

About SPAR Bampton

The now-improved SPAR store on Newton Square is a successful, family owned store owned and run by the Seward family since 1908. The store is currently owned by two generations of Swards: husband and wife Brian and Caroline and their son Roger and his wife Dawn. The store was redesigned last year and reopened on 9th February 2005 with a visit from TV's Judy Spiers.

The store now covers more than 2650 sq. ft. and offers a full range of convenience goods, with a big chilled area, fresh fruit and vegetables, off licence, news and magazines, food-to-go, National Lottery and utilities. It also sells a range of locally produced foods and drinks as well as organic and free-from produce.

For more info please visit the SPAR store on Newton Square or the website

www.spar.co.uk/social_responsibility/keep_it_local

About the Women's Institute

The National Federation of Women's Institutes (NFWI) is the UK's largest national voluntary organisation for women. It has some 215,000 members, in 7,000 Women's Institutes across England, Wales and the Islands. It is an educational, social, non-party political and non-sectarian organisation, committed to working for communities, social justice and the environment both at home and abroad. It exists to give women of all ages the opportunity to work together through the WIs to increase their learning, and turn their concerns into national campaigns and practical community projects.

Bampton WI is now in its 76th year and is made up of women of all interests who share a common desire to improve their local community. It meets on the first Wednesday of each month in the Bampton Community Hall. If you are interested in local food and would like to be involved in this project, please contact Jess Elliot of Bampton WI on 01398 331819. New members are always welcome.



A Bampton Community Project promoting local sustainability, supported by the WI and SPAR.



Living Local

The village of Bampton is a historic community on the Exmoor border and is situated between the major towns of Minehead, Taunton and Barnstaple. Over the decades Bampton has proved itself to be something of a self-contained village with many local amenities and a strong sense of community.

There are a number of groups and organisations that work hard to make Bampton a great place to live and work and two of these have come together for a unique project. The local SPAR store on Newton Square has joined forces with the Bampton Women's Institute to discover how the village sources its food, and the pivotal roles local stores and the local community groups play in village life.

Food sourcing is important on many levels and it is widely known that Bampton, and indeed Devon and the whole of the South West, has a diverse wealth of tasty, nutritious and affordable food and drink.

By sourcing more food locally, Bampton could gain environmental, economic, as well as social benefits. The Living Local community project will be looking at all aspects of sustainable grocery shopping in Bampton and the role local food plays and will reach conclusions that will be shared with the rest of the SPAR and WI networks.

An important aspect of the project is to understand what role local sustainability plays in Bampton and what the community can do to promote more sustainable practices. We are hoping that the initiative will be of benefit to Bampton, as well as provide inspiration for other places around the country.

Over the next few months, SPAR and the Women's Institute, together with **nef** (the new economics foundation), will be working with residents and businesses and will be asking you all for your thoughts and ideas.

How to Get Involved

Over the coming weeks and months you will see many different initiatives resulting from the Living Local project. These will range from questionnaires and surveys to in-store initiatives and community meetings.

This community project will only be as good as the information and ideas it uncovers, so to make it work we want to hear from as many people as possible and we need you to give us your suggestions.

You may know about a really good local producer or farmer whose produce could be trialled in the local SPAR store; you may want to group together with neighbours to buy in bulk or car pool in order to save money and fuel; or you may even want to volunteer your time to help out on some of the logistics of this mammoth research project. Whatever ideas you have – let us know.

If you have thoughts, observations or suggestions on any aspect of Bampton's retail-community links then please let us know. WE WANT TO HEAR FROM YOU.

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