

Inside - all your local events, clubs & groups



WoW

WINDOW ON WALLINGFORD

May 2020



Inside...

A message from the Mayor.

5 rules about working from home.

Find out who's still open for business locally.

Camerados - What's the meaning of life?

Welcome

I'm sure I'm not alone when I say that when the COVID19 lockdown was announced back in March, that I had a vague (and wholly unjustified!) expectation that things would soon start heading back towards something more normal. Our way of life has changed profoundly since then and whilst the restrictions will inevitably be eased, it's increasingly obvious that it will be quite some time before we get close to the lifestyles we are used to.

In the meantime, we continue to adapt and to find new ways of helping one another. I'd like to congratulate Naomi for her persistence in ensuring that the Window of Wallingford remains an integral part of Wallingford's life. You are most probably reading this online and the hard-copy won't be distributed for some time, so please spread the word that WoW continues and if you know of a neighbour without online access, why not print out a copy and pop it through their letterbox?

Many people across town have come forward to help their friends and neighbours in this unique time of need. Thank you to each and every one of you. Having spoken to some of the people who have been helped by volunteers, I can pass on to you the very sincere gratitude which is extended to everybody who has gone out of their way to help. I have been heartened to see the very best of community spirit once again on display across our community.

I'm sure that many people in self-isolation who need help can rely on their friends and neighbours, but if anybody still needs non-urgent help, the **Wallingford2020 group can be contacted 07464 482 717**. This group covers the whole of town and will treat all requests for help sensitively and confidentially.

By the time you read this, we'll have passed several key dates in our calendar – St George's Day, the car rally, VE Day – all events which allow us to gather and celebrate. It has been encouraging to hear of the ways in which, despite the inability to gather, we continue to celebrate as a community. From our recognition of Wallingford's volunteers at this time, to our applause of NHS workers, through to our toasts and singing at VE Day, I'm sure that if we can keep finding ways to celebrate, when we do get to meet again, we'll be an even stronger town than before.

On behalf of Wallingford Town Council,
Stay safe and well,
Cllr Lee Upcraft
Mayor

WoW

WINDOW ON WALLINGFORD



Wallingford Town Council

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The Boys Brigade & Girls Association

The Boys Brigade & Girls Association in Wallingford are offering free activities for all young people to do at home during lock-down. For each age group there are 5 fun activities each week. The activities are published each week on our website and Facebook pages or can be downloaded for free from <https://boys-brigade.org.uk/bbathome/activity-packs/>

Simply complete the activities at home and then send pictures or details to ValeAndSouthBB@gmail.com certificates and awards will be issued to all those who have sent items in. For members we are also running a short zoom session each week. If any non-member would like to enrol for the sessions please contact us by email and we will then send the login and password to join the session.

If any young person needs support during this time please contact us at ValeAndSouthBB@gmail.com

Nev Keating (Captain)



Fushia Design

Spring has most definitely sprung, and it is time to start thinking about bedding plants and getting some great colours in your garden. Consider a pair of matching containers on either side of a walkway, or arrange pots in groups on your patio, to create colour and ambience.

If you haven't got any pots, look for old watering cans, wheelbarrows, teapots, I've even seen people use old boots and shoes. Something fun you can involve the children in.

I know it's difficult at the moment to find new plants but there are some online companies delivering (I used yougarden.com and received excellent quality plants). You can also get plants and compost from places like Moles and some of the super-markets.

If you are on a budget, like many of us at the moment, maybe do some plant swapping and sharing with a neighbour. It is a little too early to put summer bedding plants outside but start thinking about what you want and get planning and ordering.

Remember, beautifully arranged gardens do sell properties.

Le Manoir du Bois Mignon

We relocated in January from Hertfordshire to The Dordogne, SW France to start an exciting new life running a boutique B&B from our home, a stunning 18th century French manor house.

Nestled in a hamlet between the banks of the Dordogne river with views of vineyards and forests, we offer: 4 luxurious suites, a 2 bed newly renovated 250 year old cottage together with a stunning pool and romantic grounds in which to relax and soak up the French summer sunshine.

We are perfectly located to explore the Bordeaux and Bergerac wine appellations where vineyards are open to the public with plentiful wine tastings and tours. The Saturday market at Ste Foy la Grande, voted 'best market in France' is bustling and vibrant and a perfect way to while away a few hours whilst taking in the local atmosphere.

Also, within easy reach you will find beautiful medieval bastide towns and chateaux which pepper the region. For golf lovers the famous Golf des Vigiers is only 15 minutes away.

During the current situation people are still planning holidays so we are still taking bookings. However, given the uncertainty we are facing we are not asking for deposits (usually 50%) and guests can cancel at no cost up to 7 days prior to arrival or reschedule for another date. You can find us on Facebook or come directly to our website to contact us and book your stay.

Bergarac Airport 20 mins, Bordeaux Airport 55 mins.
<https://www.facebook.com/Manoir-du-Bois-Mignon-103935484561666/>
<https://manoirduboismignon.com/>

Fushia Design Handy Hints

Today's Tip of The Day

Get Some Great Colours in Your Garden

It Will Soon be Time to Start Thinking About Hanging Baskets and Pots



If you haven't got any pots,
use your imagination and look for something no longer in use

Email: fiona@fushiadesign.com
Visit: www.fushiadesign.com
Call: 07779 329352

FUSHIA DESIGN
Interior Design Services

Need any printing?

Contact wowprint@mail.com



Quizzes and Jigsaws

How well do you remember Wallingford?

Unfortunately, we have had to temporarily close the museum and postpone our events, walks, and TWHAS talks due to the coronavirus outbreak. We will re-open and re-schedule our events as soon as conditions permit.

Whilst Wallingford Museum is temporarily closed, we will continue to share the museum experience, town history locations, local history facts to engage with residents and future visitors.

Our website will show a quiz each week, starting Mondays. Answers will appear on the website on Sunday evenings.

These virtual quizzes should be solved by NOT going out-and-about, but by using internet searches, and Google Earth!

In addition, we have a selection of jigsaws to complete online. These show past and present scenes of Wallingford.

Look for the quizzes and jigsaws on the Museum website at: www.wallingfordmuseum.org.uk

You may wish to comment or contribute via our Facebook page!
Hope you enjoy!

Stu Darby
www.wallingfordmuseum.org.uk

The Comrades Club

Hello to everyone in these very strange times....

I hope you are all well.

We just wanted to say thank you to everyone who has either phoned or emailed to express their best wishes to us.

As with everyone else, life has changed dramatically over the last month.

But we're still here looking after the Club, keeping it clean and in good condition, ready to re-open again as soon as we are allowed to do so.

A couple of news items,
Obviously the May Quiz will be cancelled and the June Quiz will also not go ahead, regardless of the situation at the time.

The Tina Tribute act is not called off yet, but we are putting in place a reserve date for later in the year just in case. More details nearer the time.

That's it really, other than to say, please do get in touch if you need anything and stay safe.

With Best Wishes from
Lucy, Oz and the Board of Directors.

Louise Claire Millinery. We are not trading at the moment, and all events that we supply hats for have been cancelled. I am regularly changing the window, to give people something else to see and also for a bit of fun putting in different toys or pictures. Thanks to grandchildren I have lots to keep me going in their toy boxes at my house. We have been in the town this coming October for 16 years (11 years before that in Goldsmiths Lane) and we plan to celebrate many more birthdays. **Tel 01491 826244 E: louiseclairemillinery@btconnect.com**



Five things to remember when working from home

The number of freelancers working from home has grown steadily in recent years with people striving to create a balanced work/life ratio, 2020 however, has seen a substantial increase due to the spread of the corona virus.

