

NEWSLETTER

Number 71: ~ Autumn 2018



West Oxford Community Association
invites you to a friendly
Harvest Supper
Sunday 7th Oct
5.30 - 8.00
West Oxford Community Centre

Come and meet with other West Oxford Residents
and share a meal together. All ages welcome!

The main course will be provided free to WOCA members
and children and at a small charge of £3 to anyone else.
Please bring a pudding to share and don't forget your own
plate, bowl and cutlery!

We look forward to seeing you there...

To be sure there is enough food for everyone
please sign the list at the Community Centre before 2nd October.
or email westoxfordcc@gmail.com
(with "harvest supper" in the subject line)
state how many places you want for adults/children
and any dietary needs.

With Music from...

Let's Sing, the daytime community choir that meets on Wednesday afternoons at 2pm, is now called The West Oxford Singing Circle.. Not usually a performing outfit, this lively group is enjoying some autumnal repertoire and preparing to sing at the Harvest Supper.

Whether you're a complete novice wanting to try a new skill, a rusty singer who wants to return to a hobby or a singer looking for some acapella harmony all are welcome along in any week.

Emily who leads the group says that people are often surprised by what they achieve in a short time and like the friendly atmosphere. "People who sing together laugh together."

For enquiries and more information contact Emily Marshall, 07969 522368
emformusic@outlook.com

Improvements at WOCC...

It's been a busy summer at the centre, making various improvements including:

- ✓ New LED lighting in the Seminar Rooms and around the building
- ✓ New paint jobs for Seminar Rooms and Mary Town Room (thanks WOArts!)
- ✓ New flooring in the lobby and passageways
- ✓ Clear-out of the Shed, and Gazebos fixed up (thanks team!)
- ✓ New patio gate

Thanks to all who helped, and we hope you like the results!

Next on the to-do list: New bottle-filling taps to replace the water point...

The West Oxford Singing Circle



WOT'S new AT WOCC...



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

Tom and Vladimira welcome you to Tumbling Bay Cafe !

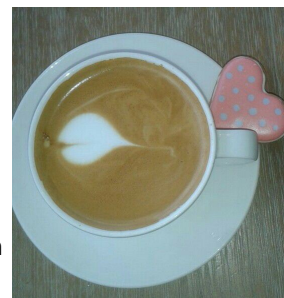
Opening Hours

Monday - Saturday
 9.00am - 5.00pm

Sunday
 10.00am - 4.00pm

Contact:

tomas.imre@gmail.com



WOCA Christmas Markets 2018 & 2019

To all local makers and buyers of arts and crafts
 We will not be holding a Christmas Market this year but will resume in 2019.

The WOCA Christmas Market 2019 will be on:

Saturday 23 Nov and Sunday 24 Nov 2019

Put the dates in your diary now!

wocART at Artweek 4th- 12th May 2019

Local Artists are invited to exhibit with us, as guests, in 2019.

2D and 3D work both welcome.

To be considered or for further information, please contact info@woca.org.uk by 5th October

Can You Help Make a Community Ceilidh Happen?

One of our members is looking for volunteers to help put on a community ceilidh over the festive period this year. No experience needed, just enthusiasm for the project!

Send an email to info@woca.org.uk if interested.

Evening Pilates Class

A series of exercises to lengthen and strengthen muscle groups throughout the body, especially the deep muscles around the spine and major joints. No experience required. All ages (16+).

£7.50 (£6.50 conc) or £40/£35 for block of 6
 Class begins at 8.30pm starting 1 October

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

Oxford European Association

The group will be meeting at WOCC on Monday 24th September at 7.30 pm.

Complimentary tea and coffee will be provided in the cafe from 6.30PM.

Toilet Twinning Update

Your deposits at the centre mean we are well on our way to twinning with our **tenth** toilet.

By donating £60 to twin each toilet, we help people have access to latrines, clean water and the information they need to be healthy. For more information on Toilet Twinning, see their website:

www.toilettwinning.org



WOCA will Soon be Getting a Defibrillator!

Sudden Cardiac Arrest remains the UK's single biggest killer, claiming the lives of 60,000 people each year.

However, survival rates could be over 60% if CPR and a defibrillator machine is used before the ambulance gets there.

So WOCA is getting a defibrillator machine for our community. We applied for a grant from Scottish and Southern Energy to buy one and found out last week that we were successful!

