

# NEWSLETTER



**WEST OXFORD COMMUNITY ASSOCIATION INVITES YOU TO THE AGM SUNDAY 29<sup>TH</sup> MAY 5.30-8PM AT WEST OXFORD COMMUNITY CENTRE**

COME AND SHARE WITH OTHER WEST OXFORD RESIDENTS  
Free for all ages and U 16s  
SUPPORTERS PREPARED BY TOM AND TUMBLING BAY CAFÉ  
PLEASE BRING A PUDDING  
WE KNOW NUMBERS EITHER SIGN UP AT THE COMMUNITY CENTRE RECEPTION OR  
E-MAIL [info@woca.org.uk](mailto:info@woca.org.uk)  
ALL AGES WELCOME

**WE LOOK FORWARD TO SEEING YOU**

**Postponed due to Coronavirus restrictions**

## West Oxford Fun Day Saturday 11 July 2020

It's the Community Centre's 20th anniversary, it's 2020, so this year's theme is... '20'!

**Please help make this year's Fun Day extra special!**

The Fun Day is already creeping up on us (not that you could tell from the weather). It's 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?
  - Run a taster session or game?
- Whatever, we'd love to have you involved.

### Calling Local Musicians

If you are is a band or a solo artist and would like to perform at this years Fun Day please drop your details in at the WOCA office (our details are at the bottom of page 2), and Matt Bird will get back to you

## Fabulous opportunity to join a stunning, vibrant group:

### Could YOU be WOCA's New Treasurer?

The trustees at WOCA are looking for a new treasurer who would be responsible for:

- General financial oversight
- Financial planning and budgeting
- Overseeing and presenting budgets, accounting and financial statements to the management committee
- Advise WOCA on financial implications for strategic and operational plans

The WOCA's treasurer works alongside SPX Oxford Ltd. They are an accountancy practice specialising in services for the not-for-profit sector, who look after our day-to-day bookkeeping, run payroll, prepare the accounts.

The treasurer would work with SPX and Keith Birnie, the centre manager, to make decisions and plan for the future. The time commitment estimate is very low - no more than half an hour a week (outside of roughly monthly meetings).

If you think you could help, or for more info, please contact us.

☎ 01865 245761

Email [info@woca.org.uk](mailto: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](http://www.woca.org.uk)**

**Tom and Vladimira  
welcome you to  
Tumbling Bay Cafe !**

Tuesday - Sunday, 9.00am - 4.00pm

Closed Mondays

Contact: [tomas.imre@gmail.com](mailto:tomas.imre@gmail.com)



## **WOCA Saving Energy and Money**

The latest part of our LED replacement program is happening soon, with new car park lights being fitted on the 8<sup>th</sup> and 9<sup>th</sup> April.

# \* New WOCA artist \*

We said a sad goodbye to our 'Community Artist' Founder, Andrew Manson. We'll miss having him and his good energy around the centre but don't doubt he will carry just as much energy and enthusiasm into his new chapter. Best of luck Mani! We've now welcomed our new Community Artist, Roisin, If you see her around, be sure to say hello.

Hi! I'm Roisin Kerslake-Sim and I'm the new community artist at West Oxford Community Centre. I'm a multimedia artist and I specifically experiment with ceramics, film, performance art and sculpture.

I'm settled in to my studio at the community centre and I'm looking forward to getting involved with the community and starting up some creative projects!

If anyone has any ideas or just wants to get involved please do get in contact at [roisinkerslakesim@gmail.com](mailto:roisinkerslakesim@gmail.com) :)

See Roisin's first project on page7!



## **20**

It's 2020 and our 20<sup>th</sup> year here at West Oxford Community Centre! Keep a look out for displays looking back over the years of the centre.

Spring is on it's way and with it comes longer days, leaves reappearing, lambs leaping and... time for a big spring clean.

If you're part of a regular group at WOCC and store equipment here, please be sure to go through your items and clear out anything you no longer need/use. Please label your things so we know what belongs to who. Storage space is lacking and sharing is caring. Thank you! :)

**wocART** will be exhibiting at WOCC during Artweeks from 16th to 25th May 2020.

Enjoy the varied styles of six local artists exploring the theme "Identity" through painting, collage, drawing, photography, ceramics, pottery, and jewellery.

Look out for our Trail Map to 14 other sites in West Oxford and Botley.



