



NEWSLETTER



Number 63: October 2016



West Oxford Community Association
invites you to a friendly
Harvest Supper
Sunday 9th Oct
5.30-8.00
West Oxford Community Centre

Enter the Competitions!
Prizes given for:
Best Jam
Biggest Pumpkin
Miniature Gardens
More info from:
lowcarbon@hotmail.com

The main course will be provided free to WOCA members and at a small charge of £3 to anyone else.
Please bring a pudding to share and don't forget your own plate, bowl and cutlery!
We look forward to seeing you there...

To be sure there is enough food for everyone please sign the list at the Community Centre or W.O. School before 4th October.
or email westoxfordcc@gmail.com (with "harvest supper" in the subject line) stating how many places you want for adults/children and any dietary needs.

ENTER the PRODUCE COMPETITIONS at the HARVEST SUPPER

- Open to those attending the Harvest Supper. (If you cannot attend, please find someone to bring your competition entry with them).
- All competitions are free to enter. Please bring your entries on the night.
- Entries will be judged and prizes awarded on the night.
- One entry per person in each competition, but feel free to enter every competition!

Jam - One jar of any flavour home made jam - labelled with the flavour, but do not put your name on the label.

Biggest Pumpkin

Garden on a Plate - Make a miniature garden using natural material and craft material (or anything really) on a dinner plate no larger than 12" in diameter. (Under 16s)

GOOD LUCK!

LOW CARBON WEST OXFORD

WOCA CHOCA

The Trustees of WOCA have great pleasure in announcing the latest **WOCA CHOCA** Awards:

Joe Devlin as a thank you for the many years of service to everyone in West Oxford

John Seward as a thank you for the many years of service to everyone in West Oxford

David Carter of West Oxford Bowls Club, for all he does to work with WOCA

Abbas Hussain for being so helpful at the 2016 WOCA Fun Day

Haider Rahman for being so helpful at the 2016 WOCA Fun Day

**Many thanks,
and enjoy the
chocs!**

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 Birnie, 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'

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

Singing together is uplifting and joyful. Next month members of the Let's Sing group which meets on Wednesday afternoons at WOCC will be joining others for a celebration of Community Singing at the fifth Chiltern Community Choir Festival.

Here 150 singers come together for a packed day of harmony and song. Our Let's Sing group, many of whom have only recently discovered the joys of singing will be able to take part in workshops in various genres and celebrate their voices in life-affirming a *capella* style.

If you've always fancied singing Let's Sing is a good place to try it out. All are welcome whatever you think of your voice. Your audition is just walking through the door.
emformusic@outlook.com

Toilet Twinning Update!

Thanks to Centre Users' generosity (and continued use of our fine facilities!) we have enough money to sponsor a fourth toilet, and are well on our way to a fifth!

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.

Unfortunately someone seems to have taken the framed pictures of the toilets we have already sponsored from the ladies' loo at WOCC, but we are looking into getting replacements.

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



Low Carbon West Oxford's Autumn Bring & Take:

Saturday 1st October, 10.30am - 12.30pm, at the Community Centre. Please bring items from 10.30-11.30am only; goods can be taken any time from 10.30am.

Bring unwanted but reusable items and/or take some away for free: clothes, toys, CDs (but no video cassettes), books, kitchenware, bric-a-brac, small items of furniture (easily transportable) and small electrical items with plugs.

News from the Cafe

We're sad to announce that Xavier our genial cafe proprietor these past couple of years has decided it's time for a change of focus, so won't be running the cafe any more. We are working hard to create a new initiative using the cafe space, and we've already had a lot of interest, so hope to have the cafe up and running under new management very soon!

Meanwhile many thanks to Xavier, and we wish him the best of luck in his new ventures.

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.

West Oxford Academy

I have decided - reluctantly, owing to pressure of work - to give West Oxford Academy a sabbatical this term. We will be back on Tuesday 17 January 2017 at 8pm in the WOCC café, as ever.

If you would like to find out more, would like to give a talk, or have a friend or neighbour who you think would like to give a talk, please contact me, Susan Hutchinson, on westoxfordacademy@gmail.com or phone 792358.







Friday Lunch Time Self-Defence KRAV MAGA

New Members Welcome Male & Females

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

For any enquiries regarding WOCC 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

Family Yoga

With Lara

This class is all about the enjoyment and fun of doing yoga together. It will include songs, games and crafts, building our postures, calming and relaxing using the breath.

