



NEWSLETTER



Number 62: July 2016

W.O.C.A. invites everyone to

West Oxford Fun Day

Sat 9th July
1-5pm
Botley Park

Entry £1
Children free

Come to the
CARNIVAL

CARNIVAL FANCY DRESS AND PROCESSION ★ CIRCUS SKILLS ★
BUBBLES ★ DOG SHOW ★
STALLS ★ BAR ★ GOOD FOOD ★
AND MORE OF THE USUAL MAYHEM...

With Live Music including:
KNIGHTS OF MENTIS ★ BOTLEY CRÛE
JUBILEE BRASS BAND ★ LEIDEN MARCHING BAND

supported by
www.oxford.gov.uk

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 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 who are an accountancy practice specialising in services for the not-for-profit sector. They look after our day-to-day bookkeeping, run the payroll, and prepare the yearend accounts. The treasurer would work with SPX and Keith Bernie, the centre manager, to make decisions and plan for the future. If you think you could help, or for more information, please contact us.

☎ Keith on 01865 245761

Email westoxfordcc@gmail.com

WOT'S ON AT WOCC...



Weekly Updates on display in the Community Centre
Monthly Updates on community notice boards
by 'The Organic Deli' and 'Cartridge World'



THE TUMBLING BAY CAFE

Now Open
9.00 – 5.00
Tuesday - Friday
9.00 - 4.00 Saturday
Closed Sunday & Monday

West Oxford? Self Employed?

Do you work from home?

Would you like to meet up with similar people for a coffee morning once a week?

Wednesdays 10.30am Tumbling Bay Cafe -
Coffee morning for people who work from home
(WOSE)

Table Tennis Club

The new table tennis club is up and running now, every Friday evening from 7.30pm. Come along and have a go if you would like to try.

News from our 'Let's Sing!' Group (Wednesdays 2.00pm)

This spring members of the Let's Sing group took part in a world premier of The Voyage, a new choral piece by Bob Chilcott which was commissioned by Oxfordshire Age UK to highlight the Campaign To End Loneliness.

They joined a sixty-strong choir of people from four community singing groups to perform at The Sheldonian Theatre with the composer conducting. Most of the group had never sung in a choir before so it was a thrilling experience. After much hard work and a lot of fun everyone involved felt very proud of their achievement and were very moved by the beautiful and accessible music that had been written for them.

"I cannot thank you enough for introducing me to the joy of singing" one participant said. "You inspired us to believe that we could do it!"

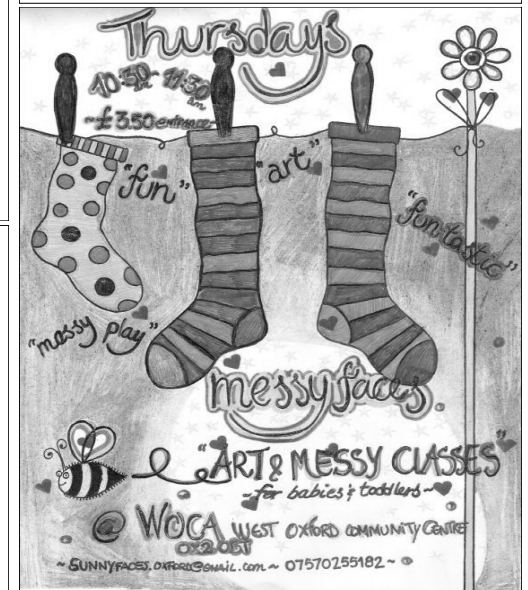
Let's Sing's leader, Emily would encourage anyone to give Wednesday afternoons a try especially as research in Oxford is beginning to prove how singing together with others promotes health and happiness in so many ways.

Toilet Twinning Update!

Thanks to Centre Users' generosity (and continued use of our fine facilities!) we are less than £5 away from sponsoring a fourth toilet!

These toilets will provide some of the poorest people on the planet with a decent toilet, clean water, and information they need to stay healthy. It's the key to helping whole communities break free of the poverty trap.

Please carry on spending a penny at the community centre and donate so that we can twin with even more loos!



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 westoxfordcc@gmail.com
☎ Call in! Office usually open Monday - Friday, 1.30 - 6.30 (except Wednesdays)
Website www.woca.org.uk

A Room with a View

Do you need a room with a view? But a view to what? Holding a meeting, having a party, forming a club, conducting interviews? Here at WOCC, there are rooms that can cater for groups of up to 200 people.

