

# The Lockdown Lowdown

Issue 5

Lowdown

Sponsored by Vicky's After School & Holiday Club

Open to all children aged 4-11 and will include fun activities, including arts and crafts, indoor/outdoor play and games, baking and much more. Full and half days available with lunch/tea provided.

Email/Call vickysholidayclubbookings@gmail.com / 0788 7711454 for further information

Vicky's After School & Holiday Club

## HELP BAN

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:

07948  
192638

[www.bampton-network.co.uk](http://www.bampton-network.co.uk)



Gilly adding that something extra to the NHS Clapping in Cheapside!



"Thank you to the gem who came and cut our front garden yesterday, very much appreciated". Xx Amy-Louise posting in the Bampton Facebook group

## Back to Nature

BAN Nature Blog - Lovely flora and fauna observations and photos from Bampton Meadows by Annie Jenkin. Follow the link and enjoy!  
<https://www.bampton-network.co.uk/news/bampton-meadows/>

Susan Fletcher sent us this cheeky squirrel photo from her garden in Primrose Lane. Thank you Susan!



## A warm sunny welcome to the Lockdown Lowdown Issue 5!

Much of this week's issue is about the pleasure of giving and receiving. Bampton's Abigail Groves is giving signed copies of her magical book 'Abigail's World', Fiona Farmer is offering Bampton's NHS staff and care home staff a free physiotherapy consultation, Bampton Community Archive is giving a free download copy of their Guide to Bampton Footpaths and Circular Walks, young Zoe Crowther is giving everyone her 'street art', Mystery Mower Man is cutting lawns for free, Guy Lennon is giving free counselling, Annie Jenkin is cooking delicious meals, Gilly French is giving tuba recitals, and those party animals in Chandler Close are giving a charity street party ... the list goes on and on! As for the amazing Bampton Aid Network - well, BAN just keeps on giving, and they need volunteers so do please help them if you can.

We are blessed to have such wonderful people throughout our community and in tough times like this we all appreciate it even more.

At the Lockdown Lowdown, we have been receiving too: your stories, your pictures, your appreciation, and from our sponsors, your generous donations. Don't forget our email address [thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com) for anything you'd like to send us!

**Thank you one and all and we hope you enjoy this issue!**

For all the latest information please check - [www.bampton-network.co.uk](http://www.bampton-network.co.uk)



# Yes We're Open

## HEALTH AND ESSENTIAL SERVICES



### Bampton Surgery

Call first on 01993 850257

**Corrected Hours:** 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 -Friday 8am to 6pm, Sat  
8am-1pm, Sun Closed  
Tel: 07946 192638

### NEW Bampton Parish Council

Tel: 01993 851870

Email: webmaster@bamptonoxon-parishcouncil.  
gov.uk

Website: <https://www.bamptonoxon-parishcouncil.gov.uk/index.asp>

## OPEN FOR DELIVERIES TO BAMPTON

## FOOD



### NEW Bread Bin Bakery and Cafe Carterton

Full bakery range of bread and cakes.

Food menu and specials.

Collect from us at The Giles Centre, Alvescot Road

## OTHER



### NEW Bampton Physiotherapy & Associates

Fiona Farmer is offering NHS staff and care home staff a FREE telephone or zoom consultation and personalised programme. Any such residents of Bampton, Aston or Clanfield should contact Fiona on [bamptonphysio@btconnect.com](mailto:bamptonphysio@btconnect.com). Thank you, Fiona!

### NEW Polished Hair & Beauty and Bampton House (Candles, Bath, Body and Nail Products)

Delivery of products free of charge to anyone who requires them. Dermalogica, Medik8, Kerastase, Biolage. Please note that Polished is not yet open for appointments. Email [info@polishedsalon.co.uk](mailto:info@polishedsalon.co.uk)

## Face Masks



protect others from you...

### NEW JD Scrap Metal and Tip Run Collection

Jonathan Whittington

Contact for a free quote and for a fast clearance  
<https://www.facebook.com/JD-scrap-metal-and-tip-run-collection-111096140433050/>

### OPEN FOR TAKEAWAY OR CLICK-AND-COLLECT NEAR BAMPTON

### (PLEASE MAINTAIN SOCIAL DISTANCING)

#### NEW Mollies Diner

Drive Thru Open from Wednesday 20th May  
Burgers and Chicken (with Fries...)  
No pre-ordering, just turn up!

