

NEWSLETTER

Number 59: September 2015

HANDMADE FOR CHRISTMAS 2015



The "Handmade" Christmas Market will be in the hall at WOCC again this year - on Saturday 28th and Sunday 29th November.



Buy special handmade Christmas gifts direct from the makers - a wide range of arts and crafts, from paintings and photographs to ceramics and jewellery!

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

WOCA's Lease on the Community Centre with Oxford City Council

The trustees at WOCA have been in negotiation with the council's lawyers about renewing the lease and we are concerned that this could disturb currently successful arrangements. The centre is an important part of our community so please watch out for further information which might necessitate a special meeting.

Centre Toilets Twinned with the Philippines! Intrigued? See back page for details...

West Oxford Community Association

invites you to a friendly

Harvest Supper

Sunday 4th 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. It will be expertly cooked by Xavier (WOCA Cafe) but 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, Eggs etc, or W.O. School before 30th September 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.



TUMBLING BAY ALERT

Do you have memories of Tumbling Bay in its glory as a secluded bathing spot in a hidden corner of Botley Park? Some of our elder local residents can remember going over to swim with their school.

Over the years Tumbling Bay has also been a favourite spot for sunbathing, fishing, blackberrying and just relaxing by the water with views of the countryside.

In the last few years, Tumbling Bay has been sadly neglected and is in urgent need of some TLC. The lower part of it is now clogged up with reeds and resembles a muddy morass.

It is badly in need of dredging and the whole area badly needs some proper maintenance. We are launching a new group of 'Friends of Tumbling Bay' to campaign for Tumbling Bay to be restored to its former glory.

If you share our interest in Tumbling Bay, please come to the Community Centre on Wednesday 7th October at 7pm. If you are interested but can't make it to the meeting, please email me:

Tony Talbot (amtalbot393@btinternet.com)

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 £££

One of the successful aspects of this year's Fun Day was that, for the first time, it made a small surplus -all of which will go towards the Association's ongoing fundraising efforts. Many thanks to all those who helped with their contributions, especially the Friends of West Oxford School, who donated their takings from their Tea and Cake Stall this year.

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

Discover the health benefits of movement meditation:

Dynamic Movement Meditation

Wednesdays at 8pm - 9.30pm

simple guidelines for dance movement meditation

For more info contact Jules Christie
07584 626244



Yoga Basics - a new course

A new yoga term just started at the Centre on Monday 14th September. Entitled Yoga Basics, the class runs from 5.30-6.45pm.

Aimed at complete beginners, as well as those who have done some yoga before, we'll take an in-depth look at the main postures as well as introduce you to some breathing and relaxation exercises. No special clothes are needed, just wear something comfortable, and bring a small blanket if you like.

The centre has mats for you to borrow. I'll be offering 10-week passes (£8 a class) or you can drop in at £10. You can pay by cheque or internet banking for the term, or cash on the night for a drop-in class.

For further information please see my website www.lucytennyson.com

Or, you can call me on 07715 207784



THE TUMBLING BAY CAFE

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

Hello everyone,

I hope you all had a nice and relaxing holiday. Mine was a little bit too short but very nice enjoying sunny Portugal. August as expected had been very quiet but customers like migrating birds are coming back. We've had some nice events happening with a very successful murder mystery night (thank you Karen). Thank you for all the nice comments about the food. We also organised a family lunch for 12 people for one of my very regular (and favourite) customers on a Saturday lunchtime.

So, what are the plans for the coming months? First a slight change in opening hours. The cafe will now be closed on Sunday but will be open for breakfast every day from 8. I will be offering freshly baked pastries and croissants as well as cooked breakfast. I realised after nine months that I needed more than half a day of a week off! I felt it did not give me any time to really think about development and change. The soup will be back on the menu every day but I will also endeavour to prepare a one pot dish to be served with rice. On Tuesday lunch times I intend to revive the pensioner's lunch. I am advertising it in Tumbling Bay Court and will see what kind of response I am getting.

On another subject I have been trying my hand at Bridge and really got into it (but to make it clear I am still rubbish) and wonder about organising a Bridge Evening at the cafe with some light food and bring your own drink kind of things. If you think you may be interested why not drop me an email at tumblingbaycafe@gmail.com?