- **Hall.** Our hall holds up to 200 people. It can be used for a wide range of activities such as large meetings, parties, dances, indoor sports, exercise classes.
- **Mary Town Room.** The Mary Town Room can hold up to 40 people. It is an ideal room for small gatherings such as meetings, parties, classes, interviews
- **Meeting Rooms.** The meeting rooms can cater for groups of about 12 people. They are ideal for small meetings, interviews, classes.
- **Cafe.** During the evenings, and on Mondays and Sundays when the cafe is closed, the room is available for hire. It is perfect for meetings, clubs, talks and informal gatherings. It is also possible to use some of the kitchen facilities for food and drink preparation

The centre itself has disabled access to all rooms and facilities. There is a cafe that is open to the public. Private catering is also available on request. If you prefer to prepare your own food to bring along, that is also possible. Other facilities available to hirers include:

- free parking
- free WiFi throughout the centre
- projector and screens
- tables and chairs
- flip charts
- piano

So, if you are looking for a room with a view to doing something new, why not try doing it in a room at WOCC. Rooms can be booked for just one hour and prices start from as little as £8.75 per hour.

What have you got to lose? Contact us on 01865 245761, or email westoxfordcc@gmail.com

Barefoot Dancing

Come along and try Movement Meditation on Wednesdays at 8pm, term time
Multiple mind-body benefits to refresh mid-week.

Evening Pilates Class

The class consists of a series of exercises to lengthen and strengthen muscle groups throughout the body, with a particular focus on the deep muscles supporting the spine and major joints.

No experience required.

All ages (16+).

£7.50 per class (£6.50 conc) /£40 for block of 6 (£35 conc)

Class begins at 8.30pm starting 27 June

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

Can you help?



Sponsorship/Advertising 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 place an ad in the programme for the Fun Day?

Have you got news for us? Our Autumn Issue deadline is Friday 9 September 2016. Leave copy at the Centre, email, or send via the WOCA website.

If you would like more information, please contact westoxfordcc@googlemail.com.



West Oxford Beer Festival

West Oxford Community Centre
Saturday, June 18,
7pm

Tickets cost
five pounds.

We may have a small number of tickets on the door, but we strongly recommend you get them in advance through:

- Country Grains, Oxford Wine or Pearce Alder
- Emailing tickets@wobfest.co.uk
- A message on our Facebook page

West Oxford Film Club?



There has been a lot of interest recently in setting up a Film Club at the Community Centre, particularly after May's very successful screening of Harold Lloyd's 'The Freshman' with live piano soundtrack.

If you would be interested in getting involved in helping to run a film club, contact us at the Centre office - details at the bottom of the page opposite).

Friday lunch time self defence sessions

Males and females
welcome

First session free

kravmagaoxford@gmail.com

07789 021935

Facebook: Krav Maga Oxford
W:www.krav-maga-oxford.co.uk

Twitter: @km_Oxford

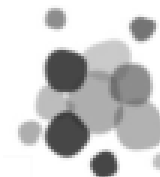
Instagram: Krav_Maga_Oxford

linkedin: Krav Maga Oxford & Reading

Summer is on its Way
with

The Oxford Community Health Hub

Affordable, high quality treatments for the local community



Astronomical spring began on March 20th and will end on 19th June. So, we will soon be in the throes of summer! What will the change of seasons bring for you?

If you're in need of invigorating treatments, relaxing massage or help with health issues, both physical and emotional, have a look at the treatments we offer at the Health Hub and take your pick:

TREATMENTS

Acupuncture with Jenny and Heather www.acupunctureoxford.org

Ayurvedic Massage with Laura 07532030969

Chiropractic Treatments with Annabel 07970 967774

Cognitive Behaviour Therapy with Esther 07774 687872

Hot Stone, Swedish & Aromatherapy Massage with Michelle 07714 272210

Mindfulness based Psychotherapy and Spiritual Mentoring with Ally 07968 691870

Psychotherapy and Counselling with Cate 07790020901

Psychodynamic Counselling with Nigel 07745 951164

Reflexology with Michelle on 07714 272210

From July 2016 onward we will also be offering:

Homeopathy
Facial Reflexology

Look forward to summer with an article on *Pitta Dosha* (which controls digestion, metabolism and energy production) on the Health Hub's Practitioner's Blog. See also the article on the *Wood Element in Chinese Medicine*, especially if you missed it in the last edition of the Newsletter.

