

The Sprout



The newsletter for North Hinksey & Botley

Issue 147 May 2020

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Issue 147, May 2020

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From the Editor

After the excitement of last month, this month's *Sprout* seems a bit quiet, despite the ongoing emergency. The Parish Council has continued to do a good job of collating information about all the help available, and this has been distilled into a poster, through the unstinting efforts of Cllrs Lorna Berrett and Chris Church. You will find it on page 19 and on the PC website and noticeboards. While we can't compete with Facebook for instant updates on who's delivering the best meals, what happened to the Fairy Doors, who sang loudest on May Morning (but see page 17 for a topical version of Over the Rainbow), etc, etc, what we can do is provide more detailed reading. So you will find some routes for walks around Botley on pages 4 to 8, and things to look out for on pages 11 and 15 (but don't forget to put your painted pebbles back where you found them so the next person can share the fun). Help with crisis-induced debt from Citizen's Advice (page 10). Things for gardens on pages 9 (making hedgehog highways) and 13 (appreciating your weeds). If you haven't started already, now's the time to beautify your front garden ready for the Botley in Bloom contest (page 18). And if what you're missing is the cultural input possible in a city like Oxford, help is on hand on page 16. We're sorry that the May 2020 *Sprout* is so short, and only available online. There are no adverts for the duration, so no money to fund the printing costs, quite apart from issues around delivery. Let's hope we can get back to normal in June. Stay well and happy reading.

Ag MacKeith

Letters to the Editor

Community asset

I write to you as Chair of Oxford Rugby Club to invite the local community to stroll to the End of North Hinksey Lane and use the Oxford Club as a Community Resource, not just during these difficult times but for the foreseeable future. There are approximately 14 acres of open space allowing for straightforward social distancing. Car parking is easily accessible.

As temporary caretaker of the club I have checked security each morning and seen a steady trickle of users throughout April, be they serious runners, joggers, families taking a stroll or responsible dog walkers. Everyone has respected the grounds, for which we are very grateful.

All we ask is that users stay off the 1st XV pitch which has been seeded, and that dog walkers to use the edges or the grassed parking area at the top of the grounds.

John Brodley, Chair ORFC

Traffic Calming in North Hinksey Village

The lockdown has resulted in a huge increase in walkers discovering the peace and beauty of North Hinksey Village. We welcome them, but are concerned for their safety when the usual traffic resumes. Although the road leads only to the Rugby and tennis clubs, there is significant traffic, particularly at weekends when 30 mph is typical and 50 mph has been witnessed more than once.

This is potentially dangerous bearing in mind here is no pavement - meaning pedestrians, small children, cyclists, dog walkers and horses all have to walk in the road. It is only just wide enough for two vehicles to pass in places and is not gritted in winter. Of particular concern is the blind corner passing College Farm and the straight section from Hinksey House to the end of the village green where drivers frequently put their foot down. There are several families with young children in the village and it is not safe for them to play outside on the green.

When the road was rebuilt after the sewer was renewed, an arbitrary 15 mph sign was painted on the road, but this has now worn away. The cul-de-sac sign at the village turn-off was demolished several years ago by a speeding truck. We believe a 20 mph speed limit would be appropriate, but we invite Sprout readers to share their opinion in the next edition.

Rod Chalk, Chris Andrews, Chris Sugden, Elaine Sugden

Out and about – Botley Walks.

1. The beacon and beyond

We are fortunate to have easy access to some lovely open spaces.

There are many circular walks that anyone can use for their daily exercise.

One (often surprisingly quiet) is the walk up past the Jubilee Beacon, which offers several options. But start (perhaps from West Way) with a steady walk uphill – Crabtree and Laburnum roads, or Hutchcomb and Cedar, to Arnolds Way. By the bus stop at the top of Laburnum take the path between the older houses and the new Turner Close development.

Follow the narrow path – to avoid social distancing issues turn right about 80m along on to the recreation ground and then walk alongside the hedge parallel to the path. At the top of the field, go through the gap in the hedge (may be muddy). Ignore the paths going left and right and follow the grassy track uphill, with a hawthorn thicket on the right for about five mins. At the top (through another possibly muddy patch) the path opens up with fields on either side.

