

NEWSLETTER

Number 73: ~ Spring 2019



Spring Community Supper

And W.O.C.A AGM

Sunday 28th April

5.30-8pm

West Oxford Community Centre

Come and share a meal with other West Oxford residents
(all ages welcome)
£3 per adult
(Free to WOCA members and under 16s)

To be sure there is enough food for everyone please let us know you are coming by Mon 22nd April

Sign list at the Community Centre or email westoxfordcc@gmail.com (with "Spring supper" in the subject line) stating no. of places for adults or children.

Please bring a pudding to share!

We look forward to seeing you.

This event is hosted by West Oxford Community Association

*TUMBLING BAY CAFÉ
& KITCHEN*

in association with

WOCA

present

2 course

lunch

for £5

whole year around

**Become
a WOCA member and
enjoy this deal!
Simple!**

Monday to Friday

11.30 - 3.00

at West Oxford Community Centre

Life and Times in West Oxford

West Oxford Community Association Newsletter is open for contributions from local folk.

If you've had a positive experience in West Oxford – or seen something that will interest others – send a paragraph to westsidestories@woca.org.uk, with 'Newsletter' in the heading, and we'll put it in our West Side Stories column!

We can also publish short letters about things of local concern. The deadline for the Summer edition is Friday 24 May 2019.

This edition features a review of the Panto, a piece on homelessness, a guide to making sock bunnies, and a recipe. We've also had a wonderful old photo from Ruth Finar to illustrate our theme for this year's Fun Day

All contributions are subject to space and editorial acceptance. Contributions should be 100 words or 250 words.

Jack scaled new heights on the Beanstalk...

... in this year's WOPA pantomime experience.

Jack (Fallou) bravely climbed up to the Giant's lair, which looked strangely like ... the Oval Office in the White House ... He met the Giant, frighteningly played by twelve year old Fleur. Throughout the performance, we laughed a lot at the Beansies (Green Bean! Coffee Bean! Old Bean!! At The Cornettoes from Venice, where Daisy the Cow was sold because of quality of her milk made legendary ice cream! We admired the Goslings, who flew nimbly around the audience! Gertie the Goose laid some Golden Eggs ... There were award winning performances from Daisy the Cow, Colin the Cockerel, the buxom Dame Trott, Flotsam, Jetsam, and too many to mention. Not to mention the scenery (it was BEHIND THEM ... OH NO IT WASN'T) which transported us from Binsey to Venice to ... The Oval Office.... And the music – did I mention the music?

The WOPA Panto Experience is for kids of all ages, big and small, old and young. If you've never been – and you'd like to buddy up with someone to come along next year, there will be a Buddy matching option on the WOPA website – watch out for it!

Alison Mathias



WOT'S new AT WOCC...



West Oxford Community Centre

**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**

Botley Taekwondo School at West Oxford Community Centre

The classes run in the Hall at WOCC have been consistent in producing quality students and competitors on both the National and International circuit. It's a comparatively small class in terms of number of training students but regularly brings home gold.

It is thrilling that as well as the regular classes, several students attend the English squad training which offers the opportunity of being picked for the English team.

I'm proud to be able to share that two members from Botley TKD have been selected for the English squad going to Rimini, Italy to the European Championships from 1st April – 8th

Chris Dudman 3rd Dan Blackbelt and Paisley Hillier 1st Dan Blackbelt are both very experienced in the Nationals also the Euros and have worked hard to gain this prestigious selection.

Chris is also the Botley TKD school assistant instructor, passing on his experience and encouraging those wanting to follow suit.

They are both fine exponents of the art and a representation of the skills we promote and aspire to. They will take with them the best wishes from Botley Taekwondo, the support of the Association coaches and Executive Council

Written by Tony Hampson Instructor VI Dan

Courtesy * Integrity * Perseverance * Self control *
Indomitable spirit



Tom and Vladimira welcome you to Tumbling Bay Cafe !