Back to food. After some research I think I may have found some excellent wheat free, gluten free baguettes. I would welcome some volunteers to test them for me.

One thing I would like to improve is communication with customers: what we do well, what we don't do so well and any suggestions you may have. The best way to do this would be to use our Facebook page.

...And last but not least I have a new person to work with me. His name is Krishna and he has fitted in very well. I am very much looking forward to working with him.

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
☺ Call in! Office usually open Monday - Friday, 1.30 - 6.30 (except Wednesdays)
Website www.woca.org.uk

NEW AT THE CENTRE

We've had quite a few new activities start at the centre in the last couple of months:

Acorns Theatre Group (see below!)

Sword for the Lord (Church Group, Sundays)

A warm welcome to these groups!

For more info, check out our website www.woca.org.uk, or call in to the centre office.

Anyone for Table Tennis?

We now have enough tables to start a club, thanks to additional tables loaned from Osney Democrats and Botley Baptists! So if you're interested in helping move this idea forward please do get in touch!

West Oxford Academy is back!

Our new term will start on Tuesday 20 October at 8pm in the Community Centre Café

Local residents have given many surprising, informative and entertaining talks, and I am sure there are still people who have a favourite topic they would like to share! So if you – or a friend or neighbour – would like to contribute please get in touch with me as soon as possible.

If you are curious about the Academy and want to find out more, or could help delivering flyers, please do get in touch. Please contact me, Susan Hutchinson, either by email at westoxfordacademy@gmail.com or by phone on 792358.

Let's SING Daytime singing workshop for retired people or anyone looking for a mid week boost!
Wednesdays 2-3pm £3.50 - Just drop in.
Learn songs from near and far from gospel, folk and world song traditions. Enjoy singing in uplifting a capella harmony whatever you think of your voice. Good for body & soul. Accessible and open to all.
Contact emformusic@outlook.com or call 07969 522368



Acorns Theatre

Drama Club 4-8 year olds

@ West Oxford Community Centre

Tuesday term times 4:30 – 5:30

Come along for a FREE TRIAL.

Plus.....

Acorns Sing - along

For babies and toddlers

Friday mornings 11:00 – 11:45

@ West Oxford Community Centre

Call Katie on 07717695995

acornstheatre@gmail.com

Saturday 10th October:

LCWO's Autumn Bring & Take, West Oxford Community Centre

10.30am-12.30pm

Grown more produce than you need? Please bring gluts to the Bring & Take to share with others, and if you've got surplus seeds from your allotment or garden bring them for our seed swap.

We will of course also be swapping books, clothes, toys, DVDs (but not videos), bric a brac etc.

Please bring your items to swap, in clean and good condition and genuinely re-usable, from 10.30am – 11.30am only and take items any time from 10.30am.

For large items please bring a photo, details and a contact number.



CONCERT FOR SPANISH CIVIL WAR MEMORIAL

Come to a concert at the Community Centre to raise money for a local memorial in honour of the 31 men and women from Oxford who went to Spain in the 1930s to defend the Republic against Franco's fascists.

Programme includes: The Sea Green Singers, Maeve Bayton, John Christie and RAN KAN KAN (Oxford's Cubanista big band).

Details: **Saturday 3rd October** 7pm – 11.15pm
Tickets: £10 in advance (before 28 Sept); £15 on the door. Contact John Haywood at a.j.haywood@hotmail.co.uk or tel: 07785 235715

New Mat Pilates Classes

starting October 2015

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



WOX VOX



A community singing group for adults and teens.
No experience necessary. No auditions. Great fun!

Thursdays from 7:30pm - 9pm
at St. Frideswide's (opposite WOCA)
Fee: £5 per session (drop in)

Questions? Email: hogemamama@yahoo.com

Like us on Facebook for updates: www.facebook.com/woxvox

NB: term time only - starting Sept 17th!



Jazz Brunches will be back by popular demand in early 2016...watch this space!

West Oxford U3A

The West Oxford U3A is a local charity organisation for retired and semi-retired people to come together and learn together, not for qualifications but for its own reward. Members share their skills and life experiences: the learners teach and the teachers learn, and there is no distinction between them.

We meet twice a month, in term times, at the Dean Court Community Centre, Pinnocks Way for a talk with tea & cake as well as having groups for walking, Italian, French, German, Crafts, computing, scrabble, bridge, art history, cinema group, theatre etc.

