

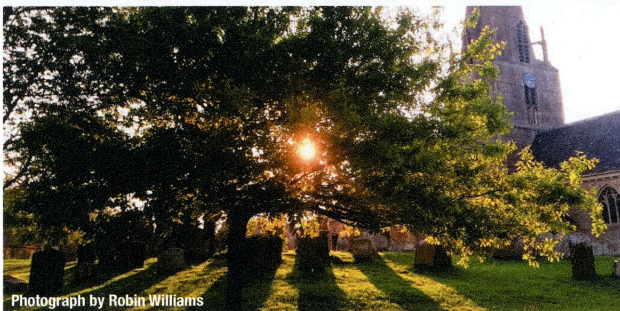
# The Lockdown Lowdown

## Issue 3

### Sponsored by PowerPlay Business Coaching

Helping business owners define the future they want: grow, sell, retire? We show them who they need to be and what they need to do to make the future they want happen. Award winning coach based in Bampton.

Contact: [ellisbardsley@actioncoach.com](mailto:ellisbardsley@actioncoach.com) Tel: 07867 606191/0782 4669292



Photograph by Robin Williams

## Bampton Aid Network

*"A very kind BAN volunteer collected and delivered my prescription to the doorstep yesterday but was gone by the time I could pick it up. On the top lay the most delightful little posy of beautiful flowers to be imagined. Discovering it literally made my day and also shed tears with gratitude. What an unbelievably thoughtful and generous act which will surely be as heart warming to every other person as it is to me.*



**Thank you SO much. Bampton is a blessed place.**

### Welcome to The Lockdown Lowdown Issue No.3!

It seems that we may have 'peaked' but there are more weeks of restrictions that we all face together and so we are bringing you more news, information, food delivery details, important notices, humour, announcements and much more – we're up to 8 pages now and we hope that you will enjoy reading the newsletter which is all about YOUR Bampton community.

We are so lucky to have such special shops in Bampton and we would like to pay special tribute to the essential services provided by everyone at the Co-op and Patrick Strainge who have remained open, efficient and cheerful as always. Thank you! Kids, there's a special colouring challenge for you on the back page – have fun and show them our appreciation!

There's plenty going on, from VE Day celebrations to book clubs, keep fit, new food (and drink!) and lots more. Let's also support our local restaurants, coffee shops and pubs through their takeaway and delivery services!

Please do send us any comments, news, announcements, photos, we love to receive them! Our email address is [thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com). **STOP PRESS** We're recruiting volunteers to join our newsletter delivery team in Bampton. If you'd like to help please email us, thank you!

**Take care and have a great, and safe, week.**



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



# Ask a Celebrity...

Kat Orman is a senior presenter at BBC Radio Oxford, a mother of two and a Vale of The White Horse resident.

Here's how Kat answered our questions..!



## What do you miss most?

"My daughter is 7 and absolutely loves going to school, I miss waiting to spot Betsy in the orderly line of children at the end of the school day, seeing her face filled with happiness and joy from being with her friends and learning in an environment far superior to our efforts at home. I miss catching her eye as she runs towards me with colour in her cheeks and with hope that we will stop off at the playground in Uffington on the way home for one last blast with her friends. I miss seeing the little huddle of girls together, giggling, without a care in the world.

I also miss my mother. She's locked down in Dorset beside the sea. I miss my regular trips down to see her, taking the sea taxi across the harbour in Weymouth to pick up some fresh catch of the day to cook for her ... I miss sitting at the kitchen table with her and chatting over a cider ... but most of all I miss being able to give her a hug.

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

I will be having a hair over-haul! It will be restored to a respectable style, the roots will be obliterated and my husband will be reminded of how I used to look before the inconvenience of lockdown. I always knew that my hairdresser was clever but now I appreciate just how skilled she is... she's getting a bonus!

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

If only I had invested in some Silicone padded cycling knickers...! I had been promising myself a mountain bike for ages and just after lockdown I bought one. Having not really ridden a bike much since the age of 10 I had not prepared myself fully for the curse of the sore bottom. The added comfort in some silicon padded Lycra would have made my reintroduction to cycling less traumatic .....

# Government COVID-19 Testing

**Now the availability of tests for Covid-19 is increasing, there is new advice about who is eligible for testing. If you think you're eligible for a test go to:**

<https://www.gov.uk/apply-coronavirus-test>

## Who can apply for a test

You can apply for a test if you are:

- an essential worker with coronavirus symptoms
- aged 65 or over with coronavirus symptoms
- someone who cannot work from home and has coronavirus symptoms (for example, construction workers or delivery drivers)
- Anyone with coronavirus symptoms can apply if they live with an essential worker, a person aged 65 or over, or someone who travels to work.
- You can also apply for a test if you have a clinical referral from NHS 111 online.