Those choosing the home hub undoubtedly established organised principles before embarking on this lifestyle, but an enforced regime due to national emergency, leaves little time to implement necessary procedures. There is a huge difference between the evolution of a well-designed office/workspace, and a family home that has been commandeered at short notice.

That said, of the many elements to consider when working from home, the following five principles should be prioritised in the blending of work and family life.

"To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear" ... Buddha

Keep moving... It is widely accepted that regular exercise burns calories and provides energy, as well as boosting your immune system, and we all know how important that is!

Working out makes you feel good too, the release of Endorphins brought about by exercise can be a great buzz, relieving stress and encouraging a good night's sleep. Don't let the current restrictions surrounding gyms and health clubs deter you, as a 20-minute walk in the fresh air will work just as well.

Try simple stretching exercises like yoga or Pilates, if you prefer guided lessons you can search YouTube for online classes or go old school and grab a book.

You are what you eat... Diet and nutrition affects the way we feel, so what we eat and drink can have an effect on the way we deal with everyday situations. Ensure that you eat a good breakfast, which will set you up for the day and provide the opportunity to spend quality family time before the onset of the working day. Try to eat healthy nutritious foods for a slow calorie release throughout the day, coupled with your exercise regime this will ensure consistent energy levels. Minimise caffeine with herbal or fruit teas as an alternative to traditional beverages, fruit juices will also boost nutrition while water will prevent dehydration which can cause headaches.

Let there be light... The Construction Health Safety and Welfare Regulations (1996) requires *"That every workplace, traffic route and access is properly lit"*, your home is not governed by these regulations but it's a good guideline to follow.

Working for long periods in poor lighting can have a permanent effect on the health of your eyes as well as causing fatigue and headaches. It can also affect your efficiency, as squinting at a computer screen or reading paperwork in a dimly lit office can lead to mistakes.

Natural sunshine is the best form of lighting so choose your workspace accordingly, the bigger the windows the better and take plenty of breaks outside, giving your eyes a rest from excessive screen time.



Light can also affect your mental health, SAD (Seasonal Affective Disorder) is a seasonal ailment that affects approximately half a million people a year, mainly during December, January and February.

SAD is caused by a chemical imbalance in the brain due to the lack of sunlight in shorter winter days.

Most people will only feel mild discomfort, while others may experience debilitating symptoms like mood swings and even severe depression.

Treatment can be as simple as the installation of a special light box and Advice is available from the Seasonal Affective Disorder Society, www.sada.org.uk.

The best seat in the house... Good posture is paramount and spending all day in a chair designed for slouching in front of the telly will inevitably lead to problems.

A good seat allows your back muscles to relax and relieves pressure on your buttocks and thighs, encouraging good blood flow. Choose a chair that allows you to put your feet flat on the floor without creating pressure on your thighs, otherwise, improvise with a box or cushion under your feet. Sitting up straight, requires effort as most people habitually slump when seated, so, in the absence of a well-designed chair, a cushion supporting your lower back will help to maintain correct posture.

A badly designed office can lead to RSI (repetitive strain injury) according to RSI Awareness, over half a million people in the UK suffer from some form of this ailment.

The problem is increasing due to the increased use of computers and other technology that involve large amounts of keyboarding. Posture related health problems are also growing due to the sedentary nature of many jobs. Open Ergonomics offer good advice, including ideal office assessments and ways to avoid physical problems due to badly designed office space, visit their web site at www.openerg.com.

Last but not least... Take time to chill, *"Different strokes for different folks"* is the key phrase here. Some people will relax while hanging precariously by their fingertips off a mountain or cliff, running half marathons or lifting eye-bulging weights. Others might prefer a long soak in a warm bath with scented candles, half an hour with a good book or a nice walk in the countryside. I personally opt for a comfy sofa and a large glass of wine, with either the telly or some favourite tunes in the background.

The important message is to find what suits you best and make time to enjoy it.

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Oxfordshire Garden Design: Distance Garden Design

Are you at home and itching for a project?

Are you gazing at your garden, wanting to make changes but don't know where to start?

Oxfordshire Garden Design is launching our Distance Garden Design service.

During these turbulent times I have launched a full "Distance Garden Design" service for my clients. If you are looking for a refresh or complete re-do of your garden but don't know where to start I can help you find your way.

I have been a professional garden designer for over 30 years, focusing on projects in Oxfordshire, Norfolk and the Home Counties. I originally trained for my Certificate of Garden Design at the College of Garden Design with world renowned garden designers Lucy Huntingdon and Robin Williams. Planting has always been my passion so I supplemented my design training with a specialist plant course at Capel Manor.

My career in garden design has always been focused on understanding my clients and what they want from their gardens. I will create you a beautiful space, large or small; whether you want an area to entertain friends, room for your children to roam or a cosy garden to relax in. My design emphasis is on planting and how soft landscaping can provide instant impact and years of enjoyment.

Oxfordshire Garden Design's Distance Garden Design service starts with a phone call or video call to understand your needs. Always send me lots of photos, start a pinterest board of gardens that you love, or just grab images off the internet so I can get insight into the style that suits you.

Depending on what you're looking for I can follow this up with a consultation that includes a stage by stage written plan for how to reach your garden goals. To help inspire you I will include photos of gardens, plants and hard landscaping that will suit your needs.

If a full design is more suitable I will provide detailed instructions of the measurements and pictures required to make this work in simple steps.

A rough plan of your garden is needed, but does not have to be totally accurate. Mark the positions of shrubs and trees you wish to keep. If you don't know the name, a photo will help. Photograph your garden from all possible angles and from an upstairs window if possible. Take pictures of the outside views you would like to block (eyesores etc!) and distant views which give you pleasure.

I am working with local nurseries to source plants so I can recommend plants that they have in stock and organise deliveries, including compost! I look forward to hearing from you and helping you on your journey to a beautiful lockdown garden!

**For more information contact Gill at
Email: info@oxfordshiregardendesign.com
Visit www.oxfordshiregardendesign.com**

Before



After



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How are you all coping in the Covid19 crisis?

I fear many of us are having a really hard time. Have you run out of money or are you finding it hard to manage on what you have? Are you running into debt? Is it difficult to get hold of food, or to get odd errands done because you are tied to the home? Are you unhappy and lonely on your own? Or unhappy and stressed cooped up day-in-day-out with the people you live with?

The district council helpline is 01235 422 600. Most of our work has gone over to managing this crisis. Paid and volunteer staff are making up and delivering food parcels, manning the phones, and putting people in touch with local support groups. If the council cannot provide direct help to you, they will give you a different phone number where specialists can advise you.

I am so impressed by the Wallingford streets that swung straight into action to look out for one another. 'Whatsapp' is the main way people are keeping in contact - and those who don't use it are called upon or phoned regularly to check they are well; or just to say "I'm popping to the shops - is there anything I can get you?" This bringing of people together is recreating neighbourliness, with friendships and caring that may go on to improve our lives in the future.

As your District Councillor, I would be so glad if you would tell me about your neighbourhood group. Government has asked councillors to map out groups and identify gaps in 'community resilience'. So please tell me too if you do not have any street-level group. You could even set one up! It is also expected that people should come to their district councillor if there are worries about any one being left out or neglected. So, please, any of these three things - or anything else: email me at sue.roberts@southoxon.gov.uk or phone 07913 896 874 or 01491 836426.