Once we get the machine installed on the wall at the Community Centre we will have a grand unveiling and free CPR training course for the community. Watch out for dates in future newsletters!



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 info@woca.org.uk
 ☺ Call in! Office usually open Monday - Friday, 1.30 - 6.30 (except Wednesdays)
 Website www.woca.org.uk



Musicbox Oxford presents:
African Drumming Workshop
 for children and parents
 with Tobias Sturmer

starts Monday 10th September 2018

This workshop is designed for parents and children to make music together and to celebrate the joy of West African drumming. Beginners welcome!! More info at www.musicboxoxford.co.uk
 Contact: beatbox@musicboxoxford.co.uk

Where?

West Oxford Community Association

Botley Road, Oxford OX2 0BT every Monday 4.15pm to 5pm

£5/£3/£2 adult/1st child/2nd child

YOGA FOR BEGINNERS

Interested in trying yoga? Not sure where or how to start? Join this 6 week introductory yoga class to learn the absolute basics!

This class is open to anyone (14+) who wants to learn foundational poses and sequences and challenge themselves with something new. Also suitable for improvers.

All bodies welcome. Just come with a genuine interest to learn and a well developed ability to smile.

It runs on Saturdays at WOCC, 2-3 pm:

17 November, 1 December: Seminar 2

24 November, 8, 15, 22 December: Mary Town Room

Spaces are limited. Please contact jennyoga1@gmail.com to reserve your space.

The course costs £30 for 6 weeks, payable up front. No refunds or discounts for classes that are not attended.

Perform Workshops

Perform's drama, dance and singing weekly workshops are a fun-packed mix of confidence-building games, energetic dances and catchy songs. Best of all, the children will be having so much fun they won't notice how much they are improving their confidence and social skills along the way.

Classes on Wednesdays

4-7 year olds : 4pm – 5pm 7-12 year olds : 5pm – 6pm

Perform is offering a free trial sessions and a special introductory discount of £40 for WOCA newsletter readers if they sign up before 30th September 2018.

Quote NEWS300918 when booking a free trial session by ringing 020 7255 9120 or going to www.perform.org.uk



Le Petit Club Français is Back at WOCC!

Le Petit Club Français is a registered charity providing affordable French classes and events for children. Our classes provide a structured educational environment to encourage and enhance the use of the French language for partially or totally French-speaking children.

The following classes take place at WOCC on Saturday mornings:

- Reception-Y1 (4-6 ans) - Chenilles: 10h30-11h30
- Y2 (6-7 ans) - Papillons: 10h30-11h30
- Y3-Y4 (7-9 ans) - Abeilles: 11h30-12h30

Y5-Y6+ (9 ans et plus) - Coccinelles: 11h30-12h30

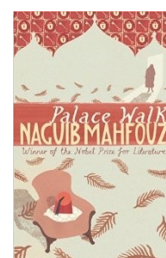
Classes cost £110 for 11 sessions (£10/1h) (8 September to 15 December 2018)

For more information, contact Marlène on info@petitcluboxford.org or visit our website <http://www.petitcluboxford.org/cours/woca/>

WOCC the New Host for U3A's Book Club (formerly Literature Group)

With Irene withdrawing from providing the venue for this group we have decided to meet at WOCC in the Mary Town Room.

It will be on the same day as previously, i.e. the second Friday of the month, beginning on the 14th September from 10.15 to 12.15.



At the first meeting we will decide the programme until Christmas so bring your favourite ideas on the type of books that interest you. E-mail me (Betty Carman) if you wish to know more - carmanbetty6@gmail.com.

For more information on U3A see the inside back page.

Tai Chi Qigong

Movement, breath and intention
 for health and vitality.

Thursdays 7.45-9pm from 1st Nov - 6th Dec 2018
 West Oxford Community Centre, Botley Road, OX2 0BT

Cost: £60 (£48 conc) for all 9 wks when paid before 20 October 2018
 £12 (£10 conc) drop-in per class.

Contact Zoe: zoebicat@gmail.com

www.shiningchi.com



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

Treatment Room:

Acupuncture – contact Charley at info@charleyrouxacupuncture.com or 07464389489

Acupuncture – contact Heather at heather@oxfordacupuncture.clinic or 01865 819698

Reflexology, Reiki, Massage - contact Susan at susan.scott33@ntlworld.com or 07870842094

Talking Room:

Cognitive Behavioural Therapy (CBT) – contact Esther on 07774687872

Counselling and Coaching – contact Susie on 07765587012

Low Cost Counselling and Psychotherapy – contact Sappho on 07967 383103

Counselling - contact Sally at sally.maitlis@metanoia.ac.uk or 07472 739687

www.healthhuboxford.org.uk

Oxford Community Health Hub are looking for new practitioners!