WE WILL BE AT THE WOCA FUN DAY SO COME AND FIND US AND SAY HELLO!

TASTER SESSIONS IN JULY

See our website, leaflets and our stall at the WOCA Fun Day for information

You can visit our website at:

www.healthhuboxford.org.uk

Moon Sequence and Yoga Nidra

This summer, Laura's putting her Ayurvedic oils to one side, stepping out of the Health Hub therapy room and into Mary Town Room at the West Oxford Community Centre to offer a series of yoga sessions. Laura has been teaching in Oxford for two years, focusing predominantly on the sharing of the **Moon Sequence**. Laura came across the Moon Sequence at a workshop with Matthew Sweeney in Oxford five years ago, and was so deeply moved and inspired by the nurturing and meditative approach of Matthew's teaching and the sequence itself, that shortly afterwards she packed up her things, followed him to Thailand and has been a dedicated and committed student ever since. Currently the only qualified Moon Sequence teacher in the UK, Laura feels that this unique practice not only offers balance and rejuvenation to mind and body in a nurturing space, but facilitates the development of subtle awareness and the foundations of a self-practice. She is really excited about this opportunity to share her experiences with the West Oxford Community.

Laura will also be offering classes in **Yoga Nidra**, or "conscious sleep". A form of guided meditation, by which complete physical, mental and emotional relaxation is experienced as the practitioner's awareness is drawn to different sensations in the body. Through this process blockages and hidden tensions are released and the practitioner is given the opportunity to plant a positive resolve, or sankalpa, in their subconscious promoting a stillness of mind and sense of inner peace.

Sunday 26th June - 9-10.30 am Moon Sequence (£10)

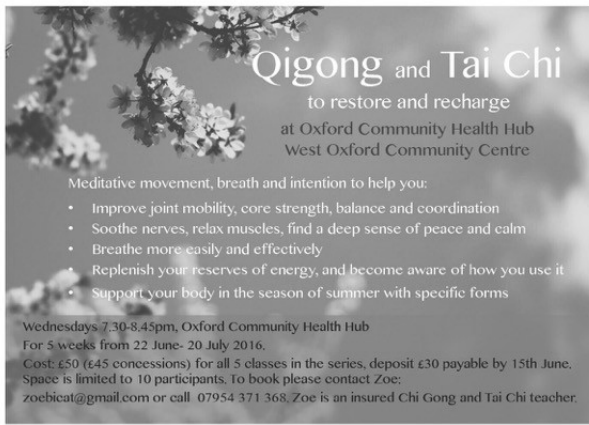
Sunday 3rd July - 9-10 am - Yoga Nidra (£7)

Sunday 17th July - 9-10 am - Yoga Nidra (£7)

Wednesday 20th July - 9-10.30 am - Moon Sequence (£10)

For further details please check out Laura's website: www.ayurvedacorner.co.uk, or contact her directly - laura@ayurvedacorner.co.uk





Qigong and Tai Chi

to restore and recharge
at Oxford Community Health Hub
West Oxford Community Centre

Meditative movement, breath and intention to help you:

- Improve joint mobility, core strength, balance and coordination
- Soothe nerves, relax muscles, find a deep sense of peace and calm
- Breathe more easily and effectively
- Replenish your reserves of energy, and become aware of how you use it
- Support your body in the season of summer with specific forms

Wednesdays 7.30-8.45pm, Oxford Community Health Hub
For 5 weeks from 22 June- 20 July 2016.
Cost: £50 (£45 concessions) for all 5 classes in the series, deposit £30 payable by 15th June.
Space is limited to 10 participants. To book please contact Zoe:
zoebical@gmail.com or call 07954 371 368. Zoe is an insured Chi Gong and Tai Chi teacher.

Get yourself ready for the holidays with Michelle's top tips for reducing stress.



Stress - what is it? Stress is when we feel under too much mental or emotional pressure. You may have physical symptoms like stiff, tense muscles or even problems with sleeping. Why and how does stress affect us? Physical signs such as tiredness, headaches or an upset stomach could be an early sign of stress. This could be because when we feel stressed, our bodies release hormones called cortisol and adrenaline. This is the body's automatic response to a threat, sometimes called the 'fight or flight' response. If you're often stressed then you're may be producing high levels of these hormones, which can make you feel physically unwell.

