



# NEWSLETTER



Number 69: Spring 2018

## WOCA OF THE FUTURE?

The trustees of WOCA continue to plan ahead to the future, taking into consideration what is happening in the West Oxford area of benefit over the next 10 years and more. The community centre sits in the middle of several developments e.g. rail enhancements, Botley redevelopment, ongoing flood relief and the extended park and ride. We are not expecting new housing until the Osney Mead plans are agreed which could be some years away. As such, WOCA would like to be best placed to meet any changing needs of our community members brought about by such developments. For example, we already plan for further improvements to the inside of the community centre, i.e. refurbishments of loos etc and an ongoing maintenance programme over the next 5 - 10 years.

But in 10 years time what else would we need to do to meet the needs of the local community? This is where we are asking for the help of WOCA members and users of the community centre as our centre exists for your pleasure and convenience. Tell us how you see the centre and broader Association developing over the next 10 years. Perhaps you feel we should extend the building to create more rooms? buy some land to the rear to extend the patio, develop the community cinema club .... or stay as we are, enhancing what we already have.

As, with any ideas, additional funds would need to be raised and new activities will require additional people to run them but we would welcome your ideas by emailing, phoning, or calling in to see Keith, the Centre Manager [westoxfordcc@gmail.com](mailto:westoxfordcc@gmail.com)

Rebecca Huxley, Chair of the Trustees of WOCA

## 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](mailto:westoxfordcc@gmail.com)

## West Oxford Fun Day is Coming... Saturday 14 July, 1.00pm - 5.00pm

**Please help make this year's Fun Day extra special!**

The Fun Day is entirely organised and run by WOCA, so we need lots of help to make it a glorious afternoon.

Could you run a stall, help move tables, chairs or straw bales, put up gazebos?

Or maybe you have a great idea that we could help you bring to reality?

Could you perform? Run a taster session or game?

Whatever, we'd love to have you involved.

Please contact Keith at the centre - see the bottom of page 2



# 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 Easter from 27 March to 12 April inclusive - back on the 13 April.

Contact: [tomas.imre@gmail.com](mailto:tomas.imre@gmail.com)



## Jazz Brunches Best Yet

This years jazz brunch season was a great success and very well attended , despite the snow!

Our special thanks go to Nick Gill and his fellow band members and special guests for their music, interesting talks and dance demonstrations this year.

It was a treat indeed to hear about the life of Fats Waller from Radio 3's Alyn Sipton. Our thanks also to Country Grains - we couldn't really call them 'brunches' without their generosity to provide the delicious croissants once again.

Many people have complimented the great eye-catching artwork on the billboard at the front of the community centre, WOCC's resident artist Andrew Manson provided the jazz theme during our events, and we can look forward to the board changing regularly with more of his artwork.



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](http://www.woca.org.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](mailto:healthhuboxford@gmail.com)

The Health Hub is based at West Oxford Community Centre



## 7pm Saturday June 16

This year's West Oxford Beer Festival will be the eighth WOB Fest and once again we will be featuring a range of local ales, with other refreshment and entertainment. In previous years WOB Fest has been a great success, bringing together local residents for an enjoyable evening, whilst raising money for local causes.

Entrance is by ticket only, and the price has been held at five pounds. As well as entry to the beer festival, the price includes the now-iconic commemorative WOB Fest pint glass for you to keep. Tickets will go on sale closer to the date through local outlets: keep checking our website ([www.wobfest.org.uk](http://www.wobfest.org.uk)) for more details, find our Facebook page by searching 'WOB Fest', look out for our posters or contact us directly by emailing [david@wobfest.org.uk](mailto:david@wobfest.org.uk).

Please also get in contact if you are interested in helping out - selling tickets, pouring pints, or by becoming a beer sponsor, either corporate or individual. Without our sponsors and volunteers WOB Fest would not be possible. We look forward to seeing you and your friends for what promises to be another great evening.

