

Calling all good neighbours! In a shocking break from our mission to print and deliver Eynsham News to every home in the parish, our team has decided it is wiser to switch to online publication only for the time being, to remove any possible risk. To compensate, we offer an occasional splash of colour onscreen – do feel free to share. Please check the foot of this page re: our next issue.

Eynsham's Garden Wildlife Survey has got off to a



great start – photo © Kerry Fisher, our interactive map at bit.ly/EGWSM Many people have said that sitting together (in spirit) for 30 minutes, in our respective gardens, is an antidote to Covid blues. It could also be a benefit to

national research if we keep it up and get our neighbours to join in. Already, we have found a correlation between the number of birds and bird-feeding – check the entry for Duncan Close. To take part, email: eynshamnature@gmail.com

Life under lockdown

- Blood donors are still welcome at the Village Hall on Friday 24 April, 13:15-15:30 and 16:15-19:30. Enquiries: 0300 123 23 23
- Library members can access a great choice of free e-books & audio titles – you can [sign up anytime](#).
- A diary of life in Eynsham during the pandemic: see eynshamlockdown.org for more info. Email your entry to lucybadger@eynshamlockdown.org or sarahmedina@eynshamlockdown.org Or write it by hand and ask someone to send it for you. Enquiries to Lucy: 07810 387695.

Step outside – if you can...

A reminder: all play areas, including the skateboard park, are closed for the time being, as are the Oxford Road playing fields. Please keep your dogs on a lead on the public footpaths across the south field and in the Fishponds. Keeping to the right is always safer on Cassington or Chilbridge Roads; it's easier to keep your distance from fellow-walkers that way too.

There's never been a better time to celebrate bluebell season! Do head to Pinsley Wood or Vincent Wood for one of your outings if you can. The circular walk via Church Hanborough and Freeland (or vice versa) is perfectly mapped at bit.ly/eynsham-cwnorth

Stories from school

Following school closure, life has changed dramatically for us all at Bartholomew. Rising to the challenges of working remotely, staff, governors, students and parents/carers have been as impressive as ever. Your kind and encouraging messages of support and thanks have meant a lot. It has also been humbling to learn that many of our parents/carers are key workers, and we are proud to support them by supervising some of their children in school.

You may have read in the local press about our D&T team who have been producing visors and headbands for our local NHS front line staff. It is a privilege for us all to serve at this time and I am hopeful and optimistic that when we get through this crisis, we will all benefit from the positive effects of a community coming together. For further updates and photos, do follow us on Twitter [@Bartholomew_sch](https://twitter.com/Bartholomew_sch)

Key local services for lockdown

With print deliveries of Eynsham News on hold for the



E Y N S H A M
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N E T W O R K

time being, it is more important than ever that we look after our neighbours and make sure everyone knows that support is out there. Hundreds of Eynsham volunteers are on standby to help with prescription collection, shopping or other errands, and most local businesses are offering home deliveries. So don't hesitate to get in touch if you – or someone you know – needs help. For an up-to-date list of useful services and support available visit Eynsham Online or follow our Facebook page.

* Call 07443 564516 Mon-Sat 09:00-18:00, or email eynshamhelp@gmail.com

* Find '[Eynsham Volunteers - Corona Virus Help](#)' on Facebook

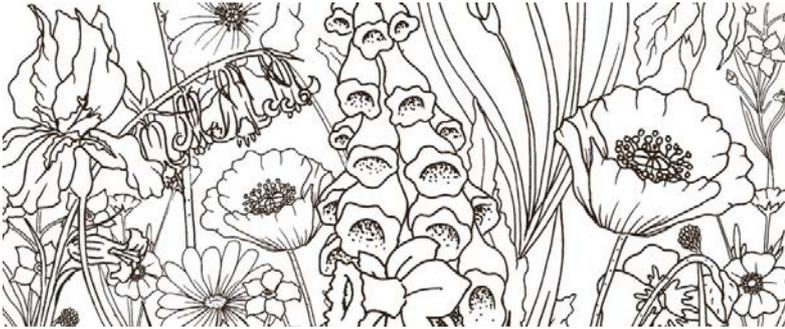
* To join your neighbourhood WhatsApp group email eynshamhelp@gmail.com

* For help from Eynsham food bank and emergency fund – or to contribute – call Bob Thiele (07738 063083) or Zoltan Biro (01865 881670)

* Donations welcome for our community support fund bit.ly/eynsham-CSF

Over to You!

