



## Your garden birds – what do you call them?

Like many people at this time of the year I enjoy seeing, but usually listening, to the birds in my garden. Given the current lockdown circumstances I can spend more time than usual keeping an eye (and an ear) on what my feathered friends are up to.

A week or so ago I was sitting having a mug of tea and enjoying a wren booming out his song. Despite being the third smallest bird in Britain they can certainly make a din! I was transported back to my childhood where all my spare time was spent roaming my local woodlands and riversides, remembering all the birds I would seek out avidly. Back then a wren to me would either be a “Jenny wren” or, in the breeding season, a “finger-poke” based on the structure of the nest they build, which posed a challenge to us egg collectors (I know dreadful admission for a conservation biologist!). The wren builds a dome shaped nest with a hole for an entrance, the nest completely concealing the bird as they incubate their eggs and chicks. It is this dome shaped nest that gives the wren its scientific name – Troglodytes troglodytes – a troglodyte being a cave dweller. But why “Jenny” wren?

Giving birds a familiar name was commonplace in the English folk-naming of birds and probably owes its origins to a time when to refer to anyone by their Christian name was to imply familiarity or friendship. So, the common garden birds were the recipients of their affectionate names – hedge Betty (dunnock), Tommy tit (great tit) and Mavis (song thrush). Note that the names are most often in their diminutive form (Betty = Elizabeth) rather than in full, most likely a link to parents teaching their children how to identify common garden birds and possibly to characterise them as friends, worthy of our care and consideration.

Quite by chance my newest garden bird of the year– the willow

warbler singing from my neighbour’s garden - provided me with even more to ponder from my youth. To me they were always “banky feathercocks”, this a link to the location and type of nest they build – low down in the vegetation, in a feather-lined nest similar in structure to that of the wren. Fondly I remembered my painful excursions looking for the nests of the banty’s cousin – the “nettle Peggy” (whitethroat) - listen out for them at the allotments (and again note the inclusion of a diminutive Christian name). I am reliably informed that the whitethroat is more widely referred to as the “nettle creeper”, with the “Peggy” suffix something of a South Yorkshire “ism”. This gives me an apt point to conclude upon. In all of this we need to remember that many of these names were given to our garden birds at a time when local travel was almost non-existent. A time when hard-working folk relied on the rural landscape for their living, forging a relationship with the plants and animals that they saw on a daily basis. As such, many of these names are only recognised at the regional level, with sometimes very different names given to the same species in adjacent counties and even, in some instances, villages. There are many other common birds which we see and hear which have folk-lore names derived from either their nesting habits, their song or some quirky aspect of their behaviour. The lexicon of names for the occupants of our countryside has always fascinated me and I would love to hear of any you know of, especially those linked to the Oxford region. I bring this to a close looking forward to more arrivals in and around our gardens, none more so than the now increasingly rare “devil bird” or perhaps you know it as the “thunder swallow”? Hopefully they will be here by the time you read this!

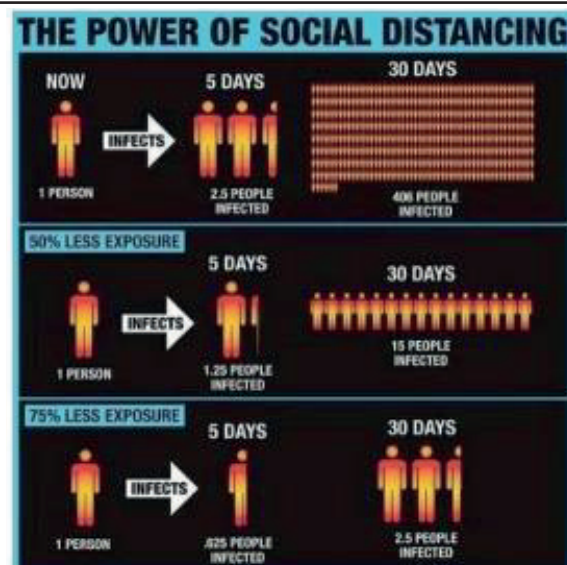
Stay safe.

**Stew Thompson**

## Social Distancing

<p><b>AVOID</b></p> <ul style="list-style-type: none"> <li>• Group gatherings</li> <li>• Visits to bars/restaurants</li> <li>• Sleep overs</li> <li>• Playdates</li> <li>• Visiting the elderly with children</li> <li>• Crowded retail stores</li> <li>• Gyms</li> <li>• Visitors to the home</li> <li>• Non essential workers in the home</li> </ul>	<p><b>USE CAUTION</b></p> <ul style="list-style-type: none"> <li>• Visits to supermarkets</li> <li>• Visit to pharmacy</li> <li>• Visit to GP</li> <li>• Traveling</li> <li>• Check on friends and family safely</li> <li>• Public transport</li> </ul>	<p><b>SAFE TO DO</b></p> <ul style="list-style-type: none"> <li>• Go for a walk</li> <li>• Jogging</li> <li>• Working in the home</li> <li>• DIY in and around the home</li> <li>• Reading</li> <li>• Going for a drive</li> <li>• Video calls</li> <li>• Phone calls</li> </ul>
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Just some of those who are vulnerable that these measures could help: Patients who are elderly, history of lung illness, cancer patients, immune suppressed patients, immune compromised and those with varying underlying conditions.