For more information, contact Elizabeth on 01865 739252 or memsec@westoxfordu3a.org.uk

12 October Chris Dingley – “Tax, Care and Toyboys”

Chris Dingley is part of a professional team who lecture widely on matters both legal and financial. This talk will aim to update us on how to mitigate the implications of inheritance tax and discuss the proposed changes to this. He will also discuss the funding of long term care which, for at least 1 in 10 of us, may cost over £100,000. The third part of the talk considers sideways disinheritance and the problems which may arise from ‘extending’ the family in later life. Some families find they are faced with unexpected, not always welcome, surprises following the death of a relative.

Followed before tea by max 5 mins with Brian Cox on Churches and Pubs

26 October: Mervyn Powell – “The Biafran Civil War and its Aftermath”

Mervyn Powell was teaching geography at a school in Nigeria when the civil war started in 1967. He returned to the UK several years later and was one of the principal lecturers at Westminster College before he retired. His illustrated talk will explore the reasons behind the civil war and the consequences of this conflict up to the present day.

Followed before tea by max 5 mins with Terence Carter, on Art History & Appreciation

Date	Speaker	Title
12th Oct	Chris Dingley	Tax, Care & Toy Boys
26th Oct	Mervyn Powell	Biafran Civil War and its Aftermath
9th Nov	Reggie Hayworth	Cotswold Wildlife Park
23rd Nov	Bernard Lockett	The Musical Theatre of Gilbert & Sullivan
2016		
11th Jan	Nick Middleton	Deserts - Their Use and Abuse
25th Jan	Dave Maycock	Brass Rubbings
8th Feb	Francis Hanford	General Short History of RAF Halton
22nd Feb	Brian Woolnough	Charity Work in India - Tear Fund
14th Mar	Claire Sexton	The Ageing Brain
21st Mar	Andy Smith	Life in the Music
11th April	Ian Jones	40 Years of Bomb Disposal
25th April	Gary Dawson	Fire, Rescue and Home Safety
9th May	Helen Marshall	Oxford's Future in a Rural County - C.P.R.E.
23rd May	Karen Wiseman	Odd Men and Necessary Women - Blenheim Palace
13th June	Angela Panruker	Pub Signs and Their History
27th June	Alan Lavender MBE	Chef to Four Prime Ministers

Allotment news

There will be an end of season event on Sunday, September 27 on the Twenty Pound Meadow site @ 2-5 pm. We will provide sausages and rolls, a curry, some drink, activities for children and gazebos if it rains. Please bring a salad or pudding to share, extra drink and plates and cutlery for you and your family. We will have a stall for selling spare produce, home-made chutneys and preserves – all profit will go towards the shop. Hopefully, there will also be a fruit press and pasteurising unit. See you there!

Rent is due this month and is payable on one of the first three Sundays in September. An inspection has been made of all plots. There is a waiting list so if you I have neglected your plot you will politely be asked to get to your act together! Remember plots are not nature reserves or children’s playgrounds – they are for cultivation. The inspection revealed that relatively few of plots are numbered. This makes communication with plot holders very difficult so PLEASE number your plots asap.

Allotment Committee

News from West Oxford Bowls Club

West Oxford Bowls Club are anxious for new players to join the club next year. All ages will be welcome from beginners to experienced players. We have a clubhouse with a bar and have a strong social background. Recent entertainment included an Elvis Presley impersonator, a magician and various music groups. The Club is going to Tenby by coach this month to enjoy a late holiday and to play some bowls. If anyone is interested in joining next year please contact our club Secretary: Marion Bostock on 01865 436277 or email:marion@bostock4.wanadoo.co.uk.

As the bowls club is only a stone’s throw from the Community Centre, why not come and make yourselves known? The club will be open from 1st May 2016 and will be open most Monday evenings from 6.00 p.m. and Wednesday afternoons from 1.00 p.m. League matches are played on Thursday evenings and the club will be open when we are playing a home match. On Saturday afternoons we have friendly matches and again the club is open when we have a home match



Pool-based Aquatic Rehabilitation led by
Physiotherapists and Osteopaths to treat, manage
and prevent musculoskeletal conditions



Water-based rehabilitation and exercise is significantly effective for the treatment and management of many musculoskeletal conditions and health problems including:

**BACK PAIN RHEUMATOID ARTHRITIS HEALTH & WELBEING KNEE PAIN WEIGHT LOSS
FIBROMYALGIA PRE/POST ORTHOPEDIC SURGERY SHOULDER PAIN SPORTS INJURIES
STROKE & BRAIN INJURY REHABILITATION OSTEOARTHRITIS HIP PAIN**

Fluid Motion is a multi-award winning programme providing professional support through tailor made aquatic programmes. Our aim is to make musculoskeletal healthcare more accessible, affordable and community driven.