Opening Hours

Monday -
Saturday
9.00am - 5.00pm

Sunday
10.00am - 4.00pm



For any enquires or catering needs, contact:
tomas.imre@gmail.com

We will be closed for Easter from Good Friday, 19th April, until Tuesday 23rd April inclusive. We look forward to welcoming you back on Wednesday 24th April.

BOOK LAUNCH – SATURDAY 27TH APRIL

The Red Gene, a new novel by Barbara Lamplugh
“A touching tale of love, loss and reparation”, the
story of an English nurse who volunteers for the
Spanish Civil War.

Enjoy a glass of wine and learn what inspired this novel, set
partly in Oxford

7.30pm in the Mary Town Room, WOCC.

Free entry.

Signed copies will be available to buy.

ARTWEEKS 2019 AT WOCC

In the Mary Town room this year, 4 local artists - Miranda Miller, Andrew Walker, Helen White and Deborah Williams - will be showing ceramics, drawings, paintings, photography and mixed media work inspired by their personal response to the theme "Horizons".

The exhibition opens at 11am on Saturday 4 May and runs until 6pm on Sunday 12 May (late night opening until 8pm on Thursday 9 May).

There will be an amazing 14 West Oxford sites where local artists will be showing their work this year. Local trail maps, giving details of all West Oxford exhibitors, alongside Oxfordshire Artweeks brochures, will be available from WOCC, Country Grains and other local venues in April so please look out for them.

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

West Oxford Bowls Club Botley Road Recreation Ground.

The 2019 Outdoor bowls season is about to start and we are looking for new members to come and join us and have some fun.



Meet and make new friends.
Open to all ages and gender.
Families are very welcome.

We can provide you with a set of bowls to get you started, coaching is available.

The Club has a very active social side,
Bingo, Quiz nights, etc.

Bowls keeps you fit, it is played in the fresh air.

There is plenty of Free Parking.

To join as a bowler for the first year it is £30,
Social members £5

During the summer are open every **Monday** evening around 6pm, we are also open on a **Wednesday** afternoon at 1pm so come along and have ago.

Contact Andy on 01865 725606 or
webber312@btinternet.com

Veganuary?

Who would have imagined that would exist 20 years ago?

Having thought about taking part I considered how much I like cheese and eggs but the clincher to not take part was knowing the challenge of not actually eating the same meal as my children for the month.

I did however dig out my favourite vegan chilli recipe and thought I could share in case anyone is gearing up for next Veganuary.

Serves 5 adults

2 tablespoons oil	Fry off onions, celery and garlic until softened
2 onions	Add spices
1 stick celery	Add in carrots and sweet potatoes and fry gently
2 garlic cloves	Add tomatoes, beans, chick peas and red lentils with oregano and stock
2 teaspoon cumin	Lastly add peppers and simmer until lentils are cooked
1 teaspoon cinnamon	Lovely with brown and wild rice,
2 teaspoon paprika	
1 teaspoon chilli powder	
2 peppers	
250g carrots	
250g sweet potatoes	
2 x 400g chopped tomatoes	
1 x 400g kidney beans	
1 x 400g chick peas	
200g red lentils	
1 tablespoon oregano	
1 veg stick cube in 300 - 400 ml water	

Lisa Bird

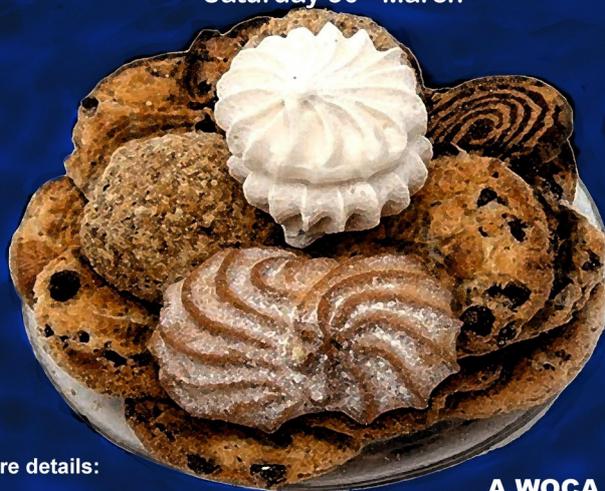
Biscuits means Biscuits?