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
- Email [westoxfordcc@gmail.com](mailto:westoxfordcc@gmail.com)
-  Call in! Office usually open Monday - Friday, 1.30 - 6.30 (except Wednesdays)
- Website [www.woca.org.uk](http://www.woca.org.uk)



&



Wox Vox

PRESENT

## 2-DAY MUSICAL THEATRE WORKSHOP

FOR 7-16 YEAR OLDS

with songs from

# Matilda

the Musical



SUMMER HALF TERM

THURSDAY MAY 31ST AND FRIDAY JUNE 1ST

10AM-4PM AT WOCA

£50

FURTHER INFORMATION AND REGISTRATION DETAILS:

[WWW.WOPA.ME/MATILDA.HTML](http://WWW.WOPA.ME/MATILDA.HTML)



### ***Affordable, high quality treatments for the local community***

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](http://www.healthhuboxford.org.uk).

#### **Treatment Room:**

Acupuncture – contact Heather at [heather@oxfordacupuncture.clinic](mailto:heather@oxfordacupuncture.clinic) or 01865 819698

Acupuncture – contact Charley on 07464389489

Ayurvedic Massage and Yoga – contact Laura on 07532030969

Massage and Reflexology – contact Michelle on 07714272210

#### **Talking Room:**

Cognitive Behavioural Therapy (CBT) – contact Esther on 07774687872

Counselling and Coaching – contact Susie on 07765587012

**[www.healthhuboxford.org.uk](http://www.healthhuboxford.org.uk)**



CHARLEY ROUX  
**ACUPUNCTURE**  
*traditional & five element*

### Spring and the Element of Change

The long awaited season of Spring has finally arrived! We can expect longer days, shorter nights, budding flowers, singing birds and greater levels of energy.

Traditional Chinese Medicine recognises the season of Spring to be associated with the Wood Element. Wood is Yang in nature, with it encompassing and signifying all we need to grow and make changes. We have five Elements within us: Fire, Earth, Metal, Water and Wood. Spring is the time when our Wood energy should be most prominent and if in balance, we can be ready to make those changes.

In the West, we can often be out of sync with the seasons, having great expectations of ourselves to achieve unrealistic goals at unrealistic times.

The Chinese celebrate their New Year and make resolutions later than we do, when the days begin to draw out and Spring is first felt in the air.

Charley offers a low cost acupuncture practice within The Oxford Community Health Hub at WOCA ([www.healthhuboxford.org.uk](http://www.healthhuboxford.org.uk)) on Wednesday evenings, with a 'pay what you can' sliding scale pricing structure. You can book online, and find out more information about Traditional and Five Element Acupuncture on her website: [www.charleyrouxacupuncture.com](http://www.charleyrouxacupuncture.com)

Chinese New Year is also referred to as 'The Spring Festival'. Do not be so hard on yourself about your resolutions that maybe haven't stuck from January. We are much more equipped and supported to make changes in our lives now, when the earth and nature around us is also growing.

Sometimes, our energy doesn't correlate with the seasons around us. Instead of flowing through shifts and changes, we can feel stagnant, frustrated and in pain. Spring cleaning our minds and bodies along with our homes, doesn't always happen so naturally.

Acupuncture is a wonderful tool that can help to adjust the imbalances that are causing us unhappiness. Five Element Acupuncture helps to align the Elements within us and brings forth, strengthens and nourishes the ones we need, when we need them most.



## An important message for residents of Harley Rd, Binsey Lane & Duke St

If you are lucky enough to live on Harley Road, Binsey Lane or Duke Street, you should have received a very pretty flyer (which doubles as a window poster) from us, telling you about our new Street by Street project, which has launched on your road.

A number of you have already signed up by dropping the little blue slip off at the appropriate house, however there is still time to drop off your form and join in - or you can enrol online at [www.lowcarbonwestoxford.org.uk/streetbystreet](http://www.lowcarbonwestoxford.org.uk/streetbystreet)

Wondering what participation involves? Find out more on the website.



## Switching to clean energy is easier and cheaper than you think with Big Clean Switch Oxford

LCWO has teamed up with Low Carbon Oxford North and other local groups to be part of the "Big Clean Community Switch", with the launch of a dedicated website for Oxford:

<https://bigcleanswitch.org/oxford>

The campaign makes it easy to switch to a green energy tariff and, something which might surprise some of you is that most households will save money in the process. Even better, about £10 of the commission from every switch is paid into a special fund. Some will be used to get more people switching, but most will be spent on small grants to community organisations that want to do more to save energy or improve their environment. This will be managed by Low Carbon Oxford North along with their coalition partners, which include us!

So, please head over to the shiny new website to find out more about how the scheme works and how suppliers are selected, then use the Big Clean Switch service and tell everyone you know!

