

# Deddington and Parish Covid-19 Response Team

## Newsletter #07 – 15<sup>th</sup> May 2020

### Deddington, Hempton and Clifton – Together, Apart!

See map below for your zone and the contact details of your zone captain

*Please contact your zone captain if you need any help*

#### Who are we?

We are the Deddington and Parish Covid-19 response team – a group of local volunteers.

*Please call us if you need help or information.*

We know that there are now a number of people relying on this help – please rest assured that this will continue for as long as there is a need.

*There are well over a hundred volunteers throughout the parish supporting the zone captains and parish council – many thanks to all.*

#### Communications

**Deddington News** has been published on-line only this month – find it at [deddington.org.uk](http://deddington.org.uk)

**Deddington on line** – look on our local information website [deddington.org.uk](http://deddington.org.uk) for more information

**Facebook** (search “Deddington Response”) for up-to-date information, this weekly newsletter and links to useful sites. For general local news and comments see *Deddington Community Notice Board*

#### Deddington Covid Archive

A local online Covid-19 archive has set up. See [deddingtonhistory.uk/covid-19pandemic2020](http://deddingtonhistory.uk/covid-19pandemic2020).

This includes copies of these newsletters. They'd very much like stories, anecdotes and photographs showing Deddington parish in lockdown. Please email them to Mary Robinson [robimary@gmail.com](mailto:robimary@gmail.com).

#### Community Connect (Citizen's Advice)

provides Food Vouchers and advice on issues including employment problems, Universal Credit & other benefits, housing, relationships and debt.

T: 0300 004 0401. W: [www.canosn.org.uk](http://www.canosn.org.uk)

E: [advice@citizensadvicenosen.org.uk](mailto:advice@citizensadvicenosen.org.uk).

**With the new relaxation of lockdown, it is likely that there will be many more people about – which makes it even more important that we stay at least 2 metres away from anyone not in our own household so that Social Distancing continues to be effective.**

**THANK YOU.**

#### Garden Centres

*All have restricted numbers allowed on site at any one time – be prepared to queue!*

**Cotefield** open 9-4 daily (Sun 10-4). Card only. [cotefieldnurseries.co.uk](http://cotefieldnurseries.co.uk) .tel: 01295 275222

**Bunkers Hill** has deliveries and click & collect. Personal shoppers by appointment only; booking at [bunkershillgardenshop.co.uk](http://bunkershillgardenshop.co.uk). tel: 331492

**Nicholsons** reopen on Monday 18 May; see website [nicholsonsgb.com](http://nicholsonsgb.com) for details. tel: 340342

**Deddington Farmers Market:** Whilst the Market sadly cannot go ahead at this time, many of the stall holders are providing delivery services. See [www.deddingtonfarmersmarket.co.uk](http://www.deddingtonfarmersmarket.co.uk) for details.

#### Recycling Centres

Open from Monday (8-4), but at 50% capacity, and with no physical assistance from staff. Please only use them if you cannot safely store waste at home.

#### Pilates Online

For those wanting Pilates at home, a local teacher is Gisela Payne (£25 for 4 1-hour on-line classes). 07762 230043 [Energizuk@gmail.com](mailto:Energizuk@gmail.com)

**Please respect the government and NHS guidelines**

**ALWAYS USE SOCIAL DISTANCING**

Spread the Word – not the Virus. Fighting Covid -19 as a community. Use 999/111 for emergencies

**Newsletter** – either an information newsletter or a well-being newsletter will be produced approximately weekly and delivered to every house (by helpers with gloves). If you are happy to get the information via Facebook or [deddington.org.uk](http://deddington.org.uk) instead (saving paper!) please put the logo on the right in a window near your letterbox.



## REFERENCE SECTION

### Healthcare

**Delmergate:** All prescriptions for the over 60s are being delivered automatically and all those on the Government 'Shielding' list. If you are not in these groups, but need assistance getting your prescriptions, please notify your zone captain. Open: 9-1, 3-6:30, Mon-Fri. Tel 337583

**Deddington Health Centre:** Tel 338611. For repeat prescriptions call 338847 (10-3, Mon-Fri) and please leave a message as paper copies are no longer accepted.

Anyone on the previous DHC delivery system will continue to get deliveries, anyone on the government shielding list who does not have family, friends or volunteer to collect for them can contact the Dispensary on 338862 and delivery will be arranged.