Come and celebrate our common heritage

Bring a plate of biscuits from a European country (optional)
Bring a European song or tune to perform (optional)
Bring Yourself (not optional!)

West Oxford Community Centre
10am – 12 noon
Saturday 30th March



For more details:

biscuitsmeansbiscuits@woca.org.uk
www.woca.org.uk/posts/32-biscuits-means-biscuits

A WOCA EVENT

West Oxford Fun Day Saturday 13 July 2019

This year's theme is 'The River'

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, move tables, chairs or straw bales, put up gazebos?

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

-perform? Run a taster session or game?

Whatever, we'd love to have you involved.



Ruth Finar passed on this old photo of Osney Lock from 1926—very rural!
(courtesy Environment Agency)

OSNEY LOCK. 1926.



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

Acupuncture & related therapies – contact Ben on www.acupunctureatoxford.co.uk

Cognitive Behavioural Therapy (CBT) – contact Esther on 07774687872 or www.healthhuboxford.org.uk

Counselling and Coaching – contact Susie on 07765587012 or www.healthhuboxford.org.uk

Low Cost Counselling and Psychotherapy – contact Sappho on 07967 383103 healthhuboxford@gmail.com

Integrative counselling - contact Jayne on 07752 126736 or jayne@oxfordcounselling.org

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

The Listening Centre offers low cost counselling from the Health Hub – contact them on 01865 794 794

Oxford Community Health Hub has two lovely rooms to rent

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.

If the Community Health 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 emailing us at healthhuboxford@gmail.com

This Spring a new talking therapy is available at the Oxford Community Health Hub

It feels as though Spring is around the corner. Surprisingly this is the time of year when people often struggle with low mood: Christmas is behind us and we have got through the Winter but the promise of Spring hasn't brought with it the emotional upturn that we had hoped for. Sometimes at this time of year we can feel hopeless, unable to enjoy things and even feel bad about ourselves or that we are a failure in some way. Often our sleep and appetite are also affected. Sometimes we begin to think that we would rather not be here. These are all symptoms of depression and the good news is that help is available for the treatment of depression.



Esther is a psychotherapist trained in Cognitive Behavioural Therapy (CBT) and Interpersonal Psychotherapy (IPT) offering treatment at the Oxford Community Health Hub. Both these treatment options are recommended by the National Institute of Clinical Excellence (NICE) as evidence-based treatments for depression. There is a lot of evidence that learning tools and skills in treatment sessions with these two therapies is very helpful in improving mood.

This Spring, Interpersonal Psychotherapy treatment is available at the Hub for the first time. This treatment focuses on a client's interpersonal world and engaging with people around them to help them feel better by relieving symptoms of depression. A person may be suitable for Interpersonal Psychotherapy if their depression or low mood has been triggered by a bereavement within the last couple of years; a change in life-role, for example, redundancy, divorce, or another change of circumstances; a dispute with someone they continue to be in contact with; or if they struggle in a more general way with their relationships and may be feeling isolated or lonely.

Esther also offers cognitive behavioural therapy for depression as well as common anxiety disorders such as social anxiety, health anxiety, specific phobias, obsessive compulsive disorder and post-traumatic stress disorder.

If you are feeling distressed and are interested in a low-cost talking therapy treatment why not take the opportunity to come in for a one-off consultation to discuss how things are for you? - In your session we can explore together whether there would be a helpful treatment available at the Hub, with Esther or another Hub therapist and if not, we can review alternative treatment options available in the Oxford area.

Esther can be contacted via the Oxford Community Health Hub website: healthhuboxford.org.uk or by calling 07774-687 872.

