



Bampton Beam Newsletter

April 2025

Topic	Page No	<p>Welcome!</p> <p>This is a new version of the Bampton Beam that we hope will provide interesting and relevant information for the community. It does not aim to replicate the old magazine but nevertheless hopes to be an informative, relevant and useful resource. It has been put together following some of the initial discussions at the Doughnut Economics group and I volunteered to give it a go. I appreciate much information is already shared via the Community Hub and their details are included below.</p> <p>There are plenty of things to get involved with in the local community and one of the key reasons for wishing to relaunch the Bampton Beam is to facilitate everyone being able to access information, particularly new initiatives and the opportunities to get involved, and share these across the whole community. I moved to Bampton in May 2023 so I know access to information about what is going on locally can make all the difference.</p> <p>Ideas for future issues, reviews and articles would be most welcomed. Please email: bamptonbeam@gmail.com with any comments or ideas. Many thanks and I hope you find this of interest.</p> <p style="text-align: right;"><i>Sue Funge</i></p>
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Deadline for all contributions for the next issue is: 23rd June 2025

Bampton Community Hub

The Bampton Beam newsletter will be produced four times a year and is available free to all households in Bampton and surrounding villages. Every effort is made to provide accurate information and updates. No responsibility is accepted for any errors. The views expressed do not necessarily reflect the views of the editor or the Parish Council who are covering the costs of production. Contributions are always welcome. Email: bamptonbeam@gmail.com with any comments or ideas.

Bampton Community Archive, working in partnership with Bampton Library, have created what is called 'Bampton Community Hub' at the Old Grammar School, in Church View, Bampton.

The Bampton Archive and Bampton Library endeavour to serve the whole community and visitors to the village. They enable people to benefit from this wonderful building and hopefully inspire you to try something new by joining in with some of the programme of talks, workshops, events and exhibitions, most of which are free or at a subsidised cost.

The Old Grammar School was beautifully restored, with the restoration completed in May 2022. Local residents and visitors are all welcome. Please visit the website or call in to find out more about



upcoming events, details of all the clubs and societies that you can join or volunteer for and details of activities and support that is available in Bampton and the surrounding community. You can join the Bampton Community Archive for £5 pa for individuals and £8 for families, giving you priority booking for events, talks and exhibitions and you can join the library for free. www.bamptoncommunityhub.org

Bampton Recreation Ground

Exciting new addition to Bampton Skatepark - Opening Late Summer

Bampton Parish Council has recently been developing a scheme to improve facilities at the Recreation Ground, using 106 money from the two new housing estates. After more than 18 months, we have finally been granted planning permission by WODC. As a result, the first part of the plan – an enlarged skate park – will start construction early this summer.

The Council has been working with our local skateboard expert, Mario Santos, to develop a new facility alongside the old one. This will double the available area and have many new features for skateboard enthusiasts. The work will be carried out by Bendcrete, a local company with a national reputation for building skateparks, and who constructed the original park for us several decades ago.



The enlarged skatepark is the first phase of major investment in the Recreation Ground. We also have



planning permission to replace the multisport pitch, resurface and light the tennis courts and build a Padel Court. The funding for this second phase is being finalised and work is planned to start in September this year.

Subject to obtaining further finance, the car park and surrounds to the pavilion will be improved, and storage for the users of the Rec. will also be addressed.

Finally, the development will include the land purchased by the Recreation Ground Trust in 2020 – across the track to the north of the Recreation Ground. This will be transformed into a leisure area. A Community Orchard has already been planted here by the Gardening Club with the help of the Scout Group, under the supervision of Jo Lewington and Emma Dedman.

More details of the plans for the Recreation Ground will be on show at the Annual Parish Meeting to be held at the Old School Community Centre on Wednesday 30th April. All the improvements and additions planned have evolved from the consultation carried out back in 2019.

RMGS 1/05/2025

Bampton Gardening Club



The garden club host coffee mornings on the first Saturday of each month in the Village Hall from 10:00am to 12:00 noon. The date for the next coffee morning is **Saturday, 3rd May**. There will be home made cakes and stalls with seeds, books, plants and crafts for sale. Gardening advice is available if needed!

