



NEWSLETTER



Number 72: ~ Winter 2018



JACK and the BEANSTALK PANTOMIME

It's nearly time to book your tickets.
Oh, yes it is!

Performance dates:

Thursday 17th January 2019, 7.30pm

Friday 18th January 2019, 7.30pm

Saturday 19th January 2019, 3pm and 7.30pm

at the West Oxford Community Centre

Find more details and booking form at
www.wopa.me

From the Archive...

While clearing out the office in preparation for the nice new floor covering in the summer, we unearthed some copies of a fantastic community newsletter called the West Oxford News, which was put together and distributed by WOCA back in the 1970's.

It's full of 'real' stories on burning issues of the day (many of which continue to echo down the years).

They make fascinating reading. Below is a clipping from an edition in November 1976, showing that things weren't that different then to how they are now at the centre—even talk of a Panto!

On page 3 of this newsletter, you'll find another interesting clipping from the same edition, shedding light on the origins of the name of the Mary Town Room, talk of a bar at the centre, and a fireworks party....not sure what the City Council would make these days of a bonfire at the end of Alexandra Road, though!

We'll be featuring more excerpts from these old newsletters in editions to come. We hope that you find them as interesting as we have!



Midwinter Night's Tale

MAGIC LANTERNS - puppets - shadows and masks - music - drama - magic and mystery - son et lumière! If all that adds up to a lot of fun, you'll be glad to know that it's the recipe of possibilities for some kind of 'WINTER EVENT' at the Community Centre next month.

Preparation for the 'Event' (some kind of pantomime?) will be in the form of a series of evening workshops starting on Monday November 8th at 7.30. Younger

people will enjoy them just as much as adults. The final show will be public, and could be just the sort of cheering event we need around Christmas time.

We've got the backing and expertise of Toot in the workshops and on the night, and we know from the past that anything they are involved in turns out pretty good fun.

To help cover costs, we're making a charge of 15p per workshop.

WOT'S new AT WOCC...



WOCA Harvest Supper

It's so great to live somewhere where people get together to share food, and where there's a Community Centre that makes this happen. Every time is different! This is how the Harvest Community Meal was this October...

Peaceful, compared with some previous meals, and children played happily in the play area provided at the end of the hall. The food was supplied by Tumbling Bay's Tom and Vladimira: an excellent chickpea curry with rice and jacket potatoes. Seriously delicious. Deserts brought to share by diners were hoovered up.

Old faces, new faces, *satisfied* faces, a chance to chat and catch up. Jam jars of fresh flowers and branches of laurel on every table. Big thank you to Tom and Vladimira and to the WOCC Committee and to Keith. Can't wait for the next one!

Alison Mathias

Oxford U3A Book Club

10.15 to 12.15 a.m.

January 3rd Elif Shafak-Three Daughters of Eve

February 8th Daisy Johnson-Everything Under

March 8th Mick Heron-Down Cemetery Road.

Dorothy Sayers-Gaudy night.

The theme will be Oxford writers (not Lewis Carroll or Philip Pullman etc)

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

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

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

Christmas closing: we will be closed from Monday 24 Dec—Friday 4 Jan inclusive

Season's Greetings to All our Customers!



News from Oxford City Shotokan Karate Club

It's been a busy and successful time for Oxford City Shotokan Karate Club recently. Last week, one of the students, Ayako (13) was invited to attend tryouts for the JKA England National Squad. (She trains regularly with the club when it meets at West Oxford Community Centre)



Students from karate clubs around the country went to Westminster.

They were assessed by the England Coach and members of the Technical Committee in all aspects of karate, to see if they have what it takes to qualify. An email from the England coach arrived a few days later informing Ayako that she had made the squad.

Her instructor Sensei Martyn (4th Dan) said. "It's always nice to have a student make it onto the squad, and this is a great achievement for her. It's well deserved for all the hard work she's put into her training."

