



NEWSLETTER



Number 74: ~ Summer 2019

BULSTAKE·SEACOURT·ISIS·BOTLEY

West Oxford Fun Day

Sat 13th July

Entry £1
Children Free

The River

1-5pm

Botley Park

Live Music Dancing

Stalls Dog Show Street Food

Circus Skills Reptiles Ponies



supported by
www.oxford.gov.uk

HOGACRE·OSNEY DITCH·THAMES

Would You Like TO GET INVOLVED?

CONTACT Keith A.S.A.P.
01865 245761

email:

westoxfordcc@gmail.com

CALL IN!

OFFICE USUALLY OPEN
MON, TUES, THURS, FRI,
1.30-6.30

WWW.WOCA.ORG.UK

★PERFORM

★HELP ORGANISE GAMES/ACTIVITIES

★HELP RUN A WOCA STALL

★RUN YOUR OWN STALL

★PROMOTE YOUR ACTIVITY

★BE PART OF THE FUN DAY CREW

★DEMONSTRATE AN ART OR CRAFT

Could YOU help at the Fun Day?

We need volunteers of any age to help run stalls and set up. Just let us know what time you could help and we'll happily find something for you to do.

Contact us on

☎ 01865 245761

Email info@woca.org.uk

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**



West Oxford Community Association

West Oxford Community Association is looking for new and enthusiastic trustees!

The whole community centre is run by a few paid employees and a volunteer group of trustees – we are looking for additional trustees to get involved. The management committee meet just six times per year, with sub-committees that focus on specific projects that they are particularly interested in.

It's a great opportunity to be involved in the local community, meet new people, and feel that you are contributing to West Oxford life.

The only special qualities needed to support the community centre is enthusiasm and a love of where we live!

.....
Please email: info@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



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

ARTWEEKS 2019 AT WOCC

wocART were delighted to welcome over 500 visitors to their Exhibition at WOCC this May. The support given by WOCA is greatly appreciated.

Over all, in West Oxford and Botley, there were 15 exhibition sites involving 25 Artists and three large groups. The numbers are growing each year, making West Oxford and Botley "go to" areas for varied and exciting art!

So if you would like to know how you could participate next year, or would like more information, please contact the WOCC for contact details.

Coming to WOCC soon... Free Help with Job Hunting

Are you currently unemployed and looking for a job?
OR

You have secured a job interview and you need some help to prepare?
OR

You know someone who might appreciate some help?

You or they can contact us.

Our experienced and skilled volunteer, Fida will soon be offering free support on job applications, interview preparation, and job search strategies. Contact us (details below) for more information.

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

**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!
Simples!**

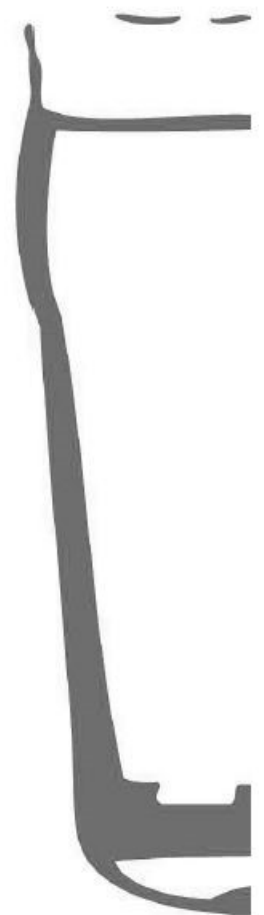
Monday to Friday
11.30 - 3.00
at West Oxford Community Centre

West Oxford Beer Festival

Saturday 15 June 2019

West Oxford Community Centre
7.00 – 11.00 pm

Tickets £5 from:
wobfest.org.uk
wegottickets.com (booking fee applies)



Are you a Psychotherapist, Counsellor or Coach?
**The Oxford Community Health Hub has lovely rooms to rent at very
affordable prices**

Email us at healthhuboxford@gmail.com





Offers affordable mental health services and acupuncture

www.healthhuboxford.org.uk

Please contact practitioners directly to book an appointment

ACUPUNCTURE

Acupuncture one to one affordable sessions – Ben at ben@acupunctureoxford.co.uk 07769696780

Acupuncture Low Cost Community Clinic – Joe at www.holistic-health.org.uk 07704769098

PSYCHOTHERAPY AND COUNSELLING

Counselling and Psychotherapy – Sappho on 07967 383103 or healthhuboxford@gmail.com

Counselling and Coaching – Susie on 07765 587012 or susiepye@gmail.com

Cognitive Behavioural Therapy (CBT) – Esther on 07774687872 or via the Health Hub website

Counselling and Psychotherapy – Jayne on 07752 126736 or jayne@oxfordcounselling.org

Counselling and Psychotherapy – Sally on 07472 739687 or sally.maitlis@metanoia.ac.uk

Low cost Counselling – *The Listening Centre* provides low cost counselling 01865 794794

West Side Stories

So what's happening at St Frideswide's?