Contributions should be provided by 20th of the month. Email submissions (in the body or as a Word attachment) to: [cawneditor@gmail.com](mailto:cawneditor@gmail.com). Photographs should be supplied as separate attachments, not placed in the Word file. Typed or clearly handwritten submissions may be posted to: Kevin Burroughs, 5 Hollow Furlong, Cassington, OX29 4ET. We look forward to hearing from you.

# welcome

## Kevin's CAWner

Taken from a recent article I read online

*"... it will be vital in the coming months to maintain healthy social connection with our colleagues and our organisations, even if the physical contact is limited to none.*

*Social isolation and loneliness had been identified as key issues for our society well before the rise of the COVID-19 pandemic. Theresa May labelled loneliness as "one of the greatest public health challenges of our time" and launched a government first 'loneliness strategy' in 2018.*

*Social isolation has been used as a punishment throughout history and used still, whether in schools (detention) or prisons (solitary confinement) – it is hurtful for any social being. There are numerous studies linking social isolation with a higher risk of death.*

*In fact, studies have found socialising may lower your risk of dementia as well as boosting your mental wellbeing and cognitive functioning. In fact, after a quick online search you will find that socialising is the best drug you've already been taking, and I don't know about you, but I'm already feeling the withdrawal symptoms...*

*For most of us, our colleagues are also our friends, and work is a large part of our week. To go from 35+ hours of face-to-face contact down to zero will likely be a shock to the system.*

*Maintaining communication with your colleagues and your organisation will not only be important for the business but also for every person within it – none of us are immune to social seclusion.*

*Being socially connected should be considered as important to our wellbeing as eating or sleeping.*

*What ideas do you have to stay physically distant but still socially connected? It would be great to hear any ideas you have on how to stay connected to your colleagues, staff or friends and family.*

*Happy reading - keep safe, keep an appropriate distance and stay in touch with friends and neighbours.*

Kevin

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## With special thanks to...

Lorna Mills (Accountant), Fineprint Witney (Printer), Clare Want and her team (Distributor) and to everyone who actively participates in the production of Cassington & Worton Newsletter.



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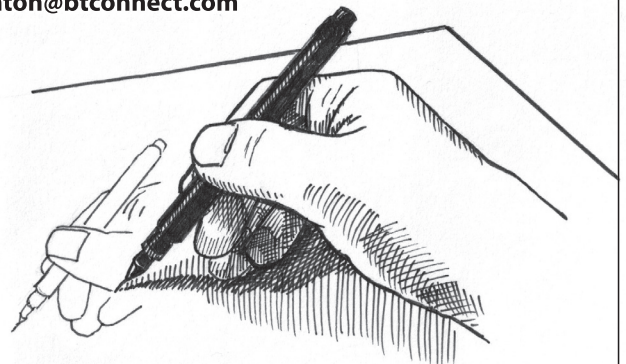
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**CHRISTIAN AID WEEK  
in Cassington  
10th to 16th MAY 2020**

Christian Aid has cancelled all house-to-house collections this year so we're running an online collection instead - at <https://www.justgiving.com/fundraising/CassingtonCA>

Christian Aid is one of the UK's major charities that helps to protect people in poor communities throughout the world, and is also running a special Coronavirus Emergency Appeal.

We can't hope to match Captain Tom's amazing success, but Cassington usually raises around £700-£800 for Christian Aid. So it would be great if you could help meet a target of £750.

If you don't use a computer and prefer to donate by cash or cheque, just let me know and we can sort that out.

Many thanks in advance for your support.

**John Hemingway - 01865 883991  
Christian Aid Organiser for Cassington**

About Christian Aid:

<https://www.christianaid.org.uk/our-work/about-us>



Vicky's After School club offers a safe, nurturing environment for children aged 4-11 and will include fun activities including arts and crafts, indoor and outdoor play and much more.

The club will be open from 3pm-6pm Monday-Friday.

Bookings will work on a termly basis.

For bookings call Vicky on 0788 7711 454 or email [vickyhickman1@gmail.com](mailto:vickyhickman1@gmail.com)

Visit our website

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



MY DAILY SKETCH TOPIC FOR MAY WILL BE...

**MUCH LOVED TOYS**



IF YOU WOULD LIKE YOUR MUCH LOVED TOY INCLUDED PLEASE SEND A GOOD PIC AND, IF ITS A CUDDLY TOY, THEIR NAME \*

EITHER DM ON TWITTER OR INSTAGRAM, OR EMAIL TO [PLANETKEV@BTCONNECT.COM](mailto:PLANETKEV@BTCONNECT.COM)

THANK YOU X

\* OTHER TOYS WOULD BE GREAT TOO NO PROMISES, THERE ARE ONLY 31 DAYS

**May stargazing highlights**

**May 6/7: Eta Aquarid Meteors**

Use our handy Interactive Meteor Shower Sky Map to increase your chances of seeing shooting stars from the Eta Aquarids. <https://www.timeanddate.com/astronomy/meteor-shower/eta-aquarids.html>

**May 7: Flower Moon**

In many cultures, the Full Moon in May is known as the Flower Moon because of all the flowers that bloom around this time.

**May 22: New Moon**

A New Moon night is the best time to look for stars and planets in the sky. Use the Interactive Night Sky Map to find what planets are visible from your location tonight.

<https://www.timeanddate.com/astronomy/night/>



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## RECYCLING MADE EASY

## Strong and Steadfast, 900 years old and still going

This year is the 900th anniversary of our village church. St Peter's Church Cassington has witnessed famine and flood, disease, plague and pestilence, civil war, smallpox, bubonic plague, storms and gales, world wars, depression, the Cold War and much more. But it still stands.