At this point everything changes. Walk 50m and look back and right for views off to the north-east across north-east Oxfordshire as far as Bicester and beyond. Another 100m and then you're close to the beacon itself (*made by Stan Lewendon, former pupil of Matthew Arnold school, and installed by NHPC in 2012 so we could play our part in the national beacon chain celebrating the Queen's Diamond Jubilee – Ed*). You can now see (on a clear day) the Cotswolds in the far north-west; turn around and there's the Chilterns to the south-east. South-west views are obstructed by Boars Hill and Cumnor Hurst but the Ridgeway is visible between the two. On a clear sunny evening the view from here is simply astonishing.

Beyond the beacon there are various options. Carry on over the hill and turn right when you reach the Chilswell Path. A left soon after leads you up across a field and up to Cumnor Hurst woodland. Walk up through the wood to the open glade at the top (*shown in the photo with its trig point*). Beyond that is a path to the edge of the wood where there are great views across to the Ridgeway. From the Hurst return the same

way (or find the circuitous route over a stile near the glade down to the new housing development in Chawley by Cumnor Hill).

Alternatively turn left along Chilswell Path, going south. A few minutes will take you to the junction where paths go west to Wootton, south to the Chiswell Valley (aka Happy Valley), across a field up into the woods on Boars Hill, and also east. The eastern route is



a narrow path that will take you into the Hinksey Heights woodland and nature reserve. Fork left and uphill shortly after entering the wood and the path leads to Brookes Westminster campus.

From here you can either:

- Walk through the west side of the campus towards new buildings at the back. From here there is a tarmac path that connects to the Turner Close development and your circle is complete.
- Walk down Harcourt Hill and turn left into Raleigh Park – our most valuable green space. Cut through the park and take the exit out into Raleigh Park Rd. From there you can connect back to Botley.
- Walk further down Harcourt Hill, close to the A34, and return to West Way via Westminster Way or use the subway under the A34 to get to North Hinksey.

Chris Church

2 Tour of Botley and North Hinksey

There are two versions of this walk, with optional detours to take in various sights. Both alternatives start in North Hinksey Lane and follow the same route through to Raleigh Park. The longer route (the Grand Circular Tour) is nearly 6 miles long. The second option (the Slightly

Less Grand Circular Tour) is just over 2 miles long. Neither walk is suitable for cyclists, but either is suitable for walking dogs (although they must be put on a lead in the Cemetery and at Conduit House).

Grand Circular Tour

Start at the western side of McDonalds' car park. Head south down North Hinksey Lane to Botley Cemetery to view the Commonwealth War Graves. Come out of the cemetery, turn right and find the five-barred gate of North Hinksey Nature Reserve on your left after 100 yards. From here you can admire the Old Manor House on the opposite side of the road, before you enter the Reserve through the gate. Go down the path past the pond (you will see the Community Orchard to your left) and exit on the far side into Minns Business Park. A footpath runs along the left side of the building in front of you, leading to the footbridge over the Seacourt Stream and bringing you out into Seacourt Nature Reserve.

Turn right and head south out of the Reserve via a gate under a massive pylon into open grassland – Oxford Preservation Trust's Hinksey Meadow, famous for wild flowers and butterflies. Continue, keeping the Seacourt Stream on your right, until you reach the kissing gate at the far right corner of the field. Exit onto Willow Walk. Turn right and cross the bridge back onto North Hinksey Lane. Turn left and look

out for St Lawrence Church at the bend. After visiting the Church go back to the Lane and take a left at North Hinksey Primary School onto the service road. Halfway along, follow the cycle path running up past allotments and through the A34



underpass to Westminster Way where you turn left again. Just before you reach the A34 cross the road and go through the gate into Raleigh Park. Walk straight up the hill until you come to a wide open space near

