

# Bampton Beam

www.bamptonbeam.co.uk

The Lockdown Lowdown



## Welcome to the first edition of The Lockdown Lowdown.

We'll be publishing weekly and bringing to you the latest news and updates about how to get through the lockdown.

We'll give you news of services offered, and groups you can join to get together with others in the community to pass the time and maybe even keep fit! As well as sending greetings to friends and neighbours.

So, we need your help! Let us know what you'd like to see in the newsletter. This is YOUR paper!

Send details of groups, announcements, articles of interest to [Thelockdownpress@gmail.com](mailto:Thelockdownpress@gmail.com)

**Stay Safe!**

## BAMPTON PARISH COUNCIL INFORMATION

### Recreation grounds

The Recreation Ground field and Sandford Field open. We have removed the ability to drive to the Recreation Ground and park in the car park, but the field is open and accessible to walkers. Both the Pavilion at the Recreation Ground and The Old School Community Centre will remain closed until such a time as the legislation changes. Pembroke Place playpark and Mercury Close playpark will remain CLOSED

### Cemetery

Bampton Cemetery is open again to members of the Public. There are no facilities in the Cemetery for hand washing. The water is not drinking quality water. Please remember to observe the required social distancing measures and all other government requirements.



## St Mary's Church

Virtual Worship via Zoom  
Sunday 10.30

Meeting ID: 272 490 730  
Password: 455060

You can join the service directly via the website:  
[www.bamptonchurch.org.uk](http://www.bamptonchurch.org.uk)



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





## Health Services

### Bampton Surgery

Call first. Do not go in person. 01993 850257

Landells, Bampton OX18 2LJ

Hours: Monday – Friday: 9am-1pm / 2pm-6pm

Saturday: 9am-12 noon

### Bampton Pharmacy

Please avoid going immediately it opens, as they are extremely busy.

Opening Hours: Monday – Friday: 10am-12.30pm

/ 2pm-6pm; Saturday: 10am-12.30pm

Telephone: 01993 851961

## General services

### Bampton Post Office

Opening hours: Monday -Friday 9am-1pm

Sat 9am-12.30pm

### Bampton Papers

Proprietors: Zara Lawlor 07770 422039 and Paul

Ramsay 07855 497040

From caravan in and around Market Square. 6am

to 8.30am daily except 6am to 10.30am Sats and

7am to 10.30am Sun

### Bampton Gas

Telephone: 01993 256345

Opening hours Monday – Friday 9am – 1pm and

5pm – 6pm; Saturday 9am – 1pm

### Chris Smith Logs

07969 742959

For all the latest information...

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

**Multi-Hands**  
**Cleaning Services**  
★ Window Cleaning  
★ Gutter Cleaning  
★ Pressure Washing  
★ Solar Panel Cleaning  
★ FREE Quotes  
Professional, reliable uniformed staff  
Call 01993 866087 or 079317714570  
www.facebook.com/w3mhc/ www.multi-hands.co.uk

## Shops

### Co Op

Telephone for placing orders: 01993 852242

### Patrick Strainge

Phone for placing an order: 01993 850350

enquiries@patrickstrainge-butchers.co.uk

## Food services

### (delivery or takeaways)

### The Cake Element Bakery

Afternoon Tea delivered to your door.

Telephone orders between 9am – 6pm

Telephone: 01993 357468 or 07769703654

### Mark's Kitchen

Chinese Take-away

Phone: 01993 851691

### The Codfather fish van

In Bampton, Mondays from 4pm to 9pm

[www.facebook.com/thecodfatherfishvan.co.uk/](http://www.facebook.com/thecodfatherfishvan.co.uk/)

posts/2581823192085338

### Tailor Made Top Nosh

Food to go as well as home deliveries of fruit

vegetables etc

01993 852696

[www.tailormadetopnosh.com](http://www.tailormadetopnosh.com)

### UE coffee roasters

Coffee and groceries deliveries from Witney to

Bampton

01993 706767

[www.facebook.com/uecoffee/roasters/](http://www.facebook.com/uecoffee/roasters/)

### The Black Horse at Standlake

Tel 01865 300307

# STAY STAY SAFE HOME

## Updates on COVID-19

The latest Government advice remains the same and has been extended for a further three weeks. The Prime Minister has instructed the British people to stay at home – to protect the NHS and save lives.

You must stay at home, only leaving for the following very limited purposes:

- Shopping for basic necessities, as infrequently as possible;
- One form of exercise a day – for example, a run, walk or cycle – alone or with members of your immediate household;
- Any medical need, to provide care or to help a vulnerable person;
- Travelling to and from work, but only where this absolutely cannot be done from home, and if you are at work, you must exercise social distancing measures.

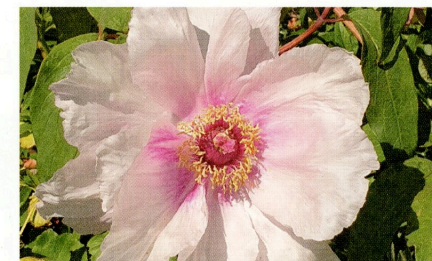
All non essential shops must remain closed. The full guidance on the closure of all retailers that sell non-essential goods and other non-essential premises, as part of further social distancing measures can be found at [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus).

Police will have the power to issue on the spot fines to anyone meeting others without good reason.



## COMPETITION CORNER

For the little ones "How many teddy bears have you seen in Bampton windows? Tell us about your favourite and what you are calling it!" We'd love to see your answers and we'll put one of them in our next issue!



## NAME THE FLOWER

This photo was taken at Bampton Surgery earlier this week. A box of chocs to the first person to send us the full name (including scientific) and a few words about it! - Email your answer to [thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com)

## Announcements

21st April Happy Birthday to Lucy Harris



Bampton Aid Network (BAN) was formed by a group of local volunteers to offer help in this time of coronavirus (Covid-19) to the elderly, the isolated, and to our hard-pressed health and care workers. If you need help with picking up a prescription, shopping, a cooked meal, dog walking or other errand, or even just a chat....

**Phone or text us on: 07946 192638**



### SCRABBLE FANS (aren't we all...?)

Try out the new app called 'WORDS with friends' - it's free and easy to play and you log on to play Scrabble with anyone, anywhere in the world. The inevitable ads but it's harmless and fun! I'm in the middle of a tight game against someone in California....



Want a chat?  
Feeling isolated?

Call the Bampton  
Network on  
**07946  
192638**

Find us on Facebook

**facebook**

[www.facebook.com/groups/bamptonaidnetwork/](http://www.facebook.com/groups/bamptonaidnetwork/)



### Cocktail in Your Cupboard

For the Grown Ups - Make refreshing drinks with what you've got lurking in your cupboard or at the bottom of your fridge.



The Basil Smash is a relatively new drink with an alluring vivid green tint and a fresh kick. In fact, the addition of fresh basil means that this drink is basically a vegetable, and certainly a welcome way to get one of your five-a-day.

- 50ml Gin
- 1 bunch Basil leaves
- 25ml fresh lemon juice (or Jif lemon juice)
- 15ml sugar syrup (make this by dissolving equal parts sugar and boiling water. Leave to cool)

Gently muddle (squash) the basil and lemon juice together, add the sugar syrup and gin and top up with ice

If you don't have basil, you could try smashing up cucumber - but don't over-smash it or you'll get soup.

#drinkresponsibly

### Running low on food?

Call the Bampton Network  
on

**07946 192638**