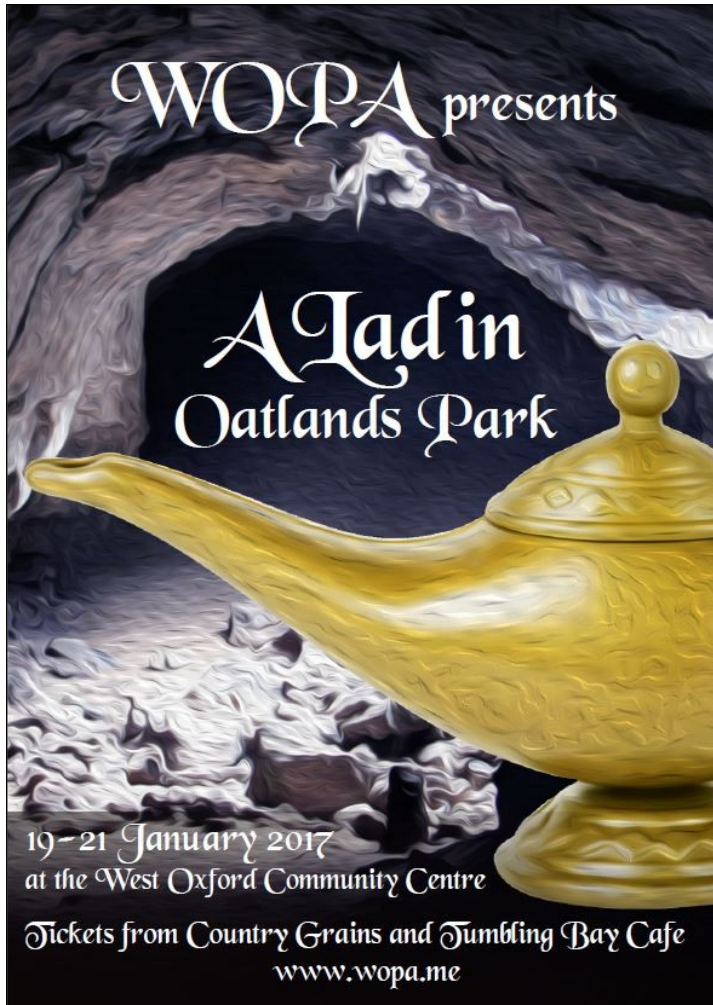




NEWSLETTER



Number 64: December 2016



WOCA presents

A Lad in Oatlands Park

19-21 January 2017
at the West Oxford Community Centre

Tickets from Country Grains and Tumbling Bay Cafe
www.wopa.me



WoxVox
West Oxford's Community Choir

Christmas Sing-A-Long!



with special guests: **The Botley Brass Bandits!**

Sunday 18th December, 2-4pm.
at West Oxford Community Centre.
Everyone welcome. Free admission.

We will be holding a monetary collection in support of:



With thanks to our event supporter:



Tumbling Bay Cafe is Open!

Hi everyone,

We're very pleased to say that the Tumbling Bay Café is open again! By the time this Newsletter reaches your homes our great La Marzocco coffee machine will be up and running, ready to brew freshly ground Columbian coffee and macerate a good selection of loose-leaf teas. To accompany your coffee or tea, we're offering a wide range of home-made cakes and other goodies. If you feel hungry we are serving food too. A few classics, such as bacon brioche bun or beef goulash, will always be on the menu but the other dishes will be changing regularly.

What else could we say? Well, maybe that we are really looking forward to seeing you all in the Café... and also big THANKS to all the people who came along on the opening Sunday.... and to the WOCA committee for having us here... and to Keith for his constant support... and to Victor for redecorating the whole place... to our parents and everyone else who's been supporting us on this journey. We can all assure you we'll do our best! See you soon, Vladimira & Tom

Opening hours: Monday - Friday 7.30am - 6.00pm
Saturday - Sunday 9.00am - 6.00pm

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'

Do you work from home?

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

Wednesdays 10.30am

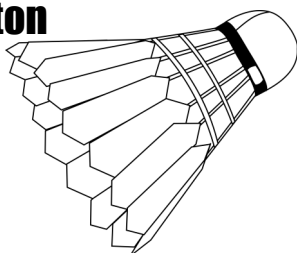
Tumbling Bay Cafe

– Coffee morning for West Oxford freelancers, self-employed and people who work from home

You can also join the Facebook Group by searching for "West Oxford Freelancers".