Our church building was built for the purpose of worship but also as a physical symbol of God in our village. A God who is steadfast, and trustworthy in good times and in times of distress. The church building is a symbol of hope. The church building is also "holy" in the sense that it is "set aside" by its builders, and by us, as a special place. A place to gather together to meet with God, Sunday by Sunday (as well as on significant occasions in our lives). But that does not mean that we cannot meet with God, worship or pray elsewhere – or even over the internet.

Sadly during this current epidemic the church has had to remain locked but that does not mean that God is absent or that we cannot continue to worship and to pray. The bible clearly says that God is not confined to a building made by human hands. However, the building itself is a witness of the builders and worshippers down the centuries and those of us who worship here today, of the presence of God here. A

steadfast and faithful God who is with us through thick and thin – even through these difficult times that we are facing right now.

There is a promise in the Old Testament of the bible not to be afraid or terrified because "the Lord your God goes with you; he will never leave you nor forsake you." This promise is also repeated in the New Testament.

**May 21st is Ascension day** (40 days after Easter) celebrating Jesus' return to heaven. Jesus' last words before leaving were recorded in Matthew's Gospel chapter 28 verse 20: (p37 in your Jubilee New Testament)

*"...surely I am with you always, to the very end of the age."*

In these challenging times I would encourage you to look at our strong and steadfast church building and take comfort in these eternal and steadfast promises of God's presence.

**Revd Roger Aston**

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### DO ONE GREEN THING

The enforced time spent at home and the good weather over the last month have combined to give those of us lucky enough to have gardens a greater appreciation of them. Gardening can be an expensive and time-consuming hobby, but if you want to do something for the environment, creating a wildlife-friendly zone at home can be both easy and cheap. Here are some ideas:

- ☞ **Keep an area of lawn unmown.** Insects such as crickets and grasshoppers thrive in long grasses so having a less manicured green area will encourage them into your garden.
- ☞ **Make a pond.** It doesn't have to be large or expensive and can be as simple as creating a hole and lining it with an old washing up bowl filled with rainwater. Use sticks or stones to create escape routes out of the pond for small animals. Watery areas like this are good for damselflies and dragonflies as well as water snails and other small pond insects. You may even attract frogs and other amphibians.
- ☞ **Plant bee-friendly flowers.** Single flowered varieties (i.e. those with a single row of petals and open faces) are best as they make it easy for bees to reach the pollen. Bees see the colour purple better than any other colour, so plants like lavender, alliums, buddleja (also a butterfly favourite) and catmint are ideal.
- ☞ **Create a log pile.** Next time you cut back your trees keep some of the logs to create a pile that can act as a habitat for beetles, toads and larger animals like hedgehogs. Place the log pile in a shady spot so it remains cool and damp.
- ☞ **Let your ivy grow.** Ivy can become rampant if left unchecked but keeping a bit growing in your garden creates a cosy environment for overwintering helpful insects such as ladybirds. They will repay you in spring and summer by munching on pests like aphids, meaning you can cut back on harmful pesticide use.

## Cassington Bike Night 2020 Cancelled

**We have been monitoring guidance around Covid-19 lockdown closely, and after speaking with the village charities who benefit from Cassington Bike Night, we have agreed that an event of this size would not be tenable and that we should cancel this year's Cassington Bike Night.**

**We all hope to be back to normal soon and will see you all next year**

**Please stay safe  
Bike Night Committee**

VE Day 75th Anniversary Celebrations

# STAY AT HOME STREET PARTY!

Friday 8th May 2020

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*Commemorate the end of WW2 by celebrating with your family, friends and neighbours!*

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# A SIMPLE GUIDE TO SOCIAL DISTANCING DURING THE COVID-19 OUTBREAK


SOCIAL DISTANCING IS IMPORTANT TO CONTAIN THE SPREAD OF THE VIRUS. HERE ARE SOME DOs AND DON'Ts.


**DO**  **STAY IN YOUR OWN HOME AS MUCH AS POSSIBLE.** This applies to everybody, regardless of age, general health and whether you have any symptoms. All members of the household should stay at home.


**DO**  **WASH YOUR HANDS THOROUGHLY AFTER RETURNING HOME.** Hand washing for 30 seconds reduces the risk of introducing the virus into your home. See: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>


**DO**  **GET REGULAR EXERCISE.** Find an exercise video on YouTube or dig out that old workout DVD. If you exercise outside keep at least 2 metres (6 feet) away from others doing the same.


**DO**  **LOOK AFTER YOUR MENTAL HEALTH.** Use your extra leisure time to do all those things you never get round to – the skills you'd like to learn (check out online tutorials), books you've been meaning to read, etc.

**DO NOT**  **LEAVE THE HOUSE IF YOU ARE ILL.** If you or any member of your household has symptoms, all members of the household must remain at home for 14 days.

**DO NOT**  **VISIT FRIENDS AND RELATIVES.** The more contact we have with others, the greater the chance of spreading the virus.

**DO NOT**  **LOSE CONTACT WITH FRIENDS AND FAMILY.** Keep in touch via phone, email, Facetime and other contactless forms of contact. Join the Cassington Village Facebook group to keep in touch with other villagers.

**DO NOT**  **USE THE GREEN GYM EQUIPMENT IN THE PARK, OR THE CHILDREN'S PLAYGROUND EQUIPMENT.** The virus can linger on such surfaces, which are not cleaned regularly.