At the Hub, we are passionate about bringing affordable health and wellbeing treatments to the Oxford community.

We therefore offer a lower room rent to allow practitioners the flexibility in their treatment prices.

We have two beautiful rooms available for rent:

1) Treatment Room

Space: A light, spacious treatment room with massage couch, sink, storage, desk and two chairs.

Suitable for massage therapists, acupuncture, reflexology, reiki, chiropractic, osteopathy etc. Small yoga/Pilates/Qi Gong classes have also worked well in this room.

Facilities: Price of rent includes use of towels, pillow cases, couch roll, hand wash/sanitiser, paper towels, sharps box etc.

Rent: £8.50 per hour, 2 hour block booking minimum per week.



2) Talking Room

Space: A more intimate room, with comfortable chairs and cushions. A small table, lamps for less intrusive lighting and shelves for storage.

Suitable for talking therapies.

Rent: £6.50 per hour, 2 hour block booking minimum per week.



If The Hub's ethos is one that resonates with you and you'd like to rent the space or find out more information, please get in touch by calling Charley on 07464389489 or emailing: charleyrouxacupuncture@gmail.com

FRIENDS OF BOTLEY PARK

We are a new group of local people who meet every couple of months to look at everything related to Botley Park. We are supported by Oxford City Council as part of their Friends of Parks initiative.

We are very keen to hear your views on the park and what improvements you would like. Please let us know in the survey over the page, which can be returned to the office at WOCA. The more people who complete the form, the more likely we are to obtain funding and grants so please get back to us!

The survey can also be completed online at <https://www.surveymonkey.co.uk/r/2F8GBV7>

We welcome new members! If you would like to join us please contact Susanna Pressel (Chair) at clrspressel@oxford.gov.uk or Deborah Agulnik (Secretary) at deborahagulnik2@gmail.com

PLEASE SEE OUR SURVEY OVER THE PAGE, AND COMPLETE AND RETURN TO THE WOCA OFFICE!

MANY THANKS!

West Oxford Primary School

BREAKFAST CLUB ASSISTANT WANTED

If you are an early riser, have some experience of working with children and have free time between 7.45 and 8.50 am Monday – Thursday, this could be the perfect part time job for you!

We are looking someone who is;

- Great with children aged between 3 – 12
- Willing to learn and develop in your role
- Be able to work as part of a team
- Willing to do a job that has you on your feet and moving
- Enthusiastic and ready to have fun first thing in the morning

Contact Rebecca Wells

rebeccawells@west-oxford.oxon.sch.uk or Clare Bladen head.2533@west-oxford.oxon.sch.uk for further details and an application form.

St Frideswide's and St Margaret's

St Frideswide's

We warmly welcome everyone in the community to our regular **Sunday services at 10.30am.**

On **Monday mornings at 9:30** there is now a short service of **Morning Prayer** - all are welcome

Children's services are continuing and we are trying out a more frequent schedule. There is a service on 30th September, on a harvest theme, and then we are aiming for twice a month on a Sunday afternoon. Time: 3 – 4 pm, details on the website.

Look out for the following special events:

Sunday 30 September: Harvest celebration - 10.30am

Friday 19th October St Frideswide's Day Choral Evensong with the Sine Nomine Singers. 7.00pm

Exploring faith We are continuing to run a group for those wanting to explore the Christian faith in a very relaxed setting. Please do contact kate.seagrave@oxford.anglican.org for more information

Our Concerts Are Back!

Friday 28 September: Musical Banquet (keyboard, strings & countertenor) return with a unique and engaging menu of musical entertainment.

Thursday 18th October: Piano recital by Drew Steanson

Concerts start at 7.30pm. £10 on the door which includes a glass of wine and nibbles.

If you would like to use St Frideswide's church to host an activity, please let us know by sending us an email.

At the east end of the church we have an area where ashes can be buried. Email us to find out more.

If you would like to join us, you can find the times of our regular services, information about our choir, and other information on our website or on the noticeboards outside the church. You can also connect with us on Facebook.

Services at St Margaret's, Binsey

9am a Eucharist on the fourth Sunday of the month.