#### NEW Jeff The Codfather Fresh Fish

Fresh Fish van back in Bampton in Market Square  
every Wednesday from 1:30pm to 3:30pm  
Jeff Kirwin – 07970 177943

#### NEW UE Coffee Roasters in Witney

Drive-thru Coffee and Doughnuts now open  
01993 706767 <https://uecoffee.com/>  
<https://www.facebook.com/uecoffee.com/>

## Clubs & Activities...

### NEW BAMPTON FOLK CLUB

is still running a virtual folk club each Sunday night  
from 8pm! Anyone is welcome to join or to listen.  
Just download Zoom and click the link <https://zoom.us/j/3255823863>

### NEW DEB'S GYM & TONIC

Fitness Dance Classes on Mon, Wed, Fri at 6-7pm  
Join Zoom Meeting <https://us02web.zoom.us/j/82623955789> Meeting ID: 826 2395 5789

### NEW FUNDRAISING STREET PARTY FOR SPAJERS

Chandler Close, Saturday 23rd May 6pm onwards.  
Children's Decorated Bike, Scooter or Buggy  
Parade, Live Music, Child and Adults Quiz, Scooter  
Race, Best Dressed, Raffle, Prizes, Band, and  
much more. Social Distancing Strictly Observed  
Please! Contact Irene on [beadleirenee@yahoo.co.uk](mailto:beadleirenee@yahoo.co.uk)  
or 07895665972

## What's on...

### YOUR OXFORDSHIRE

Twice-monthly online newsletter from Oxfordshire  
County Council. Use this link to subscribe <https://oxfordshire.gov.uk/youxfordshire>

## Essential Information...

### POLICE CONTACT

Colin Davies 07890 317768  
Carterton police station 101 non-emergency for  
all ongoing matters. Please only use my mobile to  
leave a message not to report crime. Stay safe.

## The Bampton Blend

Simon Faulkner-Barrett AKA 'The Ginger  
Juicer' has created a special smoothie for  
The Lockdown Lowdown!  
[www.thegingerjuicer.com](http://www.thegingerjuicer.com)



*350ml Coconut Water, Large  
Handful of Frozen Berries (your  
choice), 1 Tablespoon of Almond  
Butter, Handful of Spinach, 1/4  
Avocado. Just blend on high  
speed for 1 minute and serve  
over ice. If you want to PIMP*

*My Smoothie then try adding 1/2 teaspoon of  
Spirulina, Wheatgrass, Protein Powder or any other  
superfood powder.*

## Bampton Community Archive

After many years of publishing books  
about Bampton, the Bampton  
Community Archive has now made  
them available to read online and to  
purchase via the website.



Over the years, the Archive has published over 40 titles  
about Bampton and the local area. The books cover  
an incredible range of subjects including a wealth of  
local history, the natural environment, Bampton people  
and events. From Romans to railways, cars to castles,  
Saxons to schools, Morris-dancing to mystery - there  
will be something to tempt you. Plus, if Bampton maps  
and guides are your thing, they've just put them up  
onto the website too. They can all be read, browsed  
and purchased (plus a free Bampton Walk Guide  
download!) [www.bamptonarchive.org](http://www.bamptonarchive.org)

## Important Message from Bampton Community Archive

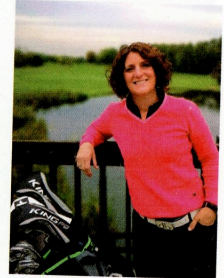


We are going through what we hope  
will be a unique time and we must  
record what it feels like to cope with this  
pandemic. During lockdown people have  
found many ways to relieve boredom,  
entertain and educate their children (and themselves!),  
stay connected and of course, help each other. If you  
have stories and photos please send them to [info@bamptonarchive.org](mailto:info@bamptonarchive.org) - picnics in the garden, online  
Zumba classes, delivering groceries, homework, new  
hobbies, Zoom chats ... it will all go towards keeping  
a permanent record of this frightening and fascinating  
time for future generations to learn from.

## Ask a Celebrity...

### Deana Rushworth

Deana is the  
Head Golf Pro  
at Witney Lakes  
Resort. Deana  
is an Advanced  
PGA professional,  
which places her  
in the top 6% of  
7,000 qualified  
PGA professionals.



She started playing golf age 13 and had  
a first handicap of 14. As an amateur  
she represented England and her home  
county of Yorkshire for 7 years, achieving  
a scratch handicap within 4 years of  
taking up the game.

### What do you miss most?

I absolutely love my job! Seeing my clients  
and coaching them gives me such a buzz.  
It's so lovely to see people improve and  
feel good about themselves, so that has  
been a massive void in my days. So I'm  
over the moon that lockdown has eased  
slightly for me to go back to work. I also  
miss seeing my friends and family and  
being able to give them a big hug! My  
freedom has to be high on that list too.

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

Have my haircut! I can hardly see! Next  
priority would be to see my friends and  
family and give them a huge hug! Then  
go and visit the beautiful places on my  
list, just in case something like this ever  
happens again.

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

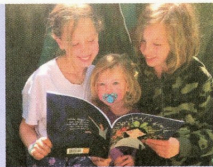
I had an idea that lockdown was coming  
so I bought a lot of paint to redecorate  
my entire house. I wish I'd bought a nicer  
colour for my kitchen! I also wish I'd  
bought more compost for our allotment,  
which is where most of my days have  
been spent when not decorating to keep  
me sane!



# Kids Corner



**Zoë Crowthers** has been spending her time in lockdown colouring in pictures on the square at the end of The Pieces. She loves watching children come to see her art, which has also helped her to keep in contact with some of her friends from Bampton School! Zoë has found it hard not to run to her friends whilst on walks and can't use text or email to keep in contact but a simple wave or hello through the window makes her very happy!