the top then turn around to see a good view of central Oxford and its spires. Facing downhill, take the path to your right which runs past small ponds to the gate onto Harcourt Hill. To visit the Conduit House (see *photo*), turn left and walk about 100 yards down the hill and follow the signs. You can't go inside, but you can marvel at the ancient graffiti scratched into the stone. The 17th century conduit took water from local streams to the city, and the original water course, recently unblocked thanks to local efforts, runs through the end of North Hinksey village. On your way again, carry on uphill past Brookes Harcourt Hill campus. At the end of the road, continue straight on for about a mile, ignoring the gate on your right. This footpath is tree-lined and starts off quite wide but narrows towards the end. Where the trees end you will find yourself at a crossroads with a major footpath (the Chilswell Path). Turn right and follow this new footpath to Hurst Lane, passing the small wood that is Cumnor Hurst on your left. Turn left up Hurst Lane and at the end cross Cumnor Hill. Walk a few yards uphill and then climb over a stile at the start of two footpaths. The one to the left leads to Chawley Village, but you should take the right hand path alongside Long Copse. Follow this footpath downhill across open grassland. As you near the A420 you walk past some rushes and pass through a few trees to a double gate which takes you through to a final field. Head towards the gate in the far right hand corner and continue through to Orchard Road and past St Andrew's Church to Eynsham Road. Turn right and after about 50 yards cross Eynsham Road and walk down Fogwell Road.

Enter the playing field on your left and walk past swings and exercise machines to the trees on the far right side. Here about half way between the exercise machines and the bmx bike area (see *photo*), a path runs through a gap in the trees over a plank. This leads to the start of an open area of trees and grassland between Fogwell Rd Estate and the A420. Continue until you can go no further in that direction, when you turn right into the end of Fogwell Road.



Walk down this end section of Fogwell Road and continue along a

footpath. Turn right along another footpath between the houses and turn left again at a lamppost. At the end bear left across the road and take another footpath which brings you through to Broad Close. Turn left down Deanfield Road and then a right turn will take you back to Eynsham Road.

At Eynsham Road turn left and continue along West Way past the Seacourt Bridge Pub on your left and Elms Parade shops on your right, to the A34 flyover. Here cross West Way at the traffic lights, go left and return to your starting point at the entrance to North Hinksey Lane.

Slightly Less Grand Circular Tour

After viewing the spires of Oxford from Raleigh Park (*see photo*) continue uphill to the gate at the top. Follow the short tree-lined footpath to the junction of Lime Road and Yarnells Hill. Bear left along Lime Road. After Cedar Road go through a gate on your right into the Lower Field part of Louie Memorial Playing Fields. Walk downhill past the playground and into a copse at the bottom of the field (Hutchcomb's Copse) taking one



of several footpaths there which continue down through the trees to a concrete path where you turn left. You will see a pond and fen area to your left immediately before reaching houses and then a gated exit onto Hurst Rise Road.

Turn left and walk uphill around 100 yards until the road veers left. Here cross and turn right into Cumnor Rise Road, an unadopted road which you can follow down to Cumnor Hill. Turn right at the bottom and follow West Way keeping the Seacourt Bridge Pub on your left and Elms Parade shops on your right, under the A34 flyover. After walking a short distance further you will pass Seacourt Tower on your left and reach your starting point on the right at the entrance to North Hinksey Lane.

With thanks to Chris Sugden

Hedgehog Awareness Week 2020

The week commencing 3rd May 2020 is Hedgehog Awareness Week – our annual opportunity to do our bit to protect these much-loved wild animals.

If you'd like to help reverse the decline in hedgehog numbers the most helpful action you can take is to *link your garden*. By making a small hole in your fence (13cm square) you can help ensure that hedgehogs have a sustainable habitat for foraging and finding mates. As in previous years, I have five 'Hedgehog Highway' signs (pictured below) to give away to the first five *Sprout* readers who contact me with a photo of a newly created hedgehog access point.

This year we're also focusing efforts on reducing roadkill (estimated to be up to 100,000 hedgehogs nationally per year). If you'd be willing to stick a 'hedgehog crossing area' sign (pictured) on one of your wheelie bins to raise awareness among passing drivers (albeit only on bin nights), please contact me. I'd be particularly pleased to post these to residents of Finmore Road, Crabtree Road and Westminster Way which are hotspots for hedgehog roadkill.

