



# NEWSLETTER



Number 60: December 2015

## Woca Choca

The Trustees of  
West Oxford Community Association have  
great pleasure in announcing the latest  
**WOCA CHOCA** awards:

**Jean Floate** for running the Bingo at the  
community centre for so many years

**Pam Scopes** for many years helping with  
reading at West Oxford School

**Ruth Stavris** for her many years with  
Woodcraft Pioneers

**Lara Lambert** for her many years with the  
Woodcraft Pioneers

**Brendan Rolle-Rowan** for endless and  
fantastic support on the WOCA lease

**Tak Wing Chan** from our Chinese group  
for endless flexibility with the WOCA hall

**Floss Bourne** and **Kirsty Lawrence** for  
their hours of help at this year's Binsey  
Fair cake stall

Many thanks, and enjoy the chocs!



Wox Vox

West Oxford's Community Choir

## Christmas Sing-A-Long!



with special guests: *The Botley Brass Bandits!*

Sunday 13th December, 2-4pm

at West Oxford Community Centre

Everyone welcome. Free admission.

Refreshments by:

We will be holding a  
collection in support of:



THE TUMBLING BAY CAFE

With thanks to our event  
supporter:



Dick  
Wellington  
comes to West Oxford

Are you ready? Oh yes you are!

## Dick Wellington Another WOPA Production

Coming to the Community Centre on

Thursday 21st January 7.30pm

Friday 22nd January 4.30pm

Friday 22nd January 7.30pm

Saturday 23rd January 3pm

Saturday 23rd January 7.30pm

Tickets priced at £7.50 for adults and £5 for children  
Supper tickets at £21.50 and £11 which include entry to panto

Tickets available from Eggs Eggsetera after Christmas

# WOT'S ON AT WOCC...



West Oxford Community Centre

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

## £££ Fundraising Update £££

### Waitrose Community Matters

WOCA was delighted to be one of the first charities to benefit from the new Waitrose Botley Road's 'Community Matters' scheme - and we were lucky enough to receive £350! Rebecca Reader from the store said "Waitrose Botley Road are very proud to be supporting such a worthwhile and locally based organisation such as WOCA. We want to congratulate you on all the money raised by our customers and hope the residents continue to use this wonderful community facility." Thanks, Waitrose!

Meanwhile, thanks to grants from Low Carbon West Oxford and Councillor Colin Cook's Ward Member Budget, our LED lighting conversion plans are in full swing. The main toilets have now been done, and we will be tackling the next phase soon.

If you would like to contribute to our fundraising efforts, please get in touch with any member of the committee of WOCA, or contact the centre office.



## Thursday Evenings

A regular Krav Maga session at 7.45 on Thursdays

Contact Dave via his website:

[www.kravmagaoxfordshire.co.uk](http://www.kravmagaoxfordshire.co.uk)

## Friday lunch time self defence sessions

Males and females welcome

First session free



THE TUMBLING BAY CAFE

**Now Open**  
**8.00 – 5.00**  
**Tuesday - Friday**  
**9.00 - 4.00 Saturday**  
**Closed Sunday & Monday**

Hello everyone,

It's been a challenging time for the cafe lately. There has been a big drop in customer numbers over the last month. There is no doubt some of it may be attributed to 'The Waitrose Effect'. It is very worrying because the cafe gets some of its custom from groups using the centre, but other customers are vital for its survival. On a more positive note, feedback from customers is still very positive with some lovely comments about the food and we strive to keep improving.

Children under five now eat for free (when one adult is having lunch, obviously!) and from now to Christmas, coffee or tea comes free with your lunch!



Free tea or coffee with your meal!

What other news is there? Krishna's circumstances have changed and he is leaving. I am sad to see him go but wish him the best and thank him for his good work. I have appointed a new person called Sarah and she will be a great addition. She is a keen baker, and has a lovely personality. I am really looking forward to her starting and helping expand the range of cakes on offer. Look out for our classic afternoon tea with home made scones!

**Party Catering** Remember, the cafe also does catering for birthday parties. We do cupcakes, cakes, finger food etc, all reasonably priced.

**Christmas Opening Hours** The cafe will close on Wednesday 23rd of December and will reopen on Tuesday 5th of January.

So please do support your local Community Cafe! The food, coffee and tea are excellent (Earl Grey much better than the Randolph according to one customer!) and a very warm welcome guaranteed.