Coronavirus symptoms are a high temperature or a new, continuous cough.

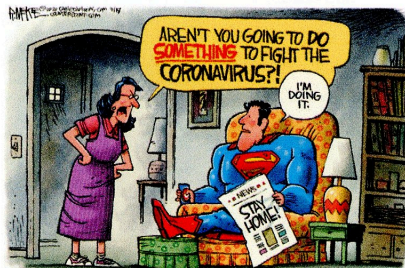
## When to apply for a test

You need to get the test done in the first 5 days of having symptoms. It's best to apply for the test in the first 3 days as it may take 1 or 2 days to arrange.

You might not get a test if you apply - it depends how many tests are available in your area.

Frontline essential workers such as NHS staff will be given priority.

Other people can apply on behalf of persons over the age of 16 providing they have permission from that person.



# YES WE'RE OPEN

## 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: 9am-12.00pm  
**NEW** Friday 8th May – open from 2pm to 5pm  
Tel: 01993 851961

### Guy Lennon Counselling

Tel: 07980 922 518  
[www.guylennoncounselling.com](http://www.guylennoncounselling.com)

## General services

### Bampton Post Office

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

### Bampton Papers

07770 422039 and 07855 497040  
6am to 8.30am Mon to Fri, 6am to 10.30am Sat 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

### NEW Pedal A Parcel

Cycle Courier based in Witney and operating within a 30 mile radius  
07917 416578 [www.pedalaparcels.co.uk](http://www.pedalaparcels.co.uk)

### Aston Repair Depot

Open as usual for repairs. 01993 850305

## Shops

### NEW Co Op (revised delivery days)

Telephone for placing orders: 01993 852242  
Now delivering on Mondays, Wednesdays and Fridays only.

### Patrick Strainge

Phone for placing an order: 01993 850350  
[enquiries@patrickstrainge-butchers.co.uk](mailto:enquiries@patrickstrainge-butchers.co.uk)

### B&Q Witney

Mon-Sat 8am to 5pm, Sun 10am to 4pm



## Food services (delivery or takeaways)



### Mark's Kitchen

Chinese Take-away Phone: 01993 851691

### The Cake Element Bakery

Tel: 01993 357468 or 07769703654  
Afternoon Tea delivered to your door.  
Telephone orders between 9am – 6pm

### The Codfather fish van

In Bampton, Mondays from 4pm to 9pm  
[www.facebook.com/thecodfatherfishvan.co.uk/posts/2581823192085338](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/uecoffeeiroasters/](http://www.facebook.com/uecoffeeiroasters/)

### NEW (Revised times) The Romany Inn

Take away dinners (5pm to 8.30pm). Take away Sunday lunches also available. Please call well in advance to book. Tel 01993 850237

### NEW FEAST boxed food

Charlotte is on 07775 700302. Various types of boxed food delivered from Standlake

### Blake's Bakery, Clanfield

Open for Collection only: Wed - Sat 9:30am to 1pm. Order online before 1pm for collection the next day: <https://www.blakeskitchen.com/shop>  
Tel: 01367 810660

### NEW Max Ice Cream Van

Delivering to Bampton in the afternoons  
07825 132 961 or Facebook Messenger, Price List on Facebook Order between 9am - 1pm with address, postcode and mobile number

### NEW The Black Horse at Standlake

Tel: 01865 300 307  
[www.theblackhorsestandlake.com](http://www.theblackhorsestandlake.com)  
Fruit & Veg Market every Thursday 11am-3pm.  
Cake and bakery stall, coffees, beer and wine, plus Paella to go!

### HAS Kebabs

The Kebab van is back... Market Square

### NEW Cote Brasserie

Delivering food and wine to Bampton.  
[www.coteathome.co.uk](http://www.coteathome.co.uk)

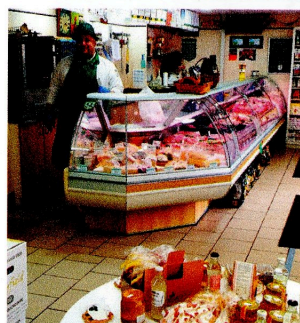
### NEW Bilash Indian Cuisine, Carterton

Delivery only. Free delivery to Bampton and surrounding villages. Tel: 01993 840546  
• 01993 845046 • 01993 845191



