

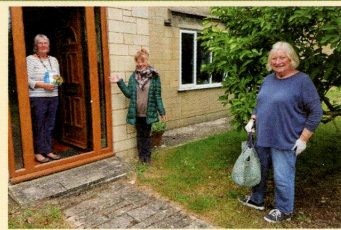
This Issue of the Lockdown Lowdown has been generously sponsored by

## Bampton Physiotherapy

01993 851753 [www.bampton-physiotherapy.co.uk](http://www.bampton-physiotherapy.co.uk)

### 500 JOBS AND COUNTING!!

Thursday 11th June was a significant day for Bampton Aid Network (BAN) with the completion of its 500th job (pictured here), just 3 months to the day after the idea of a Covid-19 Help Group for the village was first formulated. For many during lockdown, BAN has provided a lifeline, whether with prescriptions, home-cooked meals, or shopping. **Congratulations BAN, and thank you!**



Morris Dancers by Pip Shuckburgh

### Welcome to Issue 8!

Thank you for your feedback, we really appreciate all of your comments and we're pleased to hear that so many of you are enjoying the Lockdown Lowdown!

Please keep in touch with your stories, ideas, suggestions, photos - we'll always try to find space for them!

Going forwards, the Lowdown will be a fortnightly newsletter with eight pages instead of four, so we'll be introducing some new sections!

We're featuring two authors this time: Abi Groves and her book 'Abigail's World', and best-selling Clover Stroud who tells us about her lockdown longings!

Take care - and stay safe.

*Adam Lethbridge* Editor

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

### BAMPTON AID NETWORK

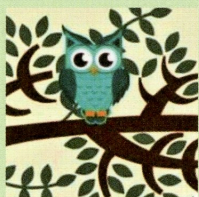
- NEW HOURS -

Monday to Friday

9am - 4pm

Contact us on 07948 192638

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



*'Over the moon to see the Cake Element Bakery open today, bought us so much joy. My little boy was jumping up and down shouting "Ivan's is open, he's back!" Got some amazing cakes and a strong coffee'*

*Luce Gander and her son Memphis Makepeace are happy customers!*



## HEALTH AND ESSENTIAL SERVICES

### Bampton Surgery

Call first on 01993 850257

Monday – Friday: 8.30am - 6.30pm

Saturday and Sunday: Closed

### Bampton Pharmacy

Monday – Friday: 10am-12.30pm / 2pm-6pm:

Saturday: 9am-12.00pm

Allow 7 days before collecting your repeat prescription. Tel: 01993 851961

### Bampton Post Office

Opening hours: Monday to Friday 9am-1pm

Sat 9am-12.30pm

### Bampton Aid Network **\*NEW HOURS\***

Community vs Covid-19

Helpline 07946 192638

Opening hours: Monday - Friday 9am to 4pm

Saturday and Sunday Closed

### Bampton Parish Council

Tel: 01993 851870

Email:webmaster@

bamptonoxon-parishcouncil.gov.uk

www.bamptonoxon-parishcouncil.gov.uk

### Police Contact

PCSO Colin Davies 07890 317768

Carterton police station. Call 101

non-emergency for all ongoing matters.

Please only use my mobile to leave

a message not to report crime. Stay safe.

## ANNOUNCEMENTS

### 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).

### Bampton Village Community Shop

The shop plans to open on Tuesday 7th July.

The shop will be open on Tuesdays, Wednesdays and Thursdays from 10am - 4pm and on Friday morning until 1pm. (See flyer insert for full details). Volunteers are being sought to work for a few hours a month in the shop. If you would be willing to join the team as a volunteer, please contact Jenny Chaundy on 07774 258889 or [jenny.chaundy@btinternet.com](mailto:jenny.chaundy@btinternet.com)

### 20 MPH FOR WITNEY!

From 15th June, Witney Town Centre will be 20mph from the current 30 mph. High Street, Langdale Gate, Corn Street and Welch Way will see all speed limits reduced. Welch Way to be closed from Marriotts Shopping Centre to High Street and parking on High Street (east side) will be removed. Buses, taxis cycles and disabled badge holders only will be allowed into High Street from Market Square (time restricted).