**DO NOT**  **WORRY.** If we all pull together and follow the guidelines above we will get through this.

The above chart was put together by Rebecca Clare on behalf of the NHW team

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## St Peter's C.E. Primary School



Have you seen our new-look school newsletter?

It includes our latest exciting news, photos of the children at work and play and forthcoming events.

Please view the latest edition on our website to see what we've been up to.

<https://st-peters.oxon.sch.uk/news/>



**BLLENHEIM**



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## What we've been up to...

### **Blenheim Bursary Winners Announced**

A total of 16 local charities and good causes are set to benefit from a £50,000 charity and community bursary set up by Blenheim. Among the groups set to receive funds, ranging from £500 to £5,000, are Farm Ability, Oxfordshire Youth, Stonesfield Allotments, Sustainable Woodstock, Forrest Bathing and West Witney Primary School.

### **Declaring Climate Emergency**

We are revolutionising the way we operate and our relationship with local communities as part of a radical response to the urgent threat posed by climate change. Among our far-reaching commitments is to become carbon negative within five years.

### **'Living With Beauty' Report**

Our affordable housing scheme at Blenheim Estate Homes has been featured in a major new government-backed report entitled 'Living With Beauty', written by the Building Better, Building Beautiful Commission. The report celebrates housing schemes across the country who promote health, wellbeing and sustainable growth in their communities and we're proud to lead by example, offering both affordable rent and shared ownership for local people.

**[blenheim.org](http://blenheim.org)**

**[blenheimestate.com](http://blenheimestate.com)**

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## Forthcoming Events

### **Easter Eggstravaganza**

10 - 13 April

Join us for an excellent Easter weekend in the Pleasure Gardens for all the family to enjoy.

### **Cecily Brown Contemporary Art Exhibition**

23 April - 15 July

This Spring enjoy a solo exhibition by acclaimed British artist Cecily Brown, made up entirely of new works inspired by the Palace's collection.

### **Jousting Tournament**

2 - 3 May

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	Feeling unwell? Unsure? Anxious? Need help?	<b>NHS 111</b>
	Persistent symptoms Chronic pain Long term conditions	<b>GP Advice</b> Out of Hours call 111
	Choking Chest pain Blacking out Serious blood loss	<b>A&amp;E or 999</b> Emergencies only

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Julie Perrin, 44 Eynsham Road

I'm Ella, a young girl in the village, who will come and do glitter and henna tattoos for your events! I will be free most weekends and holidays, and am able to travel a reasonable distance, please email me at ella.johnson@live.com or message me at 07539916507 for more details.



### Dog poo waste bins can be found at

- Corner of Eynsham Road and A40
- Eynsham Road opposite Manor Close
- Village Hall car park
- 'Cross roads' of pedestrian paths corner of school grounds
- Bell Lane (pedestrian path) opposite the small green
- Bell Lane opposite Bell Close
- Car Park gate to Elms Road playing fields

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Do you know there is a free service to Cassington residents that will take you to the doctors' surgeries at Eynsham or Long Hanborough?

Run by volunteers, this is available

by phoning Sheila Nelson on 880740 or Pat Vereker on 880693

Please give us as much notice as possible

Unfortunately we are now unable to offer transport to hospitals for routine outpatient appointments. For these please contact the patient transport number 0300 100 0015 or Volunteer Link Up 01993 776277 (there may be costs with this service).

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# Observation

by Stephen Wright

A couple of months ago I thought it would be fun to document the life of someone who works for a football club when there's no football. Welcome to the inner workings of my mind...

## Day 0 - Thursday, March 12

Boris reaffirms that all major sporting events needn't be cancelled, despite thousands of people being in close contact with each other at them. The Premier League gives all weekend games the go ahead.

Arsenal manager Mikel Arteta tests positive for coronavirus.

## Day 1 - Friday, March 13

All major sporting events cancelled. Premier League delayed for at least three weeks.

Time for me to use up my holiday by going nowhere?

Arteta is feeling 'much better already'.

## Day 2 - Saturday, March 14

We should be playing Southampton today. The National League are still playing their games because they're real men, hard as nails.

Some are saying the league will become null and void. Norwich manager Daniel Farke always said we would need a 'little miracle' to stay up, though I doubt he had a global pandemic in mind.

Southampton FC send us a tweet asking for a game of naughts and crosses. I'm too busy shopping in Asda to reply, so Manchester City takeover at half-time and nick a draw.

## Day 6 - Wednesday, March 18

Extensive ping pong tournament organised during a two hour lunch break at work, the winner taking home a crate of outdated Budweiser.

## Day 10 - Sunday, March 22

Now working from home in Oxford. Take mum to Blenheim Palace for Mother's Day while keeping appropriate distance from everyone else with the same idea.

## Day 13 - Wednesday, March 25

Use one of the toilet rolls I bought my mum for Mother's Day to attempt the keepy uppy challenge. She's less than thrilled about me booting a roll of Andrex around the garden.

## Day 20 - Wednesday, April 1

Can be found picking stray shots of a football out of a thorny hedge at Cassington playing fields like the April fool I am.

## Day 29 - Thursday, April 9

Norwich sign a player called Danel Sinani. I interview him over video call to welcome him to Norwich, even though I'm in Oxford and he's in Luxembourg. The video looks odd because he can't work out how to make his camera landscape.

## Day 31 - Saturday, April 11

Speaking of struggles with technology, Delia and Michael record a message for our fans to share on social media, but the pixelated video quality is worse than that of your old VHS tapes. Fans ask if they filmed it on an actual potato.

