

# The Bampton LOWDOWN



Issue 18

April 2021



## HRH PRINCE PHILIP 1921 - 2021



### Believe it or not, the Lowdown is celebrating it's 1ST BIRTHDAY.....

The Lowdown started off back in March 2020 as a simple sheet called 'The Bampton Beam Lockdown Lowdown' and consisted of essential information about emergency contacts, Covid-related community activities, and details about the services provided by the wonderful Bampton Aid Network (BAN).



Our first cover

As the first lockdown eased, we dropped 'Lockdown' in the title, increased the pages and greatly expanded the contents.

So we're a year old and still growing! We thank our generous corporate and individual sponsors who have funded all of the issues (see inside), our many fantastic contributors on so many different subjects and of course all of you, our readers.....

.....here's to many more issues of our Bampton newsletter, and keep your stories coming in, we love to hear from you!

### THE LOWDOWN'S NEW LOOK FOR OUR 1ST BIRTHDAY...

Welcome to the new look  
Bampton Lowdown....

We're trying out a new A4 size format which is twice the size and half the number of pages.

We had an idea that we wanted the Lowdown to be more like a small newspaper than a booklet so here it is! There's a contents section on this front page and our regular items such as Announcements, Nature Watch and Sponsors Section will be in the same place in each issue.

What do YOU think, do you like this or prefer the previous format? Do please let us know and email us at [thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com)!



Happy First Anniversary to  
The Lowdown from  
Bampton Aid Network (BAN)

**Bampton's own  
Covid support group.**

There are positives to come out of this last year and the Lowdown is most definitely one of them.

BAN is so grateful for all the information given out by the Lowdown in support of BAN's activities. A huge thank-you to all the hard-working editorial team and their volunteer helpers.

BAN is planning a party so volunteers can meet one another and put faces to names to be held outside after the ending of restrictions towards the end of June. More news later!

[www.bampton-network.co.uk](http://www.bampton-network.co.uk)  
07946 192638

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## THANK YOU TO OUR SPONSORS

- ▶ **Bampton Aid Network**
- ▶ **Spajers**
- ▶ **Mollies Motel and Diner**
- ▶ **Bampton Physiotherapy**
- ▶ **Power Play Coaching**
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- ▶ **Vicky's Holiday Club**
- ▶ **David Pullman**
- ▶ **Bampton Papers**
- ▶ **Bampton Gas**
- ▶ **John Blake**
- ▶ **St Mary's Organ  
Restoration Fund**
- ▶ **The Soc. for the Protection  
of Bampton**
- ▶ **Montgomery Podiatry**
- ▶ **Trevor Milne-Day**
- ▶ **West Oxfordshire District  
Council**
- ▶ **Rosebank Care Home**
- ▶ **The Double Red Duke**
- ▶ **The Bampton Community  
Shop**

PLUS COUNTLESS OTHER  
INDIVIDUALS, SPONSORS  
AND DONORS

## THANK YOU!

## News from the LOWDOWN

**Next Issue May 2021**

**Sponsor: The Double Red  
Duke in Clanfield - opening  
17th May plus an interview  
with Manager Sion  
Hamilton.**

**May Bank Holiday  
celebrations including  
details of the Morris  
Dancing Schedule**

**SPAJERS - The Full Story**

**'Someone Special'**

**Works by Bampton Artists**

**Announcements**

**Readers Write**

**Deadline for copy  
Friday 14th May**

The Bampton Lowdown is published by The Lockdown Press which is a not for profit association run entirely by volunteers. Any income from sponsors or donations is used to produce issues and to pay for delivery or other essential costs.

If you would like to help us financially or contribute in other way please email us at [thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com)



**I WANT YOUR  
STUFF!**

We at The Lowdown are always looking for stories, pictures, paintings, drawings, photos, jokes, useful information (and useless information if it's fun and clean...!), gardening and household tips, wildlife facts and pictures, transport updates, opening times, recipes, birthdays and anniversaries to celebrate, poems, thoughts, opinions, requests for help, offers of help, local business announcements, special deals, recommendations, thank yous, walking routes.....we could go on ..... we think you get the picture...! We love to hear from you , please write in to us, and make The Lowdown your Lowdown!

[thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com)

## Thank you!

## NEIGHBOURHOOD MATTERS!

**LITTER PICKING.** This year we couldn't organise the usual village clean up because of the Covid restrictions. But rubbish keeps piling up nonetheless. You only have to take a brief walk along some of the busier footpaths to discover discarded crisp packets or empty soda bottles. We may not be able to clean up the village as a large group, but with partial restrictions, you and a few friends could clean up a patch near you. It would be good exercise and you'll feel great about it. All you need is a litter picker each, gardening gloves and a few rubbish bags. Pick it up and dispose of it in your general household rubbish bin.

**SPEEDING CARS.** We see this time and again and particularly at rush hour. Most drivers are respectful and law-abiding, but one or two are not. The Police place speed traps occasionally and some extraordinarily high speeds were recorded in the past. Drivers need to be mindful of pedestrians, joggers and of course dog walkers too! If you see some examples of dangerous driving in the village you can report it easily online using this link <https://www.thamesvalley.police.uk/ro/report/rti/report-a-road-traffic-incident/> but be mindful that in order to submit the report you will need evidence or another witness to corroborate the facts.

**Love  
where  
YOU  
Live**

## BAMPTON COMMUNITY SHOP

**Jenny Chaundy writes:** Everyone will be pleased to see the wonderful 'charity' shop reopening in Bampton.

It has been up and running for nearly five years and in that time has awarded grants of over £125,000 to local clubs, organisations and groups.

Those that have been supported in the latest round of grants are as follows:

Bampton Village Hall	APCAM	Bampton Gardening Club
Bampton Library Support	Society for the Protection of Bampton	Aston & Cote Primary School
Bampton Recreation Ground	SPAJERS	Bampton Cricket Club
Bampton Parish Council	Bampton Community Archive	Bampton CE Primary School
St Mary's Church	Bampton Classical Opera	Friends of St Peter's school
Bampton Town Amateur Sports	Bampton Methodist Church	Windrush Valley Boxing Club
Bampton Tennis Club	Bampton Lowdown Newsletter	Bampton Archery
Bampton Town Youth FC	Black Bourton Village Association	Bampton United FC
Bampton Folk Club	Community Speedwatch Group	1st Aston Brownies
Bampton Bush Centre	Friends of Clanfield School	Bampton Scout Group
Clanfield Pre-School	Nik Stanbridge – Regravelling project Cheyne Lane	West Ox Arts



Grants are usually awarded twice a year in March and September and application forms are available from the shop. A reminder of the application deadline is always circulated beforehand to previous beneficiaries and through social media and local publications.

**VOLUNTEERS:** From April, with continued Covid restrictions, we will operate with a core team of volunteers but from the end of June onwards we are hoping to return to our full rota and be able to invite all our amazing team of volunteers back into the shop.

**If you would like to get involved and be part of the team please get in touch.** Shifts in the shop are either from 10am – 1pm or 1pm – 4pm every day apart from Saturday afternoons and Sundays, when we are closed. We run the rota on a 4 week system so you can volunteer for just one shift every four weeks or more if you would like to. There will also be opportunities to volunteer as part of the 'out of hours' team or for stand-in rota duties. Contact Jenny at [jenny.chaundy@btinternet.com](mailto:jenny.chaundy@btinternet.com) or 01993 850918

**Thank you to everyone who supports the shop. It wouldn't happen without you all.**

We know we get regular customers from as far afield as Swindon, Oxford and even Devon! Do spread the word about this little 'gem' to those who are not in the know.

## THE SOCIETY FOR THE PRESERVATION OF ANCIENT JUNKETTING

**Andrew Money, the longest serving Committee Member of SPAJERS writes:** During the many long months of 'Lock Down,' and with many new houses being built, a lot of newcomers have moved into Bampton. The Spajers Committee would like to welcome you and tell you a little about us.



