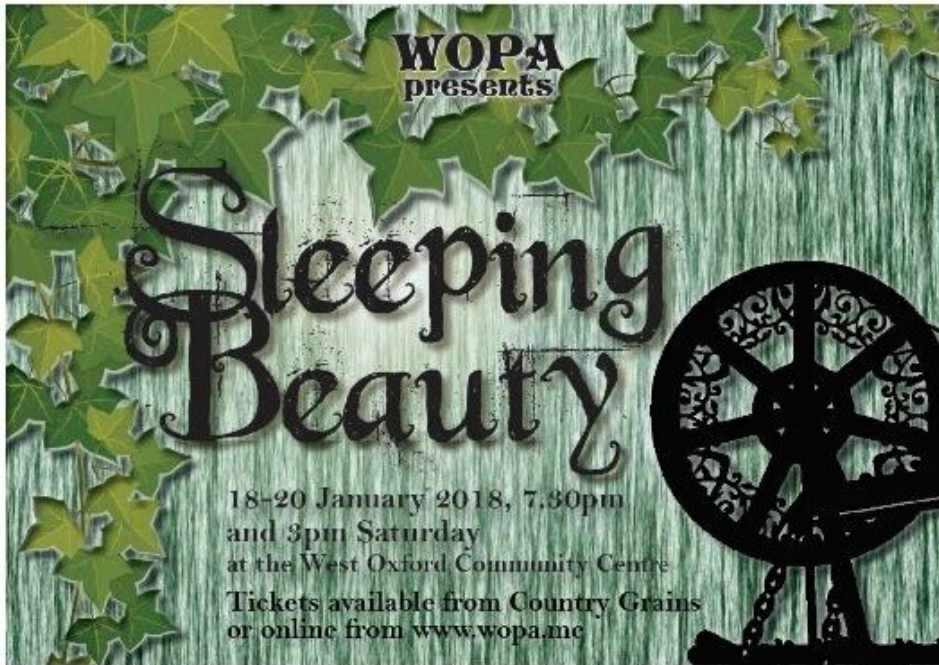




NEWSLETTER



Number 68: Winter 2017



Don't miss the latest panto by West Oxford for West Oxford.

Tickets on sale from 1st December!



Christmas Sing-A-Long!



with special guests: **The Botley Brass Bandits!**

**Sunday 17th December, 2-4pm.
at West Oxford Community Centre.
Everyone welcome. Free admission.**

We will be holding a collection in support of:



With special thanks to our event supporter:



Could YOU be WOCA's New Treasurer?

The trustees at WOCA are looking for a new treasurer who would be responsible for:

- General financial oversight
- Financial planning and budgeting
- Overseeing and presenting budgets, accounting and financial statements to the management committee
- Advise WOCA on financial implications for strategic and operational plans

The WOCA's treasurer works alongside SPX Oxford Ltd. They are an accountancy practice specialising in services for the not-for-profit sector, who look after our day-to-day bookkeeping, run the payroll, and prepare the yearend accounts.

The treasurer would work with SPX and Keith Birnie, the centre manager, to make decisions and plan for the future. The time commitment estimate is very low - no more than half an hour a week (outside of roughly monthly meetings).

If you think you could help, or for more info, please contact us.

☎ 01865 245761

Email westoxfordcc@gmail.com

WOT'S new AT WOCC...



Tom and Vladimira welcome you to Tumbling Bay Cafe !

Open:

Mondays 9.00am - 6.00pm

Tuesdays 9.00am - 5.00pm

Wednesdays 9.00am - 6.00pm

Thursdays 9.00am - 6.00pm

Fridays 9.00am - 5.00pm

Saturdays 9.00am - 5.00pm

Sundays 9.00am - 4.00pm



We will be closed over Xmas from 24/12/17 - 1/1/18 inclusive - back on the 2nd January 2018

Contact: tomas.imre@gmail.com

West Oxford Academy

Don't miss the final talks in this term's West Oxford Academy! These are:

28 November

"What a lock keeper does when you're not looking." Mark Winks

5 December "Timbuktu, past and present." Heather Rosser

12 December "Peace journalism." Jake Lynch

Curious? Come to the Mary Town Room, West Oxford Community Centre, for 8.15pm to find out more.