Some of the ways to help reduce stress include:

1. Talking therapies. This is one of the best ways of managing stress and Cognitive Behavioural Therapy, known as CBT, is widely used by the NHS. The Oxford Community Health Hub has a number of therapists offering therapies such as CBT, Psychotherapy and Counselling.
 2. Stay hydrated. Our bodies are between 60–80% water - or should be, just 2% dehydration will affect our health. Not having enough clean water can in my opinion be one of the biggest stresses on the body. If dehydration causes stress this will then cause more dehydration which causes more stress.
 3. Hands-on therapies. Therapies like massage and aromatherapy can help to relieve stress, especially in the short term. They are good for physical symptoms of stress like headaches, tension and stiffness. At the Oxford Community Health Hub, I offer both Swedish Massage and Aromatherapy Massage. At the Health Hub there is also a therapist that offers Ayurvedic Massage.
 4. Exercise. There is a lot of evidence that exercise is a good way of relieving stress. Almost any form of exercise helps because it relieves physical tension and releases endorphins, 'feel-good' brain chemicals. Gentle forms of exercise such as yoga and tai chi, are particularly effective. Laughter Yoga is also good for relieving physical and mental tension. The Oxford Laughter Club recently held a laughter session at WOCA, hopefully they will bring their laughter back soon.
 5. Good Quality Sleep. We spend nearly third of our lives in bed, but most of us toss and turn all night and get up still feeling fatigued. We need a certain environment to sleep effectively, improve your sleep and you will improve your health.
- Michelle Hopkins is a Therapist with over 20 years of experience in massage therapy. Alongside her work as a holistic practitioner at her Carterton practice, she has also served in the Royal Air Force for 16 years. She is experienced at treating a variety of conditions, which affect both mind and body. She is available for treatments at the Oxford Community Health Hub on Fridays. She can be contacted either by email michellejhopkins@outlook.com or 07714 27210

WOCA COMMITTEE

Chair: Rebecca Huxley

Trustees: Matt Bird, Martin Bourne, Anne Ciliverd, Vicky Hirsch, Rebecca Huxley, Gayle Lonergan, Jim McMahon, Geoff Morgan, 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!

Try Your Friendly Neighbourhood Bowls Club!

West Oxford Bowls Club meets between 1st May and 30th September every Monday evening 6.30pm to 9.00pm and Wednesday afternoon between 1.30pm and 4.00pm.

The Club has its own club house and bar and runs a full calendar of events, competitions and social activities. Bowls is an easy game to play yet difficult to master. New players are always welcome, equipment and coaching can be provided. Why not give it a try! **Come and Say Hello at the Fun Day!**

The Club is situated in Botley Park behind West Oxford Community Centre.

For more information, contact Alan Blackburn: (01865) 436277 or 373559 Email: aaanblackburn@gmail.com

Ladies, Get Ready to Ride

Thursday 16 June 2016
5.45pm - 8.30pm. Free.

Would you like to get out on your bike on friendly social rides in and around Oxford?

WOCA based yoga teacher Lucy Tennyson is joining forces with Isis CTC Women Cyclists to offer a cycle taster session as part of an evening of bike-related activities in Botley Park, Oxford (next to West Oxford Community Centre)

All women are welcome, especially anyone new to cycling, nervous of the traffic, or pedalling out of the city on their own. The event is part of national Bike Week.

Come and meet members of Isis women cyclists - we are offering three sessions:

- Stretching and yoga to help you get in shape
- A short on-road session on safe cycling and good road positioning
- How to adjust your saddle height and reach to suit your height

Find out more on my website - www.lucytennyson.com

We'll end with an optional short ride to a pub on the river (bring lights). We aren't taking bookings, but if you would like to reserve a 'mat space' in which I will put out a yoga mat for you at the start, please send an email with your name, address and mobile number to:

yoga@lucytennyson.com

Superb South Indian Fairly Traded Black Peppercorns at an amazing price!

This outstanding pepper is grown to organic standards in the Wynad Hills, in Kerala, South India, an area with an established reputation for producing fine quality pepper. The corns are hand-picked only once they are ripe, unlike most harvesting systems which simply pick every corn at one go.

