



NEWSLETTER



Number 66: Summer 2017

W.O.C.A. invites everyone to...



WEST OXFORD FUN DAY



ENTRY £1
CHILDREN FREE

Sat 8th JULY

Together

1 - 5PM Botley Park

LOTS OF Live Music Stalls DOG SHOW
Vintage Afternoon Tea and Cakes Street Food
Kids Fun including: HUMAN CURLING PONY RIDES BUBBLES
Circus skills ARCHERY COCONUT SHY AND MUCH MORE...

Poster design: Vicky Huxton 2017

WOULD YOU LIKE TO GET INVOLVED?

CONTACT Keith A.S.A.P.
01865 245761

email:

westoxfordcc@gmail.com

CALL IN!

OFFICE USUALLY OPEN
MON, TUES, THURS, FRI,
1.30-6.30

WWW.WOCA.ORG.UK

★PERFORM

★HELP ORGANISE GAMES/ACTIVITIES

★HELP RUN A WOCA STALL

★RUN YOUR OWN STALL

★PROMOTE YOUR ACTIVITY

★BE PART OF THE FUN DAY CREW

★DEMONSTRATE AN ART OR CRAFT

A Message from your New MP Layla Moran...

Thank you to all for your support last week. I am delighted to be your representative in Parliament and look forward to making my mark in what looks to be a very tumultuous time in politics. I am setting up my constituency office as a matter of priority and will advertise the address and the dates surgeries soon. Meanwhile, should any organisation or individual get in touch, my new parliamentary email is layla.moran.mp@parliament.uk. Best wishes, Layla

WOT'S new AT WOCC...



Are you an unpaid carer living in West Oxford?

Would you welcome the chance to meet other local carers over tea, coffee and cake in the WOCC Café?

This new meeting has started well. It provides an opportunity to swap ideas, information and advice, or simply just chat.

A local carer will be in the Café between 2.30 - 3.30 pm every third Thursday of the month.

**Weekly Updates on display in the
Community Centre**
**Monthly Updates on community notice boards
by 'The Organic Deli' and 'Cartridge World', or
see our website www.woca.org.uk**

Evening Pilates Class

The class consists of a series of exercises to lengthen and strengthen muscle groups throughout the body, with a particular focus on the deep muscles supporting the spine and major joints.

No experience required.

All ages (16+).

£7.50 per class (£6.50 conc) / £40 for block of 6 (£35 conc)

Classes begin at 8.30pm on Monday evenings.

Contact Denise at oxfordpilates@gmail.com to book a place or for more information.

Tom and Vladimira welcome you to Tumbling Bay Cafe!

Opening hours:

Weekdays

9.00am - 6.00pm-ish

Saturday and Sunday

9.00am - 5.00pm-ish

For bookings, contact:

tomas.imre@gmail.com



Oxford City



Shotokan Karate Club





- Discipline
- Confidence
- Respect
- Self Defence
- Fitness

Come and learn traditional karate at the West Oxford Community Centre. Friendly, fun and informative coaching from highly qualified and experienced instructors. Lessons for all ages (6+) on Sunday afternoons and Wednesday evenings.

Tel: 07836 646450

www.OxfordCitySKC.co.uk

For any enquiries regarding WOCC or the use of the centre, or if you have an idea for a positive activity

-  Keith on 01865 245761
 westoxfordcc@gmail.com
 Call in! Office usually open Monday - Friday, 1.30 - 6.30 (except Wednesdays)
 www.woca.org.uk

WOX VOX

Want to try a new singing group?

WHAT

A fun, friendly and informal singing group for adults who don't just want to sing alone in the shower.

From rock and pop, to gospel and show tunes.

No experience necessary.
No auditions. Just fun!

WHEN

Thursdays in term-time
7.30pm - 9.00pm

WHERE

West Oxford Community Centre

FEE

£5 per session



Follow us on Facebook or email for more information
www.facebook.com/woxvox
woxvoxrox@gmail.com

If you have always wanted to sing with us but haven't yet we are offering a 'First Session Free' offer for the last few weeks of term. **WOX VOX** is running until July 20th. Join us if you can!

DO SOMETHING EXCEPTIONAL



GET FIGHTING FIT AND LEARN EFFECTIVE SELF DEFENSE THIS NEW YEAR. FREE BEGINNERS SESSIONS BOOKING NOW. CONTACT US TODAY TO BOOK YOUR PLACE.



FREE CLASS PASS FOR YOU AND A FRIEND!



To book your **FREE** class for you and a friend, please contact us today!
southwestkm@gmail.com

www.south-west-krav-maga.co.uk

Location: Oxford

Toilet Twinning Update!