Best wishes to all, Xavier

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



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

A new season of Jazz Brunches with **Nick Gill** on:  
**Feb 6th**  
**Mar 12th**  
**April 23rd** **2016**

**11~1pm**  
 £6.50 or £5 for WOCA members and concessions  
 coffee and croissant included

Tickets will be available in the new year

More details at [www.woca.org.uk](http://www.woca.org.uk)

**Let's SING** Wednesdays 2-3pm £3.50 Mary Towns Room

If you've always fancied singing with others but don't feel a formal or evening choir is for you, then Lets Sing! probably is.

It's fun, it's healthy and sociable, so come and find your voice at this daytime community singing group. Open to all, just drop-in.

Contact [emformusic@outlook.com](mailto:emformusic@outlook.com) or 07969 522368

### Mat Pilates Classes

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)

Contact Denise

at [oxfordpilates@gmail.com](mailto:oxfordpilates@gmail.com)

### NEW AT THE CENTRE

As well as our Artist in Residence (see article to the right) we've welcomed a new Self-Defence Class (Krav Maga based) on Fridays at 12.00 noon.

We are also looking to start Table Tennis sessions in the New Year - please get in touch if you can help to run them.

### Interested in taking over the Messy Play Group?

Thank you all toddlers, parents and carers for two fun years of Messy Play! I am moving and I can no longer run the group. Would you like doing Messy/Crafty art projects with toddlers once a week?

Contact: Pieterneel - [pieterneel.overweel@gmail.com](mailto:pieterneel.overweel@gmail.com) or Keith - [westoxfordcc@googlemail.com](mailto:westoxfordcc@googlemail.com)

- Pieterneel



**Acorns Sing - along**  
**For babies and toddlers**  
 Monday mornings 9:30 – 10:00  
 @ West Oxford Community Centre  
 Call Katie on 07717695995  
[acornstheatre@gmail.com](mailto:acornstheatre@gmail.com)