I don't make any money out of selling the pepper, my involvement is simple and two-fold: I want other people to enjoy this wonderful pepper and I want to help secure the livelihoods of those who depend on the pepper. Pepper and other third world crops are very susceptible to fluctuations in the global markets, and many people's livelihoods depend on this pepper crop. The plantation employs some 90 locals (mainly tribal people who remain at the bottom of the caste system). And those employees in turn feed and support some 400 dependants between them.

Vacuum packed with a shelf life of 3+ years.

It costs only £2.50 for a 75g packet

Available from Anne James

**26, Barrett St, New Osney, Oxford OX2 0AT
01865 725906 riverbank26@tiscali.co.uk**



Neighbourhood Watch Coordinators Get Together

We were pleased to host an informal evening meeting at St Aldates on 28th April where coordinators met members of the team and each other to discuss how their watches operate. Good ideas were exchanged and we hope that there will be more meetings of this kind in the future. If you are interested in becoming a member of a Neighbourhood Watch please email michelle.beahan@thamesvalley.pnn.police.uk or call 01865 335133.

Summer Burglary

Although there has been a decrease in residential burglary in the neighbourhood, now that the weather is brightening up and the sun is shining people can become complacent when it comes to home security. The most common cases of opportunist summer burglary involve offenders that:

- Enter an insecure front door while residents are in the back garden
- Enter doors that are closed but unlocked at night while residents are asleep
- Reach through windows to take valuable items

In around 25 percent of break-ins that take place in the spring and summer months, entry is gained through insecure windows and doors, especially at the rear of the property. Please take sensible precautions.

Contact Us: If you want any advice or would like to contact the Neighbourhood team you can call us on the **police non-emergency number 101** but if your call is an emergency then dial **999**.

You can also contact us via email: OxfordCentralNHPT@thamesvalley.pnn.police.uk – please note this email address cannot be used to record crimes or for urgent matters.

News from Your Local Councillor

Bainton Bikes are now operating a cycle hire scheme from the Oxford Rail Station. The system is wonderful in its simplicity: it does not need a docking station or any other infrastructure but instead depends on GPS tracking to know when you are at a hub. More information from <http://www.baintonbikes.com/>

There is now a tattoo parlour in Botley Road. I have had one or two complaints about it. If you have views, please let me know.

Susanna Pressel

BRIAN FRENCH

General Building Services
Painting - Decorating
Free Estimates

Contact: 07957 315303

St Frideswide's with Binsey

Regular Services

St Frideswide's, Sundays 10.30am - Sung Eucharist
www.stfrideswideschurch.org.uk ☎ 242345

St Margaret's, Binsey www.binseystmargaret.org.uk
9am Eucharist; 4.30pm Evensong on the fourth
Sunday of the month during BST

We were pleased to welcome visitors and residents to the St.Frideswide Open Day in May. Our plans to make the church more accessible are bearing fruit as people came into the church commenting that they had never had the opportunity to visit before. It was good to let residents know about our dual role: helping people as they practice and develop their faith, and providing a focal point and hub for the wider community through events and concerts.

During the Open Day we introduced visitors to the new strewing area and this was very well received. If you would like to find out more about laying loved ones to rest at St. Frideswide please contact Rev Clare Sykes 01865 242345.

We would also like to extend our heartfelt thanks to everyone for responding to our request for help in raising funds to maintain our Grade 11* listed church.

The Community Choir Spectacular in April was a big success and it was lovely to see the church bulging at the seams with 150 people joining us to celebrate the Queen's

Birthday. All the choirs made the best use of our fantastic acoustics to raise the roof and give everyone a hugely enjoyable and moving evening. Sarah Lister, the St. Frideswide Musical Director, did a fantastic job pulling this complex event together and worked with all the choirs to produce a massed finale of Zadok the Priest. All the choirs were wonderful, but there must be a special mention for Vox Vox, who use our space for rehearsals; they performed a fun and touching medley from the musical *The Little Shop of Horrors*. Through your generosity we raised £485 for our nominated charity Homestart Oxford and Bicester.

Concert Programme

The St Frideswide Concert Programme has been updated to include a Gilbert and Sullivan concert. The concert includes the one act comic opera *Cox and Box* about a rogue landlord who rents the same room to two unsuspecting lodgers who gradually become aware of the others existence. Could never happen in Oxford!

