

West Oxford Community Association



NEWSLETTER



Number 76: ~ Winter 2019



GOLDDILOCKS

PANTOMIME

Another WOPA Production

**It's time to book your tickets!
Oh yes it is!**

Performance dates:

Thursday 23rd January 7.30pm

Friday 24th January 7.30pm

Saturday 25th January 3pm and 7.30pm

at the West Oxford Community Centre

(Supper tickets available for Friday and Saturday nights)

Find more details and book tickets at

www.wopa.me

WOT'S new AT WOCC...



West Oxford Academy

The idea of West Oxford Academy is simple. Local residents meet once a week at the community centre for a talk by a local resident on any topic, followed by a discussion and wine. Every speaker's enthusiasm for their subject has been infectious. It is often the case that the less I know about a subject the more interesting I've found the talk and discussion. I go along thinking "how can that possibly be interesting?" only to find out that it is.

The last two talks for this term are:

Tuesday 26 November: Some triumphs and disasters of Byzantium

Tuesday 3 December: Wagner – behind the clichés

We will be back in January for another term of quirky, informative and surprising talks. This will be the 25th term! I am always on the look-out for speakers, so if you, or a friend or neighbour, could contribute please get in touch.

If you are curious about the Academy and would like to find out more please contact me, Susan Hutchinson, on westoxfordacademy@gmail.com or phone 428323.

The Jazz Brunches have been quite delicious. The inimitable Nick Gill gave us The Happy Song, As Time Goes By, and Pennies from Heaven, and many others interspersed with information about jazz on 19th October. 16th November session was on Hoagy Carmichael, and we appreciated just how great he was. We hope that Nick will be back with the Oxford Classic Jazz ensemble in 2020.

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 !

Please note -
New Opening Hours

Tuesday -
Sunday
9.00am - 4.00pm
Closed Mondays

Contact:
tomas.imre@gmail.com



More Flexible Lease Agreed with Oxford City Council

Up until recently, WOCA's lease with the City Council only allowed us to sub-let one specific area of the centre, the Geoff Franklin Rooms, now home to the Oxford Community Health Hub. This was a historical anomaly, dating back to when those rooms were occupied by the doctor's surgery.

WOCA has now secured a 'deed of variation' which allows us, with the consent of the City Council, to sub-let other areas of the centre - as long as it is in accordance with our constitution, and a good level of open access community use is maintained.

This is significant, because it means in the future WOCA will have much more flexibility in how it makes use of the building, depending on the needs and wishes of people in West Oxford.

WOCA would like to say thank you to Susie Preston of Knights plc, a colleague of trustee Martin Bourne, a West Oxford resident, and (with her family) a frequent user of the centre, for carrying out the application so that this variation could happen.

THANKS SUSIE!

Toilet Twinning Update

Centre Users are making good use of our refurbished female toilets— and there's no holding back their deposits: we now have enough to sponsor another toilet elsewhere in the world— our ninth.

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

For any enquiries regarding WOCA or the use of the centre, or if you have an idea for a positive activity

☎ Keith or Erin 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

YOGA



Join us for yoga at West Oxford Community Centre on Friday mornings at 10.15am-11.15. Gentle class, beginners and the more experienced welcome.

New more energetic class starting in January on Mondays 6.30-7.45pm All levels welcome. Any questions just email me at yogawithjacqueline@hotmail.com



LEARN SELF DEFENCE

KRAV MAGA

OPENING JANUARY 2020 IN OXFORD
WEDNESDAYS

West Oxford Community Centre - Women only

T: 07590 650338
E: admin@totalkravmaga.com
W: www.totalkravmaga.com

THE SUNDAY TIMES

"Krav Maga is the most effective self defence and fitness training system in the UK today"



Starting 15 January, 12.00—1.00pm, in the Main Hall



NEWS FROM THE OXFORD CITY SHOTOKAN KARATE CLUB - WELL DONE MARTYN!

Grading Success for chief instructor

We are pleased to announce that Sensei Martyn King, chief instructor at Oxford City Shotokan Karate Club has passed 5th Dan (5th degree black belt) at his first attempt.

Sensei Martyn took the grading at the end of a gruelling 3 day international karate course in Crawley this month. He was graded by the visiting instructors from JKA (Japan Karate Association) headquarters in Tokyo. On the grading panel were Sensei Imamura - 8th Dan Chief Administrator and Technical Director of JKA World Federation, Sensei Kurihara, 5th Dan, 2 times World Champion & 7 times All Japan Kata Champion, & Sensei Ohta, 7th Dan, chief instructor of JKA England.