Evensong 4.30pm each Sunday throughout British Summer Time
www.binseystmargaret.org.uk

To arrange a baptism, wedding or a funeral please contact revclare@btinternet.co.uk; or phone the Parish Office on 01865 242345.

To keep up to date with church affairs please look on our website

W: www.osneybenefice.org
E: osneybenefice@outlook.com
P: 07765 175164
F: www.facebook.com/St.FrideswideOxford

Botley Park Questionnaire

Please complete this short survey to help secure funding for improvements to the park through a Green Neighbourhood Grant (in conjunction with the City Council).

FRIENDS OF



BOTLEY PARK

Once completed please return to:

by hand West Oxford Community Centre

by email to friendsbotleypark@gmail.com

or complete the questionnaire on line at www.surveymonkey.co.uk/r/2F8GBV7.

Thank you in advance and please ask friends and family to complete the questionnaire.

1. What do you particularly appreciate about Botley Park?

(eg green space/nature area; place to exercise/play sports; children's play area; Tumbling Bay etc)

2. Do you have comments, concerns, ideas for improvement on any of the following matters?

Children's Play Area

Sport/Activity Provision

Nature Areas (eg Kingfisher Corner)

Tumbling Bay

Dog Fouling/Litter

Drug Use/Antisocial Activities

General Maintenance/Upkeep

Other

3. How happy are you with your current experience of the park?

Your name (optional):

Your email:

Would you like to keep in touch or become involved with the Friends of Botley Park?

YES / NO

wellpolished

Professional cleaning for
your home



- ✓ Reliable: your own dedicated cleaner
- ✓ Trustworthy: referenced and insured
- ✓ Efficient: we get on with the job
- ✓ Affordable: at £14 per hour
- ✓ Highly rated: 5 stars on Trustist

call 01865 807 142
call/text 07418 310102
email csanderson@well-polished.com



Craniosacral Therapy

a restorative therapy for restoring health, balance and wellbeing

This gentle approach to your body can rebalance stressed nervous systems, support healing from injury and surgery and reconnect you to your inner well-spring of vitality and calm.

Ally Stott is a Craniosacral Therapist and a Psychotherapist, with a Whole Earth approach to life and work.

www.allystott.co.uk 07968 691870 allysoilandsoul@gmail.com



THE UNIVERSITY OF THE THIRD AGE

UNIVERSITY OF THE THIRD AGE - WEST OXFORD

Now that the summer is over you may wish to explore some new directions. The U3A is here for you. Its mission is to help you “Learn, Laugh and Live”. Your local branch is the West Oxford U3A.

Its core events are the fortnightly meetings at Dean Court Community Centre, Pinnocks Way, Botley OX2 9DG.

These are on the 2nd and 4th Mondays from September to June starting at 2.30pm.

A guest speaker will inform and entertain us followed by tea and a chance to socialise with the other members.

Special Interest Groups exist to enable you to enjoy an existing enthusiasm or to develop a new one.

The SIGs include: Book Club and Tai Chi (soon coming to WOCC), Art History, Bridge, Churches & Pubs, Cinema, Computer Users, Craft, Garden Club, Music Appreciation, Languages, Scrabble and a Walking Group.

Lastly, the Thames Valley region organises a number of events each year. Recent trips have included a Dunkirk Event and a Polar Exploration day.

Come along to a meeting (for a modest fee) and see what is happening.

Membership is currently £15.00 for the year starting on 1 September.

Our website is at www.westoxfordu3a.org.uk.

For further information you can email the Membership Secretary at memsec@westoxfordu3a.org.uk.

We look forward to seeing you.

Hugh Manson - U3A Publicity Officer

WOCA COMMITTEE

Chair: Rebecca Huxley

Trustees: Elizabeth Ball, Lisa Bird, Martin Bourne, Anne Clilverd, Vicky Hirsch, Rebecca Huxley, Gayle Lonergan, Jim McMahon, 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!

Can **YOU** help?

Have you got news for us?

Our Winter Issue deadline is
Friday 16 November 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?

Contact info@woca.org.uk for more information.

Bring Your Biscuits

Local MP, Layla Moran will be visiting WOCC from 10AM to 12Noon on Saturday 30th March 2019, to speak about current affairs.

As West Oxford is an increasingly cosmopolitan place, WOCA invite local residents to bring and share biscuits or similar food and to provide large maps of the world on which to display the biscuits, etc. as an act of local/international solidarity.

Tea/coffee will be provided.



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- 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