### Looking ahead into Spring (pew...)

Sat 28 April: Spring Bring & Take and Repair Cafe

Sun 29 April & Sun 13 May: Dawn Chorus walks from Kingfisher Corner

For more events, from LCWO and others, see our online calendar.

[www.lowcarbonwestoxford.org.uk](http://www.lowcarbonwestoxford.org.uk)

[www.facebook.com/lowcarbonwestoxford](https://www.facebook.com/lowcarbonwestoxford)  
[https://twitter.com/Low\\_Carbon\\_West](https://twitter.com/Low_Carbon_West)  
[info@lco.org.uk](mailto:info@lco.org.uk)

Get regular updates - join our monthly mailing list via our website :)

**Go Dutch follow-up:** Thanks to all of you who came along to our Going Dutch event at the Tap Social last month. It was a fab evening, and great to have so much enthusiasm, experience and energy in the room. What next? Join Cyclox, sign the Integrated Cycleway's Petition, and email Scott Urban (scott.urban@gmail.com) to join the core 'Going Dutch' vision group, or to join the broader mailing list.

## Want to help do some funky and important stuff around AIR POLLUTION in West Oxford? We need you :)

Air pollution is a LCWO priority, and we have some big plans we'd like to put into action - but we need people power to make them a reality. Ideas include a visual stunt (involving smoke cannisters!), a social media #driversmissout campaign, 'stop idling' signs and some important work with local school children.

We can provide support, guidance and potentially funding for the work, so this is a real opportunity to get involved and even add some fab experience to your CV.

Could you give some of your time and volunteer with us, to help any part of this (or even something completely different) happen? We'd love to hear from you!

Get in touch with Mim for a no obligations chat if you'd like to find out more: [mim@lcwo.org.uk](mailto:mim@lcwo.org.uk)

## Oxford City Council launches a free school kit

Oxford City Council has produced an educational toolkit for primary and secondary schools in Oxford to teach children about the causes and impact of air pollution. Find out more about the kit and how to download it on our website.

## Calling all car club members in Oxford & London

The Transport Studies Unit at the University of Oxford are looking to talk to car club members in Oxford. They are interested in how and why people start and their experiences of using car club cars. You can sign up and find out more here: <https://tempestcarclubstudy.wordpress.com/>



*Did you know...* you can order delicious, local and ethical produce online and get it delivered on Thursdays & Sundays?

Yup! Cultivate is now delivering to homes, whilst the VegVan takes a well-earned rest. Free bottle of local apple juice with first order:

**BIT.LY/CULTIVATEDELIVERS**

## Botley Park News

The City Council is to make several improvements to Botley Park this year, including 12 new trees, some in the avenue and some at the front (native species) and a new welcoming entrance sign. There will also be some animal-proof litter-bins, a better dog-bin and a new bin store for the community centre. We hope that the park will then be good enough to win a “green flag”, which is national recognition of reaching a high standard.

Susanna Pressel and Colin Cook have contributed most of their ward member budgets (about £7000) to pay for the improvements. Susanna has also given £1000 towards the cost of a replacement notice board to go at the front of WOCC and £400 for new goals for the Sunday morning youth football club.

Please contact Susanna for more information about this or other matters – 554001 and [cllrspressel@oxford.gov.uk](mailto:cllrspressel@oxford.gov.uk)

## FRIENDS OF BOTLEY PARK

Are you??? Would you like to be??

If so, come to a meeting (organised by Suzanne Pressel) at The Punter at 6.30pm on Tuesday 24th April where we will meet with a Council Officer Ellie Ellwood to discuss/raise any matters of interest.

Now that we are starting to see unmistakable signs of spring, I have invited a Council officer, Ellie Ellwood, to come and tell us what it means to be a Friend of Botley Park.

Would you be able to meet us in the Punter on Tuesday 24 April at 6.30 pm?



Tony Talbot

## St Frideswide's and St Margaret's

**St Frideswide's**, Sundays 10.30am - Sung Eucharist

Service for children and their families in the afternoon of the last Sunday of each month.

[www.stfrideswideschurch.org.uk](http://www.stfrideswideschurch.org.uk) ☎ 242345

**St Margaret's, Binsey**

During BST: Evensong each Sunday at 4.30 pm

Regular morning communion service continues on 4th Sunday of the month at 9 am.