Badminton

Would you like to play badminton at the West Oxford Community Centre?
For more information write to wocabad@gmail.com.



Toilet Twinning Update!

Thanks to Centre Users' generosity (and continued use of our facilities) we now have enough money to sponsor five toilets, and are well on our way to having enough for a sixth. Thanks to all who have helped.



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

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

We are planning for the future, so
WOCA NEEDS YOUR IDEAS.

We are always trying to improve the facilities at WOCC and find out more about what WOCA members want.

Come to WOCA for a chat.
We provide FREE coffee, you just bring yourself.

????????



Tuesday 6th December 2016
9.00 - 10.00 am

...or if you don't have time to join us then, please have a go at filling out the form on the opposite page, and returning it to the centre.

WE REALLY VALUE YOUR VIEWS!

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

WOCA Questionnaire

YOUR COMMUNITY CENTRE

How do you currently use it – if at all?

What would you like to do?

We already have many activities and things going on at the centre. Is there anything else you would like to see happening?

What stops you making use of the Centre?

Are there any barriers that make it hard for you to do things here?

Why not become a member of WOCA?

If you are not already a WOCA member, would you like to know more about being one, and about our activities and events? If so, please leave your contact details below:

NAME

ADDRESS

PHONE NUMBER

EMAIL

This data will only be used in accordance with the Data Protection Act 1998.

The Oxford Community Health Hub

Affordable, high quality treatments for the local community

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 www.acupunctureoxford.org

Ayurvedic Massage with Laura 07532 030969

Coaching and Counselling with Susie 07765 587012

Chiropractic Treatments with Annabel 07970 967774

Cognitive Behaviour Therapy with Esther 07774 687872

Homeopathy and Facial Reflexology with Lizzie 07780 542068

Hot Stone, Swedish & Aromatherapy Massage with Michelle 07714 272210

Integrative Counselling with Sally 07472 739687

Psychotherapy and Counselling with Cate 07790 020901

Psychodynamic Counselling with Nigel 07745 951164

Reflexology with Michelle on 07714 272210

Reiki Healing with Asia 0759 652 9484

You can visit our website at:

www.healthhuboxford.org.uk

New Reiki Practitioner at the Health Hub

My name is Asia and I am very pleased to be joining The Health Hub as a Reiki Master Practitioner.

I believe that we all have the ability to live our lives truly and make ourselves happy, sometimes we just need a little help, a little boost which you may experience during/after the Reiki session. I believe that when our minds and bodies are truly calm and relaxed we feel more connected to our true selves, we can hear our own intuitive voice, we make better choices and we experience life more, and as it is.

I have obtained all three levels at a renowned Oxford Reiki training centre and have a Reiki lineage that connects me to the founder, Mikao Usui. I am a professional member of UK Reiki Federation and I am committed to work with their ethical principles of Code of Ethics & Standards of Practice. I am fully insured to practice, I uphold the highest work ethics and I am obligated to respect your confidentiality.



Reiki is a gentle but very powerful healing process which is believed to restore balance and reinforce the body's natural ability to heal itself at mental, physical, spiritual and emotional levels.

I am an art lover and a traveller who admires spending time in nature. One of my biggest passions in life is also women's empowerment. I work at a local charity supporting women who've experienced rape and sexual abuse, where we work together towards ending violence against women and girls.

I look forward to meeting you soon. Please feel free to get in touch if you would like to find out more about Reiki or my practice.

Changing Direction

If you're facing a difficult decision, feeling uncertain about the future, or struggling with stress at work, coaching could be what you're looking for. Coaching is a useful way of getting fresh insights, or exploring different options.

Susie Pye, a coach and counsellor, has joined the Oxford Community Health Hub here at WOCA. This means that for the first time coaching has been added to the list of therapies and treatments on offer.



Susie often works with people going through transitions such as career change, or retirement. She is also a counsellor who has experience of working with people with a variety of problems. Her combination of counselling and coaching skills means that she can adapt her approach to each individual she works with.

