

## Deddington through Facebook – November

Sharing local reaction to Lockdown 2 and looking forward to a different Christmas

 **Drew Kamphuis** shared a post.  
15h · 🌐



**A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER** @BELIEVEPHQ

**LIGHTING**  
On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock.

**LIMIT NEWS**  
Limit the amount of time you spend on social media and checking news.

**TAKE TIME FOR YOURSELF**  
Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care.

**STAY CONNECTED**  
Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis.

**COPING STRATEGIES**  
Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety.

**PLAN YOUR WEEK**  
Organise your week and plan in activities that provide you with a sense of pleasure and achievement.

**POSITIVE HABITS**  
Write down a list of 5 - 10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness.

**HELP OTHERS**  
Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions.

**CONNECT TO YOUR VALUES**  
Reconnect with things that are important to you and try to engage with them on a regular basis.

**STAY ACTIVE**  
Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood.

**ASK FOR HELP**  
If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help.

**First For Safety Oxfordshire Ltd - First Aid & Fire**  
Yesterday at 01:17 · 🌐

Lockdown in Winter is likely to be harder for most, especially if it gets extended - Look out for each other.....

 **Tim Catling** shared a post.  
22h · 🌐



**The Duke at Clifton**  
Yesterday at 11:46 · 🌐

HAPPY DAYS - Lagers and real ales all at half price until lockdown close. When its gone its gone. If you need any takeaway beers please let us know. Look forward to seeing you.

1 share



**Patty Goriainoff**

15h · 🌐



This second lockdown is going to bring much more heartache for families already struggling due to the pandemic. I can't bear the thought of parents worrying about their kids not having Christmas presents this year. I don't have kids and my nephews are already fully grown, so I would like to be auntie this Xmas to some kids whose parents are struggling. If you are worried about getting your kids presents this Xmas, please PM me and let me know how old your kid(s) are and what they would like to have this Xmas. You can then come and pick it up from my house (Clifton). Please don't suffer in silence, it could be one less thing for you to worry about.



Wendy Meagher and 134 others · 23 comments · 3 shares



Like



Comment



Share

View 20 more comments



**Tim Catling**

That's incredibly kind Patty!!

Like · Reply · 3 h



**Pippa Jane Silvia Kitchen**

What a wonderful, kind person you are. How thoughtful

x

Like · Reply · 6 m



**Alison Day**

Patty, you're a star! ⭐

... · Reply · 4 m



**Robert Forsyth** shared a post.

22h · 🌐



**Robert Forsyth**

Yesterday at 11:30 · 🌐

With great great regret the Service of 2 Minutes Silence at Deddington War Memorial on Sunday 8 November is cancelled. Instead a short service will be live streamed by the Rev Annie, on her own in the church (no attendance allowed), during which she will read the names of the fallen and observe the Silence. The service can be viewed at [https://www.youtube.com/embed/live\\_stream...](https://www.youtube.com/embed/live_stream...)

The Church bell will toll at 11.00 so that it can be heard throughout the village to mark the start of the Silence



Deddington Health Centre

11 November at 14:27 · 🌟

You will have seen on the news that a COVID-19 vaccination may be imminent. Please don't contact the practice about this until you receive a letter or text. The vaccine will be prioritised to the oldest and most vulnerable first and we will deploy it as rapidly as possible whilst trying to maintain most other services where possible. More information will follow when available.



Al Kitchen shared a post.

12 November at 13:08 · 🌐

### Deddington and Parish Covid-19 Response Team Newsletter #11 – 9th November 2020 Deddington, Hempton and Clifton – Together, Apart!

For your zone captain please see the map on page 3

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

With the start of a new national lockdown, and the likelihood of restrictions throughout the winter, we would like to remind you that we are here to help – and will be for the foreseeable future.

We, the Deddington Parish Response Team, want to ask for four simple things:

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

#### CURRENT RULES (until 2 December) – Note these are LAW, not guidance as previously

The **main** rules that affect everyone on a day to day basis are:

You need to stay at home, except for:

- Work or volunteering, which cannot be done from home
- Essential shopping (food, medicines, prescriptions, newspapers, post office etc)
- Collecting takeaways or "click and collect" items
- For medical reasons (GP, dentist, hospital, COVID-19 tests etc) – including vets
- To escape injury or harm (eg domestic abuse)
- To visit someone in prison or a care home (where visiting is permitted)
- For formal education, or taking children to school or child-care
- To attend a funeral or related event
- To attend a formal mutual aid group (eg drug or alcohol recovery)
- For exercise locally, or to meet ONE other person in a public space
- To visit people in your formal support bubble or childcare bubble

You are not allowed to meet anyone inside or in your garden unless they are in your bubble

Face coverings must be worn in most indoor settings and on public transport

Non-essential retail shops are closed, but are allowed to offer "click & collect" facilities

Hospitality venues are closed, except to provide food or drink for takeaway (up to 10pm)

Personal care (hair, beauty etc), leisure and entertainment venues are closed

Places of Worship are closed (except for personal prayer)

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

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

**LOCAL BUS SERVICES**

Local bus services are available to help you get to work, school, college or to visit family and friends. Please contact your local bus company for more information or to book a ticket. For more information, please visit [www.deddingtonbus.co.uk](http://www.deddingtonbus.co.uk)

**LOCAL BUS SERVICES**

Service	Route	Frequency
1	Deddington - Hempton	Monday - Friday, 07:00 - 19:00
2	Deddington - Clifton	Monday - Friday, 07:00 - 19:00
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**ALWAYS USE SOCIAL DISTANCING**

### Deddington COVID-19 Response

Guaranteeing self-isolation? There's support for you!