At W.O.C.C. (Mary Towns Room)

Sundays 2.00 until 3.00

First Session 11th September 2016 - this is a free, have a go session, just turn up!

(Optional donations to the West Oxford Community Centres' Toilet Twinning Fund!)

Usually £5 per family, or £2 per person (babies free)

(Please contact me if you would like come to class and would like help with the cost.)

Interested? Contact me on
Yogabudz.lara@gmail.com

Registered member of the Yoga Alliance Professionals



Jewins Women2Women

A social enterprise run by women, for women

Jewins Women2Women Ltd is fundraising to set up the first independent refuge in Oxfordshire for women and their children fleeing domestic violence. We also intend to offer vocational training to disadvantaged women. Our ultimate aim is to empower women, to give them a hand up, not just a hand out. We sell cooked African food at the Gloucester Green market on Wednesdays, Thursdays and Saturdays

We are starting African cookery classes for Children and Adults sign up by emailing us or calling us. Classes will be held at the West Oxfordshire Community centre contact us. Email or call for details

Please support our cause by buying our delicious food, donating or volunteering for us!



For more info:

Email: admin@jewinswomen2women.co.uk

Tel: 07950 775993

Website: <http://jewinswomen2women.co.uk>

Company Reg: 09141534

WOCA'S HANDMADE CHRISTMAS MARKET 2016

Calling all local Artists and Makers

Are you interested in participating in this year's "Handmade" Christmas Market?

This will be the fourth successive Christmas Market to be held in the hall at WOCC - and will be on Saturday 26 and Sunday 27 November 2016.

As in previous years, we want to include a wide range of handmade arts and crafts and to involve as many local artists as possible. If you think you might be interested in taking part, and would like to know more, please get in touch asap and in any event by 30th September (without obligation at this stage but we will be firming up our plans quickly thereafter

Artweeks - WOCart are also looking for a local artist to participate, as a guest artist, in their exhibition during Artweeks 2017. WOCart is an established group of local artists who have exhibited in the Mary Town room at WOCC for the last 15 years and every year aim to bring in new local participants. If the idea of taking part in Artweeks 2017 appeals to you, get in touch with us, through WOCC, with some information on your work etc. Artweeks 2017 (City week) runs from Saturday 20 to Monday 29 May inclusive.

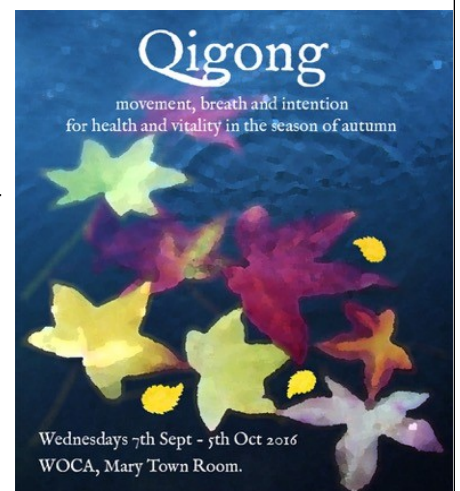
Please contact Keith Birnie, Centre Manager, on 01865 245761 or at westoxfordcc@gmail.com

Qigong for Autumn at WOCA

Wednesdays 7.30-8.45pm, 7th Sept to 5th October 2016

A series of 5 weekly evening classes designed to support your body and boost your immune system in the transition from late summer into autumn. We focus on enhancing the function and energy of the internal organs and meridians in the body that are working hardest at this time of year: the Spleen, Stomach, Lungs and Large Intestine, with Qigong and Tai Chi Qigong Shibashi, and including Daoist breath meditation and relaxation.

Qigong (pronounced chee gong) gently mobilises the whole body, builds strength in the core postural muscles. It integrates breath, mindful movement, and intention into a deeply relaxing practise. Zoe's classes involve forms from both Chi gong and Tai Chi, and are suitable for beginners and those with some experience. Zoe is an insured and qualified Qigong and Tai Chi teacher, teaching in Oxford since 2013.