## CLAPPING FOR CARERS IN STYLE

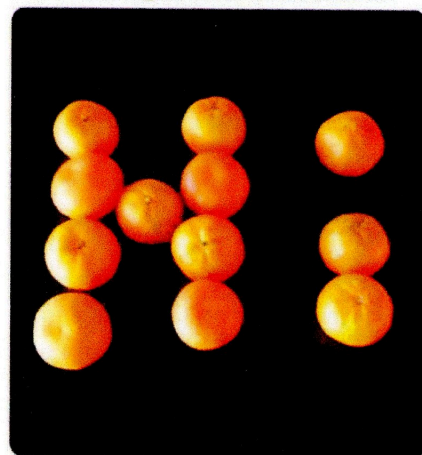
Send your pictures to [thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com)



"We are so grateful to our shopkeepers for the fantastic service that they are providing. Keep up the good work!"

Day 10 of quarantine.....

I am learning how to write in mandarin



## Competition Plant a Sunflower to Spread some Sunshine

Supporting people to live well with dementia in Oxfordshire

Minimum donation of £2

There will be a prize & certificate for the winner of the tallest sunflower

See our website for more information

[www.dementiaoxfordshire.org.uk](http://www.dementiaoxfordshire.org.uk)

## LOCAL RADIO STATIONS

**BBC Radio Oxford:** broadcasts on 95.2 FM via the Oxford transmitter, on DAB and online

**Witney Radio:** 99.9 FM or online at <http://www.witneyradio.co.uk/> Music, local news, traffic, chat and all-round entertainment. 24 hours a day 7 days a week. Listen at 99.9FM, online and smart speaker. Text or Whatsapp 07931 366 999. Email at [radio@witneyradio.co.uk](mailto:radio@witneyradio.co.uk) or 01993 555999

**JACKfm** is an adult hits format radio station that broadcasts on 106.8 MHz FM and on DAB and online at <https://www.jackfm.co.uk/in> Oxfordshire

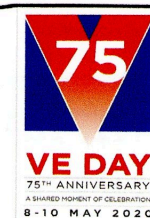
**Windrush Radio** is an online radio station at [www.windrushradio.co.uk](http://www.windrushradio.co.uk) with music from the 90's to present day - its' the 'Music of your Life'



Find us on Facebook

# facebook

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



## What's on...

**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

### PITT RIVERS MUSEUM 3D VIRTUAL TOUR

A must for all museum lovers! Visit the eccentric and fascinating Pitt Rivers Museum in Oxford in 3D!  
<https://my.matterport.com/show/?m=ns3yCKpUzSq&help=1>

### CARTERTON COMMUNITY FOODBANK

Lynn writes "A reminder that the Carterton Community Foodbank is in place to assist those that are self-isolating and vulnerable families. I am also the divisional secretary for SSAFA (Soldiers, Sailors, Airman and Families Association) and cover Bampton as well as Carterton if any veterans and their families need help. I am also a member of Carterton Town Council, if I can assist you in any way. Contact: 07790451568. Please keep safe and well. Lynn."

### BBC RADIO OXFORD

A fantastic public broadcasting initiative  
It's more important than ever to bring our communities together. Whether you need help - or want to offer it - get in touch [makeadifferenceoxfordshire@bbc.co.uk](mailto:makeadifferenceoxfordshire@bbc.co.uk). Click here to get involved <https://t.co/UpMdXOQIFd>  
#BBCMakeADifference <https://t.co/Twg8xFLMHf>

## Abigail's World

written by Abigail Groves

Abi is giving away one free signed copy of the book each week. Just send an email to [thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com).

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



## St Mary's Church



Virtual Worship via Zoom - Sunday 10.30

Meeting ID: 272 490 730 Password: 455060

[www.bamptonchurch.org.uk](http://www.bamptonchurch.org.uk)

## Bampton Book Club (one of many!!)

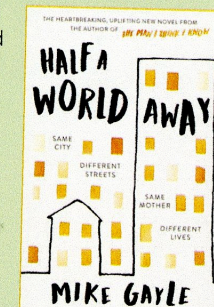
There are 12 of us in our book club and we meet once a month. We usually take in in turns to host the book club. Whoever is hosting chooses the book to be discussed the next month.

The move to a virtual book club was so easy. Now all twelve of us join in on one screen, taking it in turns to discuss the book we have chosen.

Our April read was Mike Gayle – **Half a World Away**. The story of a brother and a sister finding each other after years of separation. Living in the same city but on different streets. Having the same mother but different lives. One not knowing about the other.

Interesting discussion with mixed views.

The book overall was a good read but didn't cause the in-depth discussion we often have. We would recommend you take a look!