Whatsapp is a messaging app that people have on their phones but of course it is just one of many ways of keeping in touch with neighbours. I have been told about 21 street-level groups in Wallingford, six of which are using Whatsapp, from Barley Close with around 60 people on the group, to St Leonard's Square with just 13. At a higher 'catch-all' tier than the street level, specific and substantial immediate needs can be met by Jacqueline who will match you to a volunteer: phone 07464 482 717 (Wallingford 2020).

For me, my life doesn't seem all that different: days spent hunched over the computer. But I look forward to meeting new people at 2m distance in the Waitrose queue to get the Saturday shop and the Guardian - and cycling in our lovely countryside without the usual traffic fumes and noise - and eating in the garden in this fantastic weather hearing the birds without the mask of industrial cacophony.

The district council is continuing to monitor air pollution and Suzanne Bartington, a county councillor, is studying the effects on air pollution in Oxford of this reduced traffic period. For my part, I haven't quite yet thrown away my asthma inhalers - but I am using them less and less. Government has made the rules easier for closing streets to traffic to allow people to keep social distance.

This could be beneficial in Wallingford town centre. It is very hard to keep apart on our narrow pavements and I invariably find myself taking my life in my hands and walking in the middle of the road.

Your councillors at each level, Pete at County, Lee, Wallingford's Mayor, and I, from District met a couple of months ago to talk about making the town centre more people-friendly. Shop-keepers are enthusiastic to reduce or stop access for cars, after the 'natural experiment' when repairs to the church caused St Martin's Street to close for 12 weeks. The affected shops were surprised and delighted at how much pleasanter it was for customers, who enjoyed browsing and walking in the street: trade was on the up! Pete, Lee and I believe that reducing or stopping car entry will make the town centre cleaner and safer. It would become a social hub (which we will need)! For now, there is no need for cars to go through the centre and we should consider whether to take up the offer of the right to keep it for people, bikes, and mobility scooters only during this period.

Dr Sue Roberts

Cholsey & Wallingford Railway

New arrivals for Cholsey & Wallingford Railway
Of course at the present time the railway is closed to visitors but we do still need to maintain the locos and rolling stock. In the last couple of weeks we have run the engines on the diesels and even moved them a few metres up and down to make sure the oil moves around the engine. However this week we discovered that a new family had taken up residence on the diesel called 'Unicorn', clearly the short trips down the line did nothing to discourage them building their nest on top of one of the springs! The next movement of the locos will have to wait a couple of weeks to allow the blackbirds to leave the nest, so at least someone has benefitted from the current 'lockdown'!



The railway would also like your help, not financially, but in terms of what you would like to see at the railway. Owners of locomotives are reluctant to hire their valuable assets to Cholsey & Wallingford Railway when we have no 'secure, dry storage' but an Engine Shed would overcome this. It would allow us to have more visiting engines, Gala events etc and we are submitting an application to fund the building of an Engine Shed (we have already passed the first stage of the process). This will allow us to attract more visitors and tourists to the railway and to the Wallingford area in general which is the rationale behind the grant application.

Please, if you can, take a few moments to complete our online questionnaire (<https://s.surveypal.com/6chVvd-QDr6>) but do bear in mind we are hoping to attract visitors from beyond the local area too.

Wildlife Diary of a garden in Lockdown.

Yasha has been keeping a diary of goings-on in a small garden in one of only two houses in Barncroft that still has a garden pond.

It is an incredible breeding place for frogs! She's been busy watching the wildlife since lockdown.

Sat 21 March 2 days before lockdown

Yasha: Concerned about the frogs since one of them got into the kitchen - they don't seem to croak - and they seem to have vanished. I cleared some of the pond weeds but didn't take it all off as I think they use it to hide.

Me: *They all died last year. I don't think it's our fault. Any spawn?*

Yasha: Yes there's spawn.

Me: *The frogs become far less obvious once they've spawned. They probably go off somewhere else.*

30 March

Yasha: Frog update - a baby frog has been spotted near the pond.

Fri 3 April

Yasha: I was delighted last night as a frog was croaking... some of them are back! I was pleased - thought they had deserted.

Sat 4 April

Yasha: I fixed one of the bird boxes and I've just seen a bird have a look. I'm so hoping he takes up residence! Frogs seem to be in and out of the pond. I heard them again last night. I've bought ornamental grasses and heliobores. I've put bird food and water in different parts of the garden. So many birds are feeding next to each other. None of them are fighting for the food.

Sun 12 April

Yasha: I thought you might like to meet who's taken up residence in the pond.

Me: *I hope these guys feature in your wonderful photography. He looks really comfy.*

Yasha: The pond was silent for a while. I skimmed the top of it and the croaking started again. Blue tit definitely likes his new house!

Me: *Really? Has it moved in?*

Yasha: Yes he's moved in and is taking little bits of my rug. I fixed the second home - hoping Mr Robin takes that one - 3 robins in the garden yesterday. Mr Frog is certainly really comfy - I managed to gently get quite close - he had his ivy leaf parasol to guard him from the sun.

There are 2 blackbirds from the shire that have also taken up residence and the blackbird comes into the pond near Mr Frog for a clean! Mr Blackbird has had 2 baths so far. There is a pigeon that parades the garden as if it was his.

Me: *It is his.*



Yasha: Yes it really is - we now have quite a few. I talk to them and feed them - I think a couple of them are almost ready to feed from my hand. I clean and put out clay dishes with water in for them. I was going to charge them all a little rent. But they replied that actually they are the landlords!

Mon 13 April

Yasha: I've spotted another 2 big frogs in the pond.

Wed 15 April

Yasha: We have had a few new visitors today. I heard through the grapevine that they too could be leaving central shire for Barncroft: We have 2 goldfinch, 1 greenfinch, a robin, 2 magpies that visit occasionally, 2 hawfinch, a common chaffinch, a great tit, sparrows, and the pigeon and blackbird do their usual parade of the grounds - both got very close to me today.

Thu 16 April

Sue: OMG Yasha - I thought you meant a whole bunch of human visitors! This is wonderful. What a selection! The birds are happier, aren't they? We had a female blackbird come right up close yesterday.

Tue 21 April

Yasha: Barncroft update - it's getting busy in this patch of the shire. Yesterday morning a grey heron (a recent guest) was in the garden. He majestically took off as he was spotted - a quick visit indeed. Mr Blackbird is hectically busy as he keeps hopping the length of the garden back and forth in some hurried frenzy... why? He's just gto married... yep his girlfriend is now his wife. She's been introduced to the patch and is collecting for her nest. The sparrows are having a party under the tree near the pond - with their friends the finches. Mr Squirrel has had a midlife crisis and seems to think he's now a bird?! Yes, he took a little seat in the bird house for a while. Mr Pigeon continues to parade the residence - with much purpose in each step - and in his own little world. He has a lot to think about - keeping order on the patch - completely oblivious that... dum..dum..dum..in the pond there lurks members of MI6... at takeover may happen. Tum..tum..tum amongst the leaves there they lurk



Me: Yasha you bring us so much joy. You need a weekly column somewhere.

Thu 23 April

Yasha: Latest breaking news re: Barncroft... the residents on the patch continue to multiply and flourish. Mr Pigeon continues to parade the grounds but has he got his head in the sand.