If you are interested in joining but have missed a session, don't worry, you are still welcome to join late. Please contact Zoe on: zoeicat@gmail.com, or 07954 371 368

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 and Heather www.acupunctureoxford.org

Ayurvedic Massage with Laura 07532 030969

Chiropractic Treatments with Annabel 07970 967774

Cognitive Behaviour Therapy with Esther 07774 687872

Hot Stone, Swedish & Aromatherapy Massage with Michelle 07714 272210

Psychotherapy and Counselling with Cate 07790 020901

Psychodynamic Counselling with Nigel 07745 951164

Reflexology with Michelle on 07714 272210

Integrative Counselling with Sally 07472 739687

Homeopathy and Facial Reflexology with Lizzie 07780 542068

You can visit our website at:

www.healthhuboxford.org.uk

Time for some therapeutic nurturing?

Why not try

Cognitive Behavioural Therapy and learn some Skills for Living Life

At the end of the holiday season, as Autumn begins, now is a good moment to think about how we are feeling emotionally and physically: as the nights draw in, it is the perfect time for some therapeutic nurturing.

Esther is our Cognitive Behavioural Therapist at the Hub; the guiding principle of CBT is that how we interact with the world around us is the key to managing our emotional and physical well-being: if life is not going as you would like then it may be time to make some changes and learn some skills for living life.

In sessions Esther works with clients to identify the unhelpful patterns of reacting to things which are causing distress. One of the first things we look at in treatment is how our thoughts and behaviours (what we do and don't do) can work together and keep our distress going. The good news is that if a way of thinking or behaving is not helpful then we can change it and then feel better - so far so simple!

The difficult bit is that when we are distressed it is hard to be able to see the wood for the trees. CBT is a clear and structured approach with evidence-based techniques and strategies which have been proven to be beneficial for most people. CBT is the NICE recommended treatment for a wide range of difficulties such as anxiety, depression, panic disorder, social anxiety, post-traumatic stress disorder, health anxiety, generalized anxiety and OCD. Esther also uses CBT to work effectively with low self-esteem, anger, relationship difficulties, sleep problems, and more.

One-off consultation sessions are available in which you can discuss your situation and see if CBT would be an appropriate treatment for you. And if not, alternative treatment options will be discussed, whether these are using other talking therapies such as counselling or psychotherapy, or the more physically-based treatments: there are a wide range of therapeutic options available at the Hub.

If you are interested in knowing more about CBT, would like to book a one-off consultation, or join Esther's waiting list please email esther@cbt-oxford.co.uk or call 07774-687 872.

Why not take the opportunity to learn some skills for living life?



Homeopathy and Reflexology available at the Community Health Hub at WOCA

This summer, Lizzie Austin (Homeopath and Reflexologist) joined the Health Hub on Wednesday afternoons.

She has been practicing Homeopathy in Oxford for many years, and has more recently added Reiki, and both foot and facial Reflexology to her therapeutic skills.

She is also trained in facelift massage which, when combined with facial reflexology, becomes a delightfully relaxing treatment that will improve skin tone and complexion.

All these treatments are offered at an affordable cost, and the fee is negotiable.

Testimonials:

"I have been fortunate enough to experience Lizzie Austin as a Homeopath, a Reflexologist, and a Reiki practitioner. In all three therapies she has been enormously helpful and effective. She is skilled at getting to the very heart of what a patient needs, and has a calming, loving presence that enhances the chosen mode of therapy. I unreservedly recommend her." — Lesley Hayes

"I had a series of Reflexology sessions with Lizzie and I cannot recommend her highly enough. The sessions were very, very relaxing and had lasting benefits to my health." — Helen Kilsby

Lizzie Austin RSHom., MAR
Homeopathy, Reflexology and Reiki at the Oxford Community Health Hub.
Tel: 07780 542068 www.healthhuboxford.org.uk
www.elizabethaustin.co.uk

Ayurvedic Massage @ West Oxford Community Health Hub

Tuesday afternoons and Thursday evenings

Community Cost: 30 mins - £20,
60 mins - £30, 90 mins - £45

Email: laura@ayurvedacorner.co.uk



Nursery places available at West Oxford Community Primary School

(15 hours funded)

All children aged 3 years are welcome to apply

For further information/application form please call; (01865) 248862 or visit our school website at; <http://westoxfordschool.co.uk>

Film Showing



...in celebration of women followed by Q & A to be held on Friday 14 October, 7 pm to 10 pm in the Mary Town Room, W Oxford Community Centre.

Hosted by Oxford International Women's Festival Committee.