Looking forward to hearing from you on roger.dalrymple@spc.oxon.org and thank you for your help for hedgehogs.

Roger Dalrymple (British Hedgehog Preservation Society)





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 is difficult.

However, there are definite steps you can take to tackle these bills. Many banks and utility companies 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**](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.

Painted Pebbles

Lockdown with three smallish children isn't easy, but it was made better by the amazing weather we've been having!

It has also made us look around at more local things to do and -- let's be fair -- we are blessed, living in this beautiful corner of Oxford. As a family we have discovered many paths and trails right from our front door.

One of these amazing places that I have only just discovered (with a little help from my friends!) was Hinksey Heights Nature Board Walk. You get to it at the end of Stanton Road, halfway up Harcourt Hill (or from the Hinksey Heights Golf Club, though this is closed for now). This lovely location was made all the better by the colourful and beautifully painted rocks we found there courtesy of Holly, Nathan, Heidi and Olivia Harwood. We spent a good few hours roaming in the reserve, finding over 33 stones.

Since we've visited there have been a new set added to the collection. I can't wait to go back in search of them! I've seen many people posting their finds on the Botley Notice board so from everyone in my family, "Thank you, Holly" for making lockdown a little more bearable.

Eloise Goodhand



Key Worker

Becoming a key worker wasn't my first thought a month ago when panic-applying for a job at Tesco, but after weeks of slinging food into cars at click-and-collect I'm now taking the public appreciation in my stride. My younger brother, who started a week before me, says he's also learnt to gracefully accept the mask-muffled mutterings of 'I really appreciate what you're doing, mate!'

At a time of mass unemployment it seems strange to be praised for the privilege of working. One taxi driver made this clear. When watching him load a vehicle's worth of bottled water ordered by his client into his car, I – polishing my car-side conversation – said 'well that's panic paying our wages.' 'Paying *your* wages' he corrected, 'we're barely getting anything right now.'

Since the hiring of 45,000 new workers by Tesco alone, supermarkets have become oases of employment in a drying economy. Staffed by armies of personal shoppers (including at least three Matthew Arnold students) picking online orders in silence from 2 am each morning, and shelling out shopping through a click-and-collect service running at full capacity, Tesco Cowley's system is now considered by many long-time workers to be in overdrive – 'absolutely crazy,' and 'this is insane' are phrases hourly exclaimed, alongside arguments in the canteen about whether or not masks should be worn and how staff can be encouraged to promote social distancing measures, given the backlash from some customers.

There is also some disgruntlement over whether staff count as 'key' or 'essential' workers, and so qualify for testing and weekly applause. Coronavirus-related deaths are of course far lower here than in the NHS, but it is nevertheless a necessary service with some health risk. And the work isn't easy. Being outside in a car park might be an exclusive perk nowadays, but the constant lifting of heavy trays of food is fairly full on, particularly for older colleagues, many of whom are working four times as hard as before, for a 10% pay rise.

Supermarkets may not be first up for thank-yous, but for now, as an impractical person hoping my questionable bagging abilities won't get me sacked, I'll be accepting all the praise I can get.

Michael Jacobs

Love your Weeds

Every gardener is taught that weeds are bad. They compete for the soil's nutrition and moisture. But I find hard to hate the golden dandelion – so important for nectar-collecting bees. Or to chop a daisy, star-bright on the lawn. I even allow some bindweed to climb up a post because I love its white trumpet flowers, virgin pure but heralding sheer bloody-minded resilience.

And if you think I'm a soft-hearted romantic organic grower, with garden unkempt and a riot of choking foliage, then let me explain. Weeds aren't all bad. Some are beautiful, some provide nutrition for the soil, and many are helpful to beneficial insects. Along with your chosen plants, they contribute to that all-important biodiversity that any growing area needs. As Jack Wallington memorably wrote in his book *Wild About Weeds* – weeds can be good, bad and indifferent. Like me, he is happy to garden with these rebel plants.

Let's look at the good ones: Weeds are sometimes the first flowers to appear. So hungry bees and other insects emerging in early spring will access their nectar. Daisies, dandelions and white dead-nettle are all in full bloom in April. With cow parsley – loved by aphid-eating hoverflies – hot on their heels.