Thanks to Centre Users' generosity (and presumably extensive use of our fine facilities!) we have raised enough money to twin with toilets from as far afield as Bangladesh, Pakistan, Congo, Uganda, and the Central African Republic.

Exact coordinates are included on the photos of these loos displayed at the Community Centre, so you can even find the location!

These toilets will provide some of the poorest people on the planet with a decent toilet, clean water, and information they need to stay healthy. It's the key to helping whole communities break free of the poverty trap.

Please carry on spending a penny at the community centre and donate so that we can twin with even more loos!



Advertisement



Wasps are here!

Why Should A Wasp Nest Be Treated?

If you don't treat a wasp nest it will eventually die out, but before this happens the nest will produce approximately 100 fertile Queens that will hibernate and start fresh nests the following year. A nest will get larger until the Autumn and it is in the Autumn and early Winter when they are at their most aggressive & dopey. This is when they are most likely to sting people.

Wasp Treatment

We treat the nest or the entrance of the nest using an insecticide called 'FICAM D*' which contains the chemical Bendiocarb 1% w/w. This is a modern biodegradable insecticide that is not highly toxic to mammals, To wasps, bees and ants this chemical is extremely deadly. The entrance to the nest or the nest itself will be treated using this insecticide.

In Autumn they cause massive amounts of damage to fruit, **Every year there are deaths from wasp stings.** Although they do some good by feeding on flies, caterpillars and other insects. By the end of the season workers have finished their role of nest maintenance and collecting food for larvae. They can then become more aggressive and annoying as their main diet consists of rotting fruit.

WASP DESTRUCTION

OTHER PEST PROBLEMS

**NPTA
CHECKTRADE
CRRU**

Fully insured

**If you have a problem please call your local pest controller
Nick
AVENGE PEST
Control**

Binsley Lane
Oxford
01865 246195
Quicker response on:
07879 40 50 60
apc@live.co.uk

Email apc@live.co.uk



oxford
community
health
hub

The Oxford Community Health Hub offers a range of affordable health and wellbeing therapies. Please contact the practitioners directly to book an appointment, or visit our website www.healthhuboxford.org.uk

Treatment Room:

- Acupuncture – contact Jenny at www.acupunctureoxford.org
- Ayurvedic Massage and Yoga – contact Laura on 07532030969
- Chiropractic Treatments – contact Annabel on 07970967774
- Massage and Reflexology – contact Michelle on 07714272210
- Physiotherapy – contact Sam on 07737541344

Talking Room:

- Cognitive Behavioural Therapy (CBT) – contact Esther on 07774687872
- Counselling and Coaching – contact Susie on 07765587012
- Counselling and Psychotherapy – contact Cate on 07790020901
- Psychodynamic therapy – contact Jasmin on 07764609291
- Psychotherapy – contact Cristina on 07731433972

Community Emergency Foodbank (C.E.F.)

C.E.F. provides emergency food parcels for those in need in Oxford and the surrounding area.

When did it start ?

C.E.F. 's warehouse stocks have been built up since winter 2007/8 through the generous support of church congregations throughout Oxford.

How does it Work?

Food is collected from churches, schools, and other interested organisations. Each parcel contains enough nutritionally balanced food for three days.

Those in need of help are referred by GPs, Health Visitors, CAB, clergy, Community Workers etc – any professionals who are likely to come into contact with people in real need.

WOCA is registered as a referring body. Please contact WOCA if you know of someone who may be able to benefit so that we can refer them on. Unfortunately it is not possible to self-refer.

The aim is to help people through a crisis and so there is a limit of about three parcel collections per person/family in any 12 month period.

For more information on C.E.F., Please contact Jane Benyon at info@cefoxford.co.uk

The Community Emergency Food Bank - Registered Charity No 1153907



Are you interested to knit or crochet squares for blankets for refugees? If so, read on....

Woolly Hugs (charity registration number 116741)
<http://beta.woollyhugs.com/index.php/current-projects/>
is an online community of people making and collecting knitted and crocheted items for a variety of important causes.

One of their current projects is making blankets and other items for refugees. I am happy to be a collection point (on West St) for the knitted squares and send them on to Woolly Hugs for them to make up into blankets. Beginner and more experienced knitters are welcome, see their project information below.
Ally Stott, Allysoilandsoul@gmail.com.

This is what Woolly Hugs are asking for:

- * We need 12 inch or 6 inch squares. Knit or crochet both equally welcome.
- * Yarn to be used - any good quality acrylic DK, for example Stylecraft special DK.
- * Any colour, any style, it is all good.
- * Squares equally welcome if made by beginner or expert. Truly.
- * No one need think theirs wouldn't be good enough. It will be.