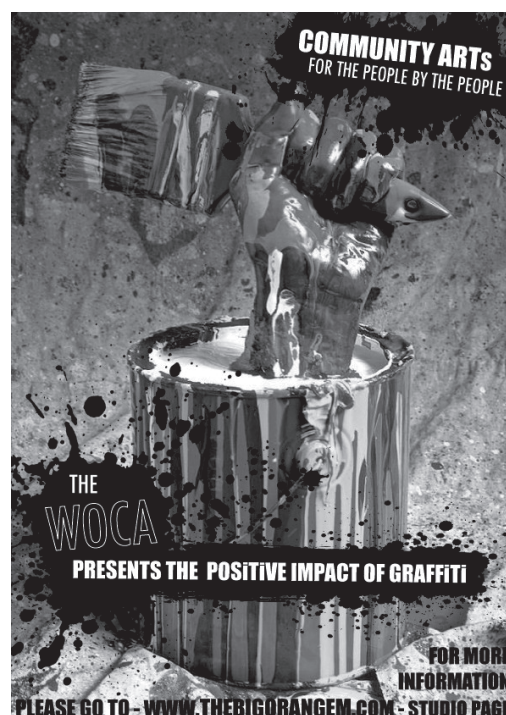
### Resident Artist at WOCA

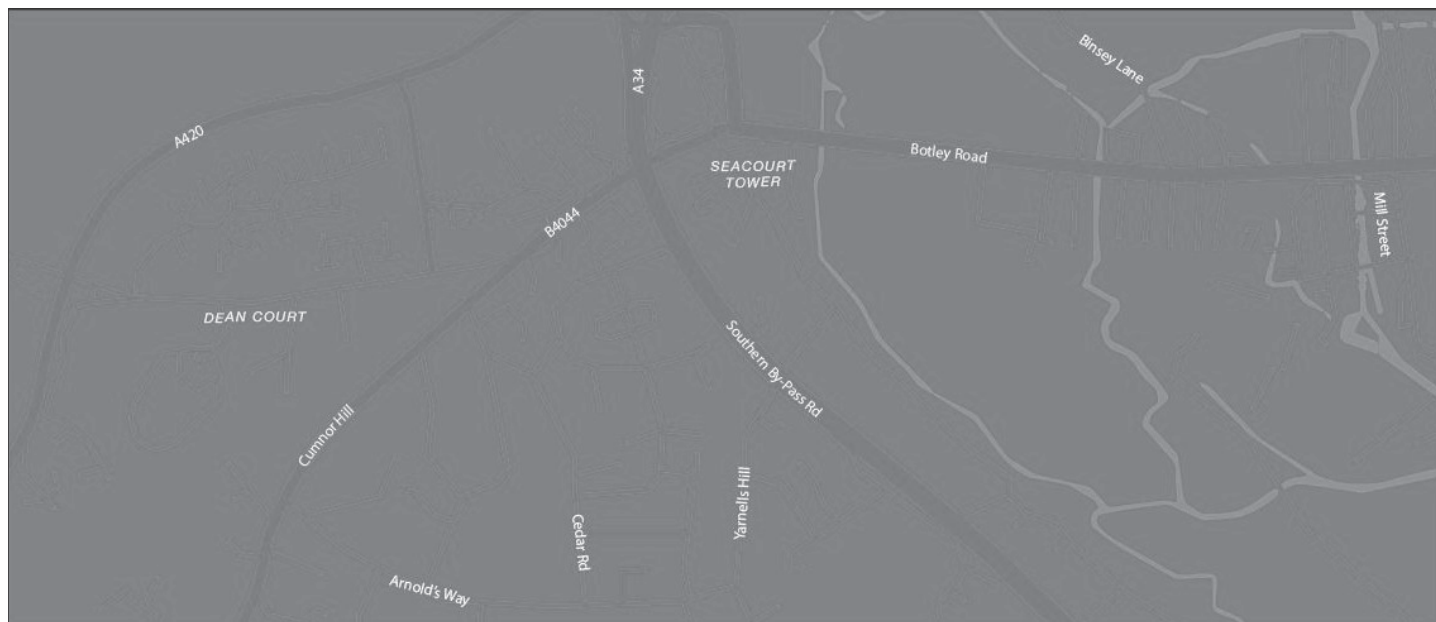
WOCA is excited to have its first 'Artist in Residence' at the Community Centre.

Andrew Manson is a celebrated local artist who grew up locally, and has been featured in several exhibitions, as well as Oxfordshire's 'Limited Edition' magazine. You can see the inspiring results of a recent community art project he led at Fusion Arts behind East Oxford Community Centre.

He is currently using an old changing room at the rear of the centre as his studio, and will soon be running workshops with a small group of local young people to create a 'portable mural' promoting the centre and the locality.

Andrew has created an entertaining 'lecture' on his website which gives a flavour of his thoughts on art, community, and improving the environment. See below for details:





**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.**

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**01865 297999**

centraloxford@finderskeepers.co.uk

***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 a packet (75g black, 50g white)***

***Available from Anne James***

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

**Allotment news**

The Committee have been working hard to align plots to plot holders – which is proving to be a massive job and bit of a nightmare not least because few of the plots are actually numbered.

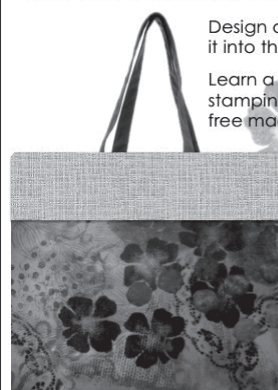
Several new plots have been assigned but there are still several people on the waiting list.

Plot holders who haven't paid have been sent a letter noting that the cut off point was Sunday November 15 after which their plot reverted back to the committee for reallocation. And if your plot is not numbered please please number it now.

Allotment Committee

**Printed Tote Bag Workshop**

**Beat those January blues with some creative textiles**



Design and create a floral printed fabric and then whip it into the perfect tote shopping bag.

Learn a variety of decorative techniques including: stamping, inking, stenciling and mono-printing as well as free machine embroidery. 3 week course.

**Dates: Sunday 17<sup>th</sup> -31st January 2016**

**Venue: West Oxford Community Centre, Botley**

**Time: 7-8.30pm Sunday evenings**

**Ability: All**

**Cost: £15/week**

**Materials needed:** Basic sewing kit, sewing machine, bleached calico, woven tape, thread.

**Contact tina:** fromstitchtoart@gmail.com

**Tickets and info:** [www.fromstitchtoart.com](http://www.fromstitchtoart.com)

**Learn to sew and create with  
'From Stitch to Art'**



### Climate talks in Paris but no Cancan in Oxford

We were preparing to don cancan skirts (over our trousers) and feather boas and dance the Cancan on 21<sup>st</sup> November in Broad Street. And the reason for this stunt? To publicise the climate march on 29<sup>th</sup> November in London (and in cities around the world), on the eve of the international climate talks in Paris. Our message was, and still is, 'Combat climate change because we CAN CAN CAN'.