5th dan is the highest grade that can be awarded in England. Sensei Martyn was the only person at this grading to be awarded this level. Martyn teaches karate at the West Oxford Community Centre twice a week (Wednesdays and Sundays). For more information visit www.OxfordCitySKC.so.uk



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

Ben Davies www.acupunctureatoxford.co.uk

Coaching and Counselling

Susie Pye on 07765 587012 or susanmpye18@gmail.com

Cognitive Behavioural Therapy

Esther McNeile Jones on 07774 687 872

Psychotherapy & Counselling

Jayne Wright on 0775 2126 736 or jayne@oxfordcounselling.org
Sappho Morgan on 07967 383103 or healthhuboxford@gmail.com

Anneli Nilsson on 07855 810270 or via anneli-nilsson.com

Rebecca Wilson on 01865 396235 or 07946 748947

Richard Lewis at creativitytherapy@gmail.com

The Listening Centre low cost therapy on 01865 794794

Careers Counselling and Advice

Lucy Hawkins www.workwelloxford.co.uk or email lucy@workwelloxford.co.uk

www.healthhuboxford.org.uk

BRIAN FRENCH

General Building Services
Painting - Decorating
Free Estimates

Contact: 07957 315303

Flood Information

For an update on the flooding situation (when river levels are high), please go to:



<https://www.oxford.gov.uk/severeweather> or contact your councillors. They are in close touch with the emergency services.

Can YOU help?

Have you got news for us?

Our Winter Issue deadline is **Friday 13 March 2020.**



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?

West Oxford Stories/articles -

Please send any contributions to westsidestories@woca.org.uk

Would you like to contribute in some other way?

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



ACT Now programme update

With 30 households signed up and two workshops under our belt, ACT Now is going well. At our November workshop, Gary Irvine and Saski Huggins talked insulation, electrical appliances and home energy.

WANTED: EVENT MANAGER

LCWO is looking for an energetic and organised individual (or individuals) to help with our ambitious calendar of events in 2020. Could you help us run our repair cafe, Bring & Takes, Beet the Waste and/or other events locally?

**Paid EVENT MANAGER for occasional work on an event-by-event basis
£100/day**

Tasks include volunteer recruitment & management, admin, booking of stall holders, risk assessments, management of events on the day
Creative ideas for event development very welcome but not essential
Full training provided; managed by LCWO Lead Programme Manager

To **express an interest**, please email info@lcwo.org.uk or drop a note with your contact details into 22 Oatlands Road by **20 December 2019**.

Did you know? A few tips from the talk...

A whopping 80% of home energy is used to heat the space and water in your home. **To keep your home warm this winter and cut heating bills**, the most important thing you can do is **insulate your walls**. The average semi-detached house loses $\sim\frac{1}{3}$ of heat through walls; after walls, next is roof insulation (because heat rises), then floor insulation, then tackling general drafts and last of all, windows. Not sure if you have any of that? Our expert home energy assessors can help...

How many lights do you have in your home? The average home has 25 lightbulbs, going up roughly one a year. They use a small amount of overall home energy individually, but collectively, use 20% of our home energy. They're worth changing to low energy ones even if they're not broken.

Next up: **The food we eat - understanding its impacts** WOCA, 11 Jan 10-1130 FREE, all welcome.

Want to take action to combat the climate emergency together today?
JOIN ACT Now, and get a free home energy assessment visit.
www.WestOxfordActNow.org

LOVE YOUR STUFF - Repair cafe at WOCA 2-4pm Saturday 8th Feb 2020

We're looking forward to our repair cafe event at WOCA in the early spring. Confirmed so far: **bike repair; electrical repair/PAT testing; tool/knife sharpening**

Are you handy and good at mending stuff?

We'd like to offer as many types of repair as possible, and need repairers. You don't need to be professional level, just have some good skills and be happy to share them with others in your community for an afternoon.

Get in touch if you're handy with mending:
clothing/textiles
electrical appliances
furniture/wooden objects
anything else!

We'd also LOVE **anyone who uses ebay or freecycle** to get in touch, as we want to run some drop-in sessions for anyone looking to use them.
Email mim@lcwo.org.uk

Beat the waste this winter: make your own crackers and get busy for the birds!

We got a shock when we discovered our photo of a small plastic eyebrow comb from a Christmas cracker had become a meme and been shared 85,000+ times on facebook! In the shared post, not created by us, it was accompanied by the suggestion of boycotting crackers to avoid the plastic waste they generate; but the original photo came from our 2018 blogpost about how to make your own, rather than any suggestion that you give up a tradition many people love.

See the original post about **making Christmas crackers without the waste**, as well as our 'how to make a bird feeder in under 60 seconds' video on the website.