In 1953 two Bampton residents, John Quick and Paul Bovington, organised a 'Shirt Race' as a one-off event to celebrate the Coronation. The rules of the 'Shirt Race' were very simple. A team of two people each dressed in a night-shirt would push an un-powered transport such as an old pram from hostelry to hostelry pausing at each to down a half-pint of ale. Nurses from the Radcliffe Infirmary in Oxford were invited to attend and collect money for the hospital. Such was the success of the event that it was decided to hold it annually. The Society for the Preservation of Ancient Junketting was born!



SPAJERS has gone from strength to strength and in addition to the Shirt Race the activities now include the Donkey Derby on August Bank Holiday Monday and in November, the Bonfire Night as well as 'Josie's Draw' Raffle in the Romany Inn. All monies raised are distributed to the pensioners of the village.

**Look out for the full and fascinating story of SPAJERS in our next issue ... thank you Andrew!**





Thank you to **Angie Bell** for this lovely picture of a Snowy Egret!

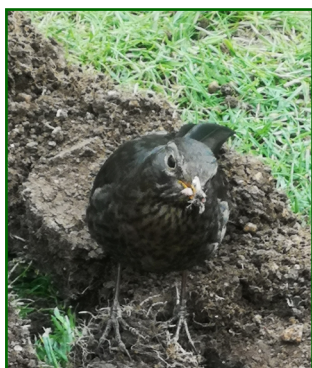
Please send your photos to us [thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com) and we will always try to include them!



Did you know that baby rabbits are called kittens?! Thank you **David Greenwood** for this delightful photo!

## Annie Jenkin writes:

'I have really enjoyed the "antics" of my garden blackbirds as they raise their two chicks.



They nested in a discarded Christmas tree. Enclosed are some photos as things develop. As you can see this pair know and trust me and are incredibly tame. Hence the photo opportunities!

Thank you Annie!



If you want to join one of our group events you can sign up to the group via this link: <https://www.meetup.com/Magic-Moments-With-Birds>.

Alternatively, and especially as presently group numbers are Covid-number limited, you could arrange to have your own private group event (currently I can take up to five people at a time). Please email me on: [magicmomentswithbirds@gmail.com](mailto:magicmomentswithbirds@gmail.com) to find out more.



Glossy Ibis photo credit: Nigel Carter

I can't always promise to show you a real rarity but you will leave with a desire to discover more about the wonderful bird-life around us. It's meant so much to us to engage with nature over this past year. I hope to see you soon!

**Andrew Mann**

Deadhead those daffodils and tulips when they have finished flowering but don't touch the stems. Slowly accustom to outside conditions your bedding plants that have been sown earlier on in your conservatory. Time to sow your salad onions, garden peas and summer spinach, radishes. Definitely, the time to tend to your lawns, sowing and feeding established lawns and doing some border weeding.



In early May divide hostas, cut back clematis, trim lavender, mulch raspberries and blackcurrants ensuring the soil is moist. Harvest asparagus and get ready to support those runner beans. Tend to those young fruit trees too, making sure they are well watered. Time to wipe those summer leaves if you have indoor plants!



## Long-range weather forecast:

The forecast for the second half of April is for average, slightly above average temperatures with some long dry spells. The forecast for the first half of May is for unsettled weather and lots of rain, particularly during the Bank Holiday weekend!







Since the imposition of the second mini lockdown, Bampton Folk Club has once again moved our Sunday sessions online, meeting through Zoom to keep the music playing, and so we'll continue until we can get back to the pub! Aside from individual learning and practice, some players have composed new tunes, learned new instruments and begun their journeys through formal music examinations. Most impressive by far, though, is the news that regular player, Jim Driscoll, has been given the position of Creative Director of Folk Weekend Oxford! Congratulations, Jim!

Some of you might have been somewhat perplexed by national news carrying the story of Sea Shanties trending on Social Media, and to be honest so were we! But not to let an opportunity pass, we got on that wave and remotely recorded and mixed our own audio-visual take on "The Wellerman" now available on the club website and YouTube.