June 30 th	Radcliffe Piano Trio
July 28 th	Helen Atkinson (Lute / Soprano)
August 19 th	Gilbert and Sullivan (performing Cox and Box)
Sept 29 th	David Mears (clarinet)
Oct 27 th	performance to be confirmed
Nov 25 th	Tango (flute, cello, guitar)

W: www.osneybenefice.org

E: osneybenefice@outlook.com P: 07765175164

F: www.facebook.com/St.FrideswideOxford

News from Hogacre Common - Oxford's Community Eco Park



The Café at Hogacre Common has opened again for the summer. This year the café is being run by Tara, Carla and Edi and serves tasty vegetarian and vegan food and a selection of drinks and cakes. The café is open on Sundays, from 1.00 – 6.00PM (cash only).

The menu changes weekly depending on what is available locally and is posted on the Hogacre Café Facebook page. Have a look at the tasty offerings available. The Facebook page also has details of special events at the café – starting with Nick Cope who will be performing at the café on Father's Day.

And if you've eaten a bit too much cake you could always work off a few calories by helping out in the Oxbow community garden next to the café.

The Research Cooperative

an international NPO and online network for academic, scientific and technical authors, editors, translators, publishers and others; all topics, countries and languages. Free membership. See:

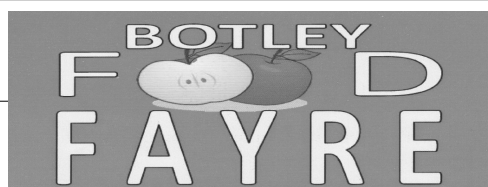


www.researchcooperative.org

Allotment news

Twenty Pound Meadow will be holding the annual end-of-season party on Sunday, August 28. Further details will be posted nearer the time on the noticeboard.

Allotment Committee



How about volunteering to help at our community event this September? On Saturday 17th September St Peter & St Paul's Church, Botley are holding the first ever BOTLEY FOOD FAYRE.

It will be a fantastic day out. We have a variety of stall-holders selling artisan food as well as hot street food. The emphasis is on locally sourced produce. There will be entertainment for children and music. There are horticultural and baking competitions as well (schedules will be available locally from July)!

We need fifty volunteers to help set up on Friday 16th and as marshals on Saturday 17th. If you can help, please contact me: Dianne Cockburn on 01865 247282 or diannecockburn@yahoo.co.uk

Are you a Botley or West Oxford landlord?
We are your local agent
Come in for a cup of tea and to find out what we can offer you.

FindersKeepers™

01865 297999
centraloxford@finderskeepers.co.uk

COME AND SING WITH THE CUMNOR CHORAL SOCIETY

We are a friendly local choir (this is our 57th year) and perform a wide range of choral works. We rehearse on Friday evenings (Autumn and Spring term times) in Botley.

We really want to increase our membership so we can take on more musical challenges and extend our repertoire. So, please come along and see if you would like to join. We will be starting to sing again in the Autumn and are planning to tackle Handel's Messiah!

No Auditions. All welcome.

Contact: Marion Owen 01235 533726

Webpage – cumnorchoralsociety.wordpress.com

Oxford Flood Alleviation Scheme announcement of the route option

The preferred route option for the flood alleviation scheme is being finalised following the public consultation earlier this year, and will be announced at an event on 28 June:

**2-8pm, Tuesday 28 June,
Assembly Room Oxford Town Hall**

Details of the route and scheme will also be put online that day and sent out via social media. Keep up to date with progress on the scheme at: www.facebook.com/oxfordscheme/ and follow @BarryRussellEA on Twitter.

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 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 **Nicola Blackwood**:

House of Commons, Westminster, London, SW1A 0AA Email nicola.blackwood.mp@parliament.uk
☎ 0207 219 7126 She also holds occasional surgeries at the Community Centre.



Your concerns

In the community survey we carried out last Autumn the majority of you who responded told us that the main difficulties you face living in West Oxford are:

Traffic, Flooding or risk of flooding and Air Pollution.

You said that the volume of traffic and the congestion made it unattractive for all cyclists but especially children and older people, and the inadequate and badly-surfaced cycle lanes made it dangerous.