**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
-  [info@woca.org.uk](mailto:info@woca.org.uk)
-  Call in! Office usually open Monday - Friday, 1.30 - 6.30 (except Wednesdays)
-  [www.woca.org.uk](http://www.woca.org.uk)

## Oxford Brookes Model the Centre

Year 2 Interior Architecture students at Oxford Brookes University are working on developing a brief and redesigning WOCA in a fictional design project. As part of a socially orientated design programme the students were asked to study the community centre; look at its current uses, user groups, demographic and physical context and to imagine an extension to the centre which will enhance its values and cater for future needs. Following a fascinating talk with Rebecca Huxley, the students have recently finished modelling the existing building before developing further some thought-provoking design ideas which aim at ideas such as bridging intergenerational gaps, hosting residential small businesses or forming a more direct connection with adjacent allotments, to name a few.



The project is part of a long line of community-based projects the Interior Architecture programme has been running over the last 5 years. It aims at raising the students' awareness to the value of community-led buildings whilst enjoying the students' inquisitive imagination that provides a glimpse into alternative ways of imagining our future community centred buildings.

The project will run all the way to May and will form part of the end of the year exhibition in the School of Architecture.

### Orit Sarfatti

Lecturer in Architecture, Design Unit Leader in Interior Architecture



&



PRESENT

## 3 - DAY ART & MUSICAL THEATRE WORKSHOP

FOR 7 - 16  
YEAR OLDS

WITH SONGS FROM

# THE LION KING

SUMMER HALF TERM  
26, 27 & 28th MAY  
10 - 4pm at WOCA

BOOK YOUR PLACE NOW!  
[WWW.WOPA.ME/LIONKING.HTML](http://WWW.WOPA.ME/LIONKING.HTML)



## Are you obsessed with food, eating, or your weight?

- Are thoughts about your weight affecting the way you live your life?
- Do you eat when you're not hungry?
- Do you go on eating binges, or avoid eating for no apparent reason?

Whatever problem you may have with food you are welcome in

### OVEREATERS ANONYMOUS

We are not a diet club, we are a 12 step Fellowship.

Local meeting here at WOCA on Wednesday evenings 6.30-7.30pm

Local contact Vivien 07717 570 482

Age group: 0-8yrs old

# Happyfaces

Holistic playgroup

Wednesdays

10:30-11:30am

£2.50 Child  
£3.50 Families

WEST OXFORD COMMUNITY  
CENTRE-BOTLEY

Near Waitrose



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](http://www.acupunctureatoxford.co.uk)

### **Coaching and Counselling**

Susie Pye on 07765 587012 or [susanmpye18@gmail.com](mailto: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](mailto:jayne@oxfordcounselling.org)  
Sappho Morgan on 07967 383103 or [healthhuboxford@gmail.com](mailto:healthhuboxford@gmail.com)

Anneli Nilsson on 07855 810270 or via [anneli-nilsson.com](http://anneli-nilsson.com)

Rebecca Wilson on 01865 396235 or 07946 748947

Richard Lewis at [creativitytherapy@gmail.com](mailto:creativitytherapy@gmail.com)

The Listening Centre low cost therapy on 01865 794794

### **Careers Counselling and Advice**

Lucy Hawkins [www.workwelloxford.co.uk](http://www.workwelloxford.co.uk) or email [lucy@workwelloxford.co.uk](mailto:lucy@workwelloxford.co.uk)

[www.healthhuboxford.org.uk](http://www.healthhuboxford.org.uk)

## **Support for the Unpaid Carers of West Oxford**

If you are looking after a loved one or friend who could not cope without your help then the team at Action for Carers Oxfordshire are here to support you.

We are an independent charity whose sole purpose is to provide support and advice to the unpaid carers of Oxfordshire. We work within the community to help unpaid carers to stay independent and live life to the full.

We currently have a number of carers support groups operating in the county including groups in Kidlington, Oxford and Abingdon, as well as a team of dedicated staff who can offer one-to-one support including help with carers assessments.

If you would like more information on the FREE advice and support we can offer or would like to know more about our local carers support groups please feel free to call us on 01235 424715 between 9.00am and 5.00pm, Monday to Friday.





We have been helping West Oxford residents take urgent action on climate change since 2007.

The way we heat and light our homes has a huge impact on our carbon emissions.