Patients in Hempton or Clifton who ordinarily collect, but now need a prescription delivery, please notify your Zone Captain. Delivery day is Friday.

**Dentists:** no appointments at present; in an emergency ring your usual practice for advice. (Use 111 if no answer)

### Food Shopping

**Co-op:** Open 7am-9pm (8-8 on Sunday). VIP Hour 9.30-10.30. Telephone orders can be taken, card payment over the telephone. Zone captains can arrange delivery for those isolating. Tel: 336281

**Eagles:** Telephone orders with phone payments Tel: 338500.

**Foodies:** Fresh bread, local farm eggs, pasta, rice, flour; also take away hot drinks & deli sandwiches. 10-3 daily. Tel: 337470

**Sainsbury's:** Open to NHS & Social Care staff on Mon-Sat at 7:30 (30 mins before public opening). Priority shopping from 8:00-9:00 Mon, Wed & Fri. Open 8am-10pm (10-4 Sunday)

**Morrisons:** Will deliver for elderly, vulnerable and self-isolating people ONLY. 0345 611 6111 option 5.

*If you are unable to leave home and need shopping from the supermarket, please call your zone captain for advice.*

**Fenmore Farms Micro Farm Shop,** in Clifton, is open daily (8-5:30) for frozen lamb, honey, eggs, milk plus pasta, various flours (including GF) and yeast. Also bedding plants from UGM nursery. Cash or cheque only. Tel: 07917 795207.

**Rob Hill, the fish man from Grimsby,** is back opposite the Co-op every Thursday from 1.45-2.30. Cash only. Ideally place orders in advance at [robhill74@me.com](mailto:robhill74@me.com) or 07578 195979 (leave text or voicemail)

### Eating

**Bengal Spice:** High Street: Indian takeaway. - Tel 337733/337799. Open every day except Tuesdays. Open 5.30pm - Last Orders 9.30pm.

**Popular Chinese** - Hempton Road. Take away Chinese. Tel 338881. Collection only. Weds – Sat, 6pm -10.30pm.

**Pickled Ploughman,** Aynho Road, Adderbury. Tel: 01295 810327. Take-away pub food. [pickledploughman.co.uk](http://pickledploughman.co.uk)

**White Horse,** Duns Tew. Take-away food changing daily from 6pm. 340272 [dunstewwhitehorse.co.uk](http://dunstewwhitehorse.co.uk)

### Pets

**Crofts:** A pet food delivery service by our volunteers is collected weekly from Crofts, Banbury. Phone Crofts with your order on 01295 250131, you can pay over the phone and leave your address and it will be delivered the following Friday. Any concerns phone Bea (337717).

**Vets** are generally running an emergency service only; ring your usual vet if needed.

### Shops

**The Flower Shop** can now deliver locally, order by 3pm Tues. [amanda@theflowershopdeddington.com](mailto:amanda@theflowershopdeddington.com)

**Cyclogical** 9:30-4 Mon, Tue, Thur, Fri; 9:30-3 Sat.

### Foodbanks

Banbury Food Bank – email [info@banbury.foodbank.org.uk](mailto:info@banbury.foodbank.org.uk) or tel: 01295 661304

Bicester Food Bank – email [info@bicester.foodbank.org.uk](mailto:info@bicester.foodbank.org.uk) or tel: 01869 321806

### Other help services

**Childline:** 0800 1111

**Samaritans:** 116 123

**Domestic Abuse Hotline:** 0808 2000 247

**The Survivors Trust:** 0808 801 0181

**Oxfordshire Mind:** 01865 247788

**Age UK:** 0800 169 6565

### Food Bank

The Food Bank donations trolley is the porch of Deddington Church so that we can continue to support the work of the Banbury Food Bank. Please be generous if you can and leave donations of food which is not perishable, that is, tins, packets etc within their use by date, and not fresh food, fruit or vegetables. Many thanks, Rev Annie

Spread the Word – not the Virus. Fighting Covid -19 as a community. Use 999/111 for emergencies