Free entry but donations are welcome to Oxford International Women's Festival and WOCA Toilet Twinning.

All are welcome.

Refreshments available.

Sponsored by

Oxford & District Trades Union Council.

WOCA Spotlight on....

THAMES VALLEY RESTORATIVE JUSTICE SERVICE

Still thinking about a Crime Committed against you?

Burglary, Theft, Damage to your property, Violent attack or whatever. Have you thought that you really want to make sure that the person who did this to you understands exactly how it has affected you and your family and maybe changed the way you live? The Restorative Justice Service can help you get this message across.

Crime can affect people in different ways. It is not unusual to be left feeling frightened or anxious or suffer a real loss of confidence and a sense that you can't take care of yourself or your family. It is good to know that the police are taking action and that the person has gone to Court. But sometimes this just isn't enough! Telling the person who has caused this harm how it's affected you, or even meeting them in a carefully controlled situation can play a big part in filling this gap and making it easier to put it all behind you.

What is Restorative Justice?

Restorative Justice aims to bring those harmed by crime, and those responsible for the harm, into communication so that everyone affected, victim, offender, their family or friends, and the wider community, can play a part in repairing the harm and finding a positive way forward. The restorative process offers victims an opportunity to be heard and to have a say. It can provide a means of closure and enable the victim to move on with their life – sometimes after many years have passed. Offenders have the opportunity to take responsibility, acknowledge the impact of their actions and to make reparation if that is what the victim wishes. There is a very high satisfaction rate for victims going through this process and a marked reduction in reoffending for the perpetrators.

The process will take place at a pace determined by the participants and is about building understanding and confidence, which may sometimes result in a face-to-face meeting between the victim and the offender.

Restorative Justice isn't an alternative to the Criminal Justice System but should run alongside it giving victims the opportunity of a meaningful input at every stage of the process.

What do Victims say?

Recently in Thames valley people have said:

"Restorative justice has not only given me the tools to resolve a lot of pain, but it gave me the key to a functional life."

"Every single day my PTSD and panic attacks get better because I've released so much built up emotion. I feel lighter, happier and free because I'm not scared anymore. ... Thanks to RJ I'm now free from my prison of pain, which I thought would be my life sentence."

"I now look after myself, whereas before doing RJ I just lived from day to day. I was just surviving, I wasn't living."

Some people get angry when the Crime doesn't get the Court Sentence that they expect. The Restorative Justice Process gives them a sense that they are 'back in the driving seat' and so feel better about the Court outcome.

When is the right time for Restorative Justice?

Restorative Justice can be used for all types of crime where there has been personal harm caused. The crime may have happened very recently and the offender has not yet gone to Court or it could be 20 years ago with the offender still in prison. Either way the possibility of restorative justice may be the key to being able to move forward and to achieve a better quality of life. An initial meeting with a trained facilitator will explore options, guided by the victim's needs and wishes.

How do I get in touch with Thames Valley Restorative Justice Service?

If you would like to find out more, please get in touch. All information shared will be treated in the strictest confidence.

WWW.tvrjs.org.uk

Email: rjenquiries@tvrjs.org.uk

Tel 01844 202001

Allotment news

Allotments in Botley Road.

Allotments have rarely been more popular and, at any one time, the vast majority of ours are in use. However, we do have some vacant plots (and half-plots) every year, mostly in late September after our annual rent audit. Rent is very reasonable (£25 per year for a full plot).

To apply for a plot at Twenty Pound Meadow, across from Osney Island, contact gus.fagan@ntlworld.com.

To apply for a plot at Botley Meadow, behind

Bullstake Close, contact the Botley Meadow Field Secretary at botley_meadow_plots@westoxfordallotments.org

Allotment Committee

HANDMADE CHRISTMAS MARKET 2016

**11am - 6pm Saturday 26 and
11am - 4pm Sunday 27 November**

The "Handmade" Christmas Market will be in the hall at WOCC again this year.

Come and buy special Christmas gifts - from a wide range of arts and crafts, from paintings and books to ceramics and jewellery - direct from the makers!

Put the dates in your diary and look out for more details on our posters nearer the time.



Join our choir!

Cumnor Choral Society

rehearses on

Friday evenings 7.30 – 9.30pm.

New voices always welcome.