In fact, **residential buildings are the greatest single contributor to Oxford's total emissions.**

We're not going to solve the climate crisis just by making more green energy alone; we also need to significantly reduce our demand for energy. One key way of doing that is to increase the energy efficiency of our homes; another is to change our behaviour and the way we use energy.

### What is retrofitting?

In the same way that renewable energy alone is not the answer, building all new homes to the highest efficiency standards is only one important part of the puzzle. What about all the houses we already have? The UK has the least energy efficient housing stock in Europe and we need to 'retrofit' what we've got already.

Retrofitting means adding a component or feature that was not part of a house when it was first built.

Retrofit measures include:

- double/triple glazing and secondary double glazing
- loft, wall and floor insulation
- energy-efficient heating systems
- renewable energy e.g. solar PV and solar thermal
- heat recovery ventilation systems (to prevent damp)

Retrofit measures not only reduce carbon emissions; they can also make it cheaper to run your home, help you overcome bad ventilation and damp problems, and make your home comfier and healthier. A lot to love!

There are a lot of barriers at the moment to retrofitting. Turn over to find out how a new project can help break these down.

### 4 ways you can take important action in your home:

1) Join our **ACT Now programme**, which gives you access to relevant workshops and a FREE home energy assessment, along with a £100 grant. See [www.WestOxfordActNow.org](http://www.WestOxfordActNow.org).

2) On benefits, have a long term health or mental health condition or other vulnerability? It's likely you're eligible for help from the **Local energy Advice Programme (LEAP)**.

This entitles you to a FREE energy home visit, FREE small energy repairs such as draught proofing and LED lights, and FREE phone support with your finances. You could also get free or discounted insulation or boilers if available. This could literally save you hundreds of pounds.

To apply, visit the Better Housing Better Health website or call 0800 107 0044 to talk to an advisor.

3) Get help from **Cosy Homes Oxfordshire**.

You can read all about why and how we're working with Cosy Homes Oxfordshire overleaf, and we have a free information event all about CHO on Saturday 28th March at WOCA - details on the LCWO website.

4) Sign up to **Project Meter**.

Some of you may have already participated in the two West Oxford Energy Challenges over the past couple of years, but if you haven't, you can still participate in the research project that led to those challenges. The Environmental Change Institute's Dr Phil Grunewald is exploring how our activities (and enjoyment) relate to electricity consumption, and you can sign up to take part in his research.

You get fascinating information about how much energy you use and when. Information is power - once you know what activities consume energy, you can make choices about when and how you do them. You might even end up changing your energy tariff to be a time of use tariff, and start doing energy-intensive activities, like using the washing machine, at times of low energy demand e.g. in the middle of the night. And once you've seen how much power that dryer uses, you chose to use a washing line. Find out more at [www.energy-use.org](http://www.energy-use.org).

## Breaking down barriers to home retrofits

For a lot of people, cost is a key barrier to retrofitting their home. For those able to pay, other barriers include the hassle of getting things done, the lack of access to trusted advice and skilled installers, and the worry that the end result won't look nice. We've partnered with Cosy Homes Oxfordshire, a new service run by RetrofitWorks in partnership with the Low Carbon Hub and National Energy Foundation, which is working to break down these barriers.

### Introducing Cosy Homes Oxfordshire (CHO): piloting a 'one-stop shop' home retrofit service

The image below gives you an idea of the Cosy Homes timeline. Once you've registered on the website, and paid the £75 fee for a Whole House Plan Assessment, you will be assigned a Retrofit Coordinator to guide you through the process, if you wish to take action beyond receiving the Whole House Plan report. The production of the home energy plan is a tried and tested service and will provide you with useful information about a host of retrofit measures you could choose to do, listing their cost and benefit in financial and carbon-saving terms. The service to support the delivery of measures is still being developed and built up in Oxfordshire, so **in taking part, you'll be helping to bring an important local service up to speed.**

## CHO breaks down retrofit barriers by:

- providing clear guidance on the cost and benefit of different measures in your home, and breaking a whole house retrofit into more affordable bite-size chunks, which can be as and when the need arises or necessary funds become available;
- linking home owners with a team of vetted suppliers and installers;
- providing each home with an expert Retrofit Coordinator to provide guidance throughout the journey and reduce the hassle by coordinating any works;
- case studies to show what others have already done, showcasing what is possible in terms of savings and aesthetics.