[www.binseystmargaret.org.uk](http://www.binseystmargaret.org.uk)

We remain concerned to both look after the grounds at both churches and to ensure they are safe. To that end we have done some tidying up at St Margaret's. We are delighted to report that the commemorative benches for Tish Speight and Shay Gee are being installed. Next to Shay's bench we have planted a dog rose, in memory of his faithful dog Millie, who accompanied him to services each Sunday at St Margaret's, and who died shortly before he did.

Whilst all feels good at St Margaret's we do have major concerns about the safety of the horse chestnuts at St Frideswide. To that end we have taken tree surgeon, City Council and RHS advice. The trees are at the end of their lives, weakened by Chestnut Leaf Miner, so we will need to replace them. We do not want to do this without talking to our local community and neighbours, so we are holding a consultation morning on Saturday 5th May, at the church between 10.30 and 12.30. Please do come along to hear what we are proposing and to give us your views.

You may have noticed some new planting at the Botley bridge end of the St Frideswide grounds. This is a Bird and Beneficial friendly hedge, with plantings two to three whips deep, to make a lovely dense hedge and home space for birds, bees and insects. It is also intended to ensure that drug dealers can no longer access the arches under the bridge, thus providing protection for the area and for the limestone bridge. We are most grateful to Thames Valley Police in their help in effecting this, which included considerable Police muscle in the actual planting. Full information on the plant mix in the hedge will shortly be available on our website and in the church.

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

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

## Calling all delightful dogs who have decided they would like to make a difference.

Would you like the opportunity to do some volunteering with your dog? Any spare time from a couple of hours three times a year to an hour a week.

**PETS AS  
THERAPY**

Two exciting projects are about to start in Oxford. Pets As Therapy are recruiting volunteers to make a difference with their dogs, firstly to tackle the loneliness that can come with homelessness and secondly to help students with stress anxiety and depression, by having a PAT dog attached to every college who wants one.

Pets As Therapy want to make a difference and recognise that some of the friendliest and well-behaved dogs are being overlooked in their recruitment programme.

PAT dogs are our pets that have passed an assessment just to make sure they are friendly, healthy, and happy to meet people and make a good team with their owners. Many of these local assessments take place at WOCA.

PAT dogs and cats (although we have rather more dogs than cats, we do have a wonderful local cat in West Oxford) visit anywhere people may gain comfort from the companionship of an animal. Our 6000 volunteers work in places such as hospitals, care homes, mental health units, residential homes and hostels, prisons, hospices and in schools where the dogs help the children with reading.

These visits change lives in so many ways including:

- Providing companionship often at a time of isolation or challenge
- Enabling people who have had a pet to connect again often at a time when they struggle to connect or communicate
- Getting children, sick people and the elderly talking often at times when they are struggling to communicate
- Helping older people with memory problems to remain orientated and to reminisce.

The positive impact of PAT Teams is not only on the people being visited but also on wider family and friends, and the community. Volunteers tell us how they benefit from doing visits with their pet including:



- Making them feel good to be making a difference on a regular basis
- Enabling them to do something really worthwhile with the pet they adore
- Letting them give as little or as much time but still making a difference
- Allowing them to say “thank you” in a really special way to an establishment that has helped them or their family in the past such as a hospice

Pets As Therapy like the NHS is free at the point of delivery, a win, win, and win situation, benefit to the visited people, benefit to the volunteer and benefit to the pooches who get to do something interesting and different.

Please register your interest through the website [www.petsastherapy.org](http://www.petsastherapy.org) or if you would like more information please call Anne Clilverd 01865 793049

## OFO Ox Clean

Stepping out of the front door to the sight of a few inches of snow we knew the weekend of Ox Clean was going to be a tough one. Snow on the paths, ice on the roads, it was going to be difficult getting around the city for anyone. We decided to search the rivers of the city for unloved and abandoned bikes to make our city and rivers cleaner and despite the weather it was a huge success! We collected over 40 bikes and as well as this we offered everyone the

opportunity to donate their bikes that they either didn't use anymore or that were in need of a little TLC in return for a 3 months free use of OFO coupon. This was also a great success with over 15 people donating their bikes. The bikes are being donated to charity as well as local community interest company Windrush Bike Project bringing together cycle training, maintenance, campaigning and culture. Initiatives like Ox Clean are very important in keeping our city clean and having as little an impact as possible on the environment around us.