News from St Frideswide's and St Margaret's



**Competition
time! 2017**

St Frideswide Church is gearing up for the West Oxford Bee Festival on July 15th 2 pm-4 pm and we are really pleased to launch this year's children's competition.

We hope it's fun and anticipate the usual amazingly high standard of entries from our creative and imaginative children in West Oxford and Botley.

**Your challenge is..... To design a Bee Food Trail so our local bees can find their dinner.
So, start thinking like a bee, get walking around West Oxford and Botley and get drawing!**

- Your amazing food trail must fit on to an A4 piece of paper and it must be handed in by 2.15 pm on July 15th, the day of the West Oxford Bee Festival at St. Frideswide Church, Botley Road.
- Make sure you put your Name, Age and address on the back.
- Age groups are '12 and under' and '8 and under' and there will be 1st, 2nd & 3rd prizes of book tokens. All entries will have the chance to have their map laminated so you can use it for a placemat.

Look out for the flyers and posters about the Festival and the Competition which will go round your schools in the next few weeks. More information about the competition can be found on our website www.osneybenefice.org.uk or our Facebook page St.FrideswideOxford

There will be plenty going on at the Bee Festival for everyone and it should be a lovely afternoon for the whole family to enjoy. We're running it with Oxford Friends of the Earth and there will be stalls, an info fair, plants, advice, produce, refreshments, the raffle and much more. As it is a local and event with small producers none of the stalls will have card machines so make sure you've visited the ATM and bring some cash with you so you can make the most of what's on offer.

Regular Services

St Frideswide's, Sundays 10.30am - Sung Eucharist
www.stfrideswideschurch.org.uk ☎ 242345

St Margaret's, Binsey www.binseystmargaret.org.uk
9am Eucharist; 4.30pm Evensong on the fourth Sunday of the month during BST

W: www.osneybenefice.org
E: osneybenefice@outlook.com
P: 07765175164
F: [www.facebook.com/
St.FrideswideOxford](http://www.facebook.com/St.FrideswideOxford)

Oxford Flood Alleviation Scheme

Reducing flood risk - enabling a thriving economy - connecting people and the environment

Your chance to have a say – Oxford Flood Alleviation Scheme public consultation

We are holding a consultation on some of the design features of the Oxford Flood Alleviation Scheme, from 22 June to 20 July. Once the consultation begins, you will be able to access it here: www.gov.uk/government/consultations/oxford-flood-alleviation-scheme-design-consultation

If you do not have access to a computer or would like help filling in the consultation, we are holding 3 drop-ins at local libraries, where members of the project team will be available to support you:

Friday 30 June, 2pm to 7pm at Kennington Library, OX1 5PG

Thursday 6 July, 12pm to 6pm at Oxford Central Library, OX1 1AY

Tuesday 11 July, 9:30am to 2pm at Botley Library, OX2 9LP

What is the consultation about?

As part of the flood scheme, we will need to replace some of the existing bridges in the scheme area and construct some new ones, to allow access across the new channel. We have developed a series of design options for the bridges and will be asking for your comments. We will use your feedback to help us design of all the new and replacement bridges in the scheme area.

We would like to know whether you would be interested in seeing benches, cycle racks and information boards installed along public footpaths, and if so, where they would be most useful to you.

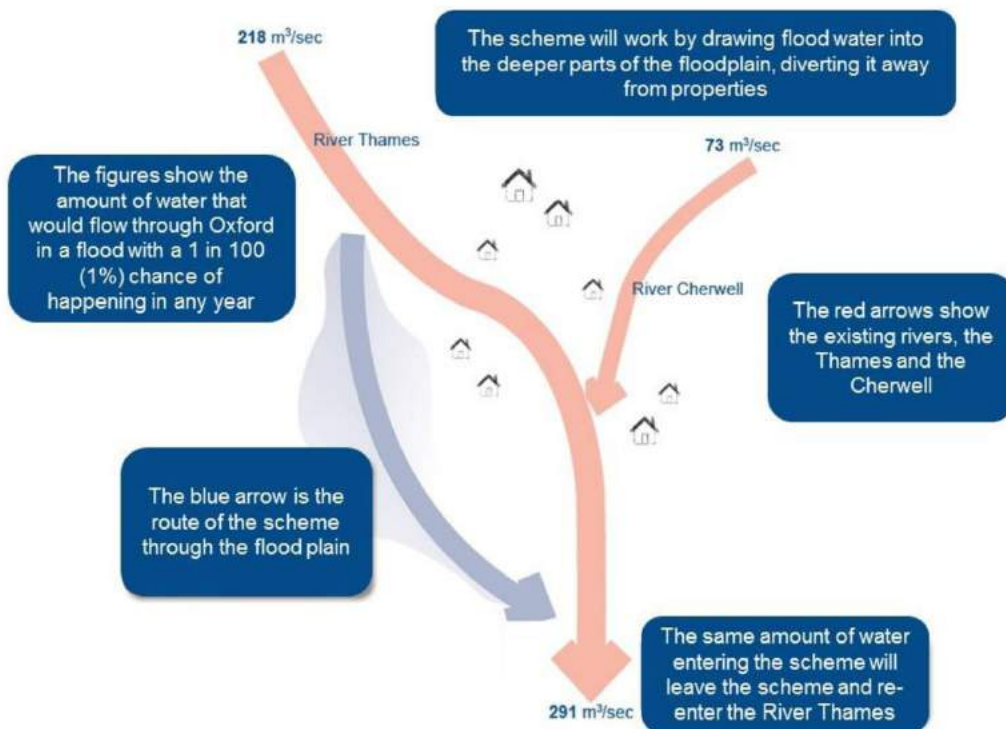
We also want to take the opportunity to ask how you use the roads and footpaths that will be affected during construction, so we can feed this into our plans for diversions and construction arrangements.