MI6 have now sent many more of their frog men and they are swimming the length of the pond seemingly preparing for an ambush. But worse still for Barncroft one of them had their finger on the button.

Sue Roberts 23rd April 2020

British Modern Military History Society

"Keeping us going through the Great Isolation"

We hope you and your families are keeping safe and well.

Along with nearly every other society and club, the BMMHS had had to put all its normal activities on hold with talks unlikely to resume until September.

With time on the hands for many of us during the wretched COVID19 pandemic, this is the ideal chance to put together a few words about your own or a family member's experiences - military or civilian - in the military conflicts of the last 200 years.

Therefore we are launching OPERATION BOOKWORM and we need your help.

We are looking to produce a book with profits to the Blind Veterans UK charity comprising a bit of your own family history – it could be your own experiences, your Father or Mother's, your sons, your grandads, an aunt or uncle.

Almost everyone has someone in the family with a tale to tell, and when you start asking or researching you will be surprised what you find out. From my family, we have an uncle who landed on Gold Beach on D Day +1, a great uncle who served in the Royal Artillery in WW1 and is buried in Flanders, two aunts who were evacuees, and another uncle who landed at Gallipoli in 1915, and another who served in the Royal Marines in Korea and Suez.

Somewhere in your bookshelf, your loft or family archives, you may well have the military records and papers and other memorabilia that would make an interesting story.

We only want a short article – from a couple of paragraphs to 3 pages ideally with some photos/documents – certainly not War and Peace or a lengthy, detailed history of a military career. Don't worry about spelling, grammar etc – we can amend documents – but ultimately they will be your words. Of course, you may have something written or even published already, so send it across.

For all articles, we would like your permission to publish then in all or part on our website, on Facebook and ultimately in a book.

If you would like to contribute, drop us a line at info@bmmhs.org and we can discuss your ideas. Get researching and start writing – good luck, and of course stay safe and well.

And we look forward to seeing you again at our talks in September

Andy Cockeram, Chairman, BMMHS Team.
www.bmmhs.org

Citizens Advice Oxfordshire South and Vale

**citizens
advice**

We are still here to help.

We are no longer able to offer face to face appointments from our Advice Centres.

But you will be able to talk to our advisers on the telephone.

Advice Line: 0300 330 9042

Monday to Friday 9.00 am - 5.00 pm

For general advice please visit Citizensadvice.org.uk

Coronavirus: Get help if you can't pay household bills

The arrival of coronavirus in the UK and the threat of infection has emptied streets, confined us in our houses, closed shops and offices and filled hospitals with thousands of patients. So far so bad, but the financial issues have widened the scale of the problem: many of those fortunate enough to remain healthy have suffered a loss of income so drastic that even the paying of essential household bills has become questionable.

However, there are definite steps you can take to tackle these bills. Many banks and utility companies, being keenly aware of people's predicaments, have already reached out to their customers with offers of help. So don't ignore your bills but get in touch with the companies to whom you owe money, or expect to owe money. They might be able to help by redistributing your debts, letting you pay in smaller amounts, over a longer time period, or on a deferred basis.

If you are repaying a mortgage, contact your provider. The government has mooted the idea of a three-month mortgage payment holiday and you might be eligible for it.

If you pay rent, contact your landlord to discuss the situation. If you are at risk of being evicted, remember that since 26 March 2020 the law on evictions has temporarily changed and, for many types of tenancy, eviction notices have to last a minimum of three months.

You might be able to claim benefits, or enhanced benefits if you already receive them. The Citizens Advice website has details: <https://www.citizensadvice.org.uk>

As for Council Tax, if your income has dropped or you are on benefits, you might qualify for reductions. Contact your local district council, using the details on your latest bill.

Get in touch with your gas or electricity supplier, as well as telephone/broadband company. Their help line phone numbers should be on your latest bill. They can tell you whether a special payment plan can be set up.

If you owe income tax, HMRC has a free help line you can ring: 0800 015 9559 (Mon-Fri 8 to 4).

For further information, Citizens Advice Adviceline is always there to help you: 0300 330 9042.

CAMERADOS

THE ANSWER TO OUR PROBLEMS IS EACH OTHER

What's the Meaning of Life?

Based on the belief that having Friends and Purpose in your life is the most important thing not only to live a good life but more critically when going through tough times*, Camerados promotes the concept of 'Looking Out For Each Other'. This may sound simple but is in fact transformative.

A Camerado (inspired by Walt Whitman's Song Of The Open Road poem) is someone that lies on the spectrum between a Stranger and a Friend, someone who will look out for you in your moment of need, whether you know them or not and be alongside you during your 'tough time'. What is critical to understand about being a Camerado is that by embracing the 6 principles** and looking out for others, not only do you make others feel better but you do too. We believe this increases a feeling of connection and resilience. Ultimately this means as a street, town, county, country people have the internal resources to get through crises better and pull on traditional services less.

How do we know this?

This thinking is born out of the Camerados Movement Founder, Maff Potts, working for over 20 years with people living in crisis; homeless folk, addicts, offenders, domestic abuse victims and those with mental health issues, those living on the fringes of society who have little and have faced the toughest of times. On repeatedly seeing the same people over and over again, no matter what intervention they were provided by the state, Maff began asking those living through dire times to help him. This was transformational. It gave those individuals human connection and something to do ie Friends and Purpose, taking their minds away from their own concerns and worries, even if only for a short period. People started to be recognised for what they could contribute and how they could help others. They were no longer seen as a problem. That was enough.

Maff joined with Jenny Fox to test this theory through launching the Camerados Movement in 2015. They came up with the idea of Public Living Rooms, places where people can go on good days and bad, that felt comfortable and homely where there's no selling, no agenda, no expectation and no fixing, just a place to 'be' and look out for each other. In these spaces whether they're in schools, libraries, cafes, community centres, empty shops or on the streets and in market places the environment encourages people to live by the 6 core Camerados principles. These spaces, set up by people living in the community, have seen that people feel more connected and have the ability to cope with their lives better.

So the Association of Camerados (AOC), the small team of 4 who grow the movement by inspiring, resourcing and connecting people across the UK primarily but also now globally, took all the learning and know-how gained over 5 years and designed a Public Living Room in a box; a starter kit for those wanting to open a Camerados inspired space in their community. During 2019-2020 AOC sent out approximately 100 boxes and began to see the idea take off, including 5 hospital Trusts embracing the idea of having a place where visitors and patients mixed with doctors and nurses to support each other, human to human during tough times. Then COVID-19 came along and lock down meant meeting in person in Camerados physical Public Living Rooms became impossible.

That's when the Camerados Movement model came into its own with a Camerado from Berlin, Nadja Taranczewski from Conscious U, offered to bring Camerados mutual-aid and 'no fixing just alongside model' into the virtual world by co-developing Spoon-Rooms, a safe and structured space to come on-line where you meet strangers for a short period to share how you feel but also listen to others before having great conversations about whatever comes to mind. Just like in the original Public Living Rooms great conversations are had with people reporting from across the world that they feel more connected and better able to cope with the tough times we're all currently experiencing.

Camerados believe The Answer To Our Problems Is Each Other.

For your information

**** tough time ****

There is no definition for this. For some it could be simply a bad day for others it's more severe, potentially a life condition but within a Public Living Room there's no competition about who's having the worst tough time, it's about people coming together as humans to look out for each other but with no expectations of fixing the problem.