### How is LCWO involved in Cosy Homes Oxfordshire?

LCWO is a CHO Advocate Community Group, along with Low Carbon Oxford North, Rose Hill and Iffley Low Carbon, LEAF, Hook Norton Low Carbon and Sustainable Charlbury.

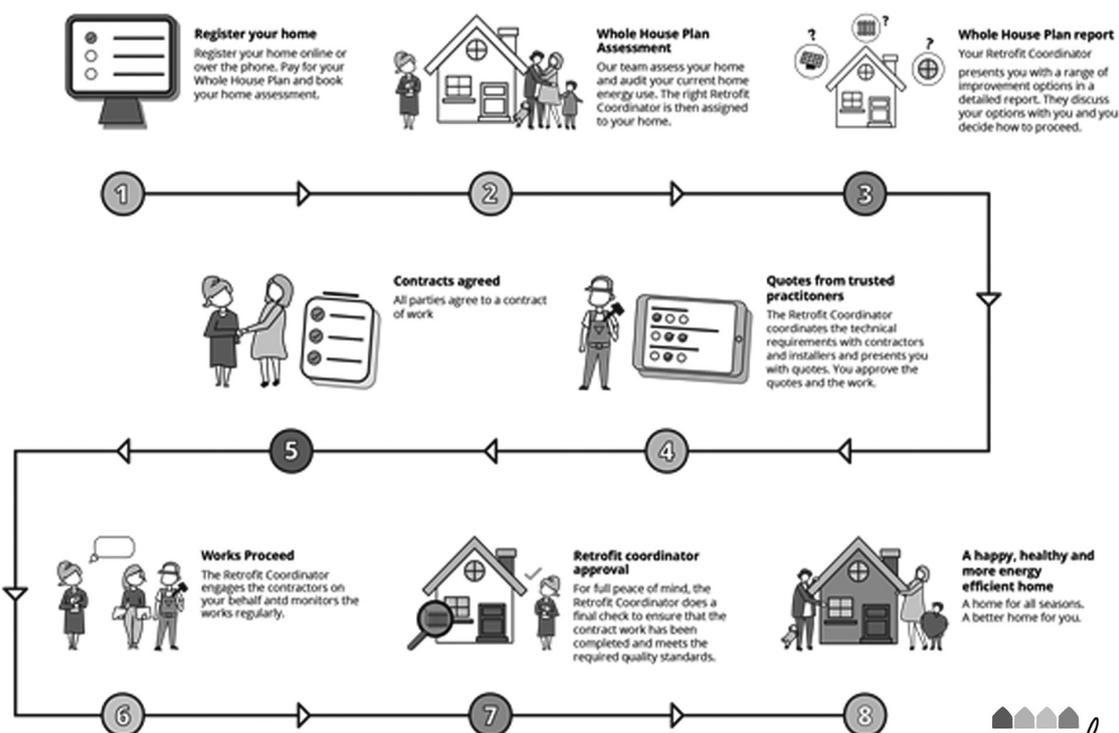
If you would like more details about the project:

- head to our website:

[www.lowcarbonwestoxford.org.uk/cosy-homes](http://www.lowcarbonwestoxford.org.uk/cosy-homes)

- come to our free info event on March 28th at WOCA from 2pm - details on website

- or contact CHO directly via their website <https://cosyhomesoxfordshire.org> or phonenumber 0300 303 1269.