You are welcome to come along to the next meeting and if you become a member you can benefit from discounts at some outlets, membership of RHS and concessions for the club's events, outings and speakers.

On Saturday, 19 April the Bampton Gardening Club with Ham Court hosted the 'Tulip in a Bottle' show at Ham Court. Judging was by Polly Nicholson.

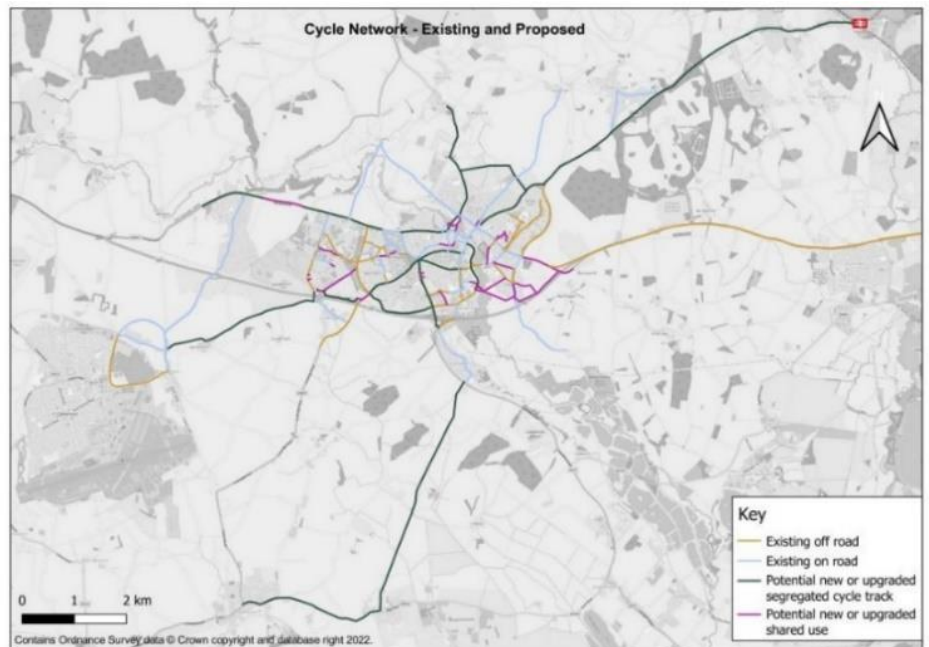
For information about future events please email gardeningclubbampton@gmail.com



Proposed Cycle Routes

Connections to/ from Bampton are picked in several of the cycling plans for Oxfordshire. In the Witney LCWIP a 'potential new or upgraded segregated cycle track' is proposed to connect Bampton to Ducklington, with further improvements proposed between Ducklington and Witney (see map). A link to the Witney LCWIP can be found on OCC's public website: <https://www.oxfordshire.gov.uk/transport-and-travel/connecting-oxfordshire/active-travel>.

Schemes in LCWIPs are not automatically funded but are prioritised by standardised criteria, which helps the council to bid for and allocate funding. Depending on where future development is allocated, they can also collect funding to improvements/ ask the developer to deliver improvements. In the Carterton LCWIP that they are currently developing, is a connection between Bampton and Brize Norton/ Carterton via Station Road. Improvements will be proposed for this route following a recent audit of the current condition of the route.



The Carterton LCWIP is due to go out to public consultation in May 2025, where more detail of the proposed improvements will be provided. As with Witney LCWIP, funding of improvements in the LCWIP is guaranteed from the outset.

Oxfordshire County Council have also developed a Strategic Active Travel Network. This identifies in more detail the connections between towns and villages in the county and routes that may not be included in LCWIPs due to the distance and purpose of the route, and connections to/ from Bampton are also included in this. More information on the project can be found here:

<https://www.oxfordshire.gov.uk/sites/default/files/file/roads-and-transport-policies-and-plans/OxfordshireSATN.pdf>.