Cracker contents ideas: * personalised jokes
* chocolates * pack of seeds * charity shop jewellery * give each person one piece of a puzzle to do together * or go big, and roll up a ticket to a show...

Look after wildlife this winter, with 3 simple actions:

Our friends at Earthwatch's Naturehood project have identified the 3 actions everyone in Oxford can take this winter, which will have the biggest positive impact on the wildlife around us. What can you do from this list?

1. Install houses for hedgehogs
2. Put up nesting boxes for sparrows
3. Provide homes for insects using leaf piles, log piles and compost heaps - i.e. if you have a garden or shared green space, keep at least *part* of it messy, which sounds pretty easy!

If you don't have your own garden or shared green space, can you encourage a local business to do something on the list instead?

Further information on each action now on the blog.

Local activities snapshot...

Is your child in Y6 at West Oxford Community Primary? We're thrilled to be supporting school cook Ruth Lyster to pilot a cookery course this term, which we hope will continue into 2020. As well as learning some key kitchen skills and getting some basic, tasty, veggie recipes under their belts, the children will also be visiting different shops to buy food for their lessons, learning about food waste, and more. It is early days, but we hope this course will be used as a blueprint and becomes shareable resource for schools elsewhere. Look out for news of farm visits and cookery books in 2020. And go Ruth, the kids and community are lucky to have you!

Teach Green, a free environmental club for 7-11 year olds on Tuesday afternoons, is coming to a close this month. 20 kids have attended the sessions, and we're looking forward to sharing photos and feedback. Thanks to our partners at Oxford Hub and the student volunteers who led the club.

PLANT TREES FOR THE CLIMATE

We are really sad to have had to cancel our tree planting at Oatlands Rec this month due to flooding. Watch this space for the new date in early Feb/March 2020. And if you want to do some planting before then, check out Oxfordshire Trees for the Future www.oxtrees.uk

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):

- 1 Dec: Oxford Green Fair
- 7 Dec: Tree Training Day
- 11 Jan: Let's talk about food & climate change (workshop)
- 11 Jan: Wassail at Hogacre Common Eco Park
- 16 Jan: LCWO AGM & introduction to our work with children and schools (KidsCAN)
- 8 Feb: LOVE YOUR STUFF - repair cafe and waste workshops



Friends of West Oxford Primary School

Winter Wonderland

Home-
made
cakes!

Pre-loved
toys &
books!

Hot
food!

Wreath
making!

Christmas
gifts!



Saturday 7th December 2pm - 6pm
West Oxford Primary School

£2

Adults

Children FREE

All proceeds go to Friends of West Oxford Playground Appeal! Help us reach our target!

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- ✓ 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

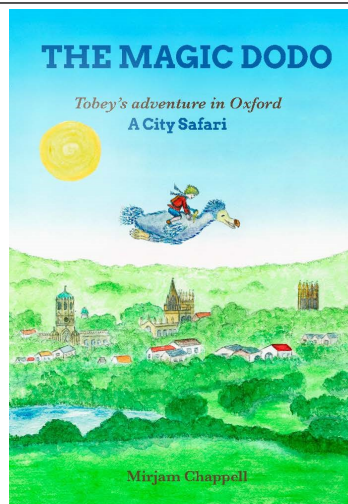
call/text 07418 310102

email csanderson@well-polished.com

New edition of The Magic Dodo

West Oxford resident Mirjam Chappell has released an updated edition of her book *The Magic Dodo - Tobey's Adventure in Oxford*.

In this book Tobey, a young boy, comes to Oxford in search of the dodo.



It includes a map with trail and photos, as well as information about the historic sites encountered.

Join Tobey on his quest and enjoy a magical glimpse of Oxford through the eyes of a child!

Suitable for children aged 1-7, *The Magic Dodo* makes a perfect birthday or Christmas gift.

For sale at the WOCA office and at various book and gift shops in town.

West Side Stories

On a sunny day in September we were meeting a friend to help her get her kayak through Osney Lock. Ambling along to meet her, we noticed that around the lock is practically a bird sanctuary. First we spotted what looked very like a cormorant, perched meditatively and silently next to the boat shed. Then we saw a seagull, which didn't seem too happy that a cormorant was on its patch; it stomped crossly up the jetty. Then, some Canada geese swam along the river to join in. Finally, a heron turned up and had a good look around for some fish, in a heron-like way. Who needs to go to Otmoor with this on our doorstep?

In case you're wondering, we crossed over the lock and helped Lucy lift her kayak out of the water and across to the Punter where we tethered it on the tow path. After refreshments (an essential part of the process), we put it back in the river. There is a protocol for kayaks to go through locks alongside narrow boats or cruisers, which are required to watch out for them. But we like the sociable way.