For more information and to book onto a session contact us through phone or email

THURSDAYS 6.30-7.30pm

£3 gym-members, £7 non-members

BROOKES SPORT BOTLEY

Harcourt Hill Campus, OX2 9AT

✉ info@fluid-motion.org.uk

www www.fluid-motion.org.uk

☎ 07720574164



What is Community Health?

Healthcare and the NHS is a topic that is endlessly pestered on the front of newspapers and political manifestos. Much of the emphasis on healthcare still focuses on the industrial sized model of a centralised healthcare service, which exists mostly as a responsive healthcare system. It's a great system, and many if not all of us are indebted to the NHS in supporting and treating us when we need it most. But the current system is facing large challenges from funding short-falls, skills shortages and rising demands.

Community Health is often perceived as a simple adjunct of the NHS, involving Community Nurses, Physio's, OT's, GP's and other Healthcare Professionals. Yet, community health is much more than just NHS staff working outside hospitals and in our local area. Community Health is a structure that enables local populations with geographical and social ties, who have diverse characteristics, backgrounds and needs, to access local services that support, treat, manage and prevent many ailments, conditions and aches. Ultimately, it makes local communities more resilient, where they can better self-manage their residents' healthcare with less dependency on institutional healthcare services which can be prone to service changes and funding cuts.

Community Health is not a replacement for the casualty department, but exists with the aim of proactively promoting health and wellbeing, preventing the development and worsening of conditions and making signs and symptoms all the more manageable. These services are in many cases not delivered by health professionals and include peer support groups, accessible exercise classes, cooking clubs, singing choirs and enjoying outdoor spaces in addition to the clinics, classes and surgeries delivered by Health Professionals in ways which are more accessible and affordable to the local community.

What's essential is visibility and engagement. These services are all around us and it is the role of the community health services to ensure they can be seen by those who need them, but this is also the role of the community; to support, share and promote the services and experiences they've had with others who needs them most.

Through collaboration, both practitioner and patient, neighbour and shop keeper, jogging-buddies and dog-walkers can embed health and wellbeing into the fabric of every community where the community collective health and wellbeing services is supported by the those it works to serve.

Ben Wilkins, Fluid Motion

Proposed Extension to Seacourt Park & Ride

The City Council has started consulting people on the idea of extending Seacourt Park and Ride. There is no planning application yet.

This should have the good effect of reducing traffic in Botley Road, but we must, of course, make sure it does not increase flood risk.

More details from Councillor Susanna Pressel

News from the Jericho, Abingdon Rd, and WEST OXFORD Neighbourhood Police Team

Court Undertaking

Following a long series of complaints about anti-social behaviour in an area off the Botley Road, the City Council Anti Social Behaviour Investigation team and the neighbourhood policing team have worked in partnership to try to reach a resolution to the problem. Now the male has signed an undertaking at a County Court hearing, he has agreed not to attend the Close and flats in question for a period of one year. Any reported breach of this agreement could be considered as contempt of court and will result in another court appearance with the consideration of imprisonment or fine.

Cycle Crime

Register your bike make, model, frame number & photo now online at www.bikeregister.com.

You can also contact us to request your bike to be security marked.

Please ensure you have **WORKING LIGHTS ON YOUR BICYCLES**, for your safety and that of other road users. Please note that it is an offence to not have working lights on your bike after dark and if caught, you could be issued with a £50 fine.

Have Your Say Meetings – The Neighbourhood policing team will be available for advice on Tuesday 27th October 2015 from 11am to 12pm at West Oxford Community Centre Cafe.



St Frideswide's with Binsey Autumn Update

Regular Services

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

Sundays 10.30am - Sung Eucharist

www.stfrideswideschurch.org.uk ☎ 242345

St Margaret's, Binsey www.binseystmargaret.org.uk

9am Eucharist on the fourth Sunday of the month.