How will the scheme work?

We are working with local partners Oxfordshire County Council, Oxford City Council, Vale of White Horse District Council, Thames Water, the Oxford Flood Alliance,

Oxfordshire Local Enterprise Partnership, Thames Regional Flood and Coastal Committee, and the University of Oxford, to reduce flood risk in Oxford.

At the moment, many houses, businesses and transport links in Oxford are at risk of flooding. The planned scheme will lower areas of the floodplain and widen some of the existing rivers and streams that run through it. This will divert flood water across the floodplain and away from properties and roads that flood at present. The same volume of water entering the scheme from the north will be returned to the Thames to the south of Oxford. We always work to reduce flood risk, not to transfer it, and we will not increase flood risk to any other communities.



For further information or to receive updates on the Oxford Flood Alleviation Scheme, email us at OxfordScheme@environment-agency.gov.uk



www.gov.uk/government/collections/reducing-flood-risk-in-oxford-and-abingdon



WOCA COMMITTEE

Chair: Rebecca Huxley

Trustees: Matt Bird, Martin Bourne, Anne Clilverd, Vicky Hirsch, Rebecca Huxley, Jack Langley, Gayle Lonergan, Jim McMahon, Geoff Morgan, Sarah Morgan, Helen Reid, Kate Sant, Shan Saunders, Louise Siddle, and Kay Tillyer.

You can contact the committee via the Centre.

Grants WOCA supports community projects beneficial to people in West Oxford, including help with Centre room hire. Application forms available from the centre office or at www.woca.org.uk We want to support you - let us know how we can help!

The Research Cooperative

an international NPO and online network for academic, scientific and technical authors, editors, translators, publishers and others; all topics, countries and languages. Free membership. See:



www.researchcooperative.org

BRIAN FRENCH

**General Building Services
Painting - Decorating
Free Estimates**

Contact: 07957 315303

Can you help?

Have you got news for us?

Our Spring Issue deadline is Friday 8 September 2017.



Sponsorship/Advertising -

Do you have a bit of time to help get more sponsors and advertising for the newsletter? Would you like to place an ad with us?



West Oxford Pantomime Association

LOOKING FOR A TREASURER

Do you have a few hours to spare each year? Would you like to be involved in WOPA but don't want to perform? WOPA needs a new treasurer. You don't need experience just enthusiasm! Contact us if you are interested on info@wopa.me

ODDS & SIDES

Sid Siddle

Your close at handyman

For all those jobs you can't - or can't be bothered - to do yourself and the big companies aren't interested in. Always available - including evenings and weekends.

- Putting up shelves and fitting cupboards
- Fitting doors and door furniture
- Replacing skirting board and architrave
- Painting and decorating
- Filling cracks in plaster
- Light fittings and switches replaced
- Blinds and curtain rails
- Flat pack furniture assembled



CONTACT: sid@oddsandsids.co.uk

07757 214 301

Your Local Democratic Representatives

Your city councillors are:

Colin Cook, 12 Riverside Rd OX2 0HU

Email cllrccook@oxford.gov.uk

(721844

Susanna Pressel, 7 Rawlinson Rd OX2 6UE

Email cllrspressel@oxford.gov.uk

(554001

Susanna is also your county councillor.

Susanna holds a Ward Surgery on the third Saturday of each month from 11.00 until 12.00 noon at the community centre.

Your new MP is **Layla Moran:**

House of Commons, Westminster, London, SW1A 0AA Email layla.moran.mp@parliament.uk

More contact details and information to follow...