Recently a friend said something about the St Frideswide's Community. What's that? I thought. So I had a chat with Kate Seagrave, who is Mission Priest at St Frideswide's.

Kate served as a curate in South London before coming to Oxford where she was Assistant Vicar at St Aldates church. Kate explained that there is awareness within the church about the challenges facing young Christian adults in modern life, and the need for connection.

Meanwhile, in the Diocese of Oxford, Bishop Steven sought to develop a community response to these needs. He blogged about St Frideswide's: "For some years the Osney benefice has been thinking and praying about the future of St. Frideswide's Church ... The idea was born of a new centre for prayer and spirituality spanning the traditions."

While at St Aldates, Kate was tasked with researching Christian communities in Oxfordshire as preparation for the establishment of a Community for young adults. In September 2017, she was licensed as Mission Priest for the Community of St Frideswide.

In September 2017, The Community of St Frideswide –CStF - was set up. Members are from all parts of Oxford and a variety of backgrounds. They meet fortnightly to share their experiences and faith, mainly in one another's homes. They make three commitments: to receive each other as a gift from God, to daily deepen their devotion to Christ and to proclaim him in word and action. People may join for a year, or stay for longer.

There's more information on line at

<https://www.stfrideswidecommunity.org/>and

<https://www.osneybenefice.org.uk/content/st-frideswide-mission-projects>.



Community acupuncture clinic comes to West Oxford!

The community acupuncture clinic concept created by Holistic Health Oxford last January has opened in Oxford Community Health Hub (healthhuboxford.org.uk) in West Oxford Community Centre.

Having treated over 200 people since it began and completing over 1250 treatment sessions Holistic Health are excited about the prospect of taking this very accessible approach to acupuncture to West Oxford. Sessions run on Mondays from 9.30am till 6pm.

The popular clinic was a new concept invented by Joe Jennings, who says; 'I am incredibly happy that this model has worked out so well and that I have been able to help so many people'.



The community clinic model allows people to be treated for just £16.50 a session making it the most affordable acupuncture in Oxfordshire, about a third of most acupuncture treatments.

The clinic is based upon a multi-bed system that allows the practitioner to treat more than one person at a time. Multi-bed acupuncture clinics run in other parts of the UK, but what makes Holistic Health's approach unique is that it collects patient information prior to the session.

This means less time is needed on the day for consultation, so more people can be seen at each clinic session. The aim of the approach is to keep this valuable treatment affordable, making it accessible to all Oxfordshire residents. Joe Jennings, practitioner at Holistic Health, said: "For years now, I have been practising acupuncture and have seen time and time again how life changing it can be for a wide range of health conditions. However, I have always felt frustrated that acupuncture was inaccessible for many people. This new system means acupuncture is accessible and open to everyone."

"The acupuncture sessions are such an affordable way to help cure insomnia. I was absolutely desperate and found the sessions very helpful. Both Joe and Georgia are extremely understanding and knowledgeable. I feel I can treat my insomnia now without resorting to sleeping pills."

Alexa, 38, mother of a toddler, lawyer and PhD student.

"I am so grateful for the idea of Community Acupuncture. To be able to afford professional diagnoses & treatments, before & after my shoulder surgery has been such a boon. Joe's treatments have reduced the pain in my body and improved my sleep. Thank you so much for all the help."

Simin, hairdresser, beautician, holistic therapist.

I have been seeing Joe for a few months now. I love coming for weekly acupuncture as the whole experience is so calming and nurturing and it really is such a support to my whole health both physically and emotionally. My back has loosened up so much since I have been coming and I feel more energised and have the best nights sleep after each session. I would recommend this lovely clinic and I hope we have more of them in Oxford and the whole UK. I love the community feel to the clinic.

Marneta, 50, works from home as a writer

Joe is really understanding, softly spoken, welcoming, knowledgeable and always puts you at ease. I've been going to Joe at Florence park low cost acupuncture for a few months now. My issues are early menopause, depression and anxiety. The acupuncture has really helped me cope with all these issues and I feel like a weight has been lifted right after treatment! I would wholeheartedly recommend Joe, he's brilliant and acupuncture is amazing! Joe is a godsend when I've had a emotional day! Give it a go you won't regret it!

Sahira, 43, fire safety teacher in the community.