Stinging nettles are a remarkable plant. The stems and leaves make an excellent mineral-rich liquid feed after soaking for a week or so in a bucket of water. Older stems are as strong as string, and can be used as a plant tie (use gloves to cut stems, plunge into boiling water for a few minutes, weave a couple into a rope and then dry. You'll not be able



to break it no matter how hard you pull.) Nettles are the food plant of Red Admirals, Small Tortoiseshell and Comma butterflies. And the seeds are used in herbal medicine to alleviate fatigue. You can also give them to your chickens to encourage them to lay eggs, or so I was

told by Miss O'Malley, Botley's former Health Visitor, remembering her childhood on an Irish farm.

Edible weeds include ground elder (its young leaves are like spinach, and equally full of goodness); fat hen is full of vitamin C; and a bramble will treat you to autumn blackberries.

Some weeds are drop dead gorgeous. Leave single plants of rosebay willow herb (clear all the others) to appreciate its remarkable architectural splendour and rich reddish/pink flowers. Or keep a scatter of brightly coloured poppies to liven your veg patch, and distract birds from your strawberries. A small clump of self-seeded chamomile between your patio stones will fill the air with fragrance as you tread over them to sip an evening gin and tonic.

To weed or not to weed? Are brilliant blue forget-me-nots weeds? Or the darker azure alkanet? The scarlet pimpernel and the lime green spurge? I never invited them into my garden, but they enhance every bed they pop up in. Weeds don't need feeding or pruning. The only maintenance is keeping on top of them, so that those you don't want don't turn to seed, and those that you do can shine.

For advice on how to manage your weeds the organic way, go to www.gardenorganic.org.uk/weed-management (especially worth reading for advice on clearing your allotment without weedkillers).

Borrowed from **Guy Singh Watson's** WickedLeeks, with local input

LOCAL PLANNING APPLICATIONS

P20/V0764/HH	64 Yarnells Hill. Single storey ground floor front extension with associated alterations.	16 March <i>Target Decision Date 10 May</i>
P20/V0670/FUL	56 Hurst Rise Rd. Erect 2 new 4 bed dwellings with associated bin and bike stores.	15 April <i>TDD: 10 June</i>
P20/V0921/FUL	Botley Centre West Way. Demolish & redevelop existing buildings for new commercial use at ground floor level, with 150 residential dwellings above. Plus car parking & landscaping.	17 April <i>TDD: 17 July</i> <i>Comments by 30 May</i>
P20/V1049/HH	186 Westminster Way. Conversion of existing detached garage to habitable accommodation.	27 April <i>TDD: 22 June</i>

Scarecrows Galore

What have people been doing during lockdown to keep their spirits up? Here's a response from the north side of West Way. Thanks to Rosemary Ralphs for getting in touch to tell us about this creative flourish.

"In Hazel Road we decided to cheer everybody up by creating a selection of Scarecrows. One day we saw some crows around and thought it would be a great idea to make these in time for the NHS Clap for Carers. Many families have taken walks on the street with their children to marvel at our creations and take photographs."



The gardener



The plumber



The joyriders

Visual therapy

Are you like me, frustrated at not being able to get to art galleries because of the COVID-19 lockdown? Help is at hand. Many museums and galleries are staging online exhibitions, virtual tours through their closed doors, and art history lectures, or interviews with exhibiting artists. Check out my personal selection:

1. No place more familiar than the ASHMOLEAN, which has begun the ambitious project of making all its collections viewable on line. Thus far, they have exceeded 112,500 objects, including paintings, displayed on an easily navigable site: collections.ashmolean.org.

2. Another local treasure is MODERN ART OXFORD, which has generated a lively armchair gallery of its current exhibition: Enter *Tools for Life* online and discover new insights into Johanna Unzueta's works with short videos, behind-the-scenes moments, curator's notes, children's activities and more: modernartoxford.org.uk

3. Or you could take a virtual wander up to London and view the ROYAL SOCIETY of WATERCOLOUR ARTISTS' exhibition at the MALL GALLERIES, together with a 2-minute interview with one of their prize-winners: mallgalleries.org.uk.

