

Deddington and Parish Covid-19 Response Team

Newsletter #12 – 7th January 2021

Deddington, Hempton and Clifton – Together, Apart!

For your zone captain please see the map on page 3

Most organisations and businesses below have hyperlinks to their websites or facebook pages

As we go into a new year, and new lockdown, we remind you that help is available for those who need it.

The Deddington and Parish Covid-19 response team was formed at the start of the first lockdown to provide community assistance to those needing it within the Parish. We are all volunteers and are organised into Zones, each with a Zone Captain (details above). If you need any assistance please contact your Zone Captain who will put you in contact with an appropriate volunteer.

We want to keep the whole area as safe as possible and are here to help so:

1. **Ask for help if you need it** – we know that we continue to be a long way from ‘normal’ but if you or anyone you know needs a hand, please just ask. We are here for everyone. For instance if you are unable to get transport for a Covid vaccination, then your Zone Captain may be able to arrange help.
2. **Support local businesses** – in previous lockdowns, local businesses did an incredible job to support the community. Please continue to support those that can be open.
3. **Continue to be kind** – the parish has shown its greatest values during lockdown. Let’s celebrate our differences and what unites us. We are stronger as a community.
4. **Offer to help** – if you are willing to join the team of volunteers in your zone, contact your Zone Captain.

COMMUNICATIONS

Deddington on line: look on our local information website deddington.org.uk for more information.

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

Deddington News will be published on-line only this month. If you are not on-line and need a printed copy please contact your Zone Captain.

LOCKDOWN RULES (summary)

You MUST stay at home except for:

- Essential shopping (food, prescriptions, medicines, newspapers, post office etc)
- Work or volunteering, which cannot be done from home
- Exercise **locally** (only once a day) with your household (or support bubble) or one other person
- For medical reasons (GP, dentist, hospital, COVID-19 tests, vaccines etc) – including vets
- To escape injury or harm (eg domestic abuse)
- For taking children to child-care
- To attend a funeral or related event
- To meet people in your formal support bubble or childcare bubble where necessary

If you are clinically extremely vulnerable you should only go out for medical appointments, exercise or if it is essential. You should not attend work.

If you are out of the house, maintain the 2 metre distance rule and wear a face covering in shops and other indoor settings including public transport.

Those over 60 and clinically vulnerable people are urged to be especially careful to follow rules and minimise contact with others. Those defined as clinically extremely vulnerable should have received a letter from the government giving detailed guidance.

Full details are on-line [here](#)

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

What can I do to help myself and others?

We all want to reduce the chances of getting or spreading the virus. The points below should help with keeping everyone safe:

Shop alone – this way there is more chance of maintaining social distancing in the confined space of the shop.

Plan ahead – try to shop less often by thinking ahead as to what you might need in the next few days.

Whilst visiting the shops gives social contact, it also increases your risk of infection.

We would strongly encourage the clinically vulnerable to follow advice and continue to shield.

Use your Zone Captain to organise the collection of your shopping if a friend or neighbour can't do it for you. Likewise, your Zone Captains can arrange regular or occasional check ins by telephone to give some social contact during these difficult times.

USEFUL HELP SERVICES

[Childline](#): 0800 1111

[Samaritans](#): 116 123

[Domestic Abuse Hotline](#): 0808 2000 247

[The Survivors Trust](#): 0808 801 0181

[Oxfordshire Mind](#): 01865 247 788

[24/7 Mental Health helpline](#)

adults: 01865 904997 children: 01865 904998

[Age UK](#): 0800 169 6565

Citizen's Advice 0300 330 9037

Provides Food Vouchers and advice on issues including Universal Credit and other benefits, employment problems, housing, relationships & debt. You can also email Banbury Citizens Advice Bureau on advice@citizensadvicenosn.org.uk.

Telephone appointments available.

Food Bank Donations

The Food Bank donations trolley is in the Church. Please leave donations of non-perishable food (tins, packets etc) within their use by date, but not fresh food, fruit or vegetables.

Foodbanks

Banbury Food Bank 01295 661 304

Bicester Food Bank 01869 321 806

Local Information

Food Shops

The Co-op (336 281) is currently short-staffed but should be able to take telephone orders (as of 8 Jan). Staffing will hopefully improve in the near future.

Whether contacting them by phone or shopping in person, please be patient with the staff as they cope with a heavy workload.

If you are going in person, please be prepared to wait outside to get in, and remember to queue at 2 metre intervals.

For the **post office**, please ensure that there is only ONE person waiting (apart from those being served) and wait outside until there is space.

[Eagles](#) (338 500) can take telephone orders and also have a weekly delivery service.

[Fenemore Farm Micro Shop, Clifton](#) (07917 795 207)

The January **Farmers Market** is cancelled.

Pet Supplies

Crofts in Banbury (01295 250131) will take orders and payment by telephone. If asked, they will then put it aside for a collection for Deddington on a Thursday afternoon. Your order will then be brought to you by the local team.

Pharmacies

[Delmergate](#) automatically deliver to the over-60s.