Local residents have given many surprising, informative and entertaining talks, and I am sure there are still people who have a favourite topic they would like to share! So if you – or a friend or neighbour – could contribute get in touch with me as soon as possible, as I am starting to think about next term's programme which will start in January.

If you are curious about the Academy and want to find out more do get in touch. Please contact me, Susan Hutchinson, either by email at westoxfordacademy@gmail.com or by phone on 428323.

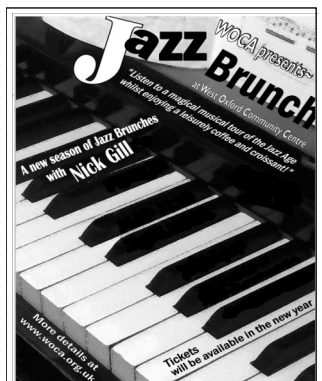


Weekly Updates on display in the Community Centre
Monthly Updates on community notice boards
by 'The Vinyl Cafe' and 'Cartridge World', or see our website
www.woca.org.uk

Thinking of Hiring a Room?

WOCA has frozen its room hire prices for 2018!

Become a WOCA Member and save £££'s!



10th February
3rd March
17th March

Qigong

movement, breath and intention
for health and vitality through winter

Improve joint mobility and core strength
Hone balance and coordination
Experience peace and calm
Breathe more effectively
Replenish your reserves in the season of winter

Wednesdays 7.45-9pm

5-week series: 25 Jan - 1 March 2018 (no class on 22 Feb)

Main Hall, West Ox Community Centre OX2 0BT

Cost: £50 for all 5 weeks when paid in full before 10th Jan 2018.

Contact Zoe Bicat: zoebicat@gmail.com 07954 371 368

Zoe is a qualified and insured teacher of Qigong and Tai Chi

www.shiningchi.com

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

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



SPANISH LESSONS

6-week beginner course!

Where? West Oxford Community Centre

When? Thursdays 7.30pm - 8.30pm

Info: <http://woca.org.uk/>
garbo.gabriela@gmail.com

Start: 25-01-2018
End: 01-03-2018

Oxford City Shotokan Karate Club

It's been a busy period for the Oxford City Shotokan Karate Club.

Last month, James, one of the students who trains twice a week at the West Oxford Community Centre, took his Dan Grading (test for black belt). He did this at a national course in front of England's chief instructor and passed first time.

The following week, members of the club entered the JKA-E (Japan Karate Association – England) Central Region championships in Hatfield. They managed to win two golds, a silver and a bronze medal.

The coach of the England team would like James to try out for the national squad. Martyn King – the Oxford City SKC chief instructor said “We are really pleased for him, but A-Levels come first! My students have made the England squad before, so I know the level of commitment needed”. James may try out for the squad after his exams, watch this space!



But the club didn't rest there! Last weekend (29th October) the club held a grading with special guest instructor Sensei (Instructor) Brian Gwyther. Sensei Brian is 4th Dan, and holds international qualifications as instructor, referee, and examiner. He is also a member of the JKA-E executive, so he knows what he's doing!

There was a good turn out from the club and Sensei Brian gave a great lesson that everyone seemed to enjoy. All those that entered the grading passed. This is not because passing is easy! Their level of training and the hard work they put in over the last few months has shown in the improvements they have made to their karate.

Martyn said “Although its great when students do well at the higher grades, its also really gratifying to see students improve at

whatever level they are at” he added “Seeing students get a black belt is wonderful, but seeing one of the youngsters passing their first grade is also a great feeling – its why I enjoy teaching!”