Eynsham News is for you! Please do send any contributions for future issues to Joan at eynsham.news@gmail.com or Sarah at sarah.eynshamnews@gmail.com.



Thanks to Grace Ironside of Holywell Press for this week's beautiful colouring corner picture. You can print it full-size at eynshamnews.org.uk

A child's view of coronavirus ...

These are troubling times and children – even if they don't understand everything that's happening – feel worry and sadness, as expressed vividly in this thoughtful acrostic poem by Ben Bragg, aged 7. Thank you, Ben.

Coronavirus can kill.
Other people recover.
Really worried about coronavirus.
On home working for 3 months.
Never felt more worried.
All scientists are making a cure.
Very important news coming out.
Impossible to stop coronavirus.
Really sad about my friends.
Under cars over rocks coronavirus spreads.
Super sad about coronavirus.

... and how to help them

Thanks to youth worker Kristie Waller for this sound advice about how to help children who are worried, scared or sad. Kristie has a lot of experience working with young people in lowering anxiety and high emotion levels.

- Choose an appropriate space and time – not in their bedroom or before bedtime, and not when you are feeling stressed or child preoccupied.
- Ask what they already know about coronavirus. This allows you to correct any inaccurate information, but also to find out their level of knowledge.
- Follow their pace. If they are asking lots of questions, answer them and, if not, that is also fine; they may have questions later.
- Let them talk about their fears and worries. They might want to express them through creative play, such as through drawing or story writing.
- Let them know that you are there for them if they feel scared.
- Teach them about things that they can control, such as washing their hands correctly, and about how having a proper night's sleep and healthy eating can keep them strong.
- Acknowledge that activities will be cancelled and holidays may be missed, but explain that this is to keep people safe.

Three-ingredient recipes (1)

Thanks to Sandy Hellig for this recipe based on Alan Craft's list of three ingredients he has at home: prunes, three sausages and orzo pasta!

Cook sausages.

Chop prunes.

If you have sage or parsley in the garden, chop some. (Or use dried herbs.)

If you have an orange, grate some zest. (Or use a splash of fruit juice.)

Cook pasta.

Mix all together with some creme fraiche, cream or cream cheese, and salt & pepper.

A holiday ... at home!

Emma tells us about her weekend mini-break to ... Eynsham! Thank you, Emma. Who's next?!

On Friday night, we packed a suitcase, went out of the front door and walked around the garden until we reached our hotel (our house!). We stepped inside to find a welcome letter on the mat, telling us about all the facilities at the hotel. It had a cinema (the TV, with a list of good films); fabulous grounds (the garden) and a spa! Our towels were made up into fancy animals on the bed, accompanied by mini toiletries (acquired on previous trips to real hotels) – and there was even a small box of chocolates on the pillow for us to share.

On Saturday night, my partner's restaurant put on an amazing three-course dinner, and we dressed up suitably for such a fancy occasion. And after a full English breakfast on Sunday, we went for a spa (a long soak in the bath with homemade face packs, followed by a massage each – complete with relaxation music on Spotify!).

I can thoroughly recommend a weekend away in Eynsham – not only was it a lovely bit of escapism, but it was fun coming up with all the hotel-like experiences we could create at home. This weekend, we're planning on going on a camping trip... if the tent fits on the back lawn!

Your book reviews (1)

Thanks to Andy Lamb for recommending The Perks of Being a Wallflower, by Stephen Chbosky

A young-adult novel that is also suitable for adults. A lonely teenage boy learns to come to terms with his troubled past.