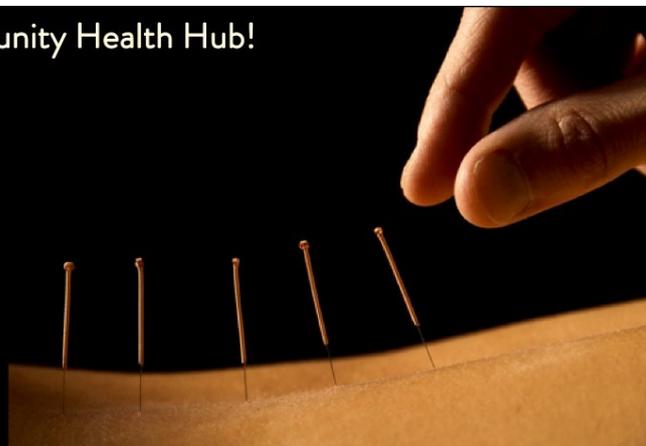
A new Practitioner has just joined the Oxford Community Health Hub!

ACUPUNCTURE@OXFORD

Pricing: £50 for initial diagnosis and first treatment*
£30 for continuing treatment*

Timings: 3.15-7.30pm Wednesdays

Contact: ben@acupunctureatoxford.co.uk



Hi! My name is Ben Davies. I have just joined the Oxford Community Health Hub, and I offer low cost Acupuncture. I feel strongly that health is something which has to be nurtured, and in today's society of rushing and needing to do more and more, our health can often take a toll. My mission is to help people, and help them find a better connection to themselves, through Acupuncture and other lifestyle tools. I also offer cupping and guasha as part of my treatments. To read more about me and book, please see my website:

www.acupunctureatoxford.co.uk

Also, for further information on the Oxford Community Health Hub and what it offers, see here:

www.healthuboxford.org.uk

I look forward to meeting you.

*Limited time only



Let's Talk About the Menopause

Tuesday 9th April 2019

18.30 -20.30

West Oxford Community Centre



The 'change', 'the time of life' – call it what you will, all women go through the menopause. Yet, it is often still a subject of embarrassment and myths. Some sail through it with barely a problem, but it's not an easy transition for many.

With symptoms such as anxiety, low mood, muscle pain and hot flushes, it can be difficult and for some very distressing. Some menopausal changes can also be brought about by treatments such as cancer.

Recent research from the independent Nuffield Health group highlighted the following facts.

- Around 13 million UK women are peri- or post-menopausal, and can have symptoms lasting up to 15 years
- Over 60% of women have symptoms causing behaviour changes, and 1 in 4 experience severe debilitating symptoms
- Almost half of menopausal women say they feel depressed, and a third say they suffer with anxiety
- Women commonly complain of feeling like they are going mad, with around
- Around 2/3 of women report a general lack of support and understanding
- Menopausal women are the fastest growing demographic in the workforce. Some report having to leave work due to the symptoms

These workshops are an opportunity for women of any age to come together to:

- Learn what the menopause is; including the signs and symptoms
- Explore how we can best help ourselves leading up to and during the menopause. This includes pros and cons of Hormone Replacement Therapy (HRT) and other non-medical approaches
- Feel empowered to seek support and help from health professional, employers and family/friends

All in a safe, confidential space. Cost: £20 (Please ask as I can do concessions for low income. £18 for NHS and students) refreshments provided

I shall be facilitating the workshops and if you would like further information or to book a place, please contact me at:
Jayne@oxfordcounselling.org
<https://www.directory.org.uk/counsellors/jayne-wright-counselling->
<https://healthuboxford.org.uk/jayne>



Need to use a mirror ball, a fish kettle or cargo bike?

Oxford has a new **Library of Things**, so next time you need to use a strimmer, pancake maker (appropriate today!), some camping kit or indeed a heat gun, **you DON'T NEED TO BUY, just borrow!**

With ~300 items in the online catalogue, and more waiting to go up, it is worth a browse, as for a small fee you can use some hugely useful kit.

<https://shareoxford.org/>

Supporting children in the face of climate change

A workshop with child psychologist Jo McAndrews for concerned adults this June

LCWO has been working with a group of fellow Oxford-based organisations and individuals with an interest in helping children to understand and take effective action to combat climate change.

