

West Oxford Community Association

NEWSLETTER

Number 56: December 2014



ROBIN HOOD

Another WOPA production!

At the West Oxford Community Centre in January 2015

Performance dates:

- Thursday January 22nd at 7:30pm
- Friday January 23rd at 7:30pm
- Saturday January 24th at 3:00pm & 7:30pm

Tickets: £7.50 for adults and £5 for children under 16. On sale after Christmas at Eggs Eggsetera

Also available on Friday and Saturday night performances: Tickets for the panto PLUS pre-panto 3 course supper, free glass of wine or soft drink and reserved priority seating for the performance - £21.50 per adult and £11 per child. More information can be found on our website www.wopa.me

Community support: We have a limited number of tickets available for our dress rehearsal (on Tuesday 20 January) for those people who may need special assistance and might not otherwise be able to attend, for example disabled, vulnerable or isolated individuals. If this is you or someone you know, please contact us for information. We can help with transport if necessary.

Tel: 01865 245368 or info@wopa.me



Christmas Sing-A-Long!

Sunday 14th December, 3-5pm
at West Oxford Community Centre

Everyone welcome. Free admission.
Bring the whole family, invite your friends, and join us for
some singing in the spirit of Christmas.

Refreshments by

We will be holding a collection in
support of local charity SeeSaw



THE TUMBLING TAZ CAFE

With thanks to our event
supporter Finders Keepers



WOT'S ON AT WOCC...



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

Kundalini Yoga

Yoga class on Wednesday 7.30 - 9.00pm in
The Mary Town Room. Beginners welcome.



Contact Ro Turan:

ro@kundaliniyogaoxford.co.uk ☎07812 728720

Zumba® class

A fun, latin-inspired, easy to follow dance fitness workout.

No experience required.

Wear something comfortable and bring a drink!

Drop-in Monday evenings 8.30-9.30 £5 (£4 OAP/student)

More info: denise@toplinefitness.co.uk ☎07748 600620

Come and enjoy new YOGA classes at
WEST OXFORD COMMUNITY CENTER
Botley Rd, OX2 0BT

Derek Elliott Yoga



Restorative Yoga and Meditation *Tuesday evenings 6.30 to 8.00pm*
Starts 23rd September

For all levels. The restorative practice encourages both healing and rejuvenation in the physical body as well as promoting evenness of the mind. Generally most poses are supine and supported by props. These longer holdings help to release muscular tension and bring about a relaxation response in the nervous system. The outcome is a relaxed, grounded and more centered state of being. The class will also incorporate some meditation and some gentle breathing practice.

'movement is the song of the body'

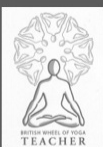
Ashtanga Vinyasa Yoga *Wednesday mornings. Between*
7.00am and 9.00am (led class at 7.00am) Starts 15th October

This is a dynamic, flowing and energizing form of yoga. Strength, stamina, sweat as well as suppleness are unique aspects of this type of practice. The student is encouraged to be light and receptive, to allow the practice to have a therapeutic effect. Breath is at the heart of the practice and initiates, maintains and links movement. The class will cater both for beginners and those wanting self-practice.

Costs. For single sessions £11/£9 conc. Blocks of classes are cheaper. Places are limited. Please book by email or phone.

for more details:-

Web: www.derekelliottyoga.co.uk
Email: derek@derekelliottyoga.co.uk
Tel: 07771 707178



THE TUMBLING BAY CAFE

The Tumbling Bay Cafe is 2 weeks old!

First a big thank you to all of you who have come and sampled our food and cakes and given us such good feedback so far. We are really enjoying all aspects of running the cafe especially meeting members of the community of all ages.

The philosophy of the cafe is quite simple; we want to create a welcoming and friendly environment for all and to produce a standard of service and food which is of high quality at reasonable prices. We are already offering vegetarian choices and are trying out gluten free options where we can but any ideas on what else you would like are always welcome.

Please contact us with any suggestions on tumblingbaycafe@gmail.com.

We have introduced some changes. We are now open at weekends for a brunch-type menu, and are open on Saturdays and Sundays from 10.00am - 3.00pm. There are some weekend days where we will have to be closed due to previous bookings but you can check our Facebook page or the centre's timetable for details.

During the week we are open Tuesdays - Fridays 9.00am - 5.00pm. for soup, a hot lunch, a selection of paninis served with a green salad, and of course teas, coffees and cakes.

Look forward to seeing you there!

Xavier and Sheila

Community Singing for Over 50's

Every Wednesday, 2.00 - 3.00

Come and join in - It's Great Fun!

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



OXFORD COMMUNITY HEALTH HUB NEWS

Wow, what an incredible year it has been. We are so pleased to be supporting you as a community and are thankful for the help and support we have received to be able to help you in our first year of opening. Oxford Community Health Hub is going strong with new team members joining us this month, along with Laura returning to us after a 3 month Yoga retreat. We're looking forward to what the next year will bring us, and hope to meet many of you along the way.