However, following the terrible attacks in Paris on 13<sup>th</sup> November, we took the decision to cancel the Cancan. We thought it was inappropriate to carry out a light-hearted stunt with a Parisian flavour so soon afterwards. But the climate talks will go ahead.

### Climate talks – do they matter?

Yes, because:

- The world has warmed by about 1 degree centigrade since the middle of the 18<sup>th</sup> century.
- Scientists and governments across the world agree that we must keep the rise in global temperature below 2 degrees centigrade to avoid catastrophic warming.
- The Paris climate talks is where governments will thrash out an agreement on how we'll keep within that limit.

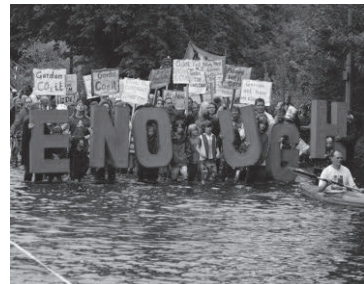
### What must governments agree to in Paris?



- To keep 80% of known fossil fuel reserves in the ground. This means to stop burning coal and reduce the use of other fossil fuels such as oil.
- To finance a fair transition to 100% renewable energy in poorer countries.

### Effects of global warming

- More extreme weather (for example worse hurricanes, droughts, floods, forest fires).
- Glaciers and sea ice are melting and sea levels are starting to rise
- Oceans are getting more acidic, damaging sea life.
- Mosquitoes are spreading to new places, bringing disease.



West Oxford floods July 2007

**But we can stop the worst effects of global warming if we act now.**

### So what can we do?

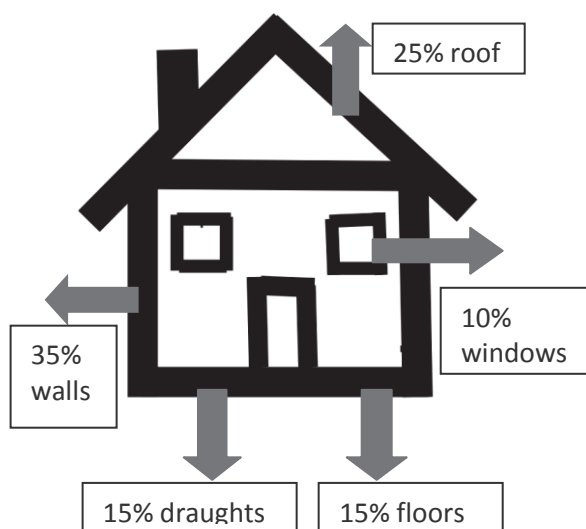
- Sign the petition at [350.org/roadthroughparis/](http://350.org/roadthroughparis/)
- Write to or email Nicola Blackwood (MP for Oxford West and Abingdon) with a message for Amber Rudd, Secretary of State for Energy and Climate Change, to negotiate for tough limits on greenhouse gas emissions and a binding global agreement.
- Energy efficiency at home (insulation, low energy appliances etc)
- Energy efficiency in the workplace
- Renewable energy -solar, wind, hydro
- Less waste and less stuff – reduce, re-use and recycle (for example at LCWO's twice-yearly Bring & Takes)
- Eating less meat and dairy produce
- Walk, cycle or use public transport where possible

### A date for your diary

**24th February 2016, 7.30pm at West Oxford School (to be confirmed): Open meeting with local food retailers - a chance for you to find out what they are doing to reduce their carbon emissions.**

## Community Survey

Thank you to everyone who completed and returned our community survey. We are grateful to a team of Oxford University students who knocked on doors to offer assistance in completing the survey. They will be analysing the responses over the coming weeks. We will base our next energy efficiency project on your responses so that we provide the support and information you need particularly to reduce heat loss from your home.



## Prize draw winner

We held the prize draw for completing the survey by our deadline at our AGM on 16<sup>th</sup> November. Congratulations to Anne Richards of Cripsey Road whose name was drawn! She will receive £100 of energy-efficiency improvements for her home.

## Energy saving grants and offers

Make your home warmer for less with a fully fitted gas boiler for FREE from Oxford City Council, while funding lasts, or for £250 from British Gas, subject to qualification and survey.

If you are in receipt of benefits and have an inefficient gas boiler, please call British Gas on 0800 316 4320 and quote OX01 to find out if you are eligible for a free or £250 gas boiler.