As part of this work, on Sunday June 9th, we're holding a 3-hour workshop for concerned adults keen to engage kids in a productive and trauma-minimising way on the topic.

Full info & tickets: <https://supporting-children-climate-change.eventbrite.co.uk>

Climate cafe at WOCC

Low Carbon West Oxford held its first Climate Cafe at West Oxford Community Centre on 9 March. Over 30 people attended to hear Cllr Craig Simmonds of the Green Party talk about Oxford City Council's declaration of a Climate Emergency; and explore the emotional dimensions of Climate Change with researcher Jo Hamilton. Participants joined in group discussions about the political and emotional aspects, and about a possible Citizens Assembly. Watch out for future LCWO Climate Cafes.

Hedgehogs need holes! Message from Hugh Warwick hedgehog expert

LCWO is excited to be working closely with HedgeOX this spring. Hugh Warwick, hedgehog-loving ecologist and author, says:

"While your garden borders are clear of vegetation and the creeping and climbing plants have not obscured your boundaries, have a look and see if a hedgehog could get in."

The hole does not need to be very big - 13cm square, or the size of a CD case."

Find out more about our work and sign up to our monthly e-newsletter:

www.lowcarbonwestoxford.org.uk

A few events coming up (more on website):

1030-1230 Sat 27 April: Spring Bring & Take

1400-1600 Sat 27 April: Kingfisher Corner re-launch! Make bird and bat boxes, bash balsam and explore this lovely corner of Botley Park.

Volunteer with Low Carbon West Oxford

www.lowcarbonwestoxford.org.uk/volunteer

We have 12 years left to prevent irreversible climate change according to the most recent IPCC (International Panel on Climate Change) report.

LCWO is powered by volunteers.

Can YOU help make things happen? Meet neighbours and like-minded people? Make a difference?

LCWO volunteer opportunities: have a browse & find something to suit you!

Event support: help out at specific events, e.g.:

- Spring Bring & Take 27th April (1 hour slots) e.g. help with set-up; organising during the event & counting things which leave; help with sorting at the end.
- Kingfisher Corner relaunch 27th April (1 hour slots) e.g. help with checking site
- Community walk to Hogacre 12th May Join walk leader to guide group from West Oxford

Get down and dirty: practical support at Kingfisher Corner: jobs include pulling up balsam, doing a quick litter pick, planting seeds...

Join the LCWO Coordinating Committee: currently keen to find someone with HR experience

Backroom blog-buster: help with social media and blog post content: volunteer to write a blog post on a topic of your choice

Local leafleting: Our next leafleting opportunity will be in July and September

Learn a skill: e.g. learn to do a carbon footprint for friends and neighbours [next training October 2019]; or learn to lead the LCWO Tree Trail walk [next opportunity Sept 2019]...

Offer a skill: e.g. repair skills such as electrical repair, darning, bike repair

Respond to a specific request: we are currently looking for:

- Zero Waste volunteer(s) – do you love getting stuff recycled e.g. on freegle and other websites? Can use your skills to help others?

Join the volunteer mailing list: at www.lowcarbonwestoxford.org.uk/maillinglistsignup/ click 'volunteer' in the options on the form, to receive both the monthly newsletter and volunteer emails.

For specific events, sign up via the our website www.lowcarbonwestoxford.org.uk/volunteer. Not on email? If you prefer to be contacted by post or phone/text, please let us know – contact us on 07531 500 955, mim@lcwo.org.uk or c/o 22 Oatlands Road Oxford OX2 0ET.

St Frideswide's and St Margaret's

Easter and Holy Week Services at St Frideswide

Sunday 14th April Palm Sunday - 10.30 am
15th to 18th April Evening Communion Service - 7.30,
including Maundy Thursday liturgy.
Friday 19th April Good Friday - 12 Noon
Sunday 21st April Easter Day - 10.30 am

...and at St Margaret Binsey

Sunday 14th April Palm Sunday Evensong - 4.30 pm
Friday 19th April Good Friday Compline - 7.30 pm
Sunday 21st April Vigil Eucharist 7am, Evensong - 4.30pm

Children's services:

Last Sunday of the month 3pm - short service for pre-schoolers and their families. Songs, crafts, bible stories, prayers and snacks.