Alison Mathias



Photo courtesy of Iain Tullis

The local heron has his own Facebook page. He likes to **Like** other bird stories) Look for "Eddie Heron"

Cumnor Choral Society perform Bach's Christmas Oratorio

with Wheatley & Great Milton singers
& The Hurst Sinfonia.

Saturday 30 November at 7.30.

SS Peter & Paul's, West Way, Botley

Ticket includes programme and buffet supper.

Tickets: £12/10 on the door or in advance from

cockman.caroline@gmail.com

07961 900 670

Buying a Christmas Tree? Have you considered Cutteslowe Garden Project? —part of

Charterville Care

We Take Pride In Supporting You

Located just beyond the miniature rail-way track in Cutteslowe Park, CGP is an inspiration for gardeners, an exciting introduction into the natural world for families and yet surprisingly, it remains one of Oxford's 'best kept secrets'. As we prepare to welcome 2020, we are offering a range of reasonably priced Christmas trees, with the guarantee that all the proceeds will be invested back into the charity.

Carefully crafted for year-round interest and seasonal inspiration, there is always intrigue and something to enchant here at Cutteslowe Garden Project (CGP). Our tropical house boasts an aviary and its residents are a motley crew of punky cockatiels, boisterous parakeets and some rather laidback button quails. For those with slightly quirkier tastes, the tropical house offers bird-eating spiders, giant millipedes, scorpions and a very curious red-bearded dragon.

All operations here are chemical-free and we recycle wherever possible. Our team is ever mindful of the symbiotic relationship between plants, birds, insects, invertebrates and of course, humans no matter what their background. The centre's flair for creativity and commitment to supporting local artists and crafts-people can be seen the moment you step into the centre. You may find it difficult to resist purchasing something for your garden, a game to play in the park, a little treat for the ducks or your doggy and maybe even some of our delicious, locally sourced fresh produce.

We continue to develop our therapeutic projects – from our Evergreen Activity Club that offers exclusive pampering sessions to the wise and wonderful of our community, to meaningful supported work sessions for individuals with a wide variety of complex, physical and mental mixed ability groups. We work closely with our partner organisations.

We are currently accepting referrals to become a trainee at our centre from social services or from privately funded individuals / groups.

If you require any further information, please do not hesitate to contact us.

Cutteslowe Horticultural Therapy Nurseries
Cutteslowe Park , Harbord Road , OX2 8ES
01865 511938

<https://www.facebook.com/Cutteslowe-Nursery-Garden-Centre>

Advent and Christmas 2019

Worship at St Frideswide's *Every Sunday 10.30am*

Everyone is very welcome to come and celebrate the Advent and Christmas season

Sunday 8th December 3pm

A short reflective service to remember those we will miss this Christmas

Sunday 22nd December 6pm

Christmas Carol Service

Christmas Eve 4.30pm

Crib service -Tell the Christmas story with the whole family

Christmas Day 10.30am

Christmas Holy Communion

Worship at St Margaret's, Binsey

Sunday 15th December 3.30pm

Christmas Carol Service

Sunday 22nd December 9am

Holy Communion (1662)

Christmas Day 9am

Christmas Holy Communion (1662)

All are also welcome to join our friendly and non-auditioning choir- all you have to do is like singing!

Contact us for more info if you'd like to join regularly or just for Christmas.

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



Charterville Care
HORTICULTURAL THERAPY NURSERIES
CUTTESLOWE PARK

Real Christmas Trees for Sale from 1st December

Price List

Premier/ Field cut Nordman/ 3ft-4ft.....	£25
Premier/ Field Mixed Cut Nordmann Fir/ 5ft-6ft.....	£45
Premier/ Field Mixed Cut Nordmann Fir/ 7ft-8ft.....	£60
Standard Cut Fraser Fir/ 4ft - 5ft	£20
Standard Cut Fraser Fir/6ft- 8ft	£40

Pot Grown

Nordmann Fir/ 2ft-3ft	£36
Fraser Fir/ 2ft-3ft	£35
Norway Spruce/ 2ft-3ft	£20
Blue Spruce/ 2ft - 3ft	£35

**For more information please
call: 01865 511938**

Address: Cutteslowe Park Garden Nursery, Harbord Rd, Oxford OX2 8LJ

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!

Are you a Psychotherapist, Counsellor or Coach?

Oxford Community Health Hub has lovely rooms to rent at very affordable prices
Email us at healthhuboxford@gmail.com



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 at the time of writing is **Layla Moran:**

House of Commons, Westminster, London, SW1A 0AA

☎ 020 7219 3905

Email layla.moran.mp@parliament.uk