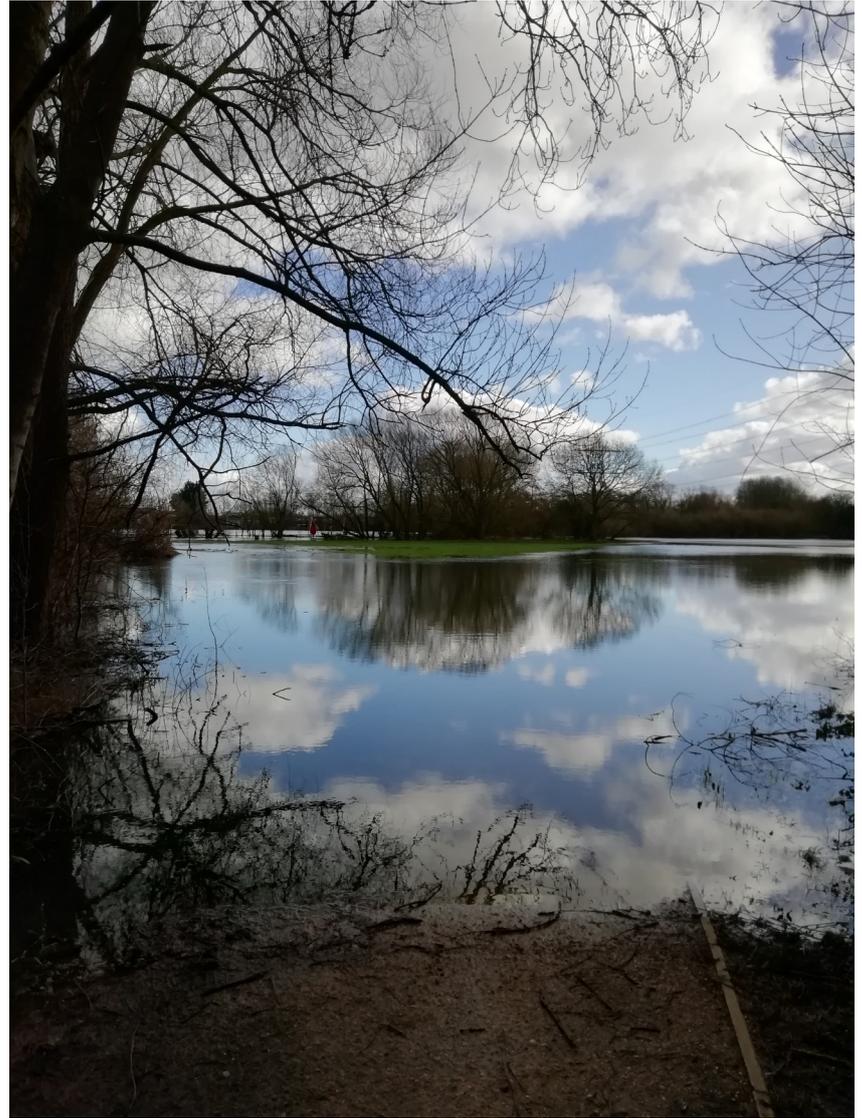
## West Side Stories

### The End of the Path

Is 2020 going to be year that West Oxford doesn't flood? This is a picture of the field lake at the end of Lamarsh Road on a day in February. The path ended here! But what a lovely sight? I think many of us, especially those who lived here in 2007, feel mildly surprised, and very cautiously relieved, that the waters seem to be picturesque, and **not** in anyone's house, in West Oxford, this time. But we haven't got off scot free - what about the Bowls Club in Botley Park? What about the allotments at Twenty Pound Acre, and Bullstake? These will surely take a while to recover.

Your diarist is pleased to report that Alexandra Road is to be cleansed, on 16<sup>th</sup> and 17<sup>th</sup> March Hopefully other roads will follow, if they haven't already been done. For some time, we've needed wellies to get from the car to the pavement. Street cleansing must help to prevent drains from clogging up in the heavy rainfall.

One more tidbit of interest. The other day I overheard someone refer to St Frideswide's as the church with a tiny congregation. No more! There is a thriving, friendly congregation. Two organ scholars from Oriel College play during the service on alternate Sundays - they treat the congregation to very enjoyable organ music afterwards, and then people chat over coffee and biscuits. St F's is very different these days!



And finally – the stamp collecting is going really well. I've just sent off 475 grams of stamps to RNIB. That's nearly 1lb! Thanks everyone who dropped them off in the Box near the office window in WOCC – especially those who trimmed them neatly to have up to 1cm around!

Alison Mathias

### Roisin's first wall...with helpers! A damp morning on Saturday 14th March!



## Low Carbon West Oxford Bring & Take 25 April (Coronavirus Permitting!)

The Bring and Take is BACK! We invite you to bring stuff, take stuff and swap stuff. Let's reuse and recycle!

We have a bin-bag full of unclaimed clothing and **19** reusable water bottles in our lost & found.



If you recognise yours, please come and collect it.  
One person's rubbish is another's treasure...