If you would like to learn Karate and fancy joining this high quality, friendly club, just come to the community centre on Wednesday 7:45 or Sunday 4:30 and give it a go. The first lesson is free.

www.OxfordCitySKC.co.uk



Rooms at The Oxford Community Health Hub

A Note For Practitioners

Are you a practitioner looking to practice from an attractive, affordable and community orientated venue? If so, please get in touch with us at healthhuboxford@gmail.com

The Health Hub is based at West Oxford Community Centre



Affordable, high quality treatments for the local community

Winter is upon us! There is always beauty in the change of seasons and as the sun streams down on the frosty grass it brings to mind the mixture of emotions that change can evoke. If you're in need of invigorating treatments, relaxing massage or help with health issues, both physical and emotional, have a look at the treatments we offer at the Health Hub and take your pick:

Acupuncture with Jenny and Heather www.acupunctureoxford.org

Ayurvedic Massage with Laura 07532 030969

Chiropractic Treatments with Annabel 07970 967774

Hot Stone, Swedish & Aromatherapy Massage with Michelle 07714 272210

Craniosacral Therapy with Ally 07968 691870

Reiki with Asia 07596 529484

Whole-body Balancing Acupressure Massage with Zoe 07954 371368

Cognitive Behaviour Therapy with Esther 07774 687872

Psychotherapy and Counselling with Cate 07790 020901

Psychodynamic Counselling with Nigel 07745 951164

Counselling and Coaching – contact Susie on 07765 587012

www.healthhuboxford.org.uk

Craniosacral Therapy Comes to the Oxford Community Health Hub

With Ally Stott

Craniosacral Therapy is a restorative practice grounded in deep listening and attunement. It is a gentle and sensitive approach that responds to how your body is in the moment. Sessions create space for the changing landscape of your body to express what is happening and to be met without judgement or agenda.

From our earliest moments of life we are impacted by our experiences, both those we find pleasant and nourishing and those we find difficult. All of this is experienced through our body, and sometimes, for a number of reasons our experiences do not get processed and integrated. These unprocessed experiences imprint the body, and can cause imbalances or blockages on many levels of our functioning. We can know the felt-sense of this in the build-up of stress and anxiety, and the presence of shock and illness. Through sensitive touch and deep listening to your fully clothed body, the cranial practitioner attunes to your whole body through the craniosacral system; the bones, membranes and cerebrospinal fluids that envelop the brain and spinal cord (the central nervous system, CNS). These structures express a continuous rhythmic motion of expansion and contraction, which can be felt in every cell in your body. This is our vitality, our life-force energy tangibly expressing itself. Since the CNS is linked to whole body through a complex web of connective tissue and fascia, its healthy functioning and expression is essential. Craniosacral therapy can rebalance the nervous system, eases tensions and creates space for what needs to happen. Your body sets the pace for the work and becomes nourished by the deep wellspring within.

People come for craniosacral therapy for many reasons including; stress, headaches, major or minor illness, weakened immune and nervous systems, injury, life transitions, digestive difficulties. Deeper though than trauma, dis-ease and stress lies a state of stillness and ease. Over a number of sessions people often sense this within themselves and gain greater access to this in daily life. Being a 'holistic' therapy craniosacral therapy meets all aspects of a person. It is suitable for people of all ages and stages of life, and for most people who want to improve their sense of wellbeing and inner resources.

I have been working in the healing arts for 20 years. Alongside growing my Cranial practice at the Hub and other venues, I am in private practice in Oxford as a Transpersonal Psychotherapist (UKCP registered), working with people outside in nature and inside the therapy room. I have a background as an artist, retreat facilitator and worked in the voluntary sector for many years with people living with life-threatening illness and their families. I can often be found on my allotment. www.allystott.co.uk. Do contact me via the Hub website www.healthhuboxford.org.uk or my email address Allysoilandsoul@gmail.com to book a session or find out further information.