## Abigail's World

Bampton author Abigail Groves is giving away a signed copy of her magical book 'Abigail's World' every week! [www.myabigailsworld.com](http://www.myabigailsworld.com) Just write in to us at [thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com) to apply and you could win this special book!

Above are Freya, Escher and Alma from Cheapside reading their signed copy of Abi's book!

## Special Message

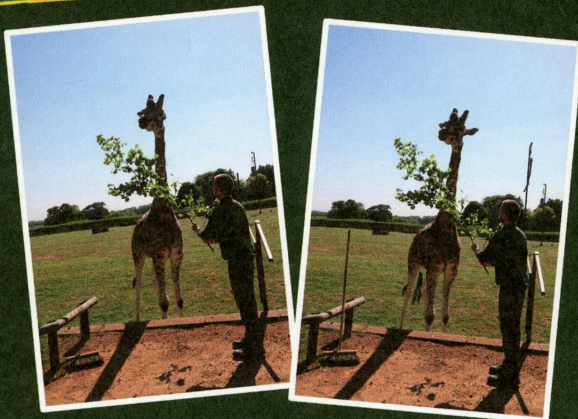
Many of you will now be aware of the very sad passing of our daughter Joanne (Jo). Her funeral was held on Monday 11th May and we would like to say how touched we were by the number of people who stood in the cold in Manor View and New Road to pay their respects. We are overwhelmed by the number of cards, letters and emails we have received, thank you all so much. We would also say a big thank you to the people of Bampton who have shown their kindness and support for Jo over the years. There has been so many of you who have looked out for her, people we don't even know, those who have helped her when she has fallen or appeared to be struggling, including the stranger who stopped and picked her up when she fell, drove her on to the shops, waited and then took her home again. We must not forget our friendly postman and his colleagues, the ladies who caught the number 19 bus (they will know who they are), the staff in all the shops, doctor's surgery /pharmacy, library, cafe, Bojangles and Jo's neighbours at Manor View. Without all your support Jo would not have been able to enjoy such an independent life.

We cannot thank you all enough.

**Peter & Eileen Lloyd**



## Can you spot the difference?



Can you spot the difference between these two pictures of our Giraffe keeper James feeding Century?

There are 4 to find – Good luck!

**Cotswild  
ACADEMY**

Be sure to join us at the  
Cotswild Academy on  
Instagram @cotswildacademy



**50% OFF**  
NHS DISCOUNT\*

<b>M</b>	<b>O</b>	<b>L</b>	<b>L</b>	<b>I</b>	<b>E'</b>	<b>S</b>	<b>MOTEL DINER</b>
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DRIVE THRU  
OPENING FROM

**WEDNESDAY  
20TH MAY**

OPEN EVERYDAY MIDDAY - 8PM

[MOLLIESMOTEL.COM](http://MOLLIESMOTEL.COM)

Shrivenham Road, A420, Buckland,  
Faringdon, Oxfordshire, SN7 8PY



# DRIVE THRU DEALS

## MOLLIE'S BURGERS

**1 SINGLE CHEESEBURGER**  
1 patty, American cheese, Mollie's sauce, gherkin  
COMES WITH fries + soda **£8**

**2 DOUBLE CHEESEBURGER**  
2 patties, American cheese, Mollie's sauce, gherkin  
COMES WITH fries + soda **£10**

**3 PLANT BASED BURGER**  
Vegan patty, tomato, lettuce, pickle, mustard mayo, gluten-free bun  
COMES WITH fries + soda **£10**

## ROTISSERIE CHICKEN

**4 QUARTER CHICKEN**  
COMES WITH fries + soda **£9**

**5 HALF CHICKEN**  
COMES WITH 2x fries + 2x soda **£16**

**6 WHOLE CHICKEN**  
COMES WITH 4x fries + 4x soda **£32**

### FRIES

Choose between crinkle-cut or sweet potato fries

### ADD ONS

cheese +1 bacon +2 extra fries +3 extra patty +3  
coleslaw +3 butter lettuce & avocado salad +4

## SHAKES

ALL 5

OREO | VANILLA | BANANA | CHOCOLATE  
STRAWBERRY | SALTED CARAMEL

## MOLLIE'S JOLLIES

ALL 6

extra creamy ice-cream tubs  
BANOFFEE | BROWNIE | VERY BERRY

## HOT DRINKS

ESPRESSO	2.0	AMERICANO	2.5
MACCHIATO	2.5	FLAT WHITE	2.5
MOCHA	2.5	CAPPUCCINO	2.5
LATTE	2.5	HOT CHOC	2.5
TEA	english breakfast, earl grey		2

Soya and oat milk available

## COLD DRINKS

SODA	Coca-Cola, Coke Zero, Sprite Zero, Fanta	3
CANO WATER	still or sparkling, 330ml	2
JUICE	apple, cranberry or orange	2.5
HOMEMADE LEMONADE		3
BEER		4