The funding is limited and applications are worked out on a case by case basis and at Oxford City Council's full discretion. British Gas will not be liable for any applicants that Oxford City Council refuses.

For further information please visit:

<http://www.oxford.gov.uk/PageRender/decEH/EnergyGrants.htm> or contact Low Carbon West Oxford (Mobile: 07531 500955) for a leaflet.

## How clean is our air?

The VW emissions scandal has drawn attention to the issue of air pollution and the problems associated with it. Road transport accounts for 22% of total UK emissions of carbon dioxide (CO<sub>2</sub>), a greenhouse gas, which is a major contributor to climate change.

Air pollution causes damage to plants and animals, which affects biodiversity and crop yields. It is also a major environmental risk to human health. It is known to have both short-term and long-term impacts. High levels of air pollution and/or long-term exposure can lead to stroke, heart disease, lung cancer and both chronic and acute respiratory diseases including asthma.

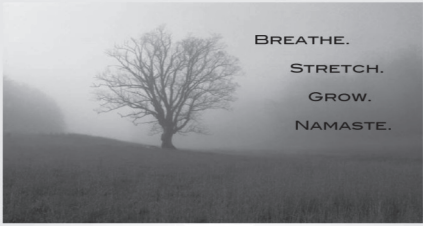
The main contributor to air pollution in Oxford is road traffic particularly cars and vans. Earlier this year LCWO commissioned students from Oxford University to investigate whether there was an air pollution problem in West Oxford. They found that in 2011 and 2012 levels of Nitrogen Dioxide and Particulate Matter (the pollutants associated with road traffic) along Botley Road were just below the limits set by the European Union but concluded that they were likely to have a negative impact on health. These sites were not monitored by Oxford City Council during 2013 and data isn't available yet for 2014.

LCWO recently started measuring nitrogen dioxide levels in West Oxford and we will report on our findings when the results have been analysed.



BREATHE. STRETCH. GROW. NAMASTE.

PRANA **YOGA** OXFORD



BREATHE.  
STRETCH.  
GROW.  
NAMASTE.

OSNEY OSTEOPATH CLINIC  
7 SOUTH ST, OXFORD OX2 0BE

WWW.PRANAYOGAOXFORD.WORDPRESS.COM

*Prana Yoga Oxford is a studio for all levels, ages, and yoga styles. Instructor Simone Jacqueline offers classes with elements of Vinyasa flow (breath and movement), Hatha (held poses), and Yin (meditation and restoration). Weekly classes are 60 or 75 minutes and provide students with a variety of ways to sweat and stretch throughout the week. All are welcome and encouraged!*

**WEEKLY SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00-1PM Post Natal	9:30-10:45 AM Gentle Flow*	8:15-9:30 PM Sun Salute Vinyasa	9:30-10:45 AM Gentle Flow	12-1:00 PM Lunch Crunch

## Have Your Meeting at the Community Centre!

We currently have quite a bit of spare capacity in one of our seminar rooms on weekdays.

It is ideal for meetings of up to 8 people. It costs between £8.50/hour for Local Members of WOCA to £18.75/hour for commercial companies.

We provide a range of other resources such as data projector, flipchart stand etc.

Convenient - parking, near city centre, railway station, park and ride / bus stop. Even more convenient if you're based in West Oxford!

Catering available courtesy of the wonderful Tumbling Bay Cafe.

Full disabled access.

Contact Keith, [westoxfordcc@gmail.com](mailto:westoxfordcc@gmail.com), 01865 245761.

## News from your local City and County Councillor

### Environment Agency Flood Alleviation Plans

Plans for the new western flood alleviation channel are proceeding steadily. The Environment Agency is holding a second series of public drop-in events to consult us on the options for the actual route of the channel. One of these is at West Oxford Community Centre on **Thursday 28 January from 2.30 to 7 pm**. You can read more in their latest newsletter at <https://oxfordfloodalliance.files.wordpress.com/2015/11/oxford-fas-newsletter-november-2015.pdf>

### Elms Road Children's Centre Under Threat

Over the years quite a few West Oxford families have been able to benefit from their nearest children's centre, which is in Elms Rise, Botley. Faced with losing about 50% of the money it gets from the government, the County Council has been forced to try and save at least £6 million from the £16 million annual cost of the 44 children's centres in the County.

They have launched a consultation on 3 options for the future. Please take part in this consultation.