## BAN - Revised Opening Hours

From May 9th, the BAN phone line will be open as follows:

**Monday to Friday: 8am to 6pm**

**Saturday: 8am to 1pm**

**Sunday: Closed**

**07946 192638**



# Lockdown lingo

are you fully conversant with the new terminology?

## \*Coronacoaster\*

The ups and downs of your mood during the pandemic. You're loving lockdown one minute but suddenly weepy with anxiety the next. It truly is "an emotional coronacoaster".

## \*Quarantinis\*

Experimental cocktails mixed from whatever random ingredients you have left in the house. The boozy equivalent of a store cupboard supper. Southern Comfort and Ribena quarantini with a glacé cherry garnish, anyone? These are sipped at "locktail hour", ie. wine o'clock during lockdown, which seems to be creeping earlier with each passing week.

## \*Blue Skype thinking\*

A work brainstorming session which takes place over a videoconferencing app. Such meetings might also be termed a "Zoomposium". Naturally, they are to be avoided if at all possible.

## \*Le Creuset wrist\*

It's the new "avocado hand" - an aching arm after taking one's best saucepan outside to bang during the weekly 'Clap For Carers.' It might be heavy but you're keen to impress the neighbours with your high-quality kitchenware.

## \*Coronials\*

As opposed to millennials, this refers to the future generation of babies conceived or born during coronavirus quarantine. They might also become known as "Generation C" or, more spookily, "Children of the Quarn".

## \*Furlough Merlot\*

Wine consumed in an attempt to relieve the frustration of not working. Also known as "bored-eaux" or "cabernet tedium".

## \*Coronadose\*

An overdose of bad news from consuming too much media during a time of crisis. Can result in a panicdemic.



# SPAJERS

The Society For The Preservation Of Ancient Junketting

SPAJERS is our local village charity, raising money to support our pensioners. We do this by running and preserving Bampton's traditional events, providing fun and enjoyment for all Bampton families, whilst also raising funds. The very active members of the SPAJERS committee are supported by an enormous team of volunteers who give their time to help.

All the money raised each year by SPAJERS goes entirely to the pensioners of the village; each receiving a cash gift at Christmas, as well as annual outings, usually to the sea-side and often a shorter trip, too.

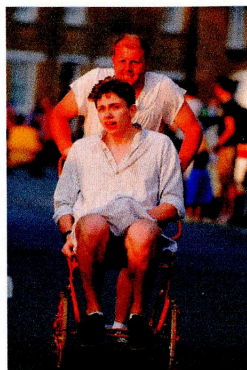
Our major events are the Shirt Race on the Saturday of May Bank Holiday, the Donkey Derby and Fete held on the Monday of the August Bank Holiday at Sandfords Field and the annual Village Fireworks display which is run in partnership with the Bampton Firefighters. The Mummies, although not officially part of SPAJERS, who perform their famous play at various locations in the village on Christmas Eve, also raise money for this worthy cause.

If you are over the age of 65 and have lived in Bampton for at least 6 months, you are eligible to join Spajers".

**For further details on joining or if you would like to help, please contact:-**

**Suzy Macpherson 07811 676078**

**Secretary: Lynne Pointer 01993 851930**

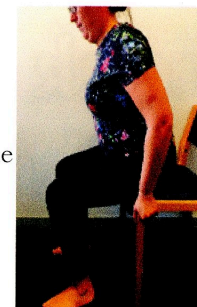


# Activities for Older People

## Weekly activity No 1: Sitting to standing\*

This activity helps improve strength in your thighs and hips making it easier to get up from a chair.

- Sit tall towards the front of the chair
- Feet should be slightly behind knees
- Lean forward slightly
- Stand up (use your hands on the side of the chair if needed).
- Before lowering slowly down, step back until you can feel the chair behind your legs.
- Repeat 3 times...



Thank you to Tracy Barnett for providing essential health and movement home-based exercises, which we expect to make a regular feature in The Lockdown Lowdown. Tracy is a Chartered Physiotherapist with a background in neurorehabilitation and with a particular interest in physical activity. She is currently based at the OUH, as part of a team supporting physical activity for people coming into hospital. She is also a qualified Strength and Balance instructor and in non-COVID times Tracy runs a class, on behalf of AGE UK, in Bampton Village Hall.

## Not quite there yet?

- Start by lifting your bottom a small distance up from the chair, before lowering down again.
- Make it easier by starting from a higher seat!
- Progress this exercise by reducing the amount of work your arms are doing or increase the number of repetitions.
- It's important to break up prolonged periods of sitting still - try practising this exercise every hour. Or perhaps do 3 each time you sit at the dining table, or at the end of each TV programme -

building exercise into your daily routine will make it easier to stick to!