No audition required, just enthusiasm and commitment

We'll be learning The Messiah from

23rd September for a

Concert on 3rd December, 2016

St Andrew's Church

Orchard Road, Dean Court

OX2 9BL

Concert at SS Peter and Paul, Botley

Contact

Rosie Smith 01865 862139

cumnorchoralsociety.wordpress.com

Cost per term £40 plus score hire, but try us for free for 2 evenings before you commit to joining us.

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

West Oxford Farmers' Market

A new monthly West Oxford Farmers' Market will be running on: 8th October, 5th November and 3rd December all from 10 am to 1 pm at St. Frideswide Church. The first market will be opened by well-known Oxfordshire food writer and chef, Helen Peacocke.

The markets are being organised by Caroline Casey, who has established some very popular and successful markets around the county including Woodstock, North Parade and Jericho. The stall line-up is looking great with a wide range of foods and activities to tempt you out as winter gets nearer:

Caroline Casey, selling superb Oxfordshire rapeseed oil, local honey, eggs and other goodies, along with a wonderful range of products from other local producers.

The Cotswold Game and Meat Company, selling game as it comes into season, including red legged partridge, mallard, muntjac deer, hare; and pheasant and gulls' eggs!

The Cheese Makers Choice, selling their great cheeses as well cheese making kits, so you really can try this one at home, or buy one for a Christmas present!

Clive's Pies will be selling his meaty pies and pasties, **Larder and Tuck Box** from Faringdon will bring preserves, chutneys and confectionary from, with more **Sweet Fancies** will have their beautiful cakes, both traditional and contemporary.

Bread by Ian artisanal breads

Paddy's Coffee – fully qualified barista serving superb coffees from his retro van

This is an intentionally inter-active market so there will be advice and recipes on hand, a **pigeon plucking workshop**, and the chance to try your hand at spinning wool into yarn.

There will also be high quality crafts, felted goods and fabric toy bags, beautiful cards and gift wraps on sale, perfect as we run up to Christmas.

St Frideswide church and its family friendly facilities will be open for visitors (loos and baby changing) providing the opportunity to explore this beautiful Grade II Listed building and to see the 'Alice' door, carved in the 1930s by Alice Liddell, the Alice of Alice in Wonderland.

We look forward to seeing you there and hope that you enjoy the markets.

For more information about market organiser Caroline Casey, please visit: www.instagram.com/woodstock_christmas_market/ or ring 01993 772278

W: www.osneybenefice.org

E: osneybenefice@outlook.com P: 07765175164

F: www.facebook.com/St.FrideswideOxford

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 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

Hogacre Harvest Festival

Sunday Oct 9th 11.00am-5.00pm

Beer, music, dancing, food etc.

Details on Hogacre website

<http://www.hogacrecommon.org.uk/>



Jewins Women2Women

A social enterprise run by women, for women

Jewins Women2Women Ltd aims to set up the first independent refuge in Oxfordshire for women and their children fleeing domestic violence. We also intend to offer vocational training to disadvantaged women. Our ultimate aim is to empower women, to give them a hand up, not just a hand out.

Are you a woman or know a woman who has suffered from Domestic violence we would like to invite them to a new club a place of free discussions and activities to aid their transitional lives contact us.

Club starts at the West Oxfordshire Community centre on the 26th of Sept every Monday from 5-7pm!



For more info:

Email: admin@jewinswomen2women.co.uk
Tel: 07950 775993

Website: <http://jewinswomen2women.co.uk>
Company Reg: 09141534

WOCA COMMITTEE

Chair: Rebecca Huxley

Trustees: Matt Bird, Martin Bourne, Anne Clilverd, 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!

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

Botley Boys and Girls FC



...are looking for new players for the 2016/17 season. We are especially looking for current year 5 players who will be moving to year 6 next school and will be playing Under 11 next season.

For more details, please contact Brendan Byrne, Club Secretary:

Telephone: 07764283054
Email: bb@bridewellconsulting.com
Or visit www.botleyboysandgirlsfc.co.uk/club/Home

Can you help?

Have you got news for us? Our Winter Issue deadline is Friday 18 November 2016.

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?



The Moon Sequence Yoga Classes @ Seacourt Hall, Botley

When: Tuesday 6-7.30 pm
Cost: £12 drop-in, £10 with loyalty card

What to bring: yoga mat and blanket
www.ayurvedacorner.co.uk



Image by Suzanne-Lizette Mehrmoosh

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.