Daniel Ferguson, OFO Operations Coordinator

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call 01865 807 142  
call/text 07418 310102  
email [csanderson@well-polished.com](mailto:csanderson@well-polished.com)

## West Oxford Bowls Club

Botley Road Recreation Ground



Have you ever thought about taking up the game of Lawn Bowls? Well if you have, here's your chance to have a go.

Open to all ages We will show you how to play the game.

Lawn Bowls is played in the fresh air.

We play between May and September.

Anyone can play both male and female.

The club has a very active social side.

We can provide bowls to get you started.

Plenty of Free parking. Meet and make new friends.

Families welcome.

So come and have a go.

Contact Andy, 01865 725606 or [webber312@btinternet.com](mailto:webber312@btinternet.com)



## JOIN WOCA!

WOCA is made up of local people, and it runs the West Oxford Community Centre, for the benefit of all

...and you may not know it but, although the building is supplied by Oxford City Council, ALL the running costs have to be met by WOCA

At the moment we provide a high level of service to the local community including:

- An affordable and high quality venue and meeting place for a huge range of individuals and local groups.
- A wonderful cafe open 7 days a week
- A Community Health Hub offering a wide range of therapies
- Subsidies to groups and activities (currently worth over £20,000)
- A calendar of events for the whole community.

WOCA is completely self-financing, so your support will really make a difference.

### Member Benefits:

- Discounted Entry to selected WOCA events
- Free entry to the Harvest Supper and Spring meal (includes AGM) (non members will need to buy a food/drink ticket)
- Reduced Room hire rates
- Free West Oxford Poster while stocks last!
- Regular newsy updates by email
- By joining WOCA you will have the satisfaction of knowing you are helping maintain and develop your local community association

Membership costs just £6.00 for people living in West Oxford, £12.00 if you live outside West Oxford

To join:

Just give us the following information:

Name.....

Address.....

Telephone.....

Email.....

### How to pay your subs

By BACS:

West Oxford Community Association
CAF BANK
40 - 52 - 40
00016045

Please inform WOCA of your payment by email

OR

Drop your payment into the centre in cash or by cheque.



## OPEN UP YOUR HOME THIS SUMMER AND HOST AN INTERNATIONAL STUDENT

Call us: 01865 759670

Mobile: 07825 634849

Email us: [LT.oxford@ef.com](mailto:LT.oxford@ef.com)

Website: [www.ef.co.uk/hostfamily](http://www.ef.co.uk/hostfamily)



## WOCA COMMITTEE

**Chair:** Rebecca Huxley

**Trustees:** Matt Bird, Martin Bourne, Anne Clilverd, Vicky Hirsch, Rebecca Huxley, Jack Langley, Gayle Loneran, 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](http://www.woca.org.uk) We want to support you - let us know how we can help!

### Can you help?

#### Have you got news for us?

Our Summer Issue deadline is Friday 25 May 2018.



#### Sponsorship/Advertising -

Producing and delivering the newsletter is financed by WOCA, and relies a lot on volunteers. 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



Our Allotment Association AGM is on 12 April, 2018 at 7.00 pm in

WOCC. Please consider joining our friendly committee or volunteering for one of our work parties.

Contact [secretary@westoxfordallotments.org](mailto:secretary@westoxfordallotments.org)

We begin our Summer Sunday Coffee Mornings, 11-midday at the shop, on 29 April, with others to follow on 27 May, 24 June, 29 July and 26 August.

If you are able to help with these, Verity is making up a rota. Contact her at [verity.wilson@yahoo.com](mailto:verity.wilson@yahoo.com).

### BRIAN FRENCH

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**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](mailto:sid@oddsandsids.co.uk)

07757 214 301

### Your Local Democratic Representatives

Your city councillors are:

**Colin Cook**, 12 Riverside Rd OX2 0HU

Email [cllrcook@oxford.gov.uk](mailto:cllrcook@oxford.gov.uk)

☎ 721844

**Susanna Pressel**, 7 Rawlinson Rd OX2 6UE

Email [cllrspresel@oxford.gov.uk](mailto:cllrspresel@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](mailto:layla.moran.mp@parliament.uk)