Of course, like all of you, we're looking very much towards the end of restrictions and the safe return to playing music together, and we'd love to see some new faces among old friends. Perhaps you've discovered a new musical talent during lockdown, or dusted off and polished up an old one? If you have and you might like to get involved playing music and having a sing in our informal (very!) Sunday session, give Andy Roughton a call on 07788 398186 or email [info@bamptonfolkclub.org.uk](mailto:info@bamptonfolkclub.org.uk).

Finally, massive thanks are due to Bampton Village Community Shop. During lockdown, we have been considering what more Bampton Folk Club can do to bring more music to Bampton and further support local musicians. The award of a grant from BVCS means that we'll be able to start to build on those plans - watch this space for details!!

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



**Bampton -in-the-Bush Cricket Club Chairman Adrian Harries updates:**

We are hoping to be able to have a somewhat normal cricket season after last summer's restricted play and the approval to commence outdoor sporting activity.

The club have a full fixture list lined up for the summer with a mixture of both midweek T20 games and weekend league matches and friendlies. We have an inter club match starting Sunday 18th April and the season continues right through to the middle of September.

Club training is currently scheduled for Tuesday evenings 5:30pm for juniors and Thursday evenings 6:00pm for adults.

The cricket club is a friendly and welcoming one and always looking for new players to bring into the club. Please feel free to make contact at [bamptoncricket@gmail.com](mailto:bamptoncricket@gmail.com).

FREE, FUN LOCKDOWN WORKSHOP

Drawing & Painting for  
Mindfulness & Creativity   
WITH ART TUTOR EMMA BURLEIGH

Monday 19th April,  
3 - 4.30pm via zoom

Faringdon Art Society is gifting this experience to their local community for you to discover or rediscover the joy of creativity  
For further information and to sign up visit  
[www.faringdonartsociety.co.uk](http://www.faringdonartsociety.co.uk)

New members are welcome -£10/year for a multitude of benefits



**Nik Stanbridge** writes: 'Anyone who has used the footpath at the end of Cheyne Lane over the winter will have had to negotiate the huge, edge to edge muddy puddle.



Well, thanks to a **Bampton Community Shop** grant, this part of the path has now been gravelled. Four tonnes of the stuff in fact. It'll take a bit of bedding in and I'll be raking it over the next week as that happens. Should last a few years...Enjoy!'

## CELEBRATING BAMPTON'S MUMS!

We put a request on Facebook asking for photos of Bampton mums to celebrate Mothers Day, here are a couple of lovely pics!



**Kelly Adams and her mum Carole**

**Sandra Phinbow** : 'This is one my fave pics of my Mum and Dad when they were about 18 and 21. Young and loved up for over 60 years!'



# Oxfordshire Artweeks 2021



This amazing art event, which started in the UK in the 1980's and is still the most successful in the nation by far, is due to start on the 1st May and run for 23 days.

Several Bampton artists are hoping to open their studios with West Ox Arts opening their gallery, where the work of nine artists will be on show. It's likely that there will be exhibitors in most of the villages around as well. All of them are preparing their venues to be Covid-proof so you can safely visit and enjoy their work. Bampton comes into the North Oxfordshire section of the event and it's our turn to start it off. We will open, if allowed, on the 1st May for one week.

Esther Lafferty, the festival director, has organised a huge online digital exhibition in which artists have put up their work in many forms. Some have made movies to take you on virtual tours of their studios, some have made flip-books to show you all they have done, others have put up more traditional galleries of their work. The website address is [www.artweeks.org](http://www.artweeks.org). We hope to see you all in May! Pip Shuckburg

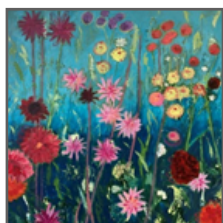
## ARTWEEKS WEEK 1 (May 1st– 8th) [www.artweeks.org](http://www.artweeks.org)

11am - 6pm including Bank Holiday Monday

11.30-4.30 closed on Mondays but open May Bank Holiday 31st 11.30am-4.30pm

**Artweeks will run at West Ox Arts Gallery in Bampton from 1 May to 5 June.**

**NEWS FROM WEST OX ARTS:** Oxfordshire Artweeks is the UK's biggest artist open studios & pop-up exhibition event. Here are six more of the artists who will be exhibiting in the West Ox Arts Gallery in Bampton throughout the whole of May and beyond Artweeks dates up to the 5th June!