## West Oxford Bowls Club Botley Road Recreation Ground.



The 2020 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

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

**St Frideswide's and  
St Margaret's**

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Oxford Music and Art  
**CRAFTY  
KIDS**



## EASTER HOLIDAY ART CLUB

@WOCC (West Oxford Community Centre)

**Tue/Wed 7th/8th April**

**Tue/Wed 14th/15th April**

**11.30am-2.30pm**

See reverse for details



Ages  
5 - 11

Songs &  
Games

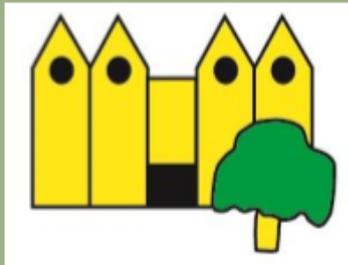
Painting  
Lesson

Arts &  
Crafts

Stories

BOOK NOW! [office@oxfordmusicandart.com](mailto:office@oxfordmusicandart.com) 07752 792477

# WEST OXFORD COMMUNITY PRIMARY SCHOOL



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Inspiring curious minds and  
responsible citizens

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## OUR VALUES

### WE HAVE HIGH EXPECTATIONS

We aim for every child to  
enjoy school and to achieve  
or exceed expected progress

### WE ARE AN INCLUSIVE COMMUNITY

We value kindness and we  
celebrate and respect  
diversity

### WE ENCOURAGE A GROWTH MINDSET

We believe that curiosity,  
effort and resilience are the  
keys to achievement

### WE CONSIDER THE FUTURE

We encourage healthy  
choices for ourselves, our  
community and our planet

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## JOIN OUR GOVERNING BODY SUPPORT YOUR LOCAL SCHOOL

West Oxford Community Primary is a diverse and welcoming school at the centre of an engaged local community. Our 200+ children speak more than 23 languages, span the full range of abilities and enrich school life from a diversity of cultural backgrounds.

Our 2018 'Good' Ofsted report noted the respectful behaviour of our students towards each other and our teachers. West Oxford Primary children are curious, open minded and enjoy coming to school.

### What do governors do?

Governors are passionate about education and making a positive difference to children's lives. We work strategically with the Headteacher and staff to identify aspects of the school that need to be improved, approve plans to achieve this and monitor progress to ensure all pupils are happy, safe and learning.

Our governors come from a range of backgrounds. We bring together a diverse set of skills and experience to support the school.

Governors meet together seven times a year and spend time in school to monitor progress around specific areas between meetings.

### What do we look for in our governors?

We are seeking individuals that:

- Have the confidence to ask questions and contribute to discussions;
- Work well with others, listen and make informed judgements;
- Have time, energy and enthusiasm to contribute to the school.

### What will governance give you?

Governors are volunteers. We are motivated by a shared commitment to support the school and its broader community.

As a governor you will have access to a range of specialist training to support you to understand how schools operate and how to execute your governance role effectively.

## TO FIND OUT MORE CONTACT

Rebecca Huxley - Co-Chair of Governors

[wocps.recruitment@gmail.com](mailto:wocps.recruitment@gmail.com)

Visit our website

<https://westoxfordschool.co.uk/>

## 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](http://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 22 May 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](mailto:westsidestories@woca.org.uk)

Would you like to help in some other way?

Contact [info@woca.org.uk](mailto:info@woca.org.uk) for more info.

## Coronavirus

Have you seen this great idea? Feel free to cut out and keep, and we have a stock at the centre too if you need more!

**HELLO!** If you are self-isolating, I can help.

My name is .....

I live locally at .....

My phone number is .....

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**

If you would like to be part of a wider community effort to help others through the crisis, please sign up to the Oxford Hub, who are coordinating things, at:

<https://www.oxfordhub.org/oxford-together>

For up to date information on the infection please check the NHS website: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

## BRIAN FRENCH

**General Building Services  
Painting - Decorating  
Free Estimates**

**Contact: 07957 315303**

## Tree Planting Day at Oatlands Park



On Saturday 14th March Low Carbon West Oxford had planned a tree planting day at Oatlands park.

Unfortunately, due to the flooding, Low Carbon West Oxford had to postpone their tree planting day for now. They're hoping to go ahead again in Autumn so keep an eye out for dates!

## Your Local Democratic Representatives

Your city councillors are:

**Colin Cook**, 12 Riverside Rd OX2 0HU

Email [cllrccook@oxford.gov.uk](mailto:cllrccook@oxford.gov.uk)

☎ 721844

**Susanna Pressel**, 7 Rawlinson Rd OX2 6UE

Email [cllrspresel@oxford.gov.uk](mailto:cllrspresel@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](mailto:layla.moran.mp@parliament.uk)