**Luca Binns** is doing a cycle challenge of 20 kms by the end of June! Bampton School Year 2 pupil Luca from Colville Close is fundraising to thank his teachers and the whole school for all the hard work they have put in over these difficult times. If he succeeds he gets a medal to keep, but most of all he wants to raise money for the Friends of Bampton School!! You can donate to Luca's fundraiser at his gofundme page **Luca's lockdown cycle challenge**.



**Well done Luca and good luck!**

## Celebrity Corner



**Clover Stroud** is a writer and journalist living in West Oxfordshire. She is the author of two highly confessional memoirs, *The Wild Other* and the *Sunday Times* best-selling *My Wild and Sleepless Nights*. Before she had her five children, she was a cowgirl.

### What do you miss most?

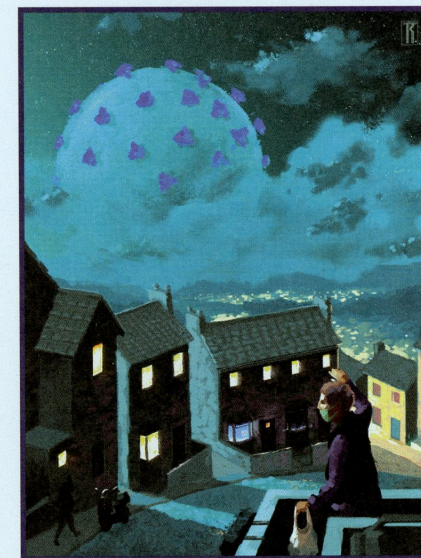
I miss seeing my father Rick and my stepmother Alexandra. My sister Nell died in December and going into lockdown while also missing Nell like mad was really hard. Spending time with my Rick and Alexandra is really important to me so I miss them most.

### What's the first thing you're going to do after lockdown?

I would love to go somewhere like Seville. I fantasise about sitting in a sunny square eating tapas, being part of European culture. I think the current government in this country are a bunch of incompetent idiots and the virus has proved that. So I really look forward to going back to Europe and not having to hear Boris Johnson or Matt Hancock spouting another bunch of lies or rubbish on the radio for a few days.

## Clover Stroud

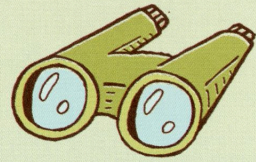
- **What do you wish you'd done or bought before lockdown?** I wish I had gone to more restaurants in the last few weeks before lockdown! I love Lebanese food and I was in London shortly before lockdown. I went to a Lebanese restaurant on Edgeware Road with my husband Pete and had the most delicious food. When I have been cooking pasta for my 5 children yet again, I have tried to elevate the experience by transporting myself back to that Lebanese food.



**Tom Rushmer** is a St. Albans based Graphic Artist who specialises in Event Photography, Videography and Digital Illustration. He created this amazing picture inspired by people looking out for each other and supporting their local takeaways and restaurants. He gave us permission to publish it here, thank you Tom! Check out his art at [www.tomrushmer.co.uk](http://www.tomrushmer.co.uk)

# WILDLIFE WATCH

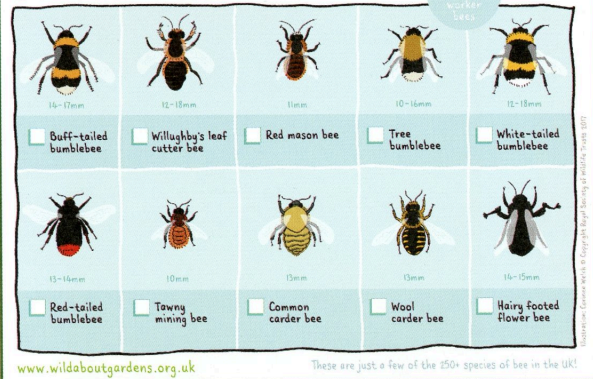
## The Forum For Flora and Fauna Fables and Fotos!