Every breath we take

Air pollution is mainly a result of car emissions. Its harmful impacts on health are known. The Royal College of Physicians recently published a report, 'Every breath we take' which concluded that: exposure to air pollution as an unborn baby or young child can have a long-lasting negative



effect on his/her health; and 40,000 deaths annually in the UK are likely to be attributable to air pollution. The report calls on us all to take action to address air pollution. You can read the report on our website:

www.lcwo.org.uk

How clean is our air?

Oxford City Council monitored air pollution in Botley Road last year. Average figures for the year will be available soon. LCWO took its own measurements at four sites for two months last Autumn to get a snapshot of the level of air pollution. It was below the legal limit set by the EU, but at one site it was only just below the limit, suggesting the need for further investigation. We'll follow this up with the city and county councils. We also plan to support Friends of the Earth's air quality campaign and call for clean air. For more information please visit our website: www.lcwo.org.uk

What can we do to reduce air pollution?

Combating climate change and improving our health are closely linked. Action taken on reducing carbon emissions will help reduce air pollution and have a positive effect on health. As individuals we can all play our part. The following suggestions are adapted from 'Every breath we take'. We can:

- learn more about air quality and keep ourselves informed
- try taking the bus and train, or walking or cycling eg for short journeys
- buy or lease an electric car if appropriate
- make our home as energy efficient as possible
- keep our gas appliances and solid fuel burners in good repair
- ask our city and county councils to take action such as to improve cycle lanes and reduce the number of commuter journeys along Botley Road into the city
- ensure the government fulfils the pledges made at the Paris Climate Change talks

As individuals taking action together and insisting on action by local councils and national governments, we can achieve a significant reduction in air pollution and improve our health.



LCWO volunteers show that cycling is smarter, quicker, cheaper, greener, happier and healthier!

Please like us on Facebook: www.facebook.com/Low Carbon West Oxford and follow us on Twitter: @Low_Carbon_West. Contact us at info@lcwo.org.uk or on 07531 500955 and visit our website at www.lcwo.org.uk

Home energy projects

- In our community survey nearly 60% of you who responded said that you would like advice and practical support to reduce your carbon footprint and 64% said you would find a **street-by-street or neighbourhood initiative** to insulate homes 'quite or very helpful.'
- We are continuing to seek funding to run our pilot project to offer **energy efficiency advice from experts and practical support to local residents** in their home, on a street-by-street basis.

Pop up green events across Oxford

- **Low Carbon Oxford Week**, 11-19th June, has activities for everyone, to inspire you to cut your carbon emissions, cut fuel bills, get fitter & improve air quality. Here are just 2:
- test drive an electric car, 19th June, Magdalen College School.
- Pick up ideas to cut food waste & a few freebies, sign up to the 'Pledge for Veg' & find out about LCWO's plans, 17th June, by Waitrose entrance.

For details about all events go to: <http://lcoweek.org/events/>

Flood prevention

- Find out the preferred route for the **Oxford Flood Alleviation Scheme** at a drop-in event on 28th June at the Town Hall: www.facebook.com/oxfordscheme

Recent rainfall good for Osney hydro

The first full year of generation at Osney Lock Hydro (OLH) came to a close in May with a total of 143,365 kWh of green electricity generated, equivalent to the power used by more than 40 average households. Generation from hydro fluctuates significantly year on year in response to local river conditions and this was taken into account by the OLH team when they worked out their expected generation targets.



In the 8 weeks since 1st April 2016 OLH generated over 50,000kWh, more than a quarter of their annual target. As we move into summer, generation is expected to slow down as river flow drops, then pick up again in the Autumn as we approach the main generating period. For more about the project and the latest generation figures please visit: www.osneylockhydro.org.uk

The future is community energy

The Low Carbon Hub (the Hub) is a social enterprise working for a big change in the UK's energy system. They currently have 25 renewable energy projects in operation, all owned by the community. They have just launched a share offer to raise funds to build a hydro scheme at Sandford and install solar panels on the roofs of 18 schools and businesses across Oxfordshire. The Hub's surpluses are put into further community-owned renewable energy projects and activities to reduce carbon emissions, fuel poverty and energy demand in the county.



If you have £250 or more to invest please visit www.lowcarbonhub.org Offer closes 11th July. You can help shape our local energy system whilst earning a good financial return. Be part of the community energy future – it's one way to make a difference locally on a global issue.