## Day 37 - Friday, April 17

I start a 'Norwich City 30 Day Challenge' on social media by asking fans to bake a cake using one of Delia's recipes. Someone sends me a picture of a hedgehog cake they once made. Someone else replies to say it looks like it's been run over by a car.

---

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**THE PARISH PRIEST** : Father Mark Lagorio is happy to receive enquiries by phone on 01865 881613 or email [stpeterschurcheynsham@gmail.com](mailto:stpeterschurcheynsham@gmail.com)

**The Retired Priest** : Father Martin Flatman is available on 07719 646790 or email [frmartinflatman@gmail.com](mailto:frmartinflatman@gmail.com)

**Address** : Abbey Street, Eynsham OX29 4HR Phone 01865 881613 Website: [www.stpeterseynsham.org.uk](http://www.stpeterseynsham.org.uk)

On the Website you can click on Newsletter to see Father Mark's message each week and his reflection on the Sunday Readings. Or you can click on Homily to see Father Martin's weekly Homily/Sermon.

St Peter's Catholic Church, like all other Churches, is not open to the public at the moment, but Father Mark, the Parish Priest, still says Mass every day inside the Church. Father Martin, the retired Priest, is in self-isolation at home in Eynsham, but he also says Mass every day. This means that you can always contact one or other of them by email or phone to ask for special prayers if you have a special need. Just remember that you are, and the whole world is, being prayed for You can also watch Mass from many other Churches live or recorded online. There is a great selection of churches to choose from using these two platforms

Churchservices.tv is a platform that connects communities

and provides churches with a space to broadcast – particularly Mass, Adoration and prayer.

<https://www.mcnmedia.tv/> is another platform that does the same and includes Corpus Christi, Headington in Oxford

Blackfriars, Oxford is a Catholic House of Dominican Friars in Oxford and the advantage of going to this site <https://www.youtube.com/user/Godzdogz> is that instead of seeing a single priest you see the whole religious community taking part and you can either view this live or view it when it suits you as they are all recorded.

The National Catholic Shrine to Our Lady at Walsingham has a full broadcast schedule – including Mass, Rosary, Vespers, Exposition, Mass in Latin and even some talks. View it at <https://www.walsingham.org.uk/live-stream/>

Another suggestion is to use Magnificat. During this time, when we can't attend Mass, the producers of the booklet Magnificat have kindly provided complimentary access to its online version to help people follow the Mass and pray from home.

OUR NORMAL MASS times when we are allowed to reopen are :-  
SUNDAY MASS at 10.00am with a Children's Liturgy during Mass and SATURDAY for Sunday at 5.00pm  
Mass also Mondays, Tuesdays & Fridays at 9.30am, Wednesdays & Thursdays at 10.00am  
BIBLE STUDY after Mass on Wednesdays. ADORATION after Mass on Fridays.



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## ROSEBANK CARE HOME

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**01993 850308**

manager@rosebankcarehome.co.uk  
www.rosebankcarehome.co.uk



Churchfields Care Home

## CHURCHFIELDS CARE HOME

Pound Lane, Cassington,  
Oxford, OX29 4BN

**01865 881440**

manager@churchfieldscarehome.co.uk  
www.churchfieldscarehome.co.uk

The Church of St Peter's is here as a fellowship to worship God,  
build people up in Christ and share his love with other.

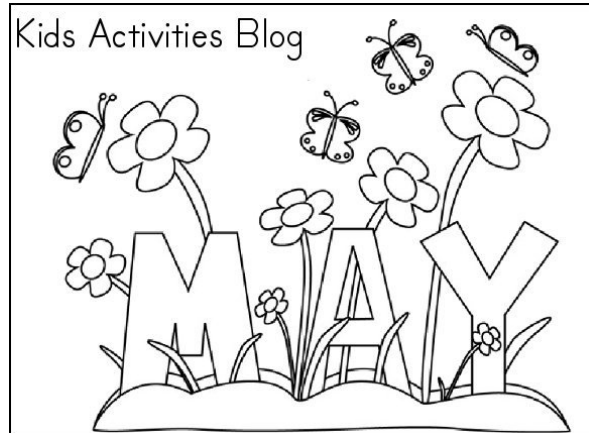
Our building may be closed but the church is still here!  
Join us for our Benefice Sunday services at 10.30am being streamed  
through the St Leonard's web site <http://stleonardseynsham.org.uk/>

The hope of Easter remains as strong as ever and we are continuing to worship and learn together and to encourage one another. So, come and sing with us, read scripture with us and pray with us – for one another, our nation and world at this time. There are resources for all ages to help us reflect on our lives in the light of all we are going through at the moment, and ask, is there hope for us all?  
The Christian message through the centuries gives a resounding 'Yes'.  
So be encouraged and discover the life of the risen Christ.

*At this difficult time please know that the whole village is held in prayer by clergy and the church. Also please know that the clergy are still available at the end of the phone (or by email) for any pastoral concerns and /or issues for prayer.*

#### Contact details:

Vicar: Revd Duncan Fraser Tel: 07810 324088 email: [vicarslp@gmail.com](mailto:vicarslp@gmail.com)  
Associate Curate: Revd Roger Aston Tel: 01865 880757 email: [rogera52@aol.com](mailto:rogera52@aol.com)  
The church office is closed but we are still receiving emails: [stleonards\\_stpeters@btconnect.com](mailto:stleonards_stpeters@btconnect.com)



## noticeboard

### **Cassington Bookworms**

Next Meeting is  
**to be advised at 8pm**  
In preparation we are reading  
(to be advised)



All Welcome

Venue: The Old Manor,  
Cassington

### **Rotary Club of Eynsham Change of Meeting Venue**

Sadly, due to the closure of The White Hart, Rotary Club of Eynsham has moved its twice monthly, Tuesday evening, meetings to The Swan, Acre End Street, Eynsham.