Need some help or advice? We're here to help!

Deddington Community Volunteers have got you covered. Need supplies or prescriptions, dog walking or just some advice and someone to talk to - then call your Zone Captain.

Fighting Coronavirus as a Community

**Zone 1** Gail Adams 07971 213750 or 098800

**Zone 2** Marie Adams 07920 718304 or 037607

**Zone 3** Elaine Smith 07881 408026 or 037546

**Zone 4** Julie Carr 07870 858088 or 058822

**Zone 5** Carol Barrett 07795 881827 or 098888

**Zone 6** Anna Galloway 07512 997548 or 028475

**Zone 7** Beth and Philippa Cress 07880 310854 or 037548

**Zone 8** Anna Haynes 07872 848348

**Zone 9** Al Kitchen 07914 820665 or 037626

**Zone 10** Jane Clark 07774 020112

**Zone 11** Sue Williams and Len Walsh 07957 846118 or 037548

**Zone 12** Sarah and Jo Miller 07875 778889 or 037525

### Deddington and Parish Covid-19 Response Team


12 November at 12:01 · 🌐

Hello Deddington and Parish - this week we produced the updated and refreshed Covid-19 Response Team Newsletter. We will complete distributing paper copies in the next couple of days. Some of the Zone Captains have changed - see page 3. Thank you so much to outgoing Zone Captains and also those who have stepped up. It is really important that people know that we are still here to help. Local shops and businesses have been fantastic this year and we continue to work with them where possible.

I would like to draw your attention to what we are doing to support people at Christmas - See section from Rev. Annie - please let us know if someone would like some festive cheer - and a meal.

**Olivia Fenion**  
15 November at 14:34 · 🌐

Online Evensong tonight, <http://bit.ly/DCOLS>



**Deddington Church**

### Evensong Tonight

Sunday 15th November  
6pm  
**ONLINE ONLY**

Evensong is still going ahead tonight in a restrictive form due to the current Coronavirus restrictions.

Do log on at 6pm and watch on Church TV using the following web address:  
<http://bit.ly/DCOLS>



👍 3

👍 Like    💬 Comment    ➦ Share

🌐 Write a comment...    😊 📷 GIF 🗨️

**Jessica Hardie**  
22 November at 23:01 · 🌐

**Could someone please advise if there is a food bank in Deddington as I am looking to donate to people in need in these difficult times. Thank you in advance.**

👍 4    5 comments

👍 Like    💬 Comment    ➦ Share

View 3 more comments

**Jenny Snashall**  
As far as I know, the trolley is still in the church porch.

Like · Reply · Share · 6 d    👍 2



Jill Cheeseman

22 November at 14:47 · 🌐



DN would normally be printed and collated next week but what's normal? As you will know, the Windmill had to close for lockdown 2 so we can't print and collate until after it ends - but you will get a paper copy delivered a bit later than usual.

# LATE RUNNING



**THE DEDDINGTON NEWS**  
is running late, derailed by the latest lockdown. But we are determined that you should have your December issue in print. So come December 2 and the end of lockdown, we will be back on track, printing and be dropping through your letterbox shortly afterwards.

**THE DEDDINGTON NEWS**  
Definitely worth waiting for



**Gary Ward**  
26 November at 17:59 · 🌐



Dear customers

The latest government announcement regarding the new tier system has placed Oxfordshire in level 2 meaning sadly we can only accept reservations for eat in operating under the latest government guidelines. We cannot accept customers for drinks only. Our takeaway service will operate as normal.

We will be open from Wednesday 2nd December to get this festive period started and have added a couple of dishes to our menu.

Thank you to all our customers for your support and we look forward to welcoming you very soon.

Open for eat in:-

Wednesdays to Friday from 5pm.....Sat & Sun from 12 noon.

[www.redliondeddington.co.uk](http://www.redliondeddington.co.uk)



👍 19

3 shares



**Kerry Mellor**  
14h · 🌐



Hello, this is my last plea everyone. Thank you so much for everyone who has donated so far. The kindness of you all will make such a difference to so many families. We have over 300 boxes donated, Food, books, toys, smelly's selection boxes etc. I want to thank you all from the bottom of my heart. This is the last chance to donate and help put a smile on other families faces. We still need more to make these hampers up.

We are in need of

New toys from baby to teens

New books

New board games

Boxed smelly sets

Chocolates, selection boxes, sweets

Tinned food, pasta, jars of sauce, sauce

Crisps, mince pies, Christmas cake

Crackers

Seasonal goods

If you are off to the shops or making an on line order and can afford to add a little extra please do.

Let's help share a smile this Christmas

Thank you all so much. ❤️❤️

8 comments 1 share



Al Kitchen

Yesterday at 11:55 · 🌐



### **COVID VACCINATION PROGRAMME - VOLUNTEERS NEEDED**

*The Government has now announced that a Covid vaccination programme is to take place in the UK. It is still in the early planning stage but we do know that we are going to be reliant on support from our community to help us and will be looking for volunteers to assist in the delivery of the programme.*

*We are unable to answer any questions about this at the moment but if you would like to express an interest in becoming a volunteer then please send your name, email address and mobile telephone number to the email address below. Please include details of any experience you may have had that you feel may be useful.*

*The Covid vaccination programme is being delivered as a network with other local Practices in the area and the initial part of the programme is likely to be undertaken from Chipping Norton Health Centre. Please also confirm that you give your consent for us to forward your details to Chipping Norton Health Centre so they can contact you when co-ordinating our volunteer response.*

*The email to send your details to is: [volunteers.deddington@nhs.net](mailto:volunteers.deddington@nhs.net)*

*On behalf of Deddington Health Centre*



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