Here's some news from our practitioners:

Yoga Nidra with Laura Hancock

What is Yoga Nidra? Also known as "conscious sleep" it is based on the tantric practice of nyasa, created by Swami Satyananda (1923-2009), to combat the stresses and tensions of modern daily life. It is a form of guided meditation, by which the practitioner's awareness is drawn to different sensations throughout the body, whilst resting in Savasana. Blockages and hidden tensions are released, and the practitioner is given the opportunity to plant a positive resolve, or sankalpa, in their subconscious. With a regular practice of yoga nidra we can develop the capacity to change negative behavioural patterns and promote a stillness of mind.

- Where/When?

10.30 - 11.30 am every other Saturday @ the Health Hub.

Due to limited spaces bookings need to be made on-line.

- What do I Need to Wear/Bring?

Whilst blankets and yoga mats are provided, please feel free to bring your own if you wish. Warm, comfortable and movable clothes should be worn.

- Booking

Online through <http://www.ayurvedacorner.co.uk/yoga-and-yoga-nidra/>

Osteopathy with Ben Wilkins

It's been a bit delayed.... But it's incredible to finally be starting at the Oxford Community Health Hub! As an Osteopathic practitioner with roles and projects interwoven in Oxfordshire on the topic of accessible and affordable healthcare I think that the Health Hub set-up at Botley Community Centre is fantastic! I will be providing Osteopathic consultations and treatment on Wednesday afternoons for musculoskeletal and other health conditions. For more information on what Osteopathy involves and my focus of practice please visit <http://healthhuboxford.org.uk/osteopathy/>

Now at the Health Hub:

Career Launchpad™ Workshops

with
www.oxford-psychometrics.com

Practical Help with:
Developing your Talents
Gaining Skills and Knowledge
Building on your Strengths
Plotting your Life Map and
Finding your True Career Path

Helping young people and adults develop clarity during challenging life & career transitions by breaking down the steps needed to answer the bigger question of...

"What is it that I really want to do in life?"

With over 20 years experience in the area of Talent Assessment and Development within organisations such as the United Nations, Cabinet and Home Offices, Chintha can help you unlock your potential.

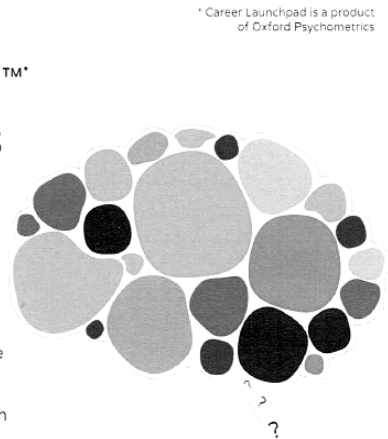


Chintha Dissanayake PhD
Occupational Psychologist:
tel. 01865 582 008
www.oxford-psychometrics.com



oxford
community
health
hub

Oxford Community Health Hub
West Oxford Community Centre
Botley Road
Oxford | OX2 0BT
www.healthhuboxford.org.uk



* Career Launchpad is a product of Oxford Psychometrics

West Oxford Primary School Christmas Bazaar Saturday 6 December 11.30am – 2.00pm

Come along to West Oxford School, on Ferry Hinksey Road, and visit our Christmas Bazaar.

There will be a lovely selection of stalls selling Christmas presents, as well as a tombola, toy stall, and the wonder of visiting Santa in his grotto. Lots of games and activities for children of all ages, including the chance to make one of the beautiful Christmas wreaths that decorate West Oxford over Christmas.

You are also welcome to enjoy the delicious teas, cakes and snacks on offer in our café.

Entrance to the Bazaar is 20p.



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

The next JAW Neighbourhood Action Group (NAG) will take place at 6pm on Thursday 11th December 2014 at the Student Union in Worcester Street, Oxford. If you would like to attend, have issues you would like to discuss or would like to receive a newsletter via post or email please contact us via our email address: OxfordCentralNHPT@thamesvalley.pnn.police.uk

Have Your Say Meetings – The Neighbourhood policing team will be available in West Oxford for advice on 4:00pm to 5:00pm at Osney Court, Botley Road

VERA Scheme

VERA scheme focuses on identifying, reassuring and providing advice to vulnerable or elderly residents who may have been victims of crime or who may, for any reason, be at heightened risk. Some residents may have mobility or health problems or memory loss which may lead to police helping them, for instance if they have a fall at home behind locked doors, if there is a sudden flood risk or if they become lost or confused.

The scheme records and securely holds contact details for family, carers and key holders for each resident on the scheme. Should these contact details be needed urgently if police get a call, we can help a resident more quickly. We can also sign post residents towards other agencies depending on their individual requirements and situations.