# Deddington COVID-19 Response

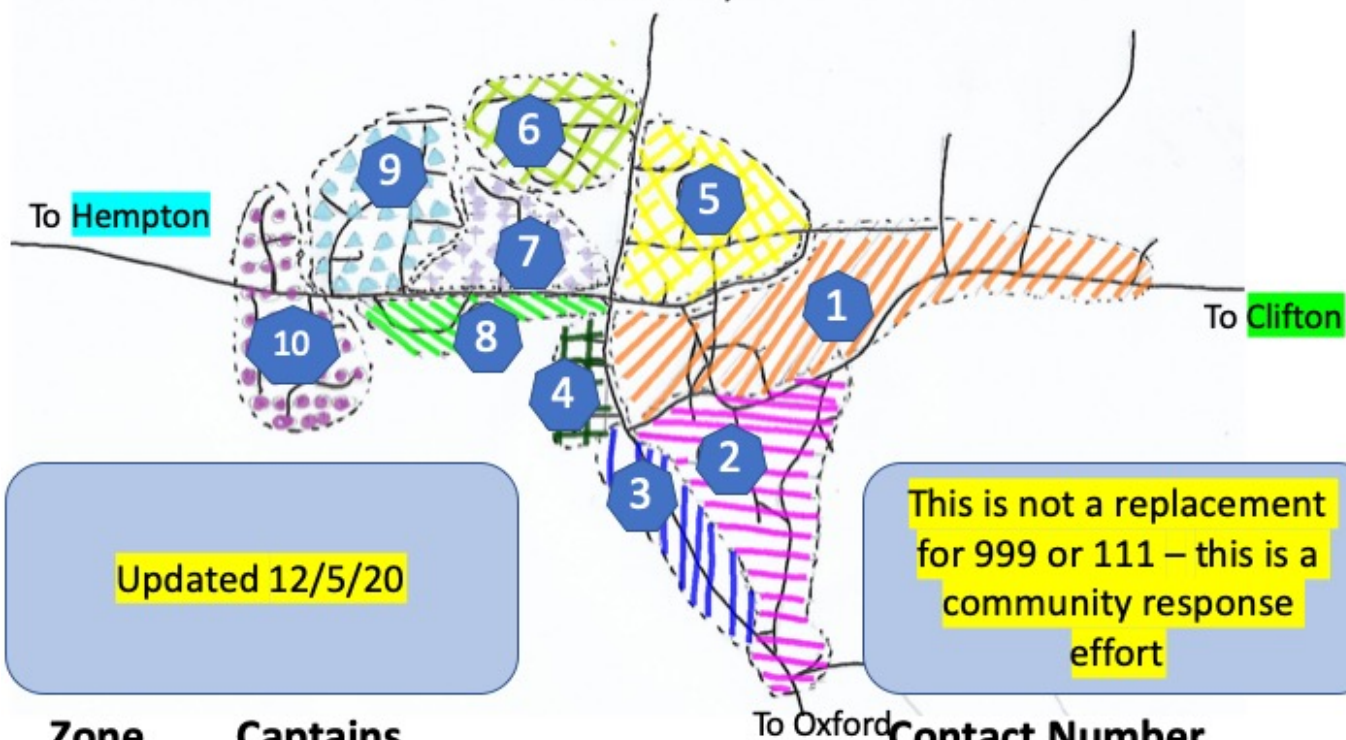
Quarantining or self isolating? There is support for you!

Need some help or know someone who does?

Deddington Community Volunteers have got you covered. Need supplies or prescriptions, dog walking or just some advice and someone to talk to – then call your Zone Captain.

**Fighting Coronavirus as a Community**

To Banbury



Updated 12/5/20

This is not a replacement for 999 or 111 – this is a community response effort

Zone	Captains	Contact Number
Zone 1	Mark Adams	01869 338902 or 338902
Zone 2	Maddie Bonvin	07734 791728
Zone 3	Julia Cork	07881 438930 or 337546
Zone 4	Heather & Tim Darwall-Smith	07780 605822 or 336934
Zone 5	Annie Goldthorp	07795 691927 or 336880
Zone 6	Ben and Philippa Carson	07562 997546 or 228675
Zone 7	Harriett Palin	07760 256125 or 338850
Zone 8	Al Kitchen	07989 399054 or 337548
Zone 9	Jenny and Clive Snashall	07761 828066 or 337406
Zone 10	Jen Childs	07774 608715
Clifton	Tei Williams and Ian Willox	01869 337940
Hempton	Janet and Jonathan Watts	07825 172600 or 337135
All Zones	BEATRICE MALONEY	07957 655095 or 337717