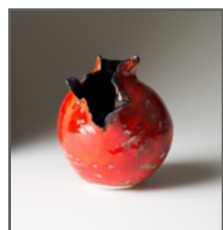
### Faye Knight WOA

*Faye is relatively new to painting and has produced a lovely selection of work inspired by the abundance of plants in her garden during last year's hot summer. Faye works in acrylic and other media and enjoys vibrant colour and texture inspired by nature.*

**The Twilight Garden (Acrylic)**

### Jenny Baxter WOA

*Jenny is a silversmith, using traditional tools and techniques to create original pieces, inspired by the natural world. She enjoys using beads and unusual gemstones, and likes to explore the variety of finishes that can be achieved using different hammers.*



### Debbie Page OCG WOA

*Debbie's beautiful and unusual ceramics are inspired by Korean Moon vases. She likes to explore the possibilities arising from the combination of glaze and smoke. Debbie uses white earthenware clay and crackle glazes to produce these original and delicate pieces.*

### Caroline Nixon WOA

*Caroline is a textile artist, using botanical contact printing. Inspired by nature, her art evolves with the seasons using plants to dye fabrics to make wall art, home textiles and wearable art.*

**Autumn glory (Botanical contact print and natural dye on a satin silk shawl)**



### Silvi Schaumloeffel WOA

*Silvi's love of lush rich oil paint shows in the dynamic surface of her paintings. She uses sketches and memories and works with a great range of marks and brushes to create the rich effect.*

### Julia Ogbourne WOA

*Julia is an abstract and semi-abstract landscape artist, working mainly with acrylic paints, and is inspired by her internal response to the power and beauty of nature.*





**Lis Banham** from Church Street liked our March cover photo 'Crocuses at Manor House' so much that she asked for a copy to keep! We were delighted and honoured to present Lis with a framed copy of the photo and our picture shows Lis with Lowdown Editor Adam and her special picture! How lovely is that, we are so touched!



Lis's son Richard sent us a wonderful account of her fascinating long life including flying in the WAAF and the immense contribution that she has made to so many aspects of Bamptonian life. We will be publishing her full story in our May issue!

If you have a family member or friend in or from Bampton whose story you would love to tell, do please write to us like Richard did and we would be delighted to publish it together with your photos. Our email address is [thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com).

Looking forward to hearing from you!

## ALMANAC April 18 to May 16

18 April - World Heritage Day  
19 April - Sun and Mercury conjunct enter the constellation of Taurus / Bicycle Day  
20 April - First Quarter at 8:58  
21 April - HM The Queen b.1926  
22 April - World Earth Day  
23 April - St George's Day / World Book Day  
25 April - ANZAC Day  
27 April - Full Moon at 4:31  
3 May - Bank Holiday  
8 May - VE Day  
11 May New Moon 20:59  
13 May - Ascension

## ~ EXERCISE ACTIVITIES ~

### Activity number 12: Shoulder Rolls

This is a lovely exercise to increase flexibility in your shoulders, opening out the front of your chest. It's also great for relieving tension and discomfort in your upper back and neck.

- Sit up tall on your chair
- Shrug both shoulders up towards your ears, then move them backwards, squeezing your shoulder blades together. Then relax them down again.
- Make your shoulder movements as big as you can.
- Repeat 5 times.

**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.



**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. If you've been following this column in the Lowdown, you might like to know that Tracy has now started teaching 'virtual' exercise classes for AGE UK Oxfordshire using Zoom. Call Tracy on 07909 827154 or AGE UK on 01235 849 403 for more details. Age UK has developed an excellent step-by-step guide to get you online and joining in with the action, all from the comfort of your front room!

### THE BAMPTON MORRIS TEAMS

will be looking to continue the tradition of dancing on May Bank Holiday. However, with the uncertainty caused by the coronavirus, it is impossible to be definitive about plans. Based on the current predictions the teams will be able to dance, but to what extent has yet to be decided. As the situation changes so regularly, any decision will be made closer to the Bank Holiday and further information will be published in the next edition of this newsletter.