Introductory Offer at the Health Hub – Until 1st March

Until 1st March I am offering 25% discount on session costs when 4 or more sessions are booked. Our body is innately wise and intelligent, loves to be listened to and has a natural orientation towards healing and wellbeing.



Ayurveda

Ayurveda is an ancient holistic system known as the sister science of yoga. Its original texts date back 5,000 years, and has been passed down the generations in India and Sri Lanka ever since. Its approach is to determine one's true unchanging nature (Prakruti) and to manage our changing environment that create fluctuations and imbalances (Vikruti) within us. These imbalances, if unchecked, eventually lead to illness and disorder. It is an empowering approach that emphasises the maintenance of optimal health. Ayurveda literally means "life-knowledge".



We are currently immersed in a season governed by Vata - a term used to define one of the three doshas – Vata, Pitta, Kapha. Each of these doshas are a combination of elements that are the foundations of our constitutions. Vata is the combination of air and ether, with the qualities of dryness, lightness, mobility, subtlety, roughness and coldness. You can feel it and see it all around you. The leaves falling off the trees, the changeable weather, and drops in temperature. We often experience heightened levels of anxiety, uncertainty, and a sense of being overwhelmed. We may have dryness of the skin, aching joints, cramps and restless sleep. These are just some of the signs of Vata imbalance. There are some very simple things that we can do to counterbalance the seasonal increase of Vata:

- Avoid dry, cold, rough foods and favour warm, nourishing grounding meals such as stews, and spices such as ginger and cumin. Carry a flask of hot water with you and sip throughout the day.
- Keep warm, particularly the hands, feet and head.
- This time of year is certainly prone to perpetuating stress and high demands. Be vigilant and ensure that personal space and rest is given as much emphasis and importance, if not more so, than completing the extensive to-do lists.
- Be tactile. Vata needs touch and warmth. Hug your loved ones, and take a hot water bottle to bed.
- Abhyanga (warm oil self-massage) is one of the most effective ways of balancing Vata. Massaging your feet and hands before bed with warm organic sesame oil is nurturing, grounding and encourages deep sleep.
- Go to a yin-based yoga class. The gentle, more intuitive practices can help to quieten and still the mind.

So often we can feel off-centre, depleted, or just not quite ourselves. When this happens, see if you can pause for a moment and just acknowledge the qualities of your environment. Today, as I write this article, it is cold, grey, with blustering winds (typical Vata day). I ask myself what I can do to create warmth, vibrancy and stillness and these considerations will influence many of my day-to-day choices. It's a dance between the outside world and our inner selves, through which we can discover great peace and harmony.

Laura is an Ayurvedic Massage Therapist and yoga teacher, with a community practice at the Health Hub, www.healthhuboxford.org.uk/ and private practice in Jericho. She teaches regular classes and workshops in East Oxford, and is currently offering monthly Yoga Nidra sessions in West Oxford. Please check out her website: www.ayurvedacorner.co.uk for more information.

News from St Frideswide's and St Margaret's

Should you be in Waitrose, Botley Road at lunchtime (noon to 1 p.m.) on Sunday 17th December you will have the opportunity to hear our choir sing, as they raise money for the charity, Home Start Oxford and Bicester. Home Start has been the charity that we have supported each Christmas for some years now. It is a charity that works with families with young children, who are under stress and going through tough times, doing this in order to help those families work their way through difficulties and to support them in staying together as a family unit.

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

The Advent Carol Service is at 6 p.m. on Sunday 10th December. And we look forward once again to enjoying the music provided by Sarah Lister and our wonderful choir.

In addition all are most welcome to our Crib Service at St Frideswide on Christmas Eve, Sunday 24th December at 4.30 p.m. And to the Eucharist on the Monday – Christmas Day – at 10.30 a.m.

Sunday 3rd December at 3 pm: a quiet service for the bereaved ~ Remembering Those Whom We Have Loved

St Margaret's, Binsey www.binseystmargaret.org.uk

Sunday morning Eucharist continues throughout the winter at 9 a.m. on the fourth Sunday of every month.