**Annie Jenkin's Nature Blog:** "This week it's an evening walk from Tadpole Bridge to Bampton.....my musings and observations. Within the next two weeks I hope to focus on wildlife in our gardens. I was up early today and to my surprise saw the heron perching on top of our neighbour's tree! It flies around our gardens at the bottom end of New Road and up to Bushey Lane! Could you put a **SHOUT OUT** in The Lockdown Lowdown to fellow Bamptonians to ask people to take their own new and current photos of birds, insects, fish, animals, plants, etc... and send to me at [anniejenkin22@gmail.com](mailto:anniejenkin22@gmail.com). If they are not confident with photos, I would be happy to visit their garden and take the photos myself. Thanks!" **Annie's Nature Blog is at [www.bampton-network.co.uk/news/an-evening-by-the-river](http://www.bampton-network.co.uk/news/an-evening-by-the-river)**



### Bee identification



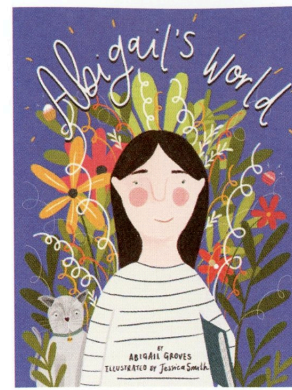
You might be surprised to learn there are more than 250 species of bee in Britain. Bumblebees, mason bees, mining bees - these are just one small part of a big, beautiful family. There is just one species of honeybee in the UK, identified by its slim, sandy thorax and black abdomen with golden-amber bands. How many of these types of bees can you spot around where you live?!

Why not join a local nature group? **Wild About Oxford** is a Meetup group which is for anyone interested in getting outdoors and enjoying the natural world. Meetup.com is an online special interest forum where you can join with existing groups or form your own group around your particular interest.

**Wild About Oxford** explores Oxfordshire's nature reserves, woods and rivers looking for birds, butterflies, mammals and wildflowers, and occasionally we may venture outside the county. With the ease on the lockdown we are currently able to meet locally in groups of six whilst observing social distancing. During the winter season we advertise indoor meetings being held by various wildlife groups. We are hoping that this can happen again this year as normal. To find out more go to: <https://www.meetup.com/Wild-about-Oxford/>



Marbled White Butterfly on thistle: photo by Iain Dykes



Every week, Author Abigail Groves is giving away a signed copy of her magical book 'Abigail's World'! Email [thelockdownpress@gmail.com](mailto:thelockdownpress@gmail.com) to enter the weekly draw!

Here are this week's winners **Joseph, Heidi and Isabella** with their special signed copy! **Thank you Abi!**



### Meet the Author!



'Hi! My name is Abigail and I am a children's author and creator of Abigail's World. I studied Sociology with Media at the University of East London, graduating in 2016. Since graduating I wrote and published my first children's book.

I have always suffered with anxiety since I can remember and when I was six years old I created Abigail's World, a happy place in my mind that is a safe place that I could go to when I was feeling worried.

Now eighteen years later, I wanted to write the story of Abigail's World that includes all my coping mechanisms that I still use to help me get through the day and to bring me some peace of mind. My aim is to bring fun and adventure to children and parents during story time while learning how to cope with our daily struggles.' Check out Abi's website at [www.myabigailsworld.com](http://www.myabigailsworld.com)

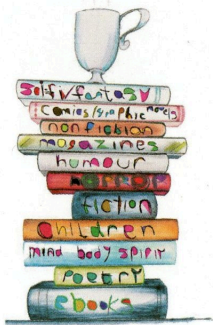
### The BAN Celebration Festival

Do you like the idea of a festival of Music, Food and Art in Bampton? A festival to celebrate everything that the amazing people of Bampton created, made, and grew during the lockdown. A festival that will celebrate the carers, the helpers, the neighbours, the doctors and nurses, the pharmacists, the volunteers, the deliverers, the shopkeepers, the cooks, the gardeners, the clappers, the phone chatters, the flower arrangers, and all those others, too many to mention, who made life under lockdown as good as it could possibly be. A festival for everyone in Bampton to be proud of, well, of ourselves and bring a smile to all of our faces!