However, during the Covid 19 pandemic Rotary Club of Eynsham has gone online. We will be holding virtual meetings via Skype and/or Zoom.

See our page at Eynsham Online or on Facebook for further details.

## **April 2020**

### **Coronavirus.**

The Parish Council have suspended monthly meetings until further notice in accordance with government guidelines.

The Parish Council continues to work on helping the local community during this crisis.

The Parish Council have been supporting the superb effort by our Neighbourhood Watch Group.

The Parish Council provided funds to seed this effort and continue to help in paying bills for the group. The whole of finances of the weekly shop will go through the Parish Council to show transparency.

The village continues to receive praise from other villages on the initiative of our Neighbourhood Watch volunteers.

It really does show that this village has a big heart and that our older and vulnerable know there is someone on hand to help.

Well done to all our volunteers!

Keep up the good work, together we will show that Cassington is a great community.

### **Parish Council work**

The clerk continues to deal with the day to day matters and if any residents have a question please do not hesitate to contact her.

**N.B Clerk contact details**  
Email [cassingtonclerk@gmail.com](mailto:cassingtonclerk@gmail.com)  
Tel 01993 622750

## **Parish Council meeting for June is provisionally set for Thursday 4th June 2020 7.30pm at the Village Hall (subject to Government guidelines)**

Hugh Thomas, Chairman, Cassington Parish Council  
17th April 2020

Chairman: Cllr. Hugh Thomas, 20, The Green  
Cllr. Julie Perrin, Triwood, 44 Eynsham Rd  
Cllr. Barbara King, 9, St Peter's Close  
Cllr. Dave Butlin, The Squirrels, Bell Lane  
Cllr. Chris Metcalf, 2 The Tennis

  
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## Neighbourhood Watch Co-ordinators

The aim of Neighbourhood Watch in our village is to look out for one another, keep everyone safe and bring all sections of our community together. Please find below list of NHW co-ordinators with contact details.

Eynsham Road .....	Julie Perrin .....	075 9937 1930
Hollow furlong & Manor close ...	Rebecca Clare .....	078 1619 2493
Mill lane & Pound lane .....	Sara Bolton .....	079 3030 7298
The Green & Alms houses .....	Nav Dey .....	079 8952 7835
The Red lion & The Green .....	Jan Faulkner .....	01865 881 371
Elms road & Yarnton Road .....	Sally Britton .....	079 6217 721
	& Emily Lemaire .....	075 0759 9230
Barrow court & Yarnton Road ....	Nicola Jeeves .....	079 3088 8664
The Tennis & Bell Lane .....	Vicky Thomas-Clarke .....	079 1740 3976
Bell Close & Orchard Close .....	Janine Roberts .....	075 2705 0091
St. Peter Close .....	Cate Sirkett .....	079 6872 0241
	& Carol Conway .....	077 8953 4456
Lynton Lane .....	Yvonne Wright .....	079 5273 2416
Horsemere Lane .....	Stacey Norton .....	077 1787 4552

## what's on?

### VILLAGE HALL BOOKINGS



For information, and to book the Village Hall, contact:

Kathryn Teal, 07964 726843 or email  
cassingtonvillagehall@gmail.com

Don't forget ... When you book the Village Hall you can make use of our wireless broadband connection – ask Kathryn for details when you make your booking

[cassingtonvillagehall.org.uk](http://cassingtonvillagehall.org.uk)

### Village contact list

Allotments, Cassington.....	01993 882590
Bartholomew School, Eynsham.....	01865 881430
St Peter's Church Cassington .....	01865 883325
Chemist, Eynsham .....	01865 881283
Dentist, Eynsham .....	01865 880047
Fire Station, Eynsham .....	01865 881337
Flooding, WODC .....	01993 861000
Gas Leaks .....	0800 111 999
Library, Eynsham .....	01865 880525
Medical Centre, Eynsham .....	01865 881206
Pest Control, WODC .....	01993 861060
Play Area Repairs, Parish Council, cassingtonclerk@gmail.com	
Red Lion, Cassington .....	01865 881371
Sports Pavilion bookings (Graham Mills), Cassington, cassingtonsport@millsclan.force9.co.uk	
St Peters School, Cassington .....	01865 880443
The Chequers .....	01865 882620
Waste Collection, WODC .....	01993 861020
Village Hall bookings .....	cassingtonvillagehall@gmail.com

## Cassington, then and now

Interested to see how Cassington has evolved over the years? Or do you have any old photos of the village you wish to share? If so, search 'Cassington, then and now' on Facebook and feel free to join the group!



### Sports & Social Club

With the pavilion having gone through a big transformation, we are now ready to hire it once again for small or large events. We have had weddings in the past with a marquee and even a big top on the playing field. Please do get in touch if you would like to hire it or know of other sports teams that need a place to train or play.

- Cassington Sports and Social club pavilion hire prices.