<https://consultations.oxfordshire.gov.uk/consult.ti/eiservicesreview/consultationHome>

### The Hollybush

Will we lose yet another West Oxford pub? The owners of The Hollybush, who are property developers, have applied for planning permission for temporary change of use to offices and an HMO. Please contact [planning@oxford.gov.uk](mailto:planning@oxford.gov.uk) or 01865 249811 if you have views.

### Roads Work?

The transformation of Frideswide Square is due to finish on schedule in mid-December, weather permitting. It is causing some controversy, and I'd be interested in your views on this – and any other matters.

### Oxclean

Every year the Civic Society and the City Council organise OxClean, in which about 100 community groups spring-clean some of the messy corners in their area. This year it's from Friday 4 to Sunday 6 March. Shall we meet at WOCC at 2 pm on Saturday 5 March to do our bit? Please let me know if you can help, even if it's just for half an hour. Children are welcome and all the equipment is provided.

For more information, you are welcome to contact me, Councillor Susanna Pressel on [susanna.pressel@oxfordshire.gov.uk](mailto:susanna.pressel@oxfordshire.gov.uk) or 01865 554001.

## Dynamic Movement Meditation

(drop in class: 8 - 9.30pm  
Wednesdays: term-time only)

Why not try out a Dynamic Movement Meditation class in the new year? Be inspired by beautiful music and experiment with free-form movement.

Set in the ambient, low lit, main hall of Woca, participants use a variety of simple meditational practices to work with presence and awareness.

Studies shows that listening to music is one of the most complex workouts we can give our brain, also, one of the main benefits of free form movement is the growth of neural networks in the brain. Likewise, the benefits of meditation practices are profound.

The class does not involve having to dance any steps or dance with anyone else - there is no emphasis on what the external form looks like - no 'observation' just participation.

Try something new in 2016

You never know, you may actually love it.  
[www.barefootdancing.com](http://www.barefootdancing.com)  
or call Jules Christie on 07584 626244.

## Bee Friendly in West Oxford: Can we all help?

We launched Bee Friendly in West Oxford at St Frideswide Church in September. The opening address was given by Professor Simon Hiscock, Director of the Oxford Botanic Gardens who described us as part "having the makings of an annual festival, which I am keen to pursue".

Bee Friendly in Oxford came about thanks to our local Friends of the Earth, with Lottery Money to encourage Faith groups to make their grounds more pollinator friendly. West Oxford was awarded £400 (plus lots of support and advice) to make this happen locally! The money is being used to increase the pollinator-friendly planting at the church and to raise awareness about pollinators and their current plight. The church's partners in this have been WOCA, West Oxford and North Hinksey Primary Schools and the St Thomas and Botley Allotment Association.

Following a discussion at the West Oxford Academy and as part of the awareness-raising, I was asked to write a piece for this newsletter on, who the pollinators are, what their plight is and how we in West Oxford could help.

In England there is one species of honey bee, twenty four of bumble bees and 250 of solitary bees. A wide range of very different species, that I suspect most of us are unaware of! Each of these bees have their own preferred habitat: hives, compost heaps, underground, short grass, long grass and some in hollow stems (even those as small as a nettle stalk). By observing habitats near you, you can quickly establish who likes living where and their preferred sources of nectar. Between them, these extraordinary creatures pollinate 75% of our main food crops. It has been estimated that it would cost £1.8bn to replicate this by hand.

So what is their plight? Flower meadows were a pollinator's mainstay and over the last 60 years some 97% of these have been lost. Small scale traditional farms provided varied habitats and food sources. The current predominance of large scale farms and extensive use of agro-chemicals do not. 20 species are already extinct - more are endangered.