Community Stitching project

Come and add some stitches to our church tapestries! Every Saturday in the church starting 28th April 10 -12. Very easy, so no experience needed, or bring along your own crafting project.

Silent Tuesdays

7-9pm every Tuesday evening starting 7th May. Silent prayer in the church. Find a peaceful spot and take some time out to connect spiritually with life.

Concerts at St Frideswide

Thursday 25th April 7.30 pm **East meets West:** The James Singers perform songs from Georgia, Hungary, Russia, the United Kingdom, Ireland and America. £10 on the door with a glass of wine and nibbles.

Christian Aid Week, 12-18 May 2019

All the churches in West Oxford, Binsey, North Hinksey and Botley will once again be supporting Christian Aid Week. Christian Aid has been working in partnership with local communities around the world for 70 years, to tackle the root causes of poverty and transform lives. It stands with the most vulnerable and excluded people of the world, both in times of crisis and for the longer term. Christ taught us to love our neighbour and work for a better world. So please get involved if you can, by helping us raise funds and awareness. Last year local giving raised £2,200, help us to do even better this year!

How you can help:

Deliver envelopes to a road in our area during the WeekContact Susannah Sheffield:

susannahjsheffield@gmail.com / tel: 241894 / 07971 006591. Or sign up on the sheet in your church

Pray for Christian Aid's work

Spread the word about the work to friends and family

If people don't want to take part in a door-to-door collection they can donate online or hand their donation in to the Botley Post Office or Warland's Cycles.

And a future date for your diary:

W: www.osneybenefice.org
E: osneybenefice@outlook.com
P: 07765 175164
F: [www.facebook.com/
St.FrideswideOxford](http://www.facebook.com/St.FrideswideOxford)

the 5th Annual St Frideswide Bee Friendly Festival is on Saturday 15th June.

wellpolished

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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

Homeless man dies in St Frideswide's churchyard

On 5 February people using the Community Centre noticed a police investigation at St Frideswide's opposite, with the church cordoned off and a forensic team investigating. Sadly, the reason was the death of a man in his 60s, found in the churchyard during the night.

The investigation found that the death was not suspicious. The deaths of 5 homeless people in Oxford in 5 months led Oxford City Council to ask the Oxfordshire Safeguarding Adults Board to look into whether the deaths could have been prevented.

The Oxford Churches Winter Night Shelter (OWNS) doubled its capacity this winter to offer 20 beds for the homeless during January and February, run by volunteers. Adrian Hasell, from St Mungo's homelessness charity and Olivia Packe from the Luther Street Centre spoke about homelessness in Oxford at St Frideswide's on 17 March.

Adrian explained that it is almost always unhelpful to give money or food directly to people who are begging on Oxford streets. Many organisations help rough sleepers in Oxford – the Luther St medical centre; Gate House; The Porch; Aspire; Simon House and O'Hanlon House; and it is better to donate to organisations such as Turning Point, Mind, or St Mungo's, all of which provide specialist help.

If you are concerned about someone sleeping rough, you can contact Streetlink on 0300 500 0914. Alison Mathias

Easter Sock Bunnies



Materials



Materials: sock, rice, thin string, ribbon, Sharpie, scissors.

1. Pour rice into sock
2. Tie sock with thin string at the top (If the bunny is going to be used as a toy you might want to sew this to make it more secure). Gather some material with a small amount of rice and tie to make a tail.
3. Tie around the neck to make the head
4. Cut away excess sock to make the ears and tie ribbon around neck
5. Use Sharpie to draw eyes and a X for the nose.