*"If you normally require assistance to stand from a chair, please do not attempt this exercise when you're alone."*

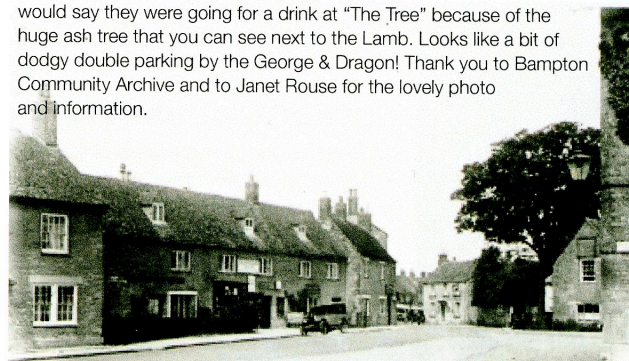
**Safety:** Dizziness, sickness or excessive tiredness are signals to stop exercising and wait for symptoms to settle. Warning signs to stop exercising and seek urgent medical attention include sudden onset of rapid palpitations, reduction in exercise capacity, dizziness, severe breathlessness or chest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

## Down Bampton's Memory Lanes.....

**This photo of Cheapside is undated but judging by the cars should be pre-World War II. If anybody has a more accurate date, we'd love to hear from you at [thelowdownpress@gmail.com](mailto:thelowdownpress@gmail.com)!**

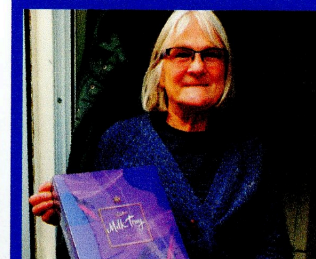
To the left of Applegate Stores (latterly Adrian Simmond's shop of course) is Barclays Bank Ltd which became The Poachers Rest.

You can see the George & Dragon Inn on the opposite corner and the Lamb Inn directly below the gaslight on the Town Hall. Locals would say they were going for a drink at "The Tree" because of the huge ash tree that you can see next to the Lamb. Looks like a bit of dodgy double parking by the George & Dragon! Thank you to Bampton Community Archive and to Janet Rouse for the lovely photo and information.



## Announcements

May 9th - Happy Birthday to Charlotte-Rose Acaster



Well done to Elizabeth Griffiths of Ampney Close who won a box of chocolates for the first correct entry in our Name That Flower competition! Thank you Liz for sharing your knowledge of peonies with us and enjoy your prize!



Colouring for Co-op - colour in the Thank You Shop Staff Poster and ask to put them in the windows of Co-op and Patrick Strange Butchers as a thank you to the wonderful shop staff who stay open and make sure we have what we need!

# Thank You to Our Shop Staff



## Kids Corner



**The amazing NHS workers are all superheroes! How many superheroes can you see in this picture?!**

### You kids want something fun to do?!

Olaf Falafel is whacky and funny and he's uploading a new 30 minute #ArtClubWithOlafFalafel every Monday at 11am for as long as the lockdown lasts. All shows available here: <https://t.co/5wxnm2whUk> <https://t.co/n92FkwZ8v>

### LOCKDOWN DRAWING

We want to see your drawings of life in lockdown at YOUR home! You can draw anything (and anyone including mum and dad, brothers, sisters, pets....!) at home, write a few words about your drawing and email it to us at [thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com) and we'll put in a couple of your drawings next week!





**99.9  
FM &  
online**

**Community  
Radio for West  
Oxfordshire**

# WITNEY RADIO

MUSIC || NEWS || EVENTS || COMMUNITY



/WITNEYRADIO



@WITNEYRADIO

[www.witneyradio.co.uk](http://www.witneyradio.co.uk)



# Local Radio



## MUSIC & NEWS

We provide music and produce news for Witney and West Oxfordshire from our studios in Witney. We play music and news 24 hours a day and have live shows every evening and breakfast time. Our music selection is varied, hand picked by human beings and aims to please.

We are a community radio station run by passionate volunteers of all ages and walks of life. We support many local events, community projects and causes and are actively involved with helping and promoting the local community. We do outside broadcasts and interviews at music and beer festivals, council play days, Christmas events, sports and school events and much more.

## COMMUNITY

## LOCAL BUSINESS

As well as supporting the local community we want to help local businesses to flourish and grow. West Oxfordshire is a great place to live and work in and we want to support those people and businesses in our local community. Support us and we can support you - that's what community is about!



**Drop us an email!**

[mail@witneyradio.co.uk](mailto:mail@witneyradio.co.uk)