The clinic commonly sees people with aches and pain, headaches and migraine, anxiety, depression, insomnia, digestive issues, women's health issues and more.

Joe Jennings has been practicing acupuncture for over a decade. He founded Holistic Health, which has been operating in Oxford for more than two years.

Health organisations across the world recommend acupuncture for a wide range of conditions, including The National Institute of Clinical Excellence (NICE), The American College of Physicians and The World Health Organisation.

For more information about the clinic, visit: www.holistic-health.org.uk



Spring recap - we've been busy bees! Here are a few highlights:

- Over 270 of you came to the **Spring Bring & Take**, and well over 1000 items found a new home!
- Families joined us for the **Kingfisher Corner relaunch**, building bird and bat boxes to take home, and enjoying this beautiful spot in our local park. Look out for Woodcraft Pioneers and others bashing balsam over the summer...
- Mim was lucky enough to be invited to **West Oxford Community Primary's Multi-Intelligence Day** on April 29th. She ran a 50 minute session with each of the 5 house groups, and left with a new respect for teachers - where does their energy come from?! She worked with the children to help them understand some of the basics of climate change (e.g. what is the difference between weather and climate?), and six things they can try to start doing if they want to help the grown ups do something about it. They were really lovely to work with and came up with some very beautiful letters and posters in our session. If you have a child at the school, ask them what they found out! Full info, including a link to our new 'climate challenge' leaflet, **'6 things we can all start trying to do today'** for ages 7-11 on the website www.lowcarbonwestoxford.org.uk/kidsCAN.
- Local activist and eco-psychologist Ruth Finar led our first Talk & Walk, giving people the chance to talk through what they are feeling about the climate emergency - or about anything else they fancy. The plan is for this to become a regular opportunity to connect and share, at the same time as enjoying the local countryside, so check our website for the next date

if you're interested.

- We delivered two well-received workshops at Wood Festival, on **how to talk to kids about climate change**. Participants stayed for the whole 1.5 hours both times (a good sign!).

Planning your summer hols? Check out www.seat61.com to see all the incredible far flung places you can get by train!

West Oxford feeds into the City Council climate emergency action plan

Cllr Tom Hayes joined 50 others on Saturday 18th May for our 2nd climate cafe, offering local residents the chance to feed into the city council's zero carbon action planning, including the upcoming citizens' assembly. After an overview of state of play from Cllr Hayes, we broke into groups to discuss how we can achieve a fair and fast transition to a zero carbon future in Oxford in relation to housing/home energy, transport, priority shaping/decision making (including the Oxford Citizens Assembly), the local economy and patterns of urban settlements. The ideas and suggestions will be written up and shared with the Council via Tom and event participants. More details coming to the blog soon.

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):

- Sat 8 - Sun 16 June: Oxford Green Week, including the annual BIG GREEN DAY OUT (Sat 8) & EID EXTRAVAGANZA (Sun 9)
- Sun 9 June: Supporting children in the face of climate change
- Thurs 20 June: Clean Air Day
- Sat 13 - Sun 14 July: Midsummer Meander (details overleaf)
- Sat 28 Sept: Harvest Bring & Take + Repair Cafe
- Sun 29 Sept: Beet the Waste food & music fest

13-14 July

Join your West Oxford neighbours
in a free arts trail celebrating our river

Midsummer Meander

Turn your
window into a river
themed display -
Go online for
further information,
inspiration and to sign up.
Explore the trail -
Download the map and
meander around
West Oxford
13-14 July

www.lowcarbonwestoxford.org.uk/river

The Midsummer meander is
part of a year long
programme of river themed
activities in West Oxford,
celebrating the
power of our river.
Supported by the
National Lottery
Heritage
fund.

St Frideswide's and St Margaret's

St Frideswide's

Sundays 10.30am - Sung Eucharist

www.stfrideswideschurch.org.uk ☎ 242345

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

Children's services:

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

Music at St Frideswide's

St Frideswide's has recently recruited two new organists! Both Harry and Ben are Organ Scholars at Oriel College. Ben plays at services during term time, and Harry, who lives in Oxford, plays during the vacation. Both are talented organists, and they are looking to recruit new members to the choir.

No audition necessary: if you'd like to sing just email harry.baigent@oriel.ox.ac.uk, or come along at 10 am on Sunday for the half hour rehearsal before the Service.

W: www.osneybenefice.org

E: osneybenefice@outlook.com

P: 07765 175164

F: www.facebook.com/St.FrideswideOxford

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

New project

Fitness and fun fanatics in West Oxford

Local residents have come together to campaign for fitness equipment for adults and teenagers in Oatlands Park.

