

Issue 2 – 9 April 2020

A special mention this week to Bartholomew School Design & Technology for the face masks they made for Eynsham Medical Centre.

We are in a time of change, but remember it is only temporary. For now, the S2 bus and Gatehouse volunteer runs are cancelled. For 2020, Oasis and Eynsham Carnival are cancelled. They'll all be back!

Love where you live

This month, the Parish Council needs your feedback on two significant issues. **The Bartholomew Room**, funded by the people of Eynsham for the Queen's Silver Jubilee in 1977, is in urgent need of repair (to be funded by a rise in council tax); and Eynsham Nature Recovery has proposed a more **biodiversity-friendly grass cutting** routine along Hanborough, Oxford & Station Roads. Enquiries to the Clerk (07956 901622), details and voting (currently online only) at bit.ly/EPC-asks

Local food & drink delivery / takeaways

Cornucopia Cooks: ready meals | collection / delivery Fri (pre-order before Thurs) | 07551 876285

Eynsham Cellars: wines, beers & spirits | collection (daily 15:00-18:00) / delivery | 01865 884405

Off the Hook: fish & chips and pizza | delivery Mon-Sun 16:30-22:00 | 01993 883110

Ready Steady Spice: curry | collection / delivery Tues-Sun 17:00-22:00 (22:30 for collection) | 01865 883333

Smarts: Fish & chips | collection | 01865 708496

The Edge Eatery: gourmet burgers, wraps, hot meals and coffee | collection / delivery Thurs, Fri & Sat 17:00-20:30 | 07896 953194

The Jolly Sportsman: Sunday roasts | delivery - order before Sun via Messenger @jolly.sportsman

The Market Garden: Veg and fruit boxes | delivery Mon, Weds, Fri | 01865 604571

The Queen's Head: pizza | collection / delivery Thurs-Sat | 01865 881229

The Red Lion: pop-up offy | Fri-Sat 16:00-20:00

The Swan: pie meals | collection / delivery Mon-Sun 17:30-21:00 | 01865 881225

You're not alone in Eynsham

It's now been three weeks since lockdown began, and each day brings new challenges for us all. In these unusual times, it's normal for some days to feel easier than others. This pandemic can affect absolutely anyone's health or circumstances. Don't be afraid to ask confidentially for help if you're struggling, mentally, financially, with shopping, errands, or medication.

The Eynsham Heroes community Coronavirus support network collects prescriptions or medical equipment (sometimes travelling as far as the JR), posts letters, and shops for food or other essentials, such as hearing aid batteries. We can arrange support from the Eynsham food bank for anyone in particular need. Our service has also been welcomed by family members living outside Eynsham who aren't currently permitted to help their elderly relatives in person.

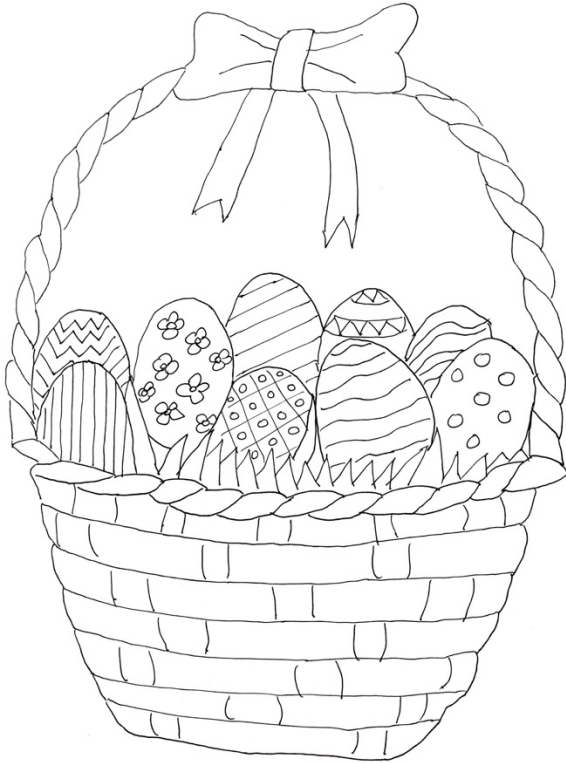
If you are vulnerable, self-isolating, or finding things hard and need help, or just want someone to check in on you, there is someone nearby ready to assist...