Vickv Hirsch

WEST OXFORD COMMUNITY PRIMARY SCHOOL



Ferry Hinksey Road, Oxford OX2 0BY

We are looking for a co-opted Governor to join our school Governing Body

West Oxford Community Primary School is a thriving one-form entry school with committed staff who work to model and promote an environment where every child can learn and grow. The Governing Body is passionate about education and making a positive difference in the children's lives. Together, we work with the Headteacher to set the aims and objectives in the School, monitor progress, decide policy and future development plans, be a source of challenge and support to the Headteacher and uphold good governance, to ensure the continued success of West Oxford Community Primary School.

What are we looking for?

Our Governors come with a range of backgrounds, skills and experiences. They are all volunteers, willing to work together for the benefit of the school and the community we serve.

Generally we look for individuals who:

- have the time, energy and enthusiasm to contribute to the school
- possess the confidence to ask questions and join debates
- work well with others, listen and can make informed judgements

In this co-opted Governor role, we would particularly welcome applications from individuals who have experience in the education sector. The successful applicant may take on the role of Safeguarding Governor so applications from individuals who are not parents of children at the school would be welcome as it is recommended that the Safeguarding Governor role is a non-parent.

Having said that if you are a parent of children at the school and are interested in joining the Governing Body, please email office.2533@west-oxford.oxon.sch.uk and your email will be forwarded to the right person who will contact you to arrange a chat.

What can we offer you?

You will be joining a committed, supportive and energetic Governing Body where fellow Governors will offer you support and guidance.

You can also:

- develop skills in strategic management
- train to develop an understanding of specific school management issues

If you are interested in finding out more or applying for the role, please email your CV to office.2533@west-oxford.oxon.sch.uk

The application deadline is Wednesday 3 April 2019

Volunteer Readers Sought

Do you enjoy reading and would like to encourage the love of reading in children?

West Oxford Primary School is in urgent need of volunteer readers.

You would need to have or get a DBS check.

Are you interested?

Please contact
office.2533@west-oxford.oxon.sch.uk

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 24 May 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.



Unsung local heroes?

Do you know someone who deserves praise for their voluntary work?

If so, please nominate them for a City Council Certificate of Honour.

Forms are on www.oxford.gov.uk or at

Reception in the Town Hall.

The deadline is 4pm on Wed 10 April.

VOLUNTEER!

Low Carbon West Oxford (LCWO) has made a difference to West Oxford residents' carbon footprints for over 10 years, with award-winning community-led work to combat climate change.

Reducing our carbon footprint is urgent now. Much of what LCWO does is powered by volunteers.

We need **YOU** to help make things happen!

See details of our projects, and how to volunteer, in the Low Carbon West Oxford insert with this newsletter or online at

www.lowcarbonwestoxford.org.uk/volunteer



Oxford Flood Alleviation Scheme

The County Council should be able to decide the planning application by this summer, possibly on 3 June.

The Environment Agency hopes to start construction next year.

The main purpose of the scheme is, of course, to reduce flood risk in west and south Oxford, but it is also designed to increase biodiversity in our area considerably.

Botley Road traffic scheme

The County Council has at last fixed a date for the public consultation on their scheme to improve the western half of Botley Road, with the aim of making it work better for public transport, pedestrians and cyclists. This should help to reduce congestion and pollution.

The drop-in consultations will be on Wednesday 15 May from 3.30 to 7.30pm and on Saturday 25 May from 11am to 3pm at the Community Centre. If you join WOCA you will get email reminders of these meetings.

Tumbling Bay bathing place

The EA now has planning permission for its fish pass at Tumbling Bay and OCC has cleared a space at the back of the site. Work is planned to start later this year. As well as the small new channel, there will be new planting and – we hope – benches and an interpretive board.

A large team of experts will carry out a fish survey in Botley Park on Thurs 4 April.

For more information, please contact Susanna Pressel.

Your Local Democratic Representatives

Your city councillors are:

Colin Cook, 12 Riverside Rd OX2 0HU

Email cllrcook@oxford.gov.uk

☎ 721844

Susanna Pressel, 7 Rawlinson Rd OX2 6UE

Email cllrpressel@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