***** 6 Principles *****

1. It's OK to fail
2. We don't try to fix other people just be alongside
3. We mix with people who don't look like us
4. Remember to have fun
5. If we disagree level with each other respectfully
6. If someone is struggling try asking them to help you
(THIS IS THE CONFOUNDING ONE!)

Hot off the press.

Jenny is also looking to add another Principle (if she can persuade Maff!) and that's the overarching approach of a camera-do to want 'others to be successful'.

Find out more at

www.camerados.org

Or please get in touch with us via Office@camerados.org or on all social media, facebook, twitter or instagram.

Register for our Saturday #SpoonRoom by going to our website and clicking through to 'Latest'.





Music at St Peter's Wallingford

We were all set to kick off on 9 May with its summer series of chamber concerts.

Sadly, the lockdown now makes this impossible, and we have with sadness decided to cancel our first six concerts in May, June and July.

We will keep the remaining concerts under review, and if conditions allow will resume in August.

We are suspending ticket sales for now.

The simplest way to keep in touch is via our website musicatstpeterswallingford.org.uk or call me Roger Morgan on 01491 837494 - I'm not going anywhere soon!

Wallingford Gardening Club

As with all organisations our Wallingford Gardening Club meetings have been postponed for the immediate future, but thankfully we can continue to enjoy our gardens as the opportunity for daily exercise.

For news of Wallingford Gardening Club please visit www.wallingford-gardening-club.com or if you have any gardening questions email gardenswallingford@gmail.com where we will do our best to answer them. Stay safe.

One of our members has had a solo patio party!



Full Circle Travel

We have an excellent offer for NHS workers to Mauritius:

To thank the NHS and private hospital front line staff for your amazing efforts now and to come, Beachcomber is offering 50% off your accommodation costs to their stunning hotels in Mauritius. (excludes Villas)

Valid for travel between 1 June 2020 and 31 May 2021. (Excludes 20 December to 3 January and 3 to 17 April 2021).

Bookings must be made by 30 September 2020. Not combinable with other offers. Proof of eligibility required. Exclusive to NHS and private hospital front line staff. Maximum of 2 rooms.

The travel industry has been hit incredibly hard and will be one of the last to recover as restrictions will remain after lockdown. During an uncertain time, we all need something to look forward to whether later this year or 2021. There are great deals around both faraway and closer to home; Full Circle Travel would love to help you book that escape for when this is all over.

Tel 01491 833227

www.fullcircletravel.co.uk

Interested in our beautiful Wallingford riverside?

Then join our small working group to look at & address local issues. Wallingford Town Council is seeking contributors with an interest in our Thames riverside to join Councillors and river users to ensure maximum pleasure for boat users, bathers, walkers and visitors to our beautiful Thames-side area.

For more information please contact:

Richard Prunier on 01491 835373

or tbcdmanager@wallingfordtowncouncil.gov.uk



Wallingford Country Market

It is, with regret, that I have to tell you that Wallingford Country Market is now closed for the foreseeable future, due to the Coronavirus.

I'm sure this is not surprising news due to the Government directives about crowded spaces and, in particular, the over 70's, which many of our producers and customers are.

Passing this information on verbally around your village as much as possible would also be very much appreciated.

WHO'S OPEN FOR BUSINESS IN WALLINGFORD

Designer Bird tables with Baths, Feeders, Squirrel Baffles, Pigeon Excluders & Weather Vanes.

Designed & made in the UK from metal & stone.

We are based in Wallingford and are still operating and happy to deliver locally (within 10 miles of Wallingford) for £5, or people can collect – we'll leave the parcels outside my house when collection is due and retreat to a safe distance.

Please visit our website or get in touch for more information.
www.birdtables.org.uk 01491 825494 07751171885

Curator Without Museum

I am a public speaker with 15 years' experience working in the heritage sector, offering a range of local history talks for groups and societies.

This is a picture of me giving a talk on "Oxford's Penicillin" in St Mary Le More Church in January.



I am taking bookings for autumn 2020 and throughout 2021. However, in these unusual times, if any groups or societies wish to arrange a meeting over video conference, I would be incredibly happy to give one of my talks to groups of up to 100 people.

If groups are looking for a speaker, please do consider booking me. My website: www.curatorwithoutmuseum.com has further information.

Scented Candles, Wax Melts & Pure Beeswax Candles.

I am Clare and I handmake Scented Candles, Wax Melts & Pure Beeswax Candles.

I am open for business via my website www.clarescandles.com

or email clare.hilton@clarescandles.com

Little Helpers Pocket Aromatherapy Tins are pre-Essential Oils contained in wax for inhalation. Simply pop the lid and have 2/3 inhales as and when needed
Thank you for supporting my small, local business, Clare.



Harmony of the Heart Yoga

I teach online yoga on Zoom (classes are recorded so you can practice at your own time). I have over 10 years of teaching experience.

Tuesdays: 7-8pm pregnancy yoga
8.15-9.15pm hatha flow

Thursdays: 10-11am Mum and baby yoga.
Open to all levels and beginners welcome.

All classes end with a relaxing yoga nidra (guided relaxation)
£30 block of 5, or £7.50 drop in.

Sundays 9.30-10.15am online uplifting Dance sessions with Louise. (kids welcome!) Louise guides us through a warmup, then we freestyle together and end with a cool down. Donation based.

www.harmonyoftheheart.co.uk

Contact: Louisedixon@gmail.com to book.

Full Circle Travel

Something to look forward to.

At Full Circle Travel we are still open and operating. The travel industry is on its knees, but we would love to help book holidays for 2021 and provide something to look forward to.

Please get in touch to see how we can help create some moments.

Kind regards, Niall Douglas, Managing Director

Full Circle Travel - ABTA P7473

DD: 01491 522461 Main Tel: 01491 833227

www.fullcircletravel.co.uk

Holiday time is precious, spend yours wisely....



WHO'S OPEN FOR BUSINESS IN WALLINGFORD



Wallingford Tyres & Exhausts

Ayres Yard Station Road, Wallingford,
Oxfordshire OX10 0JZ

Open Monday to Friday from 9 am until at least 2pm

We are operating a strict booking system social distancing. Best to phone beforehand.

01491 824145

As I am working on my own, please be patient with me, if you phone leave a message, I will get back to you.

Flamingo Paperie



Welcome to Flamingo Paperie

We have a fantastic selection of high quality and reasonable priced cards, gift-wrap, notecards, stationery and craft products. As the world's number one direct selling greeting card and Stationery Company, all our products are sold through our Independent Flamingo Paperie Partners who work from home running their own business.

We can deliver locally or can arrange for orders to be delivered locally or anywhere in the UK, directly from our secure and safe warehouse.

Our postal service is still working and sending a card to reach out to someone is a great way to keep in touch.

Greeting cards are hard to find during lockdown, make it easy by contacting me; My email address is **janine_wolfe@hotmail.com** and **www.cardsfromjan.co.uk**.



Wallingford Portraits & Weddings

Personalised Photography for People and Pets

We pride ourselves on providing you with an innovative style of photography that will reflect your personality and taste, whether you are looking for a photographer for your wedding, a location portrait shoot or a photograph of a much loved pet in action. It is our privilege to capture your memories in unforgettable images.

As we love this area we are well positioned to use beautiful locations in Oxfordshire, Berkshire, Buckinghamshire and the Cotswolds in our work.