Deliveries from the **DHC dispensary** will continue for those who already use the delivery service. Others who cannot collect their prescriptions should contact their Zone Captain for assistance.

Take-aways

[Foodies](#) (Mon-Sat, 10am-3pm) 337 470

[Red Lion](#) (Wed-Sat, 5pm-8pm) 338 777

[Unicorn](#) (also deliveries) 338 838

[Bengal Spice](#) 337 733/337 799

[Popular Chinese](#) 338 881

[The Duke at Clifton](#) 226 334

[Fish & Chip Van](#) (Mondays) 07753 256 929

[Pickled Ploughman](#) 01295 810 327

[White Horse, Duns Tew](#) (re-opening 14 Jan)

340 272

STAY HOME

PROTECT THE NHS

SAVE LIVES

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

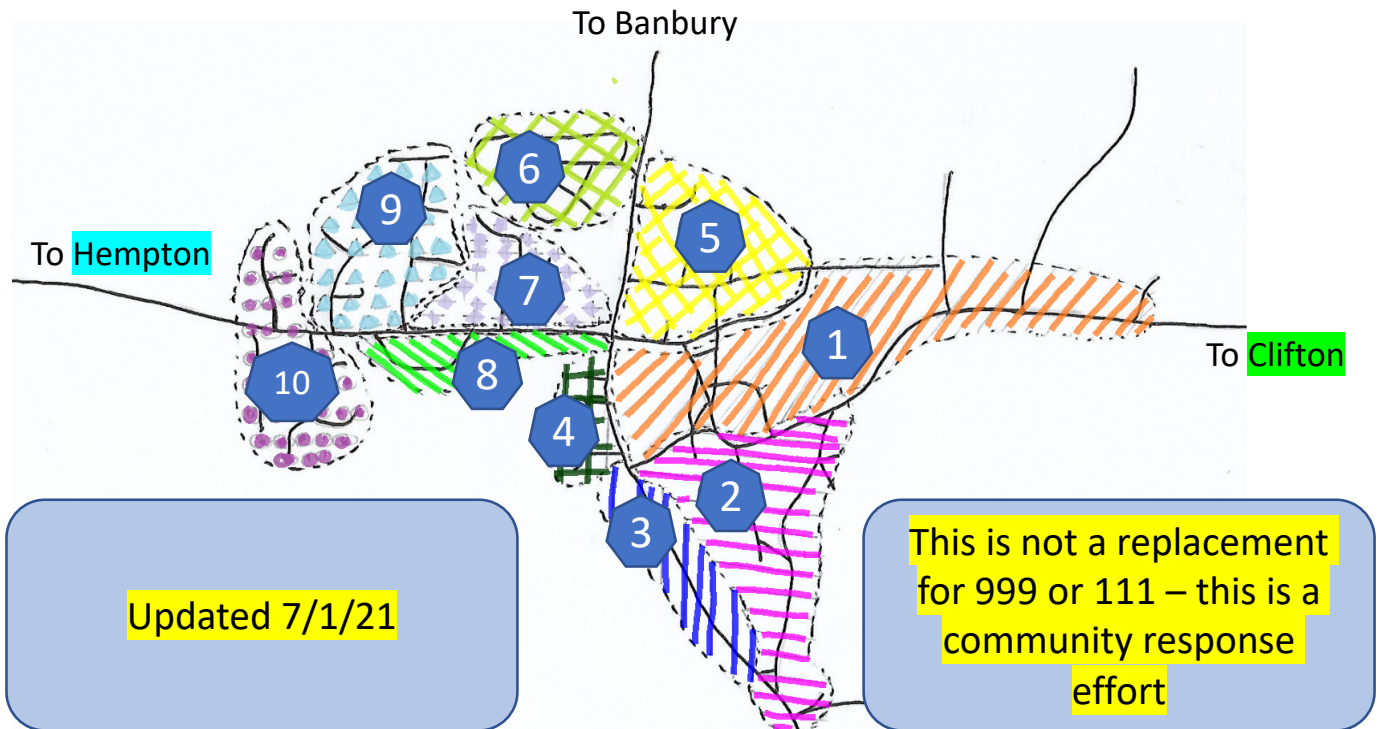
Deddington COVID-19 Response

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



Zone	Captains	Contact Number
Zone 1	Mark Adams	07921 211750 or 338902
Zone 2	Fiona Smith	07906 711038 or 337667
Zone 3	Julia Cork	07881 438930 or 337546
Zone 4	Carol Garrett	07870 365984 or 338602
Zone 5	Annie Goldthorp	07795 691927 or 336880
Zone 6	Ben and Philippa Carson	07562 997546 or 228675
Zone 7	Anna Haynes	07817 847843
Zone 8	Jenny and Clive Snashall	07761 828066 or 337406
Zone 9	Jenny and Clive Snashall	07761 828066 or 337406
Zone 10	Jen Childs	07774 608715
Clifton	Tei Williams and Ian Willox	07957 664116 or 337940
Hempton	Janet and Jonathan Watts	07825 172600 or 337135