If you say Yes to the idea....Please get in touch with Jess Egerton on 07901 503642 or email on [jess.egerton@googlemail.com](mailto:jess.egerton@googlemail.com) **BAMPTON.....LET'S DO THIS!**

## FEELING BOOKISH?!

Attention all book lovers! Check out **Oxfordshire Libraries** on Facebook and Twitter @Oxfordshirelibraries and **Carterton Library** on Facebook and they all have loads of posts which would interest local residents, especially the latest announcements concerning this year's Summer Reading Challenge and the announcement that the Family History site 'Ancestry' is now available for library users to access from home.



When libraries are closed, there are still a wide range of online services available to you from home. Here are just a few! Check them all out at <https://www.oxfordshire.gov.uk/residents/leisure-and-culture/libraries>



- Bloomin' Good Book Club
- eBooks and eAudio
- Newspapers and Magazines
- SILLY SQUAD
- Summer Reading Challenge 2020
- Music Streaming Service
- Online resources for homework
- Online access for study
- Library eNewsletters

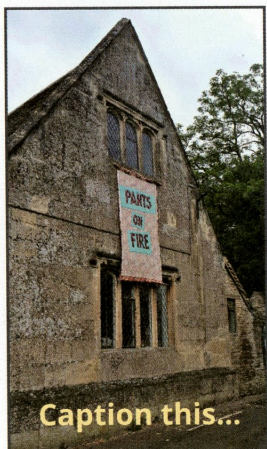
Oxfordshire  
All In

[www.oxfordshireallin.org](http://www.oxfordshireallin.org)

Find support. Give support. A central hub for the community response to Covid-19 in Oxfordshire. A collaboration of local community organisations.

Hasan provides great food and cheerful chat from his Has Kebab van and is truly a Bampton fixture - and a loyal Lockdown Lowdown reader!

He even brought out the rainbow colours for the NHS and key workers... thank you Hasan!!



Caption this...

On 28th November 1946, an Avro York crashed on to the railway line between Brize Norton and Carterton. It took several days to clear the line. We'll be featuring the railway and Bampton & Brize Norton Station in the next issue!



## Activities for Older People

### Activity Number 5 - Upper arm strength (biceps)

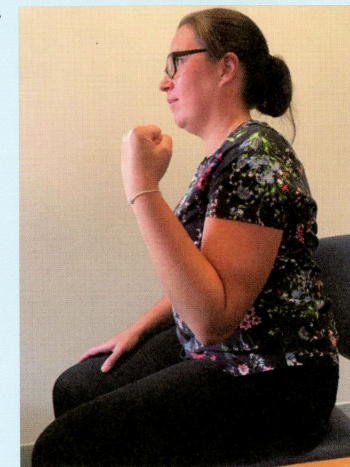
The exercise this week is to help with the strength of the muscles on the front of your upper arm, used when lifting heavier objects.

- Keeping your elbow in by your side, lift your hand up towards your shoulder.
- Slowly lower your hand back down again.
- Do 10 with each arm.

To get the benefit from strengthening exercises like these, you should find that doing your set of 10 repetitions feels like moderately hard work.

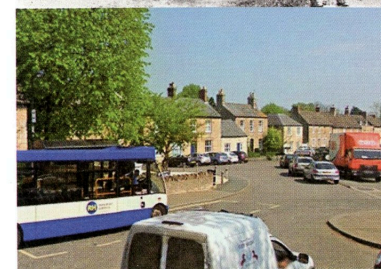
Need more? Increase the number of repetitions to 3 sets of 10.

Hold a small weight - use something handy like a small bottle of water or for a heavier weight use a 4-pint milk bottle.



**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. In non-COVID times Tracy runs a class in Bampton Village Hall on behalf of AGE UK.



**Breaking lockdown?!** 'On the 26th March 1894, Bampton baker Embury Wenman (left) was in the market place at 11.30pm, somewhat the worse for wear. He approached police constables Skidmore and Stephens who were on duty there and asked them for a light. The constables advised him that he was drunk, and had better go home. When they assisted him in this, he refused to go indoors and gave PC Skidmore two black eyes and bit his finger. Wenman was fined £3 for the assault and £1 for drunkenness.' Thank you to local historian Julie Ann Godson for this! Follow her at @julieanngodson and you can read a whole year of great stories in her book "On this Day in Oxfordshire" available on Amazon, price £15.99.