The next steps with the project are being determined and will be announced on Oxfordshire County Council's [Active Travel page](#) in due course. For further information please contact Kim Sutherland, Senior Transport Planner (Wes) Place Planning – North Oxfordshire County Council County Hall | New Road | Oxford | OX1 1ND Email: kim.sutherland@oxfordshire.gov.uk www.oxfordshire.gov.uk

A proposed project for young people

We want to hear from young people aged 13 and over to find out what kind of youth provision they would like to access in their community.

The proposal is to set up an initial project starting with a short film produced by



MC and Poet Rawz

InSpire Sounds in Oxford. Young people in the film were given the opportunity to share their views about what type of youth provision would meet their needs. This film showing could act as a launch for a project for young people in Bampton.

They would be able to participate in workshops on creating poetry and street art, beginning with a session led by MC and Poet Rawz on telling personal stories through poetry.

The outputs from this session could provide the inspiration to create a visual representation led by Easy Chalmers of MES Creations Street Art Collective.



They could also explore self-expression via the medium of music with sessions with Producer/Studio Owner King Boyden. The entire project would be filmed by Samuel Mansell of Drop All Words Media to provide a platform to hear from Bampton young people and what they want their community to offer them.

Following this project a youth hub could be set up to continue to develop these initial activities and ideas. It would involve young people in the decision making to ensure that the youth hub best meets their needs. A competition for young people to name the youth hub and design the logo could lead to the opening of their youth hub in Bampton. This could help young people to feel a greater sense of ownership and belonging in their community.

If you are aged 13 or over and you would like this project to go ahead or if anyone would like to help get this project off the ground, please contact bamptonbeam@gmail.com

Providing a Therapeutic Garden

Melanie, Bampton Medical Practice's gardener, is proposing a therapeutic garden is developed in the field next to the surgery. She approached the practice to see if they would be interested in supporting this initiative and the early indications are that they are!

A therapeutic garden is a plant-dominated environment purposefully designed to facilitate interaction with the healing elements of nature. Interactions can be passive or active depending on the garden design and users' needs.

The basic features of a therapeutic garden can include wide and gently graded accessible entrances and paths, raised planting beds and containers, and a sensory-oriented plant selection focused on colour, texture, and fragrance.

Therapeutic gardens offer numerous benefits, including improved mental and physical health, stress reduction, and increased social interaction. They can also stimulate cognitive function and provide a calming environment.



If you would like to get involved or want to find out more, please email bamptonbeam@gmail.com.

Bampton Community Orchard

The community orchard aims to be an accessible and valuable asset for everyone to enjoy; relaxing, playing and helping community spirit and wellbeing whilst caring for nature. Eventually there will be almost sixty fruit trees, the majority apple and the rest plum, damson, gages and pears. There will be a notice board with lots of information about the trees, their origins, taste qualities, fruiting times etc.

Some trees have been planted and the next planting day will be in the autumn, when help with planting will be welcomed. Updates will be provided in future issues of this newsletter.



marked on this map.

It will be open to everyone but dogs will have to be on leads and in control for the first three years because dog pee is not good for the young trees. This is a project of great patience – there will be no fruit for at least two years! There may be the need to help with watering.

If you would like to get involved or want more information please get in touch. No prior skills or knowledge is required. We hope the orchard will be a place to foster new ideas, interests, encourage existing and traditional skills and be a place for all age groups and backgrounds to come together. Please email bamptonbeam@gmail.com.

Doughnut Economics



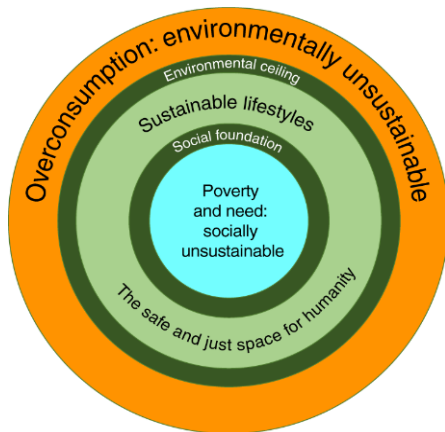
In January 2025 the first Doughnut Economics event in Bampton was held to consider the question: *'How can our place become a home to thriving people in a thriving place, while respecting the wellbeing of all people, and the health of the whole planet?'*

Doughnut Economics is an economic model that aims to balance the needs of people with the needs of the planet. It is based on the idea that economies should be regenerative and distributive. By following the model, it allows a positive balance for a

thriving, rich community and world.