Please contact Susanna Pressel for more information.

From the Archive...

It's hard to imagine how we would cross the Botley Road by the allotments now without the pedestrian crossing. It was not always the case though, and it's thanks in part to this small snippet in Issue 8 of the West Oxford News (WON) in May 1976 that we can cross in relative safety...

Pedestrian Progress

The Petition for a Pedestrian Crossing across the Botley Road, between Bridge Street and Ferry Hinksey Road, is being passed round Osney from house to house. Residents of Osney please sign if you are interested and pass the petition on. Any comments or suggestions (e.g. as to the type and placing of the crossing) would be welcome, please send them to WON.

June 15th 2019

2pm to 5pm

SPECIAL GUEST
DR TONYA LANDER: OXFORD PLAN BEE
UNIVERSITY PLANT SCIENCES

BEE FRIENDLY DAY

Make a bee hotel
Bee Biscuit decorating
Bee hives
Teas, homemade cakes, juices
Activities
Free entry

Honey
Plant sales
Crafts
Beekeeping
Fun
Education
Candle-making
Bee faces project
Judging the children's Art Competition
See website for info

ST FRIDESWIDE CHURCH
BOTLEY ROAD, OXFORD

BENEFICE OF OSNEY
www.osneybenefice.org.uk

Botley Bridges is a community charity based at Botley School in Elms Road. We aim to replace some of the universal services that were lost when local Children's Centres closed in 2017. We serve families from Botley and surrounding areas and we are reliant on grants and donations in order to continue to provide these services.

We hold two stay and play weekly sessions, Monday afternoon 1-3pm and Friday morning 9-11.30am. These sessions are ideal for children under 5 and their parents/carers to learn together through play. We have a fabulous outdoor space including a huge sandpit. We hold a Saturdays session on the first Saturday of the month 10-12noon. This is a great group for dads and other male carers to spend quality time with their children. We serve a healthy snack during all of these sessions.

During school holidays, we also open up our stay and play sessions to older children too. In the summer we run weekly fun in the park sessions. We try to use all local parks. 2019 will be the third year that we have provided these popular and well attended sessions. Look out for our summer programme coming very soon.

Are you a new parent? Well Baby Clinics run at Botley Bridges every Wednesday afternoon 1-2.30pm. Baby can be weighed and you can speak to an experienced Community Staff Nurse or Health Visitor. We hold a supportive weekly Baby Group Friday afternoons, 1.15-3pm which is particularly suitable for first time parents; this is a great chance to meet other local parents and make new friends. We base this session on the PEEP programme; you will take home ideas for activities, homemade resources and keepsakes. We often have various professionals coming in to talk to us. Volunteers for Baby Group and all of our stay and play sessions are needed so if you have some spare time, or have a skill you would like to share, we would love to hear from you.

Throughout the year, we also run various parenting courses, first aid sessions and classes such as English as an additional language, and helping your child at school.

Botley Bridges currently has a Chair, Secretary and Treasurer but would welcome more non-post holding Trustees. The work load is minimal with approximately 8 meetings a year. Somebody from the local community would be ideal. If you would like more information about what is involved, contact Sue Dowe (Chair of trustees) 07769275084 or chairman@botleybridges.org

If you would like any further details about sessions or classes we run, would like to volunteer or are interested in making a financial donation, please see our website www.botleybridges.org, find us on Facebook, email us at coordinator@botleybridges.org or call 07498 563636.



WOCA COMMITTEE

Chair: Rebecca Huxley

Trustees: Elizabeth Ball, Lisa Bird, Martin Bourne, Anne Clilverd, Rebecca Huxley, Gayle Lonergan, Jim McMahon, Sarah Morgan, Helen Reid, Kate Sant, Shan Saunders, and Louise Siddle.

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 Autumn Issue deadline is
Friday 6 September 2019.

Delivery Team

We only have one road currently not covered by our delivery team—**Venneit Close**. If you think you could help deliver newsletters there, please do get in touch.

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.



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 6 September 2019.

This edition features a interview with Kate Seagrave, Mission Priest at St Frideswide's.

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

All Change on the Botley Road

The County Council is preparing to spend £9.1 million on improving Botley Road for pedestrians, cyclists and buses. This applies only to the section from Botley to Binsey Lane.

The dates of the consultation have been changed. They are now on:

Wed 5 June from 4.15 – 7.15pm and on

Sat 8 June from 10.30am – 2.15pm, both at WOCC

and on Wed 12 June from 4 – 7.30pm at Seacourt Hall.

Please come along – or you can contact Susanna, your county councillor or comment on the County Council website.

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