Susie first worked as a coach during her career in local government, before doing advanced training as a coach and counsellor with TAWorks in Oxford. She is a volunteer counsellor with PlainTalking, in East Oxford, and works part-time at the mental health charity Restore, coaching people who have experienced mental health problems who want to return to employment.

Susie will be working on Tuesdays at The Oxford Community Health Hub here in West Oxford Community Centre. If you would like to find out more, or book an initial consultation, please contact her through the enquiry form on the website or call her on 07765 587012

BRIILLIANT LED's

In 2014, WOCA commissioned an 'Energy Audit' of the Community Centre by the EiE (the Environmental Information Exchange, a not-for-profit unit based at Oxford Brookes University), to see if there were ways that we could save on both our use of energy and our utility bills.

EiE came up with a really useful list of recommendations, and we have been implementing these over the last couple of years. One of the main tasks was to replace the existing lighting with much more efficient and durable LED lighting. So far, thanks to grants from a number of organisations including Low Carbon West Oxford, Oxford City Council (Councillor Cook's ward member grant), West Oxford Pantomime Association, Waitrose Community Care, and a whopping £5,000 from the Trust for Oxfordshire's Environment (TOE2), we have successfully installed new lighting in the toilets, Mary Town Room, Office, and most recently the Main Hall.

This work, along with other improvements we have made, is already having an impact on both our electricity bills and our carbon footprint!

Jazz Brunch WOCA presents~
at West Oxford Community Centre
"Listen to a magical musical tour of the Jazz Age whilst enjoying a leisurely coffee and croissant!"

A new season of Jazz Brunches with Nick Gill

Feb 4th - Ragtime Revisited with Willie "The Lion" Smith
The Lion performs the great rags of Scott Joplin, sings the wonderfully corny songs of the ragtime age and shows how ragtime evolved into 1920's hot jazz.

Feb 25th - "Once in a Blue Moon - The great songs of Rogers and Hart."
The Oxford Classic Jazz trio with guest singer perform songs of the Jazz Age's most romantic songwriting team creators of melodies such as "My Heart Stood Still", "With a Song in my Heart" and of course "Blue Moon".

March 11th - tba

More details at www.woca.org.uk
Tickets will be available in the new year

Port Meadow's WW1 Aerodrome

The project to install a new memorial commemorating 17 young lives, lost in flying accidents associated with the WW1 pilot training aerodrome on Port Meadow, is progressing well.

Wolvercote resident Mike Gotch has designed the memorial, a tapered grey granite pillar with lighter granite setts at its base. It is proposed to site it within the former bathing area next to Port Meadow near the aerodrome site, accompanied by an information board fixed to existing fence railings.

A planning application was approved in November, which includes the removal of the former bathing hut concrete bases. A Common Land consent is now required, which might take until mid 2017.

The memorial will be inscribed with the names of all 17 airmen. They have an average age of 23, and originated from Australia, South Africa, USA and Canada as well as from across the UK. They were killed between March 1917 and November 1918 in 12 crashes.

Project Chair and Arthur Street resident, Peter Smith, "It's shocking to think of 17 fatalities on our doorstep during WW1, with the Meadow & Common being so tranquil now. It shows how dangerous flying was then. It feels right to commemorate these men, during this national WW1 commemoration period, who have travelled from around the world and the UK only to be unfortunately killed here. Fund raising is going well, with over £6,700 raised towards our target of £10,000 and the City Council has very helpfully provided assistance and advice."

Anyone wishing to donate can contact Peter on 01865 728883 or wolvercoteww1@btinternet.com



Blended photo showing mid-1918 aerodrome with current features (credit: Oxford Archaeology)

A change in the legal status for WOCA from 'Charity' to 'Charitable Incorporated Organization'

WOCA is a registered charity. This has many benefits particularly for receiving donations and tax exemptions. However, WOCA is not incorporated, which in extreme though unlikely circumstances, might expose the WOCA trustees to some legal liabilities.

To address this concern, and provide the same protection as for a limited company, the Charity Commission has introduced a new option — a 'charitable incorporated organization' (CIO). WOCA's trustees are proposing to take advantage of the protection provided by a CIO. Members of a CIO have a legal duty to exercise their powers in the way that they decide, in good faith, is most likely to further the purposes of the CIO.

Many organizations running community centres have already made this change. This proposal for WOCA will be put to a vote in the near future at an Extraordinary General Meeting. This will involve a vote to replace the existing organization with a new CIO with a correspondingly new constitution, based on a model one provided by the Charity Commission.