This success comes on top of the club's best grading to date. In a packed hall at the West Oxford Community Centre, visiting examiner Sensei Ismael (6th Dan) gave an inspired lesson followed by the grading. All the students that entered passed. Two students, Marie and Joanna did even better and double graded. Sensei Martyn said "JKA-England gradings are not easy! Passes are not just given away - they must be earned. So it's really satisfying to see everyone do so well."

Oxford City Shotokan Karate Club meets at West Oxford Community Centre on Wednesday evenings 7:45 – 9:15 and Sunday afternoons 4:30 – 6:00.

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



WOCA World Biscuits - Save the Date 30th March 2019

WOCA committee thought it might be fun for us all to explore the world of biscuits and similar snacks together as an ever more international community. We are planning a series of events for each continent in turn.

We will start close to home with **EUROPE at 10AM on 30th March 2019** in the main hall at WOCC. There will be a large map of Europe (including the UK) on which to display the biscuits, before eating them. So, if have a European connexion, please bring along a sample of your national biscuit for the delectation of us all.

Our local MP, Layla Moran will preside. We will be inviting our friends from Oxford European Association and hope, with their help, to enjoy a biscuit from every country of Europe in one sitting.

Join us on our journey through a world of biscuits. Or why not come along to the planning meeting for coffee at WOCC cafe at **11AM on 27th November 2018?**

To register an interest, please email biscuitsmeansbiscuits@woca.org.uk.

We cannot guarantee that the food at these events will not contain nuts, etc or traces thereof. It will help if any particularly succulent snacks are brought in greaseproof paper. The biscuits shown on the accompanying map are for illustrative purposes only.

Gunpowder, Treason and... Barbecue

NOVEMBER 5th is bonfire night - at the end of Alexandra Road! Each year enthusiastic kids and dads build a big bonfire which blazes through the evening, and everyone turns up with their fireworks. For some years the Residents Association has been concerned at the safety hazard of uncontrolled firework displays, and this year the Community Association has decided to offer two ways of helping families who'd like to combine safety with a traditional bonfire party to enjoy themselves.

First, the Association's barbecue equipment will be set up and fired, so that anyone who wants to bring food along to cook can do so. It's completely free: you bring your own bangers, or whatever!

Second, we plan to pool fireworks and set aside the area round the bonfire as a safe area for small children. Fireworks will be let off by adults at a safe distance. If you want to join the pool, bring your fireworks with you as soon after 7.00 as you can. Firework Night will, we hope, be even more fun than usual this year.

Language Project

A STUDENT ORGANISATION, the Joint Action Committee Against Racial Intolerance (JACARI), has started a weekly play-scheme for young immigrant children to help them learn English and to speak it confidently. It is held at the Centre from 10-12 on Saturdays. The WOCA committee is anxious that the play-scheme should not exclude white children, but should rather encourage the races to mix freely together: how the scheme develops will be watched carefully over the coming weeks.



Centre seeks Club bar

DRINKS WILL BE on sale at the Association's social events if an application for a Club Licence for the Centre is successful. The Association's Management Committee has approved a proposal to apply for a licence next month, which if granted would enable drinks to be served to members on the centre premises.

In practice there is no intention of running a pub in the centre. Most Community Centres set aside a room which is used as a bar during normal pub hours, but at West Oxford the committee has decided against this. It feels that it is unnecessary to compete with the perfectly adequate local pubs and clubs, and that the space can better be used in other ways. What a

Mrs. Town retires

MRS MARY TOWN, cleaner and caretaker at the centre for a number of years has resigned from her work for personal reasons. She will be greatly missed both as character and as a very hard worker. She certainly won't be easy to replace. We are fortunate that she offered to continue to arrange the Bingo on Fridays, so that she will still be seen in the centre on Friday nights. We can only offer to Mrs Town the thanks of many grateful people for all the work she has done for us all, and to wish her personally all the best.

OXFORDSHIRE COUNTY COUNCIL is to appoint a Community Education Worker for West and South Oxford. He or she will have an office in West Oxford School and will work with the community associations for at least one day a week. It's up to us all to see there's plenty of work for the successful applicant, and that we get good value as ratepayers!