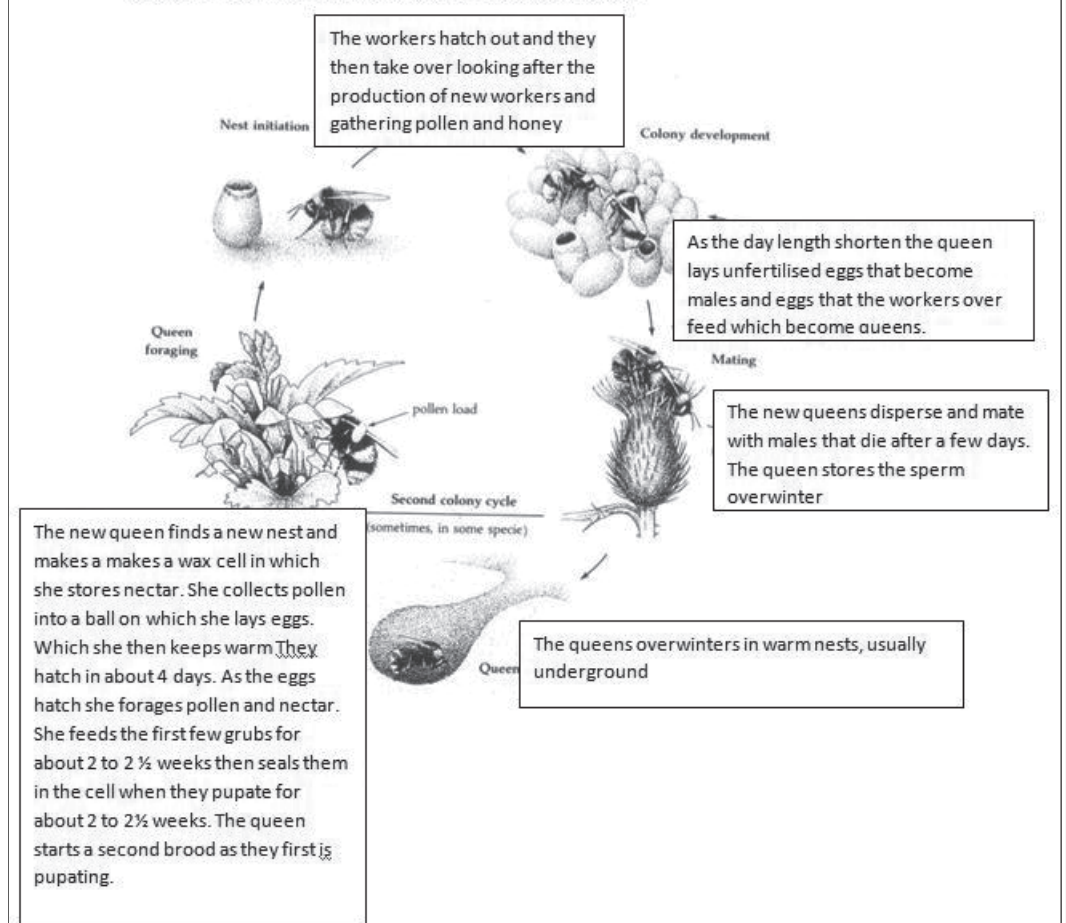
This poses the questions: are these not rural issues and how can we in urban West Oxford help? Simon Hiscock advises that urban areas have a potentially huge role to play. Early research findings have suggested that "urban areas are growing and improving their value for pollinators should be part of any national strategy"<sup>1</sup>. Simon suggests that there are four sets of urban areas that can play key roles. In order of impact they are: nature reserves and parks, allotments, back gardens and church grounds.

In all and any of these areas we can improve the life chances of pollinators by:

- ✓ Providing varied habitats, monitoring who likes what and planting accordingly
- ✓ Make use of varied
- ✓ planting, mixing native and non-native species works well. The RHS have produced a helpful *Perfect for Pollinators* list, which is available on their website.
- ✓ Extend the season: grow plants that provide shelter and nectar both early and late in the season. Ivy is an often overlooked goodie, in this regard!
- ✓ And spread the word about pollinators, their plight (and ours if we lose them) and the fact that each of us can actually make a difference.

### A summary of the life cycle of the bumblebee.

For more detail see <http://www.bumblebee.org/lifecycle.htm>



Anne James

<sup>1</sup> Baldock, K. et al, (January 2015) Where is the UK Pollinator Diversity? The Importance of urban areas for flower-visiting insects: The Royal Society Publishing.



## St Frideswide's with Binsey

### Regular Services

**St Frideswide's, Botley Road (opposite the community centre)**

Sundays 10.30am - Sung Eucharist

[www.stfrideswideschurch.org.uk](http://www.stfrideswideschurch.org.uk) ☎ 242345

**St Margaret's, Binsey**

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

9am Eucharist on the fourth Sunday of the month.