The much loved Binsey Service of Lessons and Carols is at 3.30 p.m. on Sunday 17th December. And do come early, the church does get full to overflowing!

Remember, as well as being here for Sunday worship we offer baptisms, weddings and funerals and pastoral support, small group studies.

Contact The Revd Jo Moffett-Levy on Tel: 07765 175164.

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



Low Carbon West Oxford News,
Winter 2017

Celebrating 10 years of award-winning community-led action on climate change

THANK YOU to everyone who came to our 10th anniversary celebrations - over 1400 came to our 20 events!

NEW DATES FOR YOUR DIARIES:

Sat 9 Dec: West Oxford eco heritage bike tour [walking version]
 Sat 6 Jan: Wassailing at Hogacre Common Eco Park
 Sat 24 Feb: LCWO Get Ready for Spring event
 Sat 28 April: Spring Bring & Take and Restart Party
 Sun 29 April & Sun 13 May: Dawn Chorus walk from Kingfisher Corner

PLUS new Osney Lock Hydro tour dates coming up

See our website for news of Street by Street, launching this winter. Plus find out about 2018 air pollution campaign, join our mailing list and pick up some handy tips for the festive season...

www.lowcarbonwestoxford.org.uk

See you in 2018!



Do you need a cleaner?

Fully managed cleaning just £14/hr

Introducing Well Polished Oxford.

A local company based in Abingdon covering most of Oxfordshire. We take great pride in our exceptional cleaning service.

"A truly superb service. My cleaner arrives on time, listens carefully to instructions, is very polite, works really hard, and leaves my house immaculately clean!"
 Dr N Norman, West Street, Osney Island

We take the hassle out of having a cleaner. Our service is:

- reliable: fully managed by us
- affordable: at £14 per hour
- trustworthy: referenced and insured
- fair: our cleaners are paid properly

Call now and ask for Crista
 (01865) 807142 or (07775) 654004
 Or csanderson@well-polished.com

The perfect Stocking Filler is Para's Superb South Indian Fairly Traded Black Peppercorns

This outstanding pepper comes from the Wynad Hills, in Kerala, South India, an area with an established reputation for producing fine quality pepper. It is grown on Parameswaran's (Para for short) plantation. Para uses no artificial fertilizers or agrochemicals and the pepper is grown to organic standards.

When harvesting pepper, the normal commercial practice is to pick the pepper corns, when they are still green, and then to dry them in the sun. Para, however, leaves his berries to ripen on the vine only picking them once they turn a reddish colour. Each vine will be picked up to a dozen times, to allow all the berries to ripen at their natural pace.

This traditional approach and the extra time and trouble are both fully justified by the enhanced intensity and flavour of the corns.

"I had forgotten about the sheer power & strength of really good peppercorns until I cut open a bag of Para's peppercorns the other day. This is a pepper that packs a punch that reminds you it is a heady, fiery fresh spice that cannot be used unthinkingly". Jill Dupleix, cook writing in The (London) Times

I have visited Para and his plantation twice, and my involvement in selling the pepper is simple and two-fold: I want other people to enjoy this wonderful pepper and I want to help secure a market for it. Pepper and other third world crops are very susceptible to fluctuations in the global markets. Many people's livelihoods depend on Para's pepper crop as the plantation employs some 90 locals (mainly tribal people who remain at the bottom of the caste system).

Those employees in turn feed and support some 400 dependants between them.

The pepper is vacuum packed in 75 gram (2.64 oz) presentation packs and has a shelf life of 3+ years Only £2 a pack.

Anne James

26, Barrett St, New Osney, Oxford OX2 0AT

01865 725906 riverbank26@tiscali.co.uk

Christmas Trees at Cutteslowe Garden Project

Harbord Rd, Oxford, OX2 8ES
01865 511938

Sizes from 4ft - 7ft

Cut and potted trees are available

Includes: Nordmann Fir, Fraser Fir,
Norway Spruce, Blue Spruce

Tree Weekends

8th - 10th December,

15th - 17th December

Friday-Saturday 10am - 7pm

Sunday 10am - 4pm

Enjoy free mulled wine and roast chestnuts.