Plenty of ideas were generated at the first Doughnut Economics meeting in Bampton with the aim of benefitting our community as well as ensuring we respect the wellbeing of all people and the health of the planet.

Becoming a Community Action Group: Bampton Doughnut Economics Group has joined the network of community action groups in Oxfordshire. The aim is to work together to build resilient and empowered communities so that people and the planet can thrive within ecological limits.



Started in 2001, the network is the largest of its kind in the UK. Member groups work in their local communities organise events and projects to take action on issues including waste, transport, food, energy, biodiversity and social justice. Groups working on similar themes come together as part of CAG’s collaborative groups, working with other associated, like-minded groups and organisations to find ways to share skills and experience and to work together on common goals.



Joining this network will enable the Bampton Doughnut Economics group to access support, advice and expertise to help everyone work together.

Setting up a community allotment was an idea generated from the first meeting. It was suggested as it can offer a way for a broad mix of people to work together, sharing tasks and skills. It can also create extra benefits such as educational workshops, social gatherings and enjoyment of landscape and nature. The production of vegetables, fruit, herbs and flowers can easily dovetail with social, educational and environmental ambitions and aspirations.



It is all about the enjoyment of growing food and supporting people to improve their physical and mental health and wellbeing by being outdoors, being active, connecting with nature and within a community.



Apart from the pleasure of eating food that everyone has helped to grow there are other opportunities to enjoy the social aspect of this project idea. This includes plans to have a community café on site with a refill, reuse and recycle store. Providing a **community café** alongside the community allotment offers a healthy eating option at low cost, as well as a range of other community benefits such as reduced social isolation and skills development.

By creating an inclusive atmosphere where everyone is welcome, families and community members can come along and spend time together, enjoy some refreshments, including produce from the community allotment.

Providing a **refill, reuse and recycle store** offers an opportunity to contribute to a more sustainable and environmentally friendly future for us all. Promoting sustainable practices encourages environmental protection by addressing waste generation, conserving resources, educating us all on consumerism and building community cohesion.



By shopping at refill shops for key essentials, cleaning supplies and personal care can help protect the environment. It is a simple yet effective way to reduce plastic waste. It can also save money by only purchasing the amount needed, reducing waste and developing long-term sustainable shopping practices.

It can also create a fun family experience as an enjoyable and educational activity for the whole family. Instead of taking resources from the earth, using them once, and disposing of them in landfill, we can keep them in use for as long as possible. By educating children about recycling, it can help them to become responsible citizens who care about the environment and help conserve natural resources, reduce pollution and save energy.

These are all ambitious plans and the focus of the group in the short term is to work with Melanie to set up the therapeutic garden (mentioned on page 4-5). Other ideas generated at the event are included here:

- Enhanced walking routes.
- Improve local transport – car share – too car dependent.
- Rewild some fields
- Create communities out of streets – with reference to Shani Graham’s TEDx talks: Take a street and build a community: <https://www.youtube.com/watch?v=C1WSkXWSJac>
- Find out what ‘gifts’ people can give using the Asset Based Community Development approach.

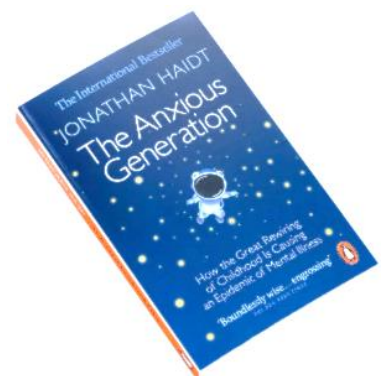
Anyone who would like to come along and join the group is very welcome. The next meeting will be on Thursday, 24th April at 7pm so please get in touch if you would like more information or would like to join the group. Please email bamptonbeam@gmail.com.