4. Or go even further afield to Chichester, home of the excellent PALLANT HOUSE GALLERY, which features illustrated descriptions of the exhibitions they have put on hold during the necessary closure, together with a relatively long discourse on a particular painter or movement: pallant.org.uk.

5. Alternatively, you could subscribe to the ART FUND, which in view of all the closures is highlighting online a variety of visual treats; currently they are visiting displays at the Birmingham Museum & Art Gallery; the Courtauld Institute; Kettle's Yard and the National Gallery: artfund.org.

6. Lastly, why not stay really local and visit our very own BOTLEY ARTS' website, featuring work by local painters, printmakers and photographers: botleyarts.com.

As they say in New York, sit back and: ENJOY!

Ruth Cameron

Randoms

A version of “Over the Rainbow” for our times, sung in McDonalds’ empty car park by Old Botley residents on 1st May:

**Someday, after the lockdown
Who knows when
There’s a land that I heard of
Once in a happy dream.**

**Someday, after the lockdown
Skies are blue
There all the dreams you dare to dream
Really do come true**

**Wish I could wish upon a star
And wake up with the virus far behind me
Where doctors have a well-earned rest,
And we’ve reclaimed the NHS,
That’s where you’ll find me!**

**Someday, after the lockdown,
Swallows fly,
chasing the insects
in the sky.**

**Wish I could wish upon a star
And wake up with the contrails far behind me.
With no more melting polar caps,
And no more wages gender gaps,
That’s where you’ll find me!**

**Someday, after the lockdown,
Skies are blue,
There all the dreams you dare to dream,
Really do come true!**

The Tap Social Movement

Glad to report that the Tap Social Movement looks fit to survive the crisis. Rumour has it that the splendid sales of home delivered beer and the ongoing furlough arrangements have enabled it to stay afloat.

'Botley in Bloom 2020'

Remember that front garden competition that used to have neighbours competing to dazzle the world with their beautiful creations? Inspired by Linda Losito's article in March, and spurred by the current crisis and the need to keep healthy and go outside, the *Sprout* has joined with North Hinksey Parish Council to revive Botley in Bloom. There will be three categories:



- 1. Best Overall Front Garden**
- 2. Best Car Bower** – surrounding your front garden parking space with greenery and flowers
- 3. Best Vegetable Element** – a front garden that features vegetables, though these need not be the whole story.

It would be nice to have a children's competition – tallest sunflower, perhaps, but that couldn't be judged till rather later. Meanwhile, we're hoping we'll be able to do the judging in June when flowers are at their best. If you plan to play a part in this exciting neighbourhood event, fill in the form below and send it back to **editor@thesprout.org.uk** over the next few weeks. Closing date is June 1st.

Botley in Bloom 2020

I would like to enter the Botley in Bloom competition

Name (please print).....

Address

Contact details: email ***phone***

Please tick relevant category

Category 1 (Overall)

Category 2 (Car bower)

Category 3 (Vegetable element)

Support during the COVID-19 'lockdown'



Advice from North Hinksey Parish Council & 'Botley Responders'

More online at: northhinksey-pc.gov.uk/covid-19-community-hub/
regularly updated information, local services and list of **local street contacts**.

