

Chesterton COVID-19 Village Flyer (Week 7 & 8)

The bunting and celebratory atmosphere around the village on VE Day was amazing and a special Thank You to Paul, Terry and family from the Red Cow for driving around the village to help us all celebrate the afternoon in style.

A massive Chesterton Thank You for the team that turned out and replaced the rammed playing fields gate on Wednesday. Pleased to be able to tell you, a vehicle was seized, and one man arrested in connection with this crime. Thank you to David, Denis, Kevin and Dough. Amazing teamwork!

Welcome to Freddie Taylor who was born on 13th May, 7lbs 10ozs. Chesterton's youngest resident!

'Poop Bags' supply arrived this week. We are happy to deliver around the village. Please ring 07889 385100.

Recycling Centres are opening again for essential trips only on Monday 18th May, from 8am to 4pm. Be prepared to queue. CDC home and garden excess service enables you to hire a bin which is five times larger than a standard bin for two weeks at a time at £55. Their bulky waste service is £9.99 per item or £20 for up to three items of old furniture and appliances (max 12 items from one household at a time).

24/7 Mental Health Helpline: Tel: 01865 904997 (adults), 01865 904998 (children & young people). Mental Health Awareness Week (18-24 May) focuses on the power and potential of kindness.

Carer ID Scheme: (for paid and independent carers). To find out more: CarerID@oxfordshire.gov.uk

In line with supporting local businesses, here are three we found this week:-

➤ **Flowers Naturally** ('British grown not flown' and delivered locally)

Flowers Naturally grow British flowers on their farm near Finmere, following organic principles. They are members of *Flowers from the Farm*, a national network of flower growers aiming to get British blooms into vases. Formal bouquets or fresh from garden style buckets for DIY arrangements, bouquets and arrangements. All made to order for every occasion. **Flowers Naturally** workshops are suspended for Lock down but will resume when allowed with all the social distancing in place. Please phone 07759 438503.

- **s&h** have added a new addition to the s&h family; having had the coffee shop in Bicester for 3 years they are now branching out with their 'coffee to you van'. Barista coffee made fresh on your doorstep with their new snazzy coffee machine. A very local business as they live in Chesterton! Free delivery within Bicester. OX25 and OX26. Full Menu on our separate sheet.

***COFFEE POP UP with the van, at the Red Cow
Next Saturday, 23rd May. 9.30 – 11am***

➤ **Seven Mile Cookery - Frozen food Delivery**

During the Coronavirus pandemic, Seven Mile Cookery are offering frozen homemade meal service delivered to your door. One half of this local family business, specialising in hearty, homemade food, lives in Stratton Audley and her brother, the head chef in Studley, Warwickshire. The menu changes weekly and is designed around the availability of fresh produce. See this week's menu on our separate sheet. Deliveries Thursday afternoon; orders in by Wednesday. £20 minimum spend and 10% discount for NHS workers. Order through Jake jake@sevenmile.co.uk or tel: 07891 448749. www.sevenmile.co.uk

ordering page is <http://www.sevenmile.co.uk/meal-delivery-service>. Instagram is @sevenmilecande; Facebook is www.facebook.com/sevenmilecande

Swift Watching this Summer!

In these troubled times the return of the Swifts will bring especial joy, with perhaps also a little envy of their careless freedom as they wheel over our streets and countryside. Whilst we humans remain in lockdown, I have a suggestion for a pleasurable birding activity, which you can incorporate into your local exercise walk, and stay safe and within the law as well. It's simply this. Look out for your local Swifts.

They arrive in early May and quite possibly there will be some near you. If you see any flying low over roof tops, possibly making screaming calls as they pass, please note where they are. No other British bird behaves like this. It's an indication there are nest sites nearby. You might even be lucky enough to spot one returning to its nest hole under the eaves of a building.

So why are we interested? Well, the population of Swifts is more than 50% lower than it was 25 years ago. They need our help. Having these records can help Swift conservation by increasing our knowledge of local populations, enabling us to protect a nest site or lobbying for new ones.

Please email any records of a) birds at nest, b) screaming parties and low-flying Swifts or c) large numbers of birds feeding over wetlands to me, Alan Peck at alan@chesterton1.plus.com on behalf of Chris Mason, Cherwell Swifts Co-ordinator.