More from 1976...
Does any of this ring
any bells with you?



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

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

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

Massage - Swedish, Deep Tissue and Nurturia - Ria at getintouch@nurturia.co.uk Tel: 07833 457152

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

Integrative counselling - contact Jayne on 07752 126736

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

CHRISTMAS VOUCHERS ARE NOW AVAILABLE

www.healthhuboxford.org.uk

Oxford Community Health Hub are looking for new practitioners!

At the Community Health 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. Counsellors/psychotherapists also use this room.

Facilities: Price 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.



Holistic & Therapeutic Massage Therapy at The Oxford Community Health Hub

Imagine a world where you come first. No to-do list, no deadlines; just you, your needs and someone whose priority is your well-being.

This is **Nurturia**. A place where your needs matter—where body, mind and spirit are nurtured. A place of healing.

My name is Ria Barlow and I specialise in Holistic & Therapeutic Massage Therapy. As a holistic practitioner, I treat my client as a whole, taking into account their emotional and spiritual wellbeing, as well as their physical body. The holistic approach aims to restore balance within the body. Using this method, I create treatment plans specifically tailored to each of my clients.

I am so excited to be joining the fantastic Health Hub at West Oxford Community Centre where I will be offering treatments at a discounted rate. I want to bring massage to the masses and offer affordable treatments to those who believe this kind of self-care is out of their reach. Massage for all!

I offer three types of massage: **Relaxing Swedish Massage**, **Deep Tissue Massage** and my signature **Nurturia Massage**.

Whether you're seeking relaxation, invigoration, pain relief or just sheer indulgence Holistic & Therapeutic Massage is for you.

With an emphasis on pure relaxation I aim to create a safe space where you can shut the world out and give yourself some proper, unadulterated 'Me' time. You deserve it!

Prices include a full and free consultation at your first visit, plus follow up discussions and aftercare advice where beneficial.

45 mins - £35; 1hr - £40 For more info, or to book, contact me, Ria Barlow, on the details above

Low Carbon West Oxford is working with the City Council and the Friends of Botley Park to tidy up Kingfisher Corner a little, so that it feels safer and is even more biodiverse.

We are planning a grand community re-launch in the spring. There'll be more information in the next newsletter. If you have any questions, comments or concerns or if you would like to get involved, please contact LCWO.

Friends of Botley Park

The City Council is working with the Friends of Botley Park and with Low Carbon West Oxford to draw up a management plan for the whole park and to introduce some improvements. Thank you to everyone who has already returned the survey. It's not too late to add your views -- and to join the Friends group. Please contact Susanna (see below) for more information.

Changes afoot at Tumbling Bay?

The Environment Agency is applying for planning permission to install a fish pass at Tumbling Bay. This would be a small new channel running along the back of the site, mostly quite close to the back fence. This is needed because many fish swim from the Thames into the Bullstake Stream, but they prefer to spawn in the Thames, so they need to be able to swim back upstream. The fish pass would enable them to do this.

Some trees and bushes would need to be removed, but will be replaced promptly and sensitively. Removing some of the overgrown brambles should help to deter rough-sleepers.

In deciding on the planning application, the City Council wants to know your views in favour of or against the project, and any concerns you may have. Contact planning@oxford.gov.uk

We hope that more benches and an interpretation board will be added to help explain the fascinating history of Tumbling Bay, as well as describing some of the rich wildlife. Alongside the work on the fish pass, some of the reeds and watercress that are currently choking the basins may be removed. The City Council, which owns the land, will be coming up with a management plan to look after this special area.

Please send any questions or comments to Councillor
Susanna Pressel – see back page.

The 2 major reports which have hit the headlines this autumn:

The next generation may not see a coral reef.

In October 2018, the IPCC released its latest report. It states we have only 12 years to keep global warming below 1.5°. Beyond that, even half a degree more will significantly worsen risks of floods, extreme heat, drought and poverty for hundreds and millions of people. Half a degree difference could prevent coral reefs, on which around 500 million people rely on for food, from being completely eradicated. A 1.5° rise is already set to destroy 70-90% of reef across the world.