- Call 07443 564516 Mon-Sat 09:00-18:00, or email eynshamhelp@gmail.com to request or offer help
- Find 'Eynsham Volunteers - Corona Virus Help' on Facebook
- To join your neighbourhood WhatsApp group email eynshamhelp@gmail.com with your address and mobile number
- For help from Eynsham emergency food bank (or to contribute), call Bob Thiele (07738 063083) or Zoltan Biro (01865 881670)
- Donations welcome for our community support fund at bit.ly/eynsham-CSF

Eynsham Heroes works in partnership with Eynsham Good Neighbour Network, Oxfordshire All In, Eynsham Medical Centre, and other support groups. We deliver the weekly Eynsham News to every house in our community, so that no-one feels alone, and everyone has essential service updates at their fingertips. Our squad of volunteers practices social distancing and wears protection. Our home delivery policy is under continuous review. If you do not wish to receive future print copies please leave a note outside your door.

Easter fun!

We wish everyone in Eynsham a very *Happy Easter*. We hope you are all able to enjoy the Easter weekend, connecting with loved ones by phone or online. ☺ How bright and cheerful can you make this week's colouring corner? Remember you can print it full-size at eynshamnews.org.uk.



Anagram

Can you unscramble these words to make 10 Eynsham businesses? *Thanks to Chris Baker for the conundrum!*

[To give you a hint, here is what you're looking for: Cornucopia Cooks; Evenlode DIY; Eynsham Post Office; Golsby Butchers; Lloyds Pharmacy; Lyall and Co; Market Garden; Medivet Eynsham; Rainbow House; Talmages.]

- 1 And locally _____
- 2 As symphonic toffee _____
- 3 Banish our woe _____
- 4 Calmly rhapsody _____
- 5 Drake garment _____
- 6 Get lamas _____
- 7 Her stubbly cogs _____
- 8 Eve's thymine mad _____
- 9 No prosaic cuckoo _____
- 10 Yielded oven _____

Bunny art

Thanks to Jackie Taylor for this sweet pre-school Easter activity: a cardboard tube bunny painting. You need:

- a cardboard tube from kitchen or toilet roll, cut into three pieces
- paints, pen and a sheet of paper or card



Use one tube circle for a bunny face. Slightly squash the other two to make ear shapes. Dip into paint and print bunnies! When the paint is dry, use a pen to add eyes, nose and whiskers.

Outdoor painting ... with water!

Janet Gaukroger suggests some outdoor fun as the weather warms up! Give children a plastic pot of water and a few inexpensive paintbrushes of various sizes, and let them 'paint' the patio, fence or anything outside. The brushes get pretty messed up after a while, so don't give them your best oil brushes!

Calling all children!

We're going on a bear hunt!
Put your teddy in a window in your house!
See how many you can spot in the village
when you go on your daily walk
with your family.

Did you know ... ?

You can't breathe and swallow at the same time. Go on, try it! *(Thanks to Helen Gavin.)*

Calm thoughts ...

We are living in unprecedented circumstances, and it is perfectly normal to feel concern and even some anxiety. Let nature calm your thoughts with these simple ideas.

- With the roads quieter than ever, bird song is taking aural pride of place. Tune in to the melody of the birds. The RSPB has a 'Birdsong channel' on its website.
- Pick up a leaf from outdoors, or look in a book or online, and spend a little time sketching it. You will look more closely at it and it will draw you in to a place of peace. The process here is what matters; the end result doesn't matter!