Tonja Fritz-Johnson, Photographer/Proprietor, WPW
www.wallingfordportraits.co.uk
Tel: 07876 293377

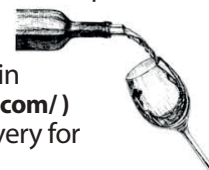
Meet me at:

Windrush West, Innovation Centre, Howbery Park
Wallingford, Oxon OX10 8BA



We are a small company, based in Howbery Park, and for some thirty years, as Welch & Co, we have worked as wine merchants specialising in supplying the bar and restaurant trade.

With the forced closure of all our trade customers we decided we should try something new and sell direct to the consumer, focussing on Wallingford and the postcodes adjoining OX10.



As of March 20th, we launched Pierre le Vin with a website (<https://www.pierre-le-vin.com/>) offering online buying and free local delivery for 12 bottle minimum orders.

We have been steadily adding to the range offered and now have some two hundred wines on offer, selling from stock to ensure fast order turnaround. The website provides information about the range and the wines in detail, which ones are organic, vegan friendly and so on. And not surprisingly we are still working on it. There is now a Facebook page too: <https://www.facebook.com/pierrelewinoxfordshire>

It's early days and of course we need to achieve a great deal more, but we are much encouraged by our first month of retail trading, thank you to all our new customers for their support.

Our small and highly sanitised staff are still in place and have something to do during the day. As I said, we're expanding our range of wines online, but there is already a very broad cross section of types, countries, grape varieties and styles, plenty of them selling under £10, more than 50 under £8, as well as the gorgeous and exotic that command high money.

We are running offers every week' For the month of May, we will have ideas about new young wines, seasonally suggestive stuff, and a promotion on our range of organic wines.

People have had such poor experience of these in a general way, it would be good to show that growers in many areas have learnt to make lovely wines even while observing a very strict regime and not having to charge crazy prices. We look forward to hearing from you.

Bespoke French

My name is Sandrine and my company is Bespoke French. I run French conversation classes for adults usually (one to one tuition or group lessons) as well as tutor for GCSE, A level French etc.

All my classes have been moved to Zoom
If you'd like to find out more

**I can be reached on 07737 444 350
or via email sandrine@bespokefrench.co.uk**

WHO'S OPEN FOR BUSINESS IN WALLINGFORD

BURst

Burst Design brings creative design and digital projects to life, focusing on providing Website & App Development, Design & Branding, and Video Production & Animation.

We have significant experience working with businesses in both the public and private sectors.

Visit www.burstdesign.uk, email info@burstdesign.uk or call 01491 200 541 to find out more."



Grace & Gravity Studio

We're Grace & Gravity Studio, on Howbery Business Park. We've moved our Wallingford based yoga studio online.

Yoga and breathwork can be a wonderful antidote in times of stress, so we've created lots of videos of varying lengths so you can grab something on the go when necessary (10 mins) and fully immerse yourself when you get the chance (60 mins).

We have a huge variety on offer already, and we'll continue to add and expand.

Pre recorded classes for NHS staff - at £1.20 per month

Pre recorded classes - at £15 per month

Pre recorded classes & live sessions - at £18 per month



Thomas Jones

Design & Cabinet Making

Specialists in bespoke fitted and free-standing furniture, thoughtfully designed for all spaces in your home.

www.tjcabinetmakers.com

thomas@tjcabinetmakers.com . 07720525622

Highlands Farm, Brightwell-cum-Sotwell

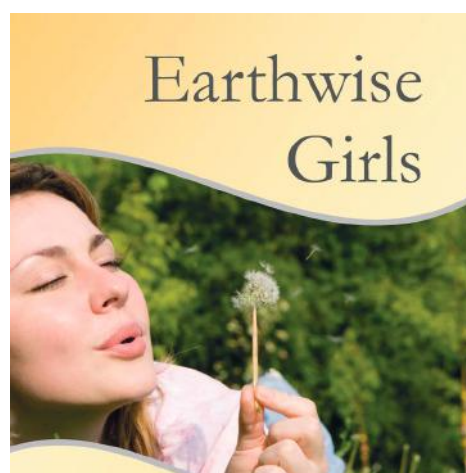
I set up the company in August 2019. Thomas Jones Cabinet makers began through a love for creating beautifully bespoke designs that can be treasured for years to come.

I have 14 years' experience in woodworking which began from studying furniture design at a young age. Since then, my experience has expanded in to creating unique pieces for every type of home you can think of.

My workshop is based on a farm in beautiful South Oxfordshire, where I thoughtfully design and produce all forms of furniture to the highest standard.

Everything is made completely bespoke, made to order, and tailored to your exact requirements.

Starting with an initial consultation, followed by a full design service, through to build and installation.



Earthwise Girls

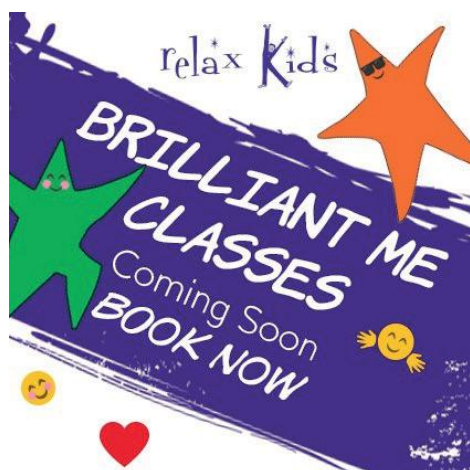
Earthwise Girls is a sustainable online business based in the Hithercroft area. We specialise in menstrual products, particularly reusable pads, and cups. We also stock a growing range of soap and shampoo bars, soapnuts, deodorants, dog poo bags, coffee cups, water bottles, bamboo toothbrushes and snacks.

Please order from our website to keep everyone safer, we're still despatching daily. Collection is possible but only by prior arrangement.

Tel: 01491 832943

www.EarthwiseGirls.co.uk

WHO'S OPEN FOR BUSINESS IN WALLINGFORD



Sophia Cleverly of Relax Kids South Oxfordshire is running "Brilliant Me" mood booster sessions on Mondays between 4pm and 4.30pm for children and families.

Half an hour will fly going through our 7 steps. These sessions are donation based-no pressure at all.

Please contact Sophia by dm on Facebook or email relaxkidssouthoxfordshire@gmail.com if you would like to register and join us, we will have lots of fun and also... relax!

<https://www.facebook.com/events/162135521814919/>

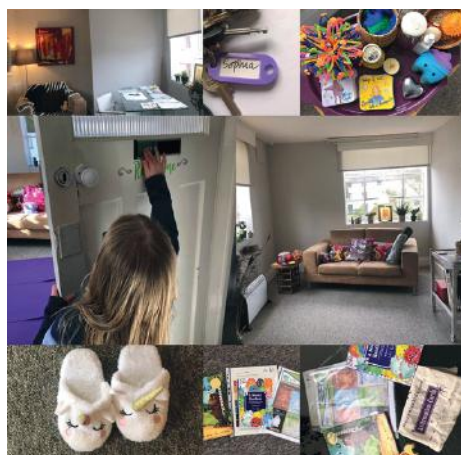
Also, I run Saturday morning 1:1 classes to support children and families in Wallingford usually (pictures attached) and now online. Small nurture group Relax Kids, Chill Skills for teens and tweens sessions and Just Relax for older teens/ adults.

Benefits reported... increased confidence, self esteem, understanding of moods and triggers, emotional lift, better sleep, improvement in emotional regulation, relaxation and overall wellbeing.