If this proposal is agreed at the EGM, the WOCA trustees would subsequently set a date for the changeover to take place.

If anyone is interested in reading the draft of the new constitution, please do contact the Community Centre office.

The perfect Stocking Filler is Para's Superb South Indian Fairly Traded Black Peppercorns

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

The pepper is vacuum packed in 75 gram (2.64 oz) presentation packs and has a shelf life of 3+ years A bag of pepper costs only £2.50.

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). Those employees feed and support some 400 dependants between them.

Anne James

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

St Frideswide's with Binsey

Regular Services

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

Which stories most remind you of the Christmas season? For many people it will be Charles Dickens' A Christmas Carol where we find the mean Mr. Scrooge transformed into a kind and generous character by the end of the tale. For Christians, Christmas is a celebration of the kindness of God coming among us in human form, in the baby Jesus. God is not distant, but close at hand.

Many people show kindness at Christmas by giving and this year St. Frideswide will be giving the collection from the Crib Service, 4.30pm on Christmas Eve to the local charity Home-Start, which is one of the leading family support charities in the UK. Home-Start volunteers help families with young children deal with the challenges they face. They support parents as they learn to cope, improve their confidence and build better lives for their children. Do join us for worship this Christmas. Details of our services are below.

Christmas services across the parish

St Frideswide, Osney

Advent Carol Service	4th December 6.00pm
Christmas Carol Concert (part of the concert series)	22nd December 7.30pm
Crib Service for children refreshments and mince pies served.	Christmas Eve 4.30pm
Collection in aid of Home-Start	
Christmas Day Service	25th December 10.30am

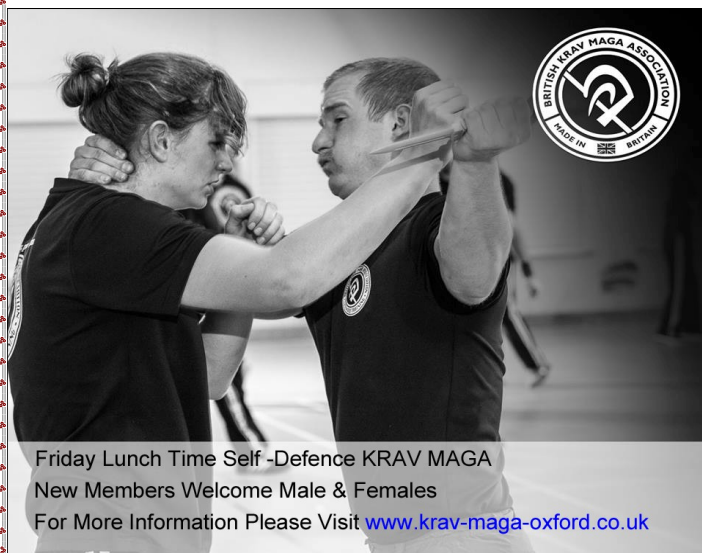
St Margaret of Antioch, Binsey

Carols by Candlelight	18th December 3.30 pm
Christmas Day Service	25th December 9.00 am

W: www.osneybenefice.org

E: osneybenefice@outlook.com P: 07765175164

F: www.facebook.com/St.FrideswideOxford



Friday Lunch Time Self-Defence KRAV MAGA

New Members Welcome Male & Females

For More Information Please Visit www.krav-maga-oxford.co.uk

WOCA COMMITTEE

Chair: Rebecca Huxley

Trustees: Matt Bird, Martin Bourne, Anne Clilverd, Vicky Hirsch, Rebecca Huxley, Jack Langley, 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!

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



BRIAN FRENCH

General Building Services
Painting - Decorating
Free Estimates

Contact: 07957 315303

Can you help?

Have you got news for us?

Our Spring Issue deadline is Friday 17 March 2017.



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?

Ferry Hinksey Road Parking

The City Council has had various complaints over the years about the state of the small car park off Ferry Hinksey Road (which is intended for users of the park, not the commuters who seem often to park there). As a result the Council is thinking of improving the surface of the car park. To cover the cost of this work, it would probably need to become pay-and-display. Please tell Susanna if you have views on this proposal.

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

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 **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.