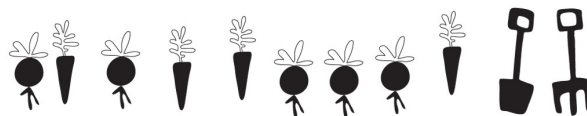
Actions 1-4 seek to address the urgent need to take effective action on climate change; 1-3 are drawn from recommendations from the IPCC for immediate action. Action 4 is based on the fact we recognise this contributes to climate change and other environmental issues, and we can draw on decade of experience in helping local people to take action in the home. Action 5 seeks to respond directly to the findings of the most recent WWF Living Planet Report.

Humanity has wiped out 60% of mammals, birds, fish and reptiles since 1970.

The annihilation of wildlife is an emergency that threatens civilisation. The WWF Living Planet Report 2018, released in November, states that nature and biodiversity are disappearing at an alarming rate, with well-intentioned work to stop this loss largely failing.

"This is far more than just being about losing the wonders of nature, desperately sad though that is. This is actually now jeopardising the future of people. Nature is not a 'nice to have' – it is our life-support system."²

“1.5C gives young people and the next generation a fighting chance[...]”³



¹ Debra Roberts, a co-chair of the working group on impacts

2 Mike Barrett, executive director of science and conservation at WWF

3 James Hansen

This autumn, we have faced hard facts about the impacts of human actions on the world around us. We've been told, in no uncertain terms: **"this is the moment and we must act now"**¹ if we want to prevent dangerous climate change and stop another mass extinction. Feeling overwhelmed, numb, disinterested perhaps? We're not surprised. This stuff can bring up a whole host of emotions and leave us feeling disempowered.



But there is good news too. There **ARE** things we can do, which will really make a difference and LCWO is here to help us all take effective action today in West Oxford and beyond.



Here are **5 things** we can all start doing right now:



1. FOOD

Reduce or eliminate meat in our diets. Why not come along to our annual food fest at Tap Social, Beet the Waste?

2. TRANSPORT

Cycle, walk or use public transport rather than driving whenever possible. Get your bike fixed up for Spring at our next Bring & Take.

3. MONEY

Think about where we store our money (e.g. any investments/pensions/savings), and with appropriate financial advice, move it to power positive change not climate change. Invest in community renewables through Ethex and the Low Carbon Hub.

4. HOMES

Make our homes as energy efficient as possible and reduce consumption and waste. Join our next community personal carbon busting programme.

5. BIODIVERSITY

Actively look after and increase wildlife in West Oxford, and think about how our shopping choices impact biodiversity elsewhere. Plant trees with us, follow the West Oxford Tree Trail and help us maintain local green spaces like Kingfisher Corner.

6. . . and, yes, a sneaky 6! NOTICE and TALK ABOUT what you're feeling. Chances are, someone else is feeling some of the same things as you and taking time to process what you feel will make it easier to move to taking action. Check out our 2019 calendar of events, launching in January, and join us for a chat.



Head to **WWW.LOWCARBONWESTOXFORD.ORG.UK** to find out how LCWO can support you to take effective action in your everyday lives



Friends of West Oxford

Winter Wonderland

Sat 8th Dec, 3-7pm, West Oxford School

Mulled wine, Christmas trees for sale, live music, beautiful craft activities, make your own natural wreath, warming cafe, kids' dinner, cheese platters for grown-ups, spiced gin, games & more.

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St Frideswide's and St Margaret's

St Frideswide's

Sunday services at 10.30am.

Services at St Margaret's, Binsey

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

As Christmas approaches, St Frideswide's warmly welcomes everyone to our festive services, as well as our usual Sunday morning and Christmas Day 10.30 services.

Sunday 9th Dec, 3pm.

A short, quiet, and reflective service to remember those we love who we will particularly miss this Christmas. Followed by a time for personal prayer and remembering.