Please contact Sophia on

Sophia Cleverly
relaxkidssouthoxfordshire@gmail.com
Facebook: Relax Kids South Oxfordshire
Twitter: @relaxkidssoxon
Instagram: [relaxkidssouthoxfordshire](https://www.instagram.com/relaxkidssouthoxfordshire)
07811268990

"Children see magic because they look for it."



Ayres House Studios: Art from your armchair.

Local Artists open up VIRTUAL Exhibition for Artweeks

Unlucky for some, the 13 resident artists and associate members of Ayres House Studios were looking forward to welcoming the public into the previously derelict building; throwing open their studio doors to exhibit both art work and studio space as part of Oxfordshire Artweeks Festival, running from 2nd – 25th May. Alongside the studios many exhibitions, there was to be a full program of workshops, demonstrations and performances. Sadly due to Corona Virus this event has now had to go digital.

In October 2019 the artists took over Ayres House on Station Road in Wallingford, seeing the studio official open in the December. The Mayor, Lee Upcraft, was very complimentary about the studios, with many locals remarking on how they felt Wallingford was in need of a place for the Arts.

During Artweeks there will be a chance to view works online via <https://www.artweeks.org/festival/2020/ayres-house-studios> and on the Studios social media pages <https://www.facebook.com/ayreshousestudios> and <https://www.instagram.com/ayreshousestudios> where new posts will be shared daily throughout the festival. On show will be paintings, ceramics, sculpture, textiles, upholstery, jewellery, photography, installations, artist's books, performance and art restoration. The artists are from both academic and self-taught backgrounds, including those from high art, conceptual, fine art and applied crafts.

During lockdown they are welcoming applications from artists who would like to join the studios and for those who would like to join as associate members. They are also seeking proposals for community and collaborative projects that can be launched when restrictions are lifted.

Until then why not visit Ayres House Studios online from the comfort of your homes throughout May. If you are interested in signing up to classes, joining the studios as an artists or to find out more, please

Email ayreshousestudios@gmail.com or call Adumbration Arts on 01865 819869.

Follow @ayreshousestudios on Instagram and Facebook.

KINECROFT ACADEMY OF DANCE

Online classes (£3.50) in lots of genres for children and adults!

Online dance parties!

Private lessons!

Pre recorded classes to do in your own time!

Accepting new students!

Contact
T: 07814718409
W: kinacroftacademy.co.uk
E: info@kinacroftacademy.co.uk

Contemporary – Musical Theatre
 Ballet – Tap – Modern

Registered Member

Discipline & Barring Service

REGISTERED TEACHER

Bystander article

Spring means that whilst we stay in to protect ourselves; nature continues and seems to be taking advantage of a break from the human race. So why not get out there, whilst staying safe and monitor the resurgence of the wildlife around you and even contribute to citizen science.

Citizen Science? But what is that? I hear you say

Citizen Science is public participation in scientific research. This can be as simple as collecting information on the distribution of wild life in your locality. While it's hard to affect what is happening in the Amazon rain forests, we can observe and help impact our own local environment. For example, in the last two years there have been no swarms of honey bees in Cholsey, but if you see a swarm you can report it at <https://www.bee.watch/reportaswarm/> and so help local beekeepers support their colonies. If you have the Bystander app ... you can report it straight from your phone.

But what is the Bystander app?

The Bystander app is purchased at <https://www.bee.watch/shop/> and then downloadable from App stores. With it you can take GPS, time-stamped photos that are recorded on your map plus share to interested organisations. Over a period, you will build up a picture of what is going on in your locality from species of birds, insects, to hedgehogs and so on. This maybe just the time that you discover the name of that interesting butterfly you saw. Maybe it is a rare species that you need to report to the Butterfly Conservation Society?

The System has been developed by local company uWatch who also do systems whereby farmers can report what they are spraying so beekeepers know when to shut up their hives or residents to shut their windows. Ask your local farmer if they are using it to help protect us from pesticides. The app shows what is being sprayed and the toxicity of that chemical on the environment.

Through collaboration with The World Owl Trust (WOT); uWatch have also created The WOT's app, to monitor owl (raptor) distribution worldwide. This app will be free as part of WOT membership, www.owls.org and available in most languages.

You may have been hearing owls in the last couple of months especially the Tawny owls, as they pair up to mate. And as the Barn owl chicks get bigger the parents will be out hunting more often. With The WOT's app you will be able to identify those owl calls or sightings; track; photograph and report them to the WOT and contribute to their research.



The alerts that are part of the farmer's app will allow WOT to analysis how owl distribution is affected by pesticide use. For example it has been found that the Dung Beetle, is impacted by the worming chemicals used by dairy farmers for their cows and consequently the Little Owl population who's favourite food is dung beetle.

I can't think of a better way to spend time at home than learning about the environment around you and at the same time contributing to critical data. For more information go to "The World Owl Trust" at www.owls.org or www.Bee.Watch.



Improving lives for carers

Information, advice and support

Registered charity number 1149577

Support for the unpaid carers of Wallingford

If you are looking after a loved one or friend who could not cope without your help then the team at Action for Carers Oxfordshire are here to support you. During these uncertain times we are working hard to ensure family carers receive long term specialised support.

We have a dedicated team based all around Oxfordshire who are listening and helping carers get through, giving practical advice and information, and making sure that we stay in contact for a regular chat or just to reassure them they are not alone.

If you would like more information on the FREE advice and support we can offer please feel free to call us on 01235 424715, text us on 07827 235443 or email us on carersreferrals@carersoxfordshire.org.uk. If you are caring for someone with a mental illness call 07918 13367.

Wallingford Tearooms

I provide delivery within the local area for a small fee or collection can be arranged from the tearoom car park. I wear gloves and a mask for deliveries and collection.

Payment can be made via bank transfer or cash/cheque in a sealed envelope on delivery.

You can contact the Tearoom by email at the **wallingfordtearoom@outlook.com** by phone on **01491824091** or mobile **07598 002 749** to arrange bookings.

We ask for 48hrs notice for afternoon teas where possible.

Savoury Afternoon Tea

Wallingford Tearoom sandwich selection
Ham, tomato and mustard
Roast beef, watercress & horseradish
Egg mayo with cress
Smoked salmon cream cheese & cucumber
Roast vegetables and humous

Homemade cheese scones with caramelised red onion relish
Selection of savouries
Your choice of leaf tea
£16.50

Sweet Afternoon Tea

Wallingford Tearoom sandwich selection
Ham, tomato and mustard
Roast beef, watercress & horseradish
Egg mayo with cress
Smoked salmon cream cheese & cucumber
Roast vegetables and humous

Homemade desserts
Plain & fruit scones with clotted cream & jam
Your choice of leaf tea
£15.50

Add a bottle of Danzante prosecco for £25.00

Hanna Cottrell Designs,

@Winterbrook Garden Nurseries,

High Rd, Brightwell-cum-Sotwell, Wallingford OX10 0PS .

Selling peat free compost, vegetable seeds and herbaceous perennials (no bedding) and the list of stock is over 100 plants.
Local delivery, order online.
07743 190988

(<https://thebigsmallshop.co.uk/store/winterbrookgardennurseries/>)
<https://www.hannacottrelldesigns.com/>



Red Lion

Brightwell cum Sotwell

Corinne & Mouse Welcome you.
Pop in and Say Hello

The Street, Brightwell-cum-Sotwell, Oxfordshire OX10 0RT

01491 837 373

www.redlionbrightwell.co.uk
FB: RedLionBrightwellcumSotwell

UNDER NEW MANAGEMENT

The Red Lion in Brightwell-cum-Sotwell

The Red Lion in Brightwell-cum-Sotwell are now offering takeaways 4 nights a week, Wednesday to Saturday.