### Special Services

**December 3<sup>rd</sup> 8.00 pm** St Frideswide Advent Carol Service

**December 16<sup>th</sup> 6.00 pm** St Frideswide West Oxford Primary School Carol Service

**December 20<sup>th</sup> 3.30 pm** St Margaret, Binsey Carol Service

**December 24<sup>th</sup> 4.30 pm** St Frideswide Crib Service

**Christmas Day**

**9 a.m.** Holy Communion St Margaret, Binsey

**10.30 am** Sung Eucharist St Frideswide

## Autumn Update

**Are you a child or young person who can or would like to sing?**

If you are we are creating a Children's Choir at St Frideswide and we would love you to join us! Our next rehearsal is on Sunday 6th December at 9 a.m. All you need to be is 7 or over and to love singing. The choir will be learning (and singing) some beautiful music for the Advent season. And after the rehearsal we will tuck into yummy buns and juice. If you would like to know more please email our choir mistress and organist Sarah Lister at [basileia123@yahoo.co.uk](mailto:basileia123@yahoo.co.uk); We look forward to seeing (and hearing) you!

### Write for Rights

Sunday 6th December at 11.30 am at St Frideswide Church. Amnesty International's Write for Rights campaign. This is your opportunity to send cards to prisoners of conscience, those imprisoned for non-violent expression of their views and their families. Both cards and information will be available, at no cost.

**To arrange a baptism, wedding or a funeral** please contact [revclare@btinternet.co.uk](mailto:revclare@btinternet.co.uk) or telephone 01865 242345.

[www.osneybenefice.org](http://www.osneybenefice.org)

Email [osneybenefice@outlook.com](mailto:osneybenefice@outlook.com)

[www.facebook.com/St.FrideswideOxford](https://www.facebook.com/St.FrideswideOxford)



We will have stalls selling gifts, local crafts, second hand books, toys and dressing up.

There are chances to win on the tombola & play your cards right or buy a raffle ticket to be drawn that day for chances to win afternoon tea at the Randolph hotel, family tickets to Waddesdon Manor and Blenheim Palace or a trip to the Ice Skating Rink and many more prizes.

There will be craft activities for children and a chance to make your own Christmas wreath. Or join in the challenge to see if you are the fastest on our Scalextric track. Refreshments from our Café and a chance to meet Santa. Entrance just 20p.

### Toilet Twinning...

As reported in the last newsletter, WOCA recently joined a scheme to help tackle the problem that every day 2.5 billion people don't have somewhere safe, private or hygienic to go to the toilet.

When you 'spend a penny' in our loo, you can make a donation to our toilet twinning fund. Every £60 raised allows us to twin with one toilet.

So far, with your help, we've raised enough for two twinings. Our first twinning, is with a Latrine in Cadiz Viejo, Negros Occidental, The Philippines!



## Foot Health Practitioner

**Andrew Shann**

MCFHP BAFHP

Qualified, Registered and insured

### Cost effective foot care

Home appointments available or at the West Oxford Community Centre

Day time and evening appointments

**Tel: 01865 735098  
07980 5888352**

[andrew@shann.org](mailto:andrew@shann.org)  
[www.fantasticfeet.org](http://www.fantasticfeet.org)

### 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 winter issue deadline is Friday 18 March 2016. Leave copy at the Centre, email, or send via the WOCA website.

**If you can help** please contact us - details on page 2

## BRIAN FRENCH

General Building Services  
Painting - Decorating  
Free Estimates

Contact: 07957 315303



## Keep Warm this Winter with

### Oxford Community Health Hub

Make sure your body, mind and spirit get what they need this winter with high quality, low cost therapies at the *Oxford Community Health Hub*.

We offer a variety of therapies including Ayurvedic Massage, Acupuncture, Chiropractic treatments, Mindfulness based Psychotherapy and more.

Visit our website at [www.healthhuboxford.org.uk](http://www.healthhuboxford.org.uk)

Gift vouchers available

Please email [contact@healthhuboxford.org.uk](mailto:contact@healthhuboxford.org.uk)

## Are you interested in finding out more about WOCA, and earning some money at the same time?

The trustees are looking for someone to take the minutes at our meetings; 6 times a year, usually the first Monday of the month: January, March, May etc.

Pay £50 per occasion  
(1½ hour of meeting and writing up time).

You will also be invited to a very special evening - the Trustee Christmas Thank You Meal!

Experience in minute taking would be a help.

Please contact Keith at WOCA if interested - [westoxfordcc@gmail.com](mailto:westoxfordcc@gmail.com), 01865 245761

## 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, 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!

## 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 [cllrspressel@oxford.gov.uk](mailto: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](mailto:nicola.blackwood.mp@parliament.uk)

☎ 0207 219 7126

She also holds regular surgeries at the Community Centre.