Sunday 23rd Dec, 6pm.

Candlelit carol service

Christmas Eve 4.30pm.

Crib service - tell the Christmas story with the whole family.

Into January

...our services for pre-school children and their families will continue on the last Sunday of the month at 3pm. If you would like to a group for KS1 or KS2 children then do let us know. We will also be running a group for those wanting to explore faith.

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

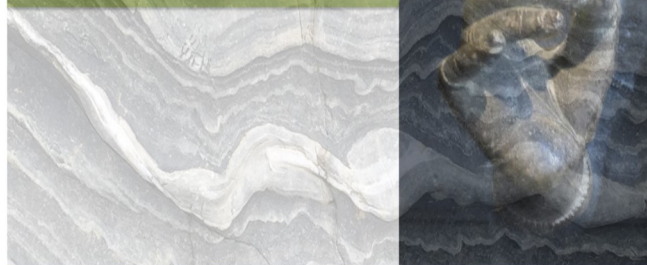
For more details contact
the benefice office

Deepening Meditation

Meditation sessions with
Derek Elliott at Barracks
Lane Community Gardens in
Oxford over 1 month in 2019

Loving Being

January 25th, February 1st, 8th, 15th
from 7.15pm to 9pm £60



Meditation. More than a quiet oasis in a busy life. Learning to receive the already permanent presence of loving Being both inside and outside the meditation room.

Everyone is welcome

Telephone Derek on 07771 707178 or email
derek@derekelliottyoga.co.uk to book.

www.derekelliottyoga.co.uk

Out and About in West Oxford



High Fidelity is our very own musical cafe, at the end of Alexandra Road. I dropped in for a toastie one lunchtime in October, and found myself in the middle of a jam session, with a visiting singer – songwriter from Cardiff, Thoby Davis. Who'd have thought it? Every visit to HiFi cafe is unique, and Chris generally plays some of his collection of vinyl. I feasted on a toastie and coffee, treated my ears with the music, and emerged refreshed to carry on with my day.

Alison Mathias

DEFIBRILLATOR UPDATE

It's on its Way....!



Great offers at HiQ Oxford.

MOTs
only
£50*

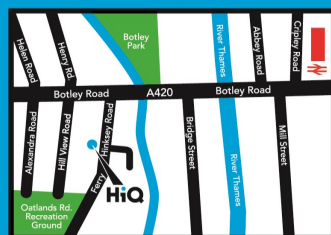


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this voucher
into the centre.
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01865 241180

www.hiqonline.co.uk/hiq-centres/oxford
*Terms & conditions apply. Offers valid until 30th June 2019.

HiQ
Tyres & Autocare

Tyres • Exhausts • Brakes • Batteries • Servicing • MOTs



Help local food thrive!

Ethical food delivered to your door by bicycle

Visit our online shop: www.cultivateoxford.org

Enjoy tasty, local & organic produce and help to support local producers. Reduce packaging, look after the environment and support projects that improve everyone's access to better food.

It's good food doing good!

Your fresh, local and tasty produce will be delivered by bicycle to your Oxford home, office or local pick-up point by Oxford's very own PedalandPost.co.uk - reducing congestion and pollution in our streets.

Risograph-printed on 100% recycled paper with veggie-inks by OxfordGreenPrint.com

Cultivate works with local producers (mostly within 22 miles of Oxford) to provide ethical, tasty, seasonal and organic food.

We use minimum packaging & are working towards zero waste.

50 - 70% of our income goes to producers.

25% of profits go to helping local folks access better food



Please VISIT our online SHOP today and place your order for a one-off or a regular delivery:

cultivateoxford.org

**Like us: [facebook/cultivateOxford](https://facebook.com/cultivateOxford)
Email us: info@cultivateoxford.org**

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 15 March 2019.

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?

Would you like to contribute in some other way?

Contact info@woca.org.uk 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

Tony Evans
Plumbing & Heating Engineer
Based in West Oxford

- * All gas and plumbing work
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07881 646656



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