Evensong every Sunday at 4.30pm during BST

Special Services

October 4th 3pm St Frideswide will be holding an Animal Blessing Service focussing on the work of Pets as Therapy. This service is for all ages, and big and small pets are welcome on a lead or in a basket. Contact Rev Sykes (see below) for more information.

November 8th 10.30am St Frideswide will be marking Remembrance Sunday with the Eucharist including an Act of Remembrance

December 3rd 7.30 pm St Frideswide Advent Carol Service

December 16th 6.00 pm St Frideswide West Oxford Primary School Carol Service

December 20th 3.30 pm St Margaret, Binsey Carol Service

December 24th 4.30 pm St Frideswide Crib Service

Music at St Frideswide

Thursday 29th October 7.30pm Organ recital -£5 on the door which includes a glass of wine and nibbles.

Each Sunday in November there will be a Lieder Recital at 3 p.m. accompanied by tea, coffee and cakes. No charge but with a retiring collection.

To arrange a baptism, wedding or a funeral please contact revclare@btinternet.co.uk; or telephone 01865 242345. Or to keep up to date with church news and events please look on our website www.osneybenefice.org.uk or email osneybenefice@outlook.com to join our email list.

Diary Date: 14th November from 7.30pm 'til late in WOCA

The acclaimed **FiddleBop**, playing their own brand of sparkling songs and terrific tunes - a 4 piece band offering passionate, powerful and mighty rhythmical music yet with the delicacy that comes only from acoustic instruments.



Music with roots in 1940's Paris brought right up to date. Gets feet moving and hearts beating to hot jazz swing. Come and have fun. Hear FiddleBop at <http://fiddlebop.org>



This is a charity fundraiser for work with township children in South Africa hosted by a small West Oxford-based charity called Education for Democracy in South Africa (EDSA)

www.edsa.org.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.

The pepper is vacuum packed and has 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**

Hogacre Harvest Festival

Sunday Oct 4th 11.00am - 5.00pm
Beer, music, Morris Dancing, food etc.

For details see the Hogacre website
<http://www.hogacrecommon.org.uk/>

FUN DAY WINNERS ALL ROUND!

This year's fun day was another great success - As well as the now legendary gurning and dog show fun, we had the inaugural West Oxford's Got Talent contest - surely one that will become a firm favourite after such a spectacular array of acts.



We're already starting to plan next year's event (July 9 - get it in the diary!) so please do get in touch if you would like to get involved. Meanwhile, here are a few pictures to remind you there was at least one glorious sunny day this summer...



Defence Against Flooding - an Update from the Environment Agency



We have been informed that HM Treasury has approved the Strategic Outline Case (SOC) for the Oxford Flood Alleviation Scheme. They are content for the business case to be progressed to the Outline Business Case (OBC) stage. Just as a reminder, the SOC describes why the project is needed to reduce flood risk in Oxford and identifies a flood relief channel as the preferred way forward to reduce this risk.

The next approval the project team need is for the OBC. This stage will take roughly 9 months and is when the preferred option is selected, the procurement approach agreed and full funding confirmed.

The first piece of work the team are undertaking towards the OBC is the ground investigation work. About 130 boreholes and trial pits will be dug in different locations between Botley Road and Sandford Lock during September and October. We have used information provided during our summer 2015 public events to help identify different locations to study. The results of this will help us determine the best route for the channel.



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
www.fantasticfeet.org

Toilet Twinning..

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. We've already raised enough for our first twinning, which will be with a toilet in The Philippines!

Enjoy reading?



... and discussing books with others?

West Oxford Book Group is currently seeking new members. Relaxed informal monthly meetings around the Botley Road.

Contact robert@perfecttext.org
Tel. 423785

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 20 November. 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

WOCA's "HANDMADE" CHRISTMAS MARKET 2015 Calling all local Artists and Makers!

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

This year's market - the third successive Christmas market to be held in the hall at WOCC - will be on Saturday 28 and Sunday 29 November.

We are looking 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 by 30th September (no obligation at this stage but we need to know numbers so we can move forward with our planning)

Please contact Keith Birnie, Centre Manager – contact details at the bottom of page 2

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

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 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 regular surgeries at the Community Centre.