The first six months of 2016 have been the warmest half-year on record. These record temperatures, shocking as they have been, are what climate scientists expected and they haven't affected the targets for reducing greenhouse gas emissions. They have, however, highlighted the urgency for us all to take additional action now to avoid the need for more drastic cuts in carbon emissions in the future.

Good vs bad news roundup

- 👍 The Paris Agreement signed by 195 countries last December to keep global warming well below 2°C, came into force earlier this month
- 👍 President Obama's Clean Power Plan to significantly reduce emissions from power plants, was hailed as the US's strongest ever climate action upon its introduction in the US last year and is now part of the UN climate agreement.
- 👎 US President-elect Trump, a climate change denier, puts the Paris climate agreement at risk following his election pledge to pull the US out of the agreement.
- 👍 Global carbon emissions from burning fossil fuels have seen "almost no growth" for a 3rd consecutive year mostly



due to China burning less coal.

- 👎 But the amount of carbon dioxide in the atmosphere outstripped the safe level of 350 parts per million last year, with a record high of over 400 parts per million, and is unlikely to fall until we add almost no more carbon emissions to the atmosphere.
- 👍 China is the world's wind energy leader and is on track to generate more than a quarter of its electricity from wind power by 2030.
- 👎 But currently it's the world's largest greenhouse gas emitter, still producing more than 70% of its electricity from coal, partly to satisfy demand for manufactured goods bought throughout the world including in the UK.

Damp and cold homes harm health

2.2million Europeans have asthma as a result of living in damp or mouldy homes. Living in damp homes increases the risk of asthma by 40% according to a recent study by a reputed German research organisation.

Making our homes more energy efficient is good for us and it's good for the planet. Reducing the energy lost from our homes helps to improve our health, makes our homes warmer, reduces our energy bills and helps to reduce our impact on global warming.

See overleaf for grants and support to do this.

Come and join us!

We're looking for more people to help us cut carbon emissions in West Oxford and make a difference to our community. If you're interested in getting involved with projects or in helping steer LCWO's future direction by becoming a Trustee, please contact us to find out more on 07531 500955 or email info@lcwo.org.uk

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

Bin it to win it!

Pledge to recycle more in the city council's Blue Bin Recycling League, and be in with a chance of winning a prize worth up to £60.



Every month the area of the city which improves its recycling rate the most, wins. If our area wins and you've signed up to the pledge, you'll be entered into a prize draw and along with local residents you'll be invited to vote for one of three local community groups or charities to win £400 towards their activities. LCWO is one of the three selected charities for our area. If we won we would put the £400 towards a new information board for Kingfisher Corner. More details from: www.oxford.gov.uk

Affordable Warmth

If you're over 60 or on certain benefits and you're a home owner, you may be eligible for these city council initiatives aimed at helping you keep warm:

- free energy efficiency service
- handyman service for small repairs around the home at an hourly rate of £19
- flexible home improvement loans to help you stay safe and warm
- Winter Warmth Grant, offering discounted insulation, small energy efficiency measures and boiler installations.

Email hia@oxford.gov.uk or call 01865 252788 for further information.

Well insulated homes with efficient heating systems make for warm homes with lower fuel bills.

Oxford City Council is keen to keep private-rented homes warm and affordable and will be targeting properties with the lowest energy efficiency certificate (EPC) ratings of F and G to recommend energy efficiency improvements. Landlords may be eligible for a grant towards installing energy efficiency measures. Further support may be available through The Ebico Trust to landlords of properties with EPC ratings D-G, subject to terms and conditions. Email PREEG@oxford.gov.uk for details on how to apply or visit www.oxford.gov.uk/preeg

Elphins look for small mammals in Kingfisher Corner

Osney Elphins were joined recently by the team from BBOWT's Wild Oxford Project to look for small mammals in Kingfisher Corner, the wildlife area created and maintained by LCWO volunteers. The site is an ideal habitat for voles and wood mice. Twenty two humane traps were carefully hidden and left overnight.

The group returned early the next morning looking for signs of disturbance. Although several traps had been sprung, no mammals were caught. Kingfisher Corner is very rich in seeds and berries at this time of year, so our BBOWT experts concluded the abundance of natural food meant that the food in the traps was ignored.



Osney Elfin Alex, aged 9, looking for small mammals