Cutteslowe Garden Project is a social enterprise run by People in Action, a registered charity and limited company, supporting over 350 people to live in their community.

www.people-in-action.com



Christmas Bazaar

Saturday 2nd December
11.30am to 2pm

West Oxford Community Primary School

Santa's grotto Make a wreath

Stalls Cafe

Children's craft Games

Scalextric

Glitter tattoos

Tombola

News from WEST OXFORD Neighbourhood Police

Abbey Road residents have reported concerns about drug use and homeless persons frequenting the area of the rainbow bridge. We are working closely with the land-owner and council to deal with individuals occupying the land. Please report any suspicious activity to us via 101.

There have been increased instances of drug use within the Oatlands Recreation Ground off Botley Road. Two persons were recently arrested in the park and the team are increasing patrols in the area. Again, if you see any suspicious behaviour please report it to us on 101.

Next Community Meeting

Saturday 20th January 2018 10am – 12pm
West Oxford Community Centre Cafe



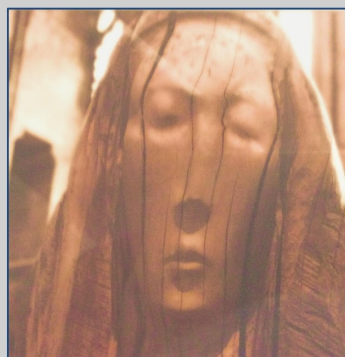
Free Osney Lock Hydro tours

Osney Lock Hydro is the first community owned hydro to be built on the Thames - but it's just the latest manifestation of our community's centuries

old tradition of harnessing the river for power.

We are now offering free monthly tours of the hydro, where you can find out more about power generation in the heart of our community.

To find out more and book your free place please visit
www.osneylockhydro.org.uk



DISCOVERING UNITY

A seven week course in
Central Oxford starting
on the 25th January 2018

Meetings are held on seven Thursday evenings. January 25th, February 1st, 8th, 15th, 22nd, March 1st and 8th plus the afternoon of the 18th of Feb. Evenings are from 7.30pm to 9.45pm. Cost £80

'Who in the world am I? Ah, that is the great puzzle.' Lewis Carroll

This course is devoted to a practical exploration of the Unity of Being. From a perspective of Oneness, it asks us to pay deep attention to our relationship with ourselves and the world. The course includes meditation, contemplation and conversation.

This will be the tenth running of this course which is limited to a small intimate group. The spirit is one of gentle gathering in genuine self-inquiry, to enhance the opening of our natural ability to consciously experience the fundamental ground and grace of who we are; which is ultimately beyond any condition whatsoever.

The course is correlated by Derek Elliott and Ally Stott

For further details and booking either phone or email oxford@discoveringunity.org

Derek 07771 707178
Ally 07968 691870

*'You suppose you are the trouble
But you are the cure
You suppose that you are the lock on the door
But you are the key that opens it
It's too bad that you want to be someone else
You don't see your own face, your own beauty
Yet, no face is more beautiful than yours.'*

Rumi

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

Can you help?

Have you got news for us?

Our Spring Issue deadline is Friday 16 March 2018.

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?



News from West Oxford Allotments

If you are thinking of getting an allotment, now is the time to apply. If you are already a plot holder,



please consider joining the committee. To keep both sites running smoothly, we need more people to help us.

Contact secretary@westoxfordallotments.org in either case and have a look at our website, www.westoxfordallotments.org for more information.

BRIAN FRENCH

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

Contact: 07957 315303

ODDS & SIDS

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 MP is **Layla Moran:**

House of Commons, Westminster, London, SW1A 0AA

☎ 020 7219 3905

Email layla.moran.mp@parliament.uk