The menu changes each week and prices start from £10.00 per portion.

To check out what we are offering, please add yourself to our mailing list by e-mailing your details to Corinne at: **info@theredlionbrightwell.co.uk**

An email with the following weeks menu comes out each Sunday and to book, you reply with your order for whichever day, your preferred time of collection and any dietary requirements.

Each day gets booked up very quickly so it's always best to reply with an hour window of when you would like to collect and we will reply with the closest time possible.

When your booking is confirmed, it is important that you arrive at the pub at your allocated time as we cook to order and it also ensures social distancing at all times.

If you would like to order any takeaway beer, wine or spirits to collect at the same time, please just let us know in your e-mail but remember to bring something with you to take it home in!

We are also just about to launch a takeaway café offering tea, coffee & cake, please ask us about this.

THE COOKHOUSE — DELI —

WALLINGFORD

14 Market Place | Wallingford | Oxfordshire | OX10 0AD



FOOD & ESSENTIAL SUPPLIES:

Waitrose High Street
Mon-Sat 8am - 9pm Sun 10am - 4pm
Elderly and key workers 8 till 9am
Bank Holiday Friday: 8am-9pm

Boots the Chemists Market Place
Mon-Fri 9 am - 6 pm, closed Bank Hol Fri
Sat 9 am - 5:30 pm
Sun 10am-4 pm

Lloyds Pharmacy Market Place
closed each lunchtime 1pm - 2pm
Mon-Fri 10am - 5pm
Sat 10am-4.30pm Sun CLOSED

Wallingford Butchers St Martin's
Take orders and do deliveries
10% off for key workers & 25% off for Nhs staff
Closed each lunchtime 12 till 1pm
Sun & Mon CLOSED
Tues-Thurs 8:30am - 5pm
Friday 8:30am - 5:30pm
Sat 8am - 4pm
phone: 01491 833553

Street Market Market Place
Every Friday starts 8am
Fruit & Veg, Fish man, bread & bakery

KP Stationers Market Place
Newspapers, stamps, essentials & food,
Hermes parcels. **NEW:** is now delivering
groceries to residents of Wallingford &
Crowmarsh. Fresh fruit & veg, milk, butter,
cream, bread, brioche, rolls, sugar, eggs,
flour, pasta, rice, sauces, tinned fruit &
veg, toiletries, cleaning products, baby
powder, wipes, nappies, cat & dog food/
treats
Mon-Sat OPEN 8am - 5pm
Closed for lunch 1-2pm
Sun OPEN 8 - 11am & 12 - 3pm.
Open as usual for Bank Hol Fri
phone: 01491 837979
email: contactus@kpwallingford.co.uk

The Cookhouse Deli Market Place
Eggs, bread, flour & cheese delivered,
call 07855 530169
or email: info@thecookhousedeli.co.uk

Just Trading St Mary's
Mon - Wed 9am - 5:30 pm
Thurs 9am - 7pm
Fri 9am - 6:30pm
Sat 9am - 5 pm
For deliveries ring: 01491 826600

Wallingford Tea & Coffee St Martin's
freshly roasted coffee beans or ground,
teabags, loose black & green teas of all
varieties.

Shop open cash only.
Tue - Sat 9:30am - 2pm
Closed Bank Hol Friday
Also orders taken and posted, pay by
BACS or cheque on receipt
phone: 01491 836263

ESSO Garage Station Road
As well as fuel they have milk, bread,
biscuits, sandwiches, tea, coffee and so
on
open 24 hours a day, 7 days a week.

Wallingford Local Producers Market
Contact newsletter@wlpm.org.uk to
subscribe to weekly newsletter for what
the producers are offering.
Also find all producers offers and
ordering details on Facebook.

Blake's Petfoods Crowmarsh
Order online or over the phone. They will
tell you when your order is ready to pick
up or they will deliver to you.
website: www.blakespets.co.uk
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[St Mary's & St Leonard's](#)

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[St John's Catholic Church](#)

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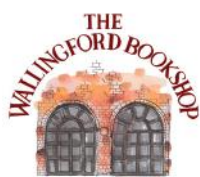
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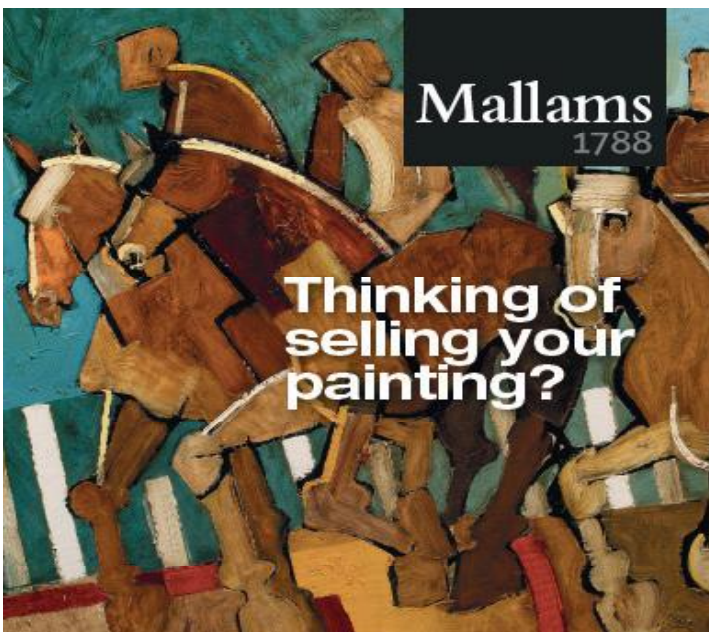
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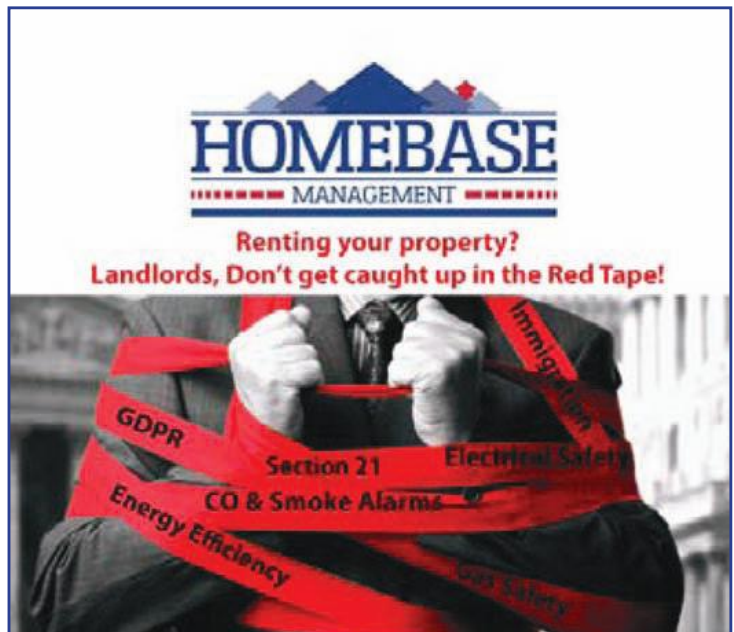
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