	Weekdays per hour	Weekends per hour
Village rate	£10	£14
Non-village rate	£12	£16
Commercial hire	£18	£20

- Muga hire £22 per hour
- Adults grass football pitch and pavilion £35 per game
- Cricket pitch and pavilion £50 per game
- Tennis court £10 an hour or free if you have a Muga annual pass (June-September)

Please email Graham on for all enquiries and bookings  
cassingtonsport@millsclan.force9.co.uk

### CAWN Advertising rates

Village events and fund-raising stuff is free. Simple local services, 'for sales' etc., are also free on the "noticeboard" page/section. However donations towards printing costs welcomed.

Suitable commercial businesses are invited to support our community by buying advertising space at the following rates:

1/8 page, £6 (£60 per year)	(portrait)
1/4 page, £10 (£100 per year)	(portrait)
1/2 page, £15 (£150 per year)	(landscape)
Full page, £25 (£250 per year)	(portrait)

Technical details for artwork are available on request.

All material included at the discretion of CAWN. Any surplus will be passed to the Cassington Parochial Charities to support our community.



## SUPPORT DURING THE CORONA VIRUS EPIDEMIC

The Neighbourhood Watch team and Cassington Parish Council are here to help during this time of worry and uncertainty.

We are supporting the village to promote the Stay at Home, Protect the NHS and Save Lives message from the Government.

Many residents will need to self-isolate and/or social distance from family and friends for a pro-longed period of weeks. We are here to help and have a network of volunteers available who regularly communicate with each other.

If you need help, please get in contact with your local Neighbourhood Watch coordinator listed below;

Eynsham Road	Julie Perrin	07599 371930
Hollow Furlong & Manor Cl-	Rebecca Clare	07816 192493
Mill Lane & Pound Lane	Sara Bolton	07930 307298
Church Lane	Nav Dey	07989 527835
The Green & Williams Ct	Emily Osgathorp	07795 143140
Elms Rd & Foxwell Court	Sally Britton	07962 177221
Barrow Ct & Yarnton Rd	Nicola Jeeves	07930 888664
The Tennis & Bell Ln (to Bell Cl)	Vicky Thomas-Clarke	07917 403976
Bell Cl & Orchard Cl	Carol Conway	07789 534456
St. Peter Cl	Cate Sirkett	07968 720241
Lynton Ln & Bell Ln (small green)	Kathryn Teal	07964 726843
Horsemere Lane	Stacey Noton	07717 874552

### How can we help?

Below gives a list of some things we can help with. Please do let us know if you need some additional help and support for you and your family.

- Grocery shopping
- Prescriptions
- Postage requirements
- Checking in to reassure and give helpful positive advice for physical and mental health

### Can you offer help?

If you don't require help but can offer help to others, please contact your NHW coordinator and we can add your name and details to our group.

### Keeping in Touch – Let's stay connected!

If you are on Social Media, please join:

- Facebook group – Cassington Village Group
- WhatsApp - Cassington Neighbourhood watch. We will need details of your mobile number to add you to the group. Please contact your NHW co-ordinator for more details.

Age UK, the charity, is offering a free service and weekly check in phone calls. Call 01865 411288 and leave your name and number and you will receive a call back.

### Weekly Village Store – 250 deliveries made in April!

Since the beginning of Lockdown, Cassington Neighbourhood support group has been running a Village store / delivery service every Wednesday. To date they have received and processed orders covering up to 60 households weekly in the village, helping those who are shielding, self-isolating or in need of supplies direct to their homes. Fresh fruit and vegetables have been sourced from Bonners the Green Grocers based in Oxford Covered Market. Savona Foods also supply fresh milk, bread, pasta, flour and other store cupboard ingredients. Please see below for further info and email vicky@pink-sky.co.uk to be added to the weekly email with order form.

1. Friday : New order form is updated and emailed to residents
2. Sunday midday: Completed form to be returned via email. We have a deadline for orders so we can place orders with suppliers on Monday

If someone is unable to send electronically, please discuss your requirements with your NHW coordinator, they will produce an order for you.

3. Wednesday: Orders bagged & deliveries made. We ask that you don't come to collect so we can minimise the contact and people coming to the hall.

If the demand is greater than supply, we will prioritise elderly, self-isolating and vulnerable and key workers first.

4. Please try and ensure you have paid via PayPal group link: <https://paypal.me/pools/c/8nuvnTTLF3>

5. We will deduct the value of your order from your donation and remaining balance will be used for further orders. You can top up accordingly.

### Village Store Payments

If you are unable to use PayPal, we can take cash payment. Although cash transactions are to be avoided for possible virus spread. If at all possible, please find a way to get someone you know to move funds onto PayPal for you.

Please note we cannot provide change for orders. So please try and find the precise amounts. Any additional cash will be recorded and used for future orders.

All cash / notes only (no coins please) must be placed in envelopes with your name and cash amount. Please do take extra care and wash your hands when handling cash and passing on. This can be given to your NHW contact.

### Meat & Eggs and Local Bakery Delivery

Bartlett's the butcher is offering weekly ordering system for meat, eggs and other chilled items. Please email [bartlett-d2@sky.com](mailto:bartlett-d2@sky.com) for a product list and your orders or phone 01865 373197. Shop opening hours to: Monday to Friday 8.00 am to 4.00pm, Saturday 8.00 am to 2.00 pm. Please phone Mon / Tues or early Weds am to place an order for Weds collection / delivery. Messages to be received by Dave and tell him you are ordering as part of the Cassington delivery scheme. They will phone back to confirm cost and take phone payment. You can then either collect for village hall car park every WEDS at 4pm or ask our NHW co-ordinator Carol Conway to arrange for someone to deliver for you.