Having spent their entire life on the wing and flown 1000's of miles, sometimes they can end up on the ground squeaking. Generally once on the floor they can't get airborne again. **RSPB advice:** If you find a grounded swift, check that there are no obvious injuries, that the breast is not sharp and thin (starving) and that any flight feathers are not still sheathing (young bird). If the bird is not injured, take it to an upstairs window, (for an adult bird an outstretched arm when standing up may be adequate). Place the bird on the palm of your hand, head facing outwards/away from you. Gently raise and lower your arm, thus allowing the bird to feel the air under its wings. It should then start taking an interest and usually takes off with confidence.

Donations required for Bicester Food Bank

The Akeman Benefice has made a plea to all parishes in the benefice for donations to the Bicester Food Bank. Items that are needed include: tinned goods (mainly tomatoes, peas, carrots and sweetcorn), packets of savoury and sweet biscuits, tinned fish and long-life milk. They do not require pasta, pasta sauces, tea or pulses.

Alternatively, financial donations would be most welcome, details for which can be found at <https://bicester.foodbank.org.uk/give-help/donate-money/>. Even a small amount given regularly by standing order enables them to get the things that are needed, and to pay the rent for their town centre location.

If anyone in Chesterton is willing to donate food items, please put them inside the porch of St Mary's Church (even though the church is locked, the porch is open) any time up to and including Sunday 31st May, after which they will be collected and delivered to the Food Bank by a volunteer.

Many thanks, everyone.

Please remember there is a team of village volunteers if you need anything, 07889 385100.

HOMEMADE FROZEN MEALS DELIVERED

Mains £4.50

Beef lasagne
Lamb rogan josh (gf)
Cottage pie (gf)
Moroccan chicken (gf)
Thai green chicken curry (gf)
Chicken and root vegetable
pasta bake
Smoked salmon and heritage
tomato pasta bake
Truffle mac 'n' cheese with
chives (v)
Lentil and bean dahl (vg, gf)
Duck spring roll £3.50

Sides £1.50

Mash, rice or pasta

Sunday lunch £7.50

Braised lamb shoulder, beef
brisket, cider braised pork
belly or lemon and thyme
chicken breast served with
garlic and rosemary roasted
potatoes, roasted root
vegetables, Yorkshire
pudding, herbed stuffing and
gravy (all gf except stuffing
and Yorkshires)

Puddings £2

Chocolate brownie (gf)
Apple crumble
Sticky toffee pudding (gf)

Delivery on Thursday afternoon in Bicester, Stratton Audley
and surrounding villages. Please order by Wednesday.
Minimum spend £20. 10% discount for NHS staff.

Call or email Jake to order
07891 448749
jake@sevenmile.co.uk





Bicester based coffee shop now delivering fresh barista coffee and more to your door! Covering Oxfordshire and Buckinghamshire*. To order, please call **07581344640**. Pre-payment required. Delivering Monday-Friday 9am-2pm.

Drinks

Espresso - Single	1.60
Espresso - Double	1.80
Americano	2.20
Latte	3.00
Flat White	3.00
Cappuccino	3.00
Mocha	3.20
Chai Tea Latte	3.20
Tea	1.80
Flavoured Tea; Peppermint, Green, Ginger	1.85
Hot Chocolate	3.00
Ultimate Hot Chocolate	3.20
Peach Iced Tea	2.30
Iced Coffee	3.20
Coke Zero, Diet Coke, 7UP	1.50
Sanpellegrino	2.00
Fruitshoot	1.20
Water; Still or Sparkling	1.20
Syrups	0.25

Cakes

Croissant	2.00
Scone; Plain or Fruit	2.00
Cream Tea for Two	10.00
Mixed Cake Box (gf, veg, v)	10.00
Cake Slice of the Day	3.00
Caramel Shortcake (gf)	2.00
Lemon Drizzle Slice (gf)	2.00
Blackcurrant Crumble (gf, v)	2.00
Praline Chocolate Brownie (gf, v)	2.00
Flapjack (gf)	2.00
Lemon & White Chocolate Muffin	2.00
Vanilla & Chocolate Chip Muffin	2.00
Blueberry Muffin	2.00
Cake Bars (gf)	1.50
S&H Coffee Beans or Ground	4.00

07581344640
www.sandhcoffeeshop.co.uk
sandhcoffeeshop@hotmail.com



Please place your order before 6pm the day before. Minimum spend of £5, free delivery to OX25 and OX26 postcodes, additional £2 delivery charge outside those areas. FOOD ALLERGIES AND INTOLERANCES Please speak to our staff about the ingredients when placing an order. Unfortunately we can not guarantee our kitchen is a nut free area. Thank you.