**Disclaimer.** Without prejudice: All views and opinions expressed in The Lockdown Lowdown are those of the individual contributors and do not represent those of the publication nor of its editorial team.



# Kid's Corner



Colour this picture and email it to us and we'll put one in our next newsletter!!



## African Animals Wordsearch

**THE PARK IS  
NOW OPEN!!**

Can you find all 10 African animals in the grid?

- Gundi
- Guinea fowl
- Meerkat
- Lion
- White Rhino
- Porcupine
- Zebra
- Giraffe
- Ostrich
- Bush baby

L	C	G	H	Z	E	B	R	A	A	B	E	T	D
F	I	O	S	T	R	I	C	H	F	I	A	O	E
G	F	A	G	U	N	D	I	P	C	K	G	I	B
U	E	O	W	U	A	M	E	A	R	A	E	R	U
I	F	I	H	R	I	N	T	E	L	I	B	R	S
N	F	T	I	R	A	S	E	O	I	Z	B	R	H
E	A	Z	T	B	I	M	I	B	O	G	G	M	B
A	R	B	E	A	N	S	U	P	N	R	E	L	A
F	I	E	R	G	K	H	C	R	I	E	L	A	B
O	G	F	H	B	N	K	Y	R	U	F	N	U	Y
W	H	C	I	E	N	I	P	U	C	R	O	P	I
L	F	O	N	S	E	N	O	R	I	I	P	I	G
E	T	I	O	O	O	P	U	I	F	B	F	O	L
I	I	L	R	D	F	W	C	F	C	I	E	O	E

**Cotswild  
ACADEMY**

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

Details check at [www.cotswoldwildlifepark.co.uk](http://www.cotswoldwildlifepark.co.uk)

# BAMPTON VILLAGE COMMUNITY SHOP

# SHOP OPENING

- We plan to open the shop on Tuesday 7th July. The shop will be open on Tuesdays, Wednesdays and Thursdays from 10am - 4pm and on Friday morning until 1pm.
- There will be a one way system with customers entering via the back door and leaving at the front. If necessary a queuing system will operate outside in the rear car park while observing a safe social distance.
- Customers will be required to **WEAR A FACE MASK**. You will also be asked to use the hand sanitiser station on entry and before browsing. We will implement social distancing and hygiene rules at all times
- The changing room will be closed to minimise the risk of contamination.
- Only two customers will be a permitted in the shop at any one time - one in the back salesroom and one in the front salesroom. A family group (1 parent 2 children) will be permitted per room.
- Handling Goods - we ask customers to minimise handling of the stock wherever possible.

## CONTACTLESS PAYMENT

- We have installed a new contactless payment system and we encourage all customers to use this method of payment where possible to further help minimise the risk.  
Cash payments will still be accepted.
- The shop will be cleaned at the end of each day.

# DONATIONS

## OUR SINCERE APOLOGIES BUT WE WILL NOT BE ABLE TO ACCEPT DONATIONS UNTIL FRIDAY 17th JULY.

- While we are very appreciative and welcome all your donations, with the new regulations, the fact that we have to quarantine everything for 72 hours, we simply don't have the capacity to cope with the volume of donations we are likely to receive. If you are happy to hang on to things until the situation eases we will be very glad of your donations then.

**WE HAVE PLENTY OF NEW STOCK AVAILABLE FROM OUR STOCKROOMS SO YOU WILL FIND PLENTY TO LOOK AT!**

- When we can accept donations - to start with we will be taking them on **FRIDAYS ONLY FROM 1pm - 4pm**. The shop will be closed at this time. Donors will be directed to the **DONATION POINT** at the rear of the shop.
- Please limit what you bring to one or two bags/boxes as all donations have to go into quarantine for 72 hours and we do not have capacity to store huge amounts.

**PLEASE DO NOT LEAVE GOODS IN  
THE DOORWAY OR ANYWHERE  
OUTSIDE THE SHOP - THANK YOU**