Book Review

At the start of the 2010s, rates of teenage mental illness took a sharp upward turn, and they have been rising ever since. The American social psychologist Jonathan Haidt believes this mental health crisis has been driven by the mass adoption of smartphones, along with the advent of social media and addictive online gaming. He calls it “the Great Rewiring of Childhood”.

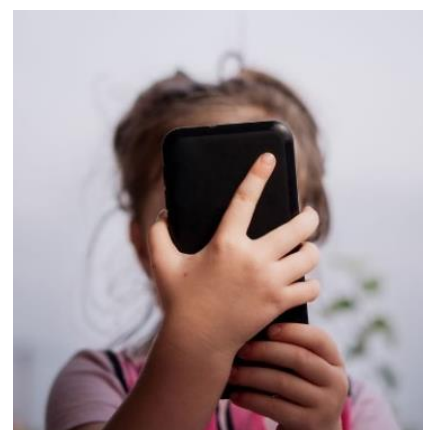
Children are spending ever less time socialising in person and ever more time glued to their screens, with girls most likely to be sucked into the self-esteem crushing vortex of social media, and boys more likely to become hooked on gaming and porn. Childhood is no longer “play-based”, it’s “phone-based”.

Haidt believes that parents have become overprotective in the offline world, delaying the age at which children are deemed safe to play unsupervised or run errands alone, but do too little to protect children from online dangers.



According to Haidt, we have allowed the young too much freedom to roam the internet, where they are at risk of being bullied and harassed or encountering harmful content, from graphic violence to sites that glorify suicide and self-harm

The Anxious Generation offers a compelling argument to keep smartphones out of schools, and young children off social media. As well as calling for school phone bans, Haidt argues that governments should legally assert that tech companies have a duty of care to young people, the age of internet adulthood should be raised to 16, and companies forced to institute proper age verification.



(Article adapted from The Guardian article: [The Anxious Generation by Jonathan Haidt – a pocket full of poison | Health, mind and body books | The Guardian](#))

Upcoming Events

Annual Parish Meeting 2025 will be held at the Old School Community Centre off Church View at 7pm on Wednesday 30th April. All are welcome!

Creative Clay Modelling Taster Session for Adults Thursday May 1st 6 – 7.30 pm in Bampton Library £5, including refreshment. Be inspired to create something that takes your imagination and enjoy! Clay is provided. Booking Essential! To book your place please call 01865 81510

Supporting Deaf Awareness Week Emma Polin from 'Community Connector' will be at 'Rhyme Time' at Bampton Library on Wednesday May 7th 10.30am. Emma, who is profoundly deaf, will read a story to the children, and teach them how to say their name in British Sign Language. For more information, please call 01865 815100

Hidden Gardens of Bampton on Sunday May 18th 2pm-5pm Visit gardens you don't normally get to see. For more information call Angie Bell on 07904 066 339 Entry deadline: Sunday 20th April 2025 Garden entry tickets and map on sale in Market Square from 9am on the day £3 each or £5 Families.

Freestyle Jewellery Making for Adults on Monday May 19th 6.00-7.30pm Karen, owner of the Lechlade Craft Barn, will guide you through making a piece of jewellery. It's freestyle so choose beads and create your own designs. You are welcome to bring your own beads/broken jewellery to repurpose and upcycle! £10 per person Lewington Room, Bampton Library. Booking essential call or pop in 01856 815100

More upcoming events can be found on: <https://bamptoncommunityhub.org/events/> also a large selection of clubs and groups that you can join or volunteer for in and around Bampton can be found on <https://bamptoncommunityhub.org/clubs/>

Getting in touch

Feedback on this first issue and any ideas for future issues, reviews and articles would be most welcomed.

The deadline for any contributions is **Monday, 23 June 2025** for the July issue of the newsletter.

Please email: bamptonbeam@gmail.com with your comments and ideas.