

# The Lockdown Lowdown

Issue 4

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](mailto:vickysholidayclubbookings@gmail.com) / 0788 7711454 for further information

Vicky's After School & Holiday Club



*Karen from the brilliant Lockdown Lowdown delivery team combining business with pleasure!*

## Your VE Day Celebrations

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



### Welcome to The Lockdown Lowdown Issue No.4!

We do hope that you have been enjoying The Lockdown Lowdown and more importantly that the newsletter has been useful, informative and also entertaining.

VE Day was a great occasion last Friday despite the unusual circumstances and thank you to everyone who sent in their photos of the day, a few of which are in this issue. Please keep sending in your VE Day pictures and stories since we are planning to bring out a Special VE Day 2020 Edition of the newsletter and so the more of your memories we can collect the better!

You will see that our 'We're Open' and 'What's On' sections only contain new entries from people, businesses and services that we have not featured before. Going forward, we will give priority space to new announcements and, as the restrictions are gradually eased, we will be able to publish details of each new opening or service as they come in.

Please keep all your issues of the Lowdown so that you build up a collection of all the information and contact details of the many fantastic services that are on offer throughout the restriction period.

As always, 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).

**Take care and stay safe.**

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

Hours: Monday – Friday: 9am-1pm / 2pm-6pm,  
Saturday: 9am-12 noon

### 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

## OPEN FOR DELIVERIES TO BAMPTON

### SHOPS



#### Coop, Bampton

Telephone for placing orders: 01993 852242.

Delivering on Mondays, Wednesdays and Fridays

#### Patrick Strainge, Butcher

Phone for placing an order: 01993 850350

### FOOD



#### NEW Domino's Pizza Carterton

Delivery only. Free delivery to Bampton and  
surrounding villages. Tel: 01993 842008

#### NEW Just Eat

[www.just-eat.co.uk/](http://www.just-eat.co.uk/)

For a list of restaurants taking online orders and  
delivering to Bampton

#### NEW The Ginger Juicer

Witney based Juice and Health Therapist

[www.th Gingerjuicer.com/](http://www.th Gingerjuicer.com/)

#### Tailor Made Top Nosh

01993 852696

[www.facebook.com/Tailor-Made-Top-  
Nosh-181405136124867/](https://www.facebook.com/Tailor-Made-Top-Nosh-181405136124867/)

#### UE Coffee Roasters

01993 706767

<https://www.facebook.com/uecoffeeroasters/>

### OTHER



#### Bampton Papers

07770 422039 and 07855 497040

#### Bampton Gas

Telephone: 01993 256345

Opening Mon – Fri 9am – 1pm and 5pm – 6pm;  
Sat 9am – 1pm

### NEW Guy Lennon Counselling

Professional and confidential help with anxieties  
arising from coming out of lockdown.

#### Offering two free 45-minute counselling sessions.

Contact [www.guylennoncounselling.co.uk](http://www.guylennoncounselling.co.uk) or  
07980922518 or [grlennon@outlook.com](mailto:grlennon@outlook.com). The  
sessions can be face to face observing social  
distancing in my meeting room or Skype or by  
phone.

### NEW Bampton House Health & Beauty Products

Follow us on Facebook and Instagram  
@BamptonHouse [www.bamptonhouse.co.uk](http://www.bamptonhouse.co.uk)  
Local delivery service available with  
[www.pedalaparcel.co.uk](http://www.pedalaparcel.co.uk)

### NEW Maths and Science Tutor! Guillaume Flavin

Free video-call tutorial sessions to school students  
at any level in Maths or Physics. Email [guillaume.  
flavin@btinternet.com](mailto:guillaume.flavin@btinternet.com)

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

### (PLEASE MAINTAIN SOCIAL DISTANCING)

#### NEW Bampton Coffee House (next to Co-op)

Daisy and Yashan have opened for take-aways!  
For full menu and orders 01993 850929

#### NEW Philip Dennis Food Service Witney

Order online to collect from Ducklington Mill  
01271 311150 Products and Prices at  
<https://online.fliphtml5.com/lizz/uhct/>

## Lockdown Laugh



## Clubs & Activities...

### NEW MUMS IN LOCKDOWN

Are you a new mum, stuck in lockdown with  
your small bundle of joy? A light hearted  
group for help, tips, advice and banter for  
new mums in lockdown and to make friends.  
[www.facebook.com/53698638696405](http://www.facebook.com/53698638696405)

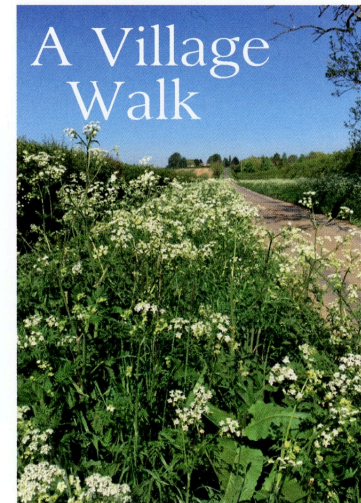
### LITTLEWORTH VIRTUAL FUN DOG SHOW

Littleworth Fun Dog Show has had to be  
cancelled this year, so they are inviting you to  
join in their Virtual Dog Show. Please invite all  
your family and friends to take part.  
Rosettes will be awarded and posted to  
the Winners and Runners Up. Email  
[woodwardjill02@hotmail.com](mailto:woodwardjill02@hotmail.com) for an entry  
form - Good Luck!!