Craig Godwin, Squire, Bampton Traditional Morris

## EMERGENCY AND HEALTH SERVICES

### Bampton Surgery

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

### Pharmacy

(Bampton Healthcare Ltd)  
Tel: 01993 851961  
Mon-Fri 9am to 1pm, 2pm to 6pm  
Sat 9am to 12noon

### Bampton Post Office

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

### Bampton Parish Council

Tel: 01993 851870  
[www.bamptonoxon-parishcouncil.gov.uk](http://www.bamptonoxon-parishcouncil.gov.uk)

## VILLAGE HALL - CORRECTION -

Jacky Allinson, Chairman, Bampton Parish Council writes:

'In a recent article on the Village Hall, formerly the WI Hall, it is stated that the hall was taken over by the Parish Council. This is incorrect. The Parish Council did not take on responsibility for the WI Hall, but by a board of which the PC is a member. All enquiries are passed by our Parish Clerk to the Hiring Officer of the Village Hall.'



**VILLAGE HALL BOOKING  
ENQUIRIES CONTACT  
ANN SETCH  
07887 403401  
[ann-bamptonvillagehall  
@hotmail.com](mailto:ann-bamptonvillagehall@hotmail.com)**

# HEY KIDS!!!

SEND US YOUR  
PAINTINGS, DRAWINGS,  
PHOTOS AND STORIES  
AND WE'LL PUT THEM  
IN THE NEXT ISSUE OF  
THE LOWDOWN!



SEND THEM TO OUR  
EMAIL ADDRESS  
WHICH IS HERE



[thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com)

## Abigail's Worry Journal

Win a free copy! A colourful and helpful worry journal for your little ones to fill out when they feel anxious and want to write their worries down. They will be able to track their progress and look back on what techniques they used when they were feeling worried.



I love to finish every day on a positive note so there is a space for them to draw and write their happy thoughts before bed. To

celebrate my new journal, I am giving away a signed copy!

Send your name into The Lowdown to be in with a chance of winning it!

Abi

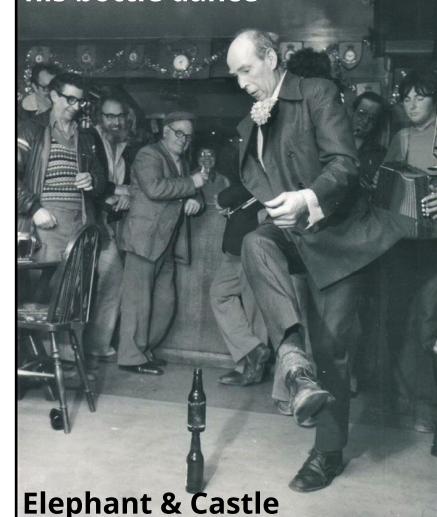
[myabigailsworld.com](http://myabigailsworld.com)

Instagram: [abigailsworldofficial](https://www.instagram.com/abigailsworldofficial)

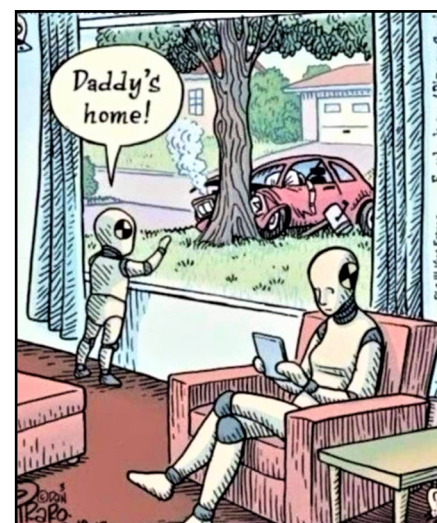
Facebook:

Abigail's WorldBook

## Ernie 'Rocky' Hunt doing his bottle dance



Elephant & Castle



## The Bampton Lowdown Newsletter



Email: [thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com)

Facebook: [@thebamptonlowdown](https://www.facebook.com/@thebamptonlowdown)



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