### Free healthy meals!

Cassington Neighbourhood support group have also been working with the local and experienced caterers from Bread & Butter café at Worton Park to offer our elderly, those self-isolating and our key workers, a lovely homemade meal. We have given out over 200 meals of stews, casseroles and soups and This has been funded by a private donation to try and make sure everyone locally is being supported and has access to good nutritious food. Keeping well and staying well is everyone's biggest priority at present. We know food supplies and shopping has been difficult for everyone, particularly those of you being asked to self-isolate or operate social distancing. Also many key workers are working long hours and struggle to shop and eat well too. So we hope this donated meal helps raise spirits and provides a healthy meal for anyone who needs it at this time. This meal can either be kept frozen for a later date or reheated using the instructions on the packaging. We hope those who have so far received your emails have enjoyed them and that you feel the extension of help and support. More meals coming in April! Please do contact your NHW contact if you would like to receive a meal in the coming weeks.

### Post

From Wayne Tilling, our friendly postie - for the Cassington village elders - but open to all Cassington residents at this time. "If you have letters to post then please attract our attention and we will take them for you.

### Online Prescription Services

Eynsham Medical Centre is now offering a delivery service. Please allow 7 days for processing prescriptions. If you have any issues or need help, please contact our volunteer Claire Martin 07940 043629.

# what's on?

## Dates for your diary

Unless shown, events are in the Village Hall

### May 2020

<u>Thursday 7th, 7:30pm</u>	<b>NO</b> Parish Council Meeting
<u>Friday 8th</u>	VE Day bank holiday
<u>Friday 1st, 7pm for 7:30pm</u>	<b>NO</b> Cassington Movies
<u>Monday 4th, 10 am - 12 noon</u>	<b>NO</b> Cassington Cafe
<u>Friday 10th</u>	Good Friday
<u>Thursday 21st, 7:30pm</u>	<b>NO</b> Cassington WI
<u>Wednesday 20th,</u>	June CAWN deadline
<u>Monday 25th</u>	Spring bank holiday

### June 2020

<u>Monday 1st, 10 am - 12 noon</u>	<b>NO</b> Cassington Cafe
<u>Thursday 4th, 7:30pm</u> (tbc)	Parish Council Meeting
<u>Friday 5th, 7pm for 7:30pm</u>	<b>NO</b> Cassington Movies
<u>Thursday 18th, 7:30pm</u>	<b>NO</b> Cassington WI
<u>Saturday 20th,</u>	May CAWN deadline

Tickets for films and shows from:  
Ruth Bakewell (01865 883512)

## FRIDAY MOVIE NIGHT Cancelled until further notice

in the Village Hall

Tickets £5 from Ruth 01865 883512. Bar and raffle.  
Doors open at 7pm and the film starts at 7.30pm.

## CASSINGTON WI

### Meetings cancelled temporarily

theWI  
INSPIRING WOMEN



## CASSINGTON CAFÉ

CASSINGTON VILLAGE HALL

For the Friends of Cassington Café.

Due to the Coronavirus, the Café will be closed until further notice. We send our greetings to all our friends, and will be thinking of you over the next few weeks.

## Some local useful contacts:

Local Food Box deliveries <https://uecoffeeroasters.com/> - Free delivery if you spend over £20

### Wine, Beer & Spirit Deliveries

<https://www.eynshamcellars.com/> - 01865 884405, FREE delivery to OX28 and OX29 Postcodes on all orders over £30. Beer is also available.

<https://www.oxfordwine.co.uk/delivery> - 01865-301144. Free Delivery of 6 bottles or more. Beer and Spirits also available.  
[www.collagin.co.uk](http://www.collagin.co.uk)

The gin brand is Collagin – the original gin with added collagen – as seen on Dragons' Den, Lorraine and Sky News. We have two flavours: our Original and our pink floral Rose gin and it can certainly help with stay at home BBQs or for parents after a hard day of home schooling! More details on prices and flavour on our website and picture attached. Owner of the business lives in Cassington.

### Local Takeaways now Delivering:

<https://www.thechequersinn-cassington.com/> The Chequers – 01865 882620 will delivery or collection available. Curries, Fish and Chips, Kids meals.

<https://www.tiffinstandoori.co/> - Indian food delivered from Kidlington – 01865 372245

<https://www.offthehookdelivery.co.uk/> - Fish & Chips & Pizza from Long Hanborough - 01993 883110 or 01993 357450

<https://www.churchhanbrewery.com/> Church Hanbrewery & Sartorellis – Beer and Pizza delivery

Witney Blanket Hall Tearoom – Homemade Local Frozen Pie delivery – Thursday

Choose from our daily selection of pies (including a gluten free option), pay over the phone by card or PayPal and have them delivered to your door. The pies will be delivered frozen. £25 for 6 delicious pies including delivery. Orders need to be received by 1pm Weds for Thursday delivery to Cassington. Make your order by: Phone - 07793 007856 / Email - [eleanor@blankethall.co.uk](mailto:eleanor@blankethall.co.uk)

WITNEY HUNTERS CAKE CAFE - CAKE DELIVERED TO YOUR DOORSTEP

ORDER ONLINE [www.hunterscake.cafe/shop](http://www.hunterscake.cafe/shop). Order by 11pm for next day delivery - Monday and Thursday EYNSHAM / Cassington