## What's on...

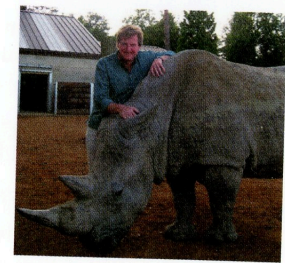
### LOCAL RECYCLING CENTRES are

starting to open again. But they will be very  
busy to start with. So don't go straight away  
unless you need to. Keep rubbish at home  
if it's safe to do so, or find other ways to get  
rid of it responsibly. Whatever you do, don't  
dump it – you could be fined or prosecuted  
for fly-tipping.



*For us over 70's it's wonderful to take a  
daily walk around our lovely village. This  
is one of our favourites; up to the top  
of Mt Owen Road, then back home!  
Canon Roger & Celia Humphreys*

## Ask a Celebrity...



### Reggie Heyworth

Reggie's father John Heyworth  
started Cotswold Wildlife Park in  
1970 and Reggie now runs the  
park (which in a normal non-  
Covid year) welcomes over 400,000  
visitors and has become one of the  
most popular and respected attractions  
in our area. Apart from five years  
with Rhino Conservation projects in  
Tanzania, Reggie has lived in or  
near the park all his life and is  
dedicated to his staff and to the  
animals as they all are family to  
him! Here Reggie paints a frank  
picture of a difficult life under  
lockdown for him and his special  
and unique 'family'.

### What do you miss most?

The one thing I really can't do without is  
our visitors to the wildlife park! The  
recent beautiful weather has meant  
that the gardens are so lovely and  
walking around is always such a  
joy - except that there is no one to  
share it with. We have never been  
closed before at what should be such  
a busy time of year and it makes you  
realise how this place is made to be  
shared. I try to enjoy it but I do wish  
it was more than just me, the  
keepers and the gardeners. The  
animals don't seem to care at all  
mind you, and apart from some of  
the birds finding new nesting sites,  
they carry on with their lives as  
normal! (But I secretly believe that  
they miss their visitors...). The  
keepers have introduced a new  
system so that we have two teams,  
in case one team has to go into  
isolation, and a lot of our  
biosecurity protocols have become  
more rigorous but we are used to  
that, looking after animals.

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

The first thing I'm going to do is  
breathe a huge sigh of relief if we  
can once again get numbers through  
the gate. Even though we have  
always been cautious, ever since  
foot and mouth disease back in  
2001, this is a huge financial hit for  
us and I must admit, there is a real  
pit in my stomach when I think of  
how things might turn out if worst  
case scenarios do materialise.

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

The one thing I wish I had done is  
to have visited Toby, my osteopath,  
at the brilliant Bampton Clinic in  
Moonraker Lane! I had spent years  
with low level suffering, before  
discovering this wonderful team that  
you have on your doorstep. If I'd  
known what we were in for, and how  
much stress I would be under, I would  
dearly have loved to have prepared a  
bit better!

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 2: Seated or standing marches\*

This activity will help with your circulation and stamina – you might find it makes you feel a little warmer and breathe a little more heavily, but you should still be able to hold a conversation. That's a good level to be working at.

- Sit up tall, ideally away from the back of the chair.
- Start marching your legs at an even and controlled pace.
- If it's feeling comfortable, add in an arm swing too!
- Try to keep going for up to 2 minutes.

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



Remember to start small and as the exercise starts to feel a little easier you can build the duration gradually. Standing alternative: Slowly march on the spot, gradually lifting knees higher and adding in an arm swing. Always stand next to something stable such as a work surface for support if required.

**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.

## Announcements

- May 17th – Happy Birthday to Tessa Milne-Day



### Abigail's World

'Here's Ellie Lunn from Broad Street with her signed copy of Abi's book which she's keeping specially for her soon to be arriving adopted little sister!'

## Kids Corner

### This week .....

How much is that doggie in the window.... Kids have you seen this teddy and his friends?! (hint – it's near the Market Square).

### Stay Safe Kids!!



## St Mary's Church

One of my roles as your Vicar in this community is to pray for the people of the Parish, which I do daily, you don't have to be in special need or trouble. I have a list of names but there is always room for more, so if folks would like me to pray for them then do contact me. Best wishes - Janice Collier

01993 851 222 or vicar@bamptonchurch.org

## Bampton Aid Network

**Revised Opening Hours**

**Monday to Friday: 8am to 6pm**  
**Saturday: 8am to 1pm Sunday: Closed**

**07946 192638**