romany Inn)** "The Bank Holiday Monday would normally be our annual day of Morris Dancing – the highlight of the year for many of us... public health is the priority right now but if the situation does improve, we may try to organise some kind of village dance later in the year. Thank you so much for your support and we look forward to Spring Bank Holiday 2021 when we hope that our Morris side may dance for you once more."



The Party Animals lived up to their new name and it was a fantastic night!! Winner of the Adult quiz was Sarah Radband, and the Children's quiz winner was Amelia Day. Scooter race: 1st Archie Comley, 2nd Amelia Day. Decorated scooter/ bike parade was too difficult to choose so everybody got a prize. Best of all, the CCPA's raised over £200 for SPAJERS – truly putting the fun in fundraising!

WILDLIFE WATCH

The Little Egret is a small white heron with attractive white plumes on crest, back and chest, black legs and bill and yellow feet. It first appeared in the UK in significant numbers in 1989 and first bred in Dorset in 1996. It is now at home on numerous south coast sites, both as a breeding species and as a winter visitor. The genus name comes from the Provencal French Aigrette, "egret", a diminutive of Aigron, "heron". Thanks to Adrian Smart for the photo!



Yes We're Open

HEALTH AND ESSENTIAL SERVICES



Bampton Surgery

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

Bampton Pharmacy

Opening Hours: Monday – Friday: 10am-12.30pm
2pm-6pm: Saturday: 9am-12.00pm
Tel: 01993 851961

Bampton Post Office

Opening hours: Monday to Friday 9am-1pm,
Sat 9am-12.30pm

Bampton Aid Network

Opening hours: Monday to Friday 8am - 6pm
Saturday 8am - 1pm Sunday Closed
Community vs Covid-19
Helpline 07946 192638

Bampton Parish Council

Tel: 01993 851870
Email: webmaster@bamptonoxon-parishcouncil.gov.uk
Website: <https://www.bamptonoxon-parishcouncil.gov.uk/index.asp>

OPEN AND DELIVERING TO TO BAMPTON

FOOD

NEW Shandy Shack

Shandy producers on Buckland Road, 330m bottles and cans. Homemade 100% natural lemonade with IPA. 2.8% ABV and just one unit per can. 20% off our usual website prices to everyone in Bampton and the surrounding villages, dropped off at your doorstep. Order through the website landing page www.shandyshack.co.uk/love-your-locals Text or call Tom on 07887 982216, or email cheers@shandyshack.co.uk



NEW Bampton Garden Plants Pop Up Café

Pop up Café now open! Serving take away Ue coffee, tea, milkshakes, smoothies, ice creams and a selection of our delicious home made cakes. Looking forward to seeing you! Card payments only. Opening hours Mon – Sat 9am to 4pm Sun 10am to 3.30pm

NEW Mayfield Free Range Eggs

New Yatt Farm, Witney. Online ordering and payment, deliveries to Bampton every week. A tray of 30 large eggs is £8 and a tray of 30 medium eggs is £6.50. <https://www.mayfielddeggs.co.uk>

NEW Sudbury House, Faringdon

Fish & Chip Friday
£10 pre-order by 4pm for collection between 5-7.30pm
Tel: 01367 241272 Email: reception@sudburyhouse.co.uk

NEW Millets Farm

Garden Centre and Farm Shop
Pick Your Own Strawberries
Now Open 01865 392200

OTHER

NEW eco kindly

Bampton-based Organic Beauty, Personal and Home Products
Great range of eco-friendly products and eco-gift boxes. Free deliveries in Bampton for orders over £10 (Use the code BAMPTONFREE at checkout)
Website: WWW.ECOKINDLY.CO.UK
email: info@ecokindly.co.uk
Tel: 01993 852021



NEW JEM'S Complete Care Florist

Delivering to Bampton and surrounding areas. For all your floral needs contact Jo via Facebook or on 07557 967314

OPEN FOR TAKEAWAY OR CLICK-AND-COLLECT NEAR BAMPTON

(PLEASE MAINTAIN SOCIAL DISTANCING)

NEW Mollies Diner

Drive Thru Now Open. Every Day Middy to 8pm Burgers and Chicken (with Fries...) No pre-ordering, just turn up!

Clubs & Activities...

NEW BREAKING NEWS!

CORORA COBRA IS BACK!!

Aaa-haaa! So, the reason for Corona Cobra's absence has suddenly all become crystal clear! He quite literally "lost his head" during his mini break this weekend, finding love with the sssssensational Stella Serpent! Welcome back you sssslendid pair! Hope you can stay a while! You'll find them at the curling "Cala" path, on recreational area of the new estate. Please keep adding new painted rocks to it and take photos!!



MESSY CHURCH: St Mary's Messy Church is being held on the 7th June at 4pm via Zoom. The theme will be Noah and the Ark. The Zoom codes will be emailed out to the regulars and any others can obtain the codes through the Vicar, Janice on vicar@bamptonchurch.org.uk

Cloth masks available locally from:

Sue Turner
www.laneendvintage.co.uk



Caron Glenn
caroglenn@hotmail.co.uk
Facebook: Carvale Krafts

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 3: Heel raises

This activity is good for strength in your ankles and is also a great balance exercise.

- Stand tall, with your hands resting on the back of a sturdy chair or kitchen work surface.
- Lift your heels off the floor so that your weight is on your big toes.
- Hold for 5 seconds, then lower heels back to the floor.
- Repeat 10 times

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

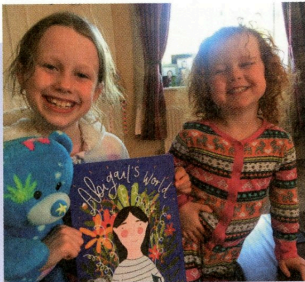
Kid's Corner

Win this Sewing Kit!

Anna Harman is an Independent Usborne Organiser selling books, activities and puzzles for children and young adults. <https://org.usbornebooksathome.co.uk/annaharman/>. Anna is offering a beautiful Children's Sewing Kit as a prize to a lucky Lowdown reader! Write in to us at thelockdownpress@gmail.com and tell us what you would make if you won the sewing kit – and it could be yours!



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.



Abigail's World

Every week in the Lockdown Lowdown, Bampton's very own author Abigail Groves is giving a signed copy of her magical book 'Abigail's World'! Write in to thelockdownpress@gmail.com to enter! Here are Olivia and Lunetta in Coventry with their special book.... thank you, Abigail!



Dee Clarke's dogs meeting Sid the Alpaca last Sunday. Archie is very keen to make friends but Harvey doesn't seem so sure!