If you need help or can help others email: **BotleyResponders@gmail.com**

<p>Oxfordshire support for vulnerable and 'at risk' people: 01865 89 78 20 (8:30am to 8:00pm Mon to Fri, 9:00am – 5:00pm Sat and Sun) or email shield@oxfordshire.gov.uk</p>	
<p>Vale of the White Horse District Council: community support for those in need (not high risk): 01235 422600 or email communitysupport@southandvale.gov.uk</p>	
<p>Botley Community Fridge: Free food deliveries for those in need and to reduce waste: food@myphone.coop or phone or text: 07759 135811</p>	<p>Food deliveries from Botley Co-op: (limited support from local store for those isolated at home; payments taken over phone): 01865 721935</p>
<p>Age UK Oxfordshire: Helpline for older local people: 01865 411 288. www.ageuk.org.uk/oxfordshire</p>	<p>Childline: free and confidential: 0800 1111 www.childline.org.uk</p>
<p>Mental Health 24/7 helpline: For adults: 01865 904 997 For children & young people: 01865 904 998 Samaritans: 116 123 Oxfordshire Mind: 01865 247788</p>	<p>Oxfordshire domestic abuse helpline: 0800 731 0055 (Mon-Fri 10-19:00) UK Domestic Violence helpline: 0808 2000 247 (24 hour)</p>
<p>Medical: Prescription deliveries (by local Scouts): 07514 059123 or: spdsxford@gmail.com Botley Medical Centre: 01865 248719 Lloyds Pharmacy: 01865 247023</p>	<p>NHS: For all concerns: 111 https://www.nhs.uk/</p>

Stay safe – stay home – use these services

COVID-19

Community Hub website and Botley Responders

For all you need to know for local and national support during the lockdown visit the COVID-19 community hub page on the parish council website: <https://northhinksey-pc.gov.uk/covid-19-community-hub/>

The hub includes sections on how to get support, medical and prescription services, food deliveries and shop opening details, how to stay connected, keep fit and stay mentally healthy, council services, financial advice, how to volunteer and things to do for all the family.

The Things to do Section includes ways to safely enjoy the outdoors plus online exercise, art and crafts like Artweeks online, music, free online learning, a local weekly pub quiz and much more. Stay fit, learn and enjoy while supporting your local small businesses.

The hub also has links to our list of Botley Responders – over 50 volunteer street coordinators who represent their roads, providing information and support, setting up local street WhatsApp and email groups, delivering leaflets, helping with shopping and friendly phone calls to make sure no-one is cut off even if they have to self-isolate. A huge thank you to everyone who has volunteered to help in their street and to put the resources together for the website.

We still have some streets without representatives and other volunteer opportunities so if you can help please email BotleyResponders@gmail.com Please check the web page regularly as it is kept continually up-to-date.

Lorna Berrett

COVID-19 community hub

This page is intended to act as a hub for information and support during the COVID-19 pandemic. To ask for help, to volunteer or to provide information for this page please email BotleyResponders@gmail.com

There is a growing amount of help available to those at risk and also for those who are isolated or have related problems. So PLEASE don't suffer in silence or take risks – use the help that is available. This support is here for you!

What are you looking for?

Click on the items in table below for information and resources

- | | |
|------------------------------------|-----------------------------------|
| * Help for you or someone else | * Financial or employment help |
| * Food, shopping & deliveries | * Things to do for all the family |
| * Medical help & prescriptions | * Volunteering opportunities |
| * Staying connected | * Council services |
| * Keeping fit and mentally healthy | * Something else |

Key links and numbers:

Find your nearest Street Coordinator [HERE](#)

The Sprout

The Newsletter for North Hinksey & Botley

Directors: Janet Bartlam, Judi Bolder, John Clements,
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Advertisements: If you have print-ready advertisements in the correct format the last day for booking advertising is the 10th of the month preceding publication; in all other circumstances more advance notice will be needed. For details about exact sizes, quality requirements, advice on text and help with production, please contact the Advertising Manager.

Advertising rates:

½ page: 1 issue £56; 3 issues £135; 5 issues £182; 10 issues; £308

¼ page: 1 issue £28; 3 issues £67.50; 5 issues £91; 10 issues; £154

1/8 page: 1 issue £14; 3 issues £33.75; 5 issues £45.50; 10 issues; £77

Subscriptions: If you live outside North Hinksey Parish you can still receive The Sprout on a regular basis. Just take out a postal subscription – only £10 per annum, delivered to your door. Contact: Carol Kramer 01865 243002.

Whilst every effort is made to ensure the accuracy of information printed in this newsletter, mistakes may happen. The Editor and Team apologize unreservedly for any errors that may occur and will do their best to correct them. This publication is not a vehicle of the parish council, and parish councillors working with the Sprout do so in a personal capacity. Opinions expressed are the opinions of the individual contributors.

All concerned in the production and delivery of The Sprout are unpaid volunteers.

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