If you would like to be registered on the scheme or hear more about it, please contact PC Jan Warner on 01865 266328 or via the neighbourhood policing team on OxfordCentralNHPT@thamesvalley.pnn.police.uk

Needles & Sharps

Anyone finding such items should not attempt to touch or pick them up. They should be reported by calling Oxford City Council on 01865 249811 or online on www.oxford.gov.uk in the "Report It" section. The removal of needles and sharps will be prioritised and is often completed by specially trained staff within an hour of reporting.

Criminal Damage – Graffiti

Oxford residents can report graffiti on public areas or buildings to Oxford City Council at www.oxford.gov.uk or on 01865 249811. For advice on graffiti removal for private buildings & businesses email directservices@oxford.gov.uk or call 01865335400

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.

With the evenings drawing in again, 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.

Low Carbon West Oxford News

Do you need advice and information about keeping well and warm during cold weather?
Help with high energy bills?

Do you know the range of local and national support available, the practical help schemes such as improvements to homes and heating systems?

Do you want to know about how to make your home more energy efficient?

Anne Clilverd is a local experienced community worker available to support you in accessing advice and information. Available at the West Oxford Community Centre or place of your convenience or in your own home.

Please call to arrange a visit, if you would like to make sure you are getting all the help you may need and be entitled to. Last year many people took advantage of free benefit checks from CAB and small grants to cover measures for keeping warm during the winter.

Contact Anne on 01865 793049 /07401 763003

You can receive further information by email from info@lcwo.org.uk as well as from our website: www.lcwo.org.uk, or call 07531 500955.

St Frideswide Church Osney and St Margaret's Church Binsey

Rounding up 2014 - a busy year

2014 has been a busy and productive year for both Churches and everyone has been working hard to keep both churches open, busy and lively.

St Margaret's remains a much loved church and has received many visitors this year, each looking for something different. Some are remembering childhood stories and come to visit the real "Treacle Well" of Lewis Carroll's Alice in Wonderland, whilst others are seeking a place for prayer and quiet contemplation. The church has welcomed two pilgrimages this summer and was the place chosen by the (then) Bishop of Oxford to hold Morning Prayer as part of the launch of the Thames Pilgrim Way, and to also mark the start of his retirement.

This autumn saw the publication of a very special book, Binsey Oxford's Holy Place, Its Saint, Village and People. It is a wonderful example of how the contributions of historians, writers, poets, theologians, residents and visitors can create such an illuminating and thoughtful account of how Binsey has grown and changed over the centuries. It would make a wonderful present as it is a book to read, re-read and treasure. It can be purchased for £20 + £3.00 P&P Cheques payable to St Frideswide PCC from The Osney Benefice Office, c/o SS Peter and Paul, West Way, Botley, Oxford, OX2 9LS
osneybenefice@outlook.com.

St Frideswide's has been a popular choice for weddings and baptisms this year as it provides such a wonderful space for families to celebrate. Many of those choosing St Frideswide are people who have passed through our community due to work or education, but who hold West Oxford and its community close to their hearts.

It has also been a privilege to welcome some superb musicians and singers to perform at the concerts held throughout the year, not least home grown West Oxford talent in the form of Ella de Villiers, Katie Ray, Charlie Baigent (bass), and Peter McMullin who performed works by Mozart, Handel, Poulenc, Mendelssohn and Saint-Saens.

St Frideswide Church has embarked on an ambitious £20,000 project to replace the creaking and inefficient heating system which was failing to keep the damp out of the fabric of the building and the organ, as well as the people visiting. The work is taking place during December this year and we are busy fundraising to pay for it. So far we have £4,000 from the Oxfordshire Historic Churches Trust as well as bequests, donations and funds raised through our events. We want the church to be warm and welcoming and used as a venue for community events and concerts. If you are a musician or group and would like to take advantage of our wonderful acoustics please get in touch.

And finally, an enormous thank you to everyone who helped make the Christmas Fair such a huge success and helped us raise money for the heating replacement. We are truly fortunate to have local businesses, artists and residents who are always willing to support their community; we are grateful for the donations of such brilliant raffle prizes. At the time of going to print we can thank: Warlands Cycles, Woodlands Pharmacy, Eggs Etc. Cake Expectations, Tumbling Bay Cafe, Simon Pressey, Westgate Stores, Derek Elliot, Ursula Irvine and Joy Taylor.

Like us on www.facebook.com/St.FrideswideOxford

Regular Sunday services are held at:

St Frideswide every week at 10.30.

St Margaret's Binsey on the fourth Sunday of each month at 9.00 am.

Special services will take place during the Christmas period on the following dates:

Thursday 18th Dec 6.00pm	West Oxford Primary School Christmas Concert
Sunday 21st Dec 3.00pm	Carols by Candlelight at St Margaret's Binsey
Wednesday 24th Dec 4.30pm	Christmas Eve Crib Service at St Frideswide
Thursday 25th Dec 9.00am	Christmas Day at St Margaret's Binsey
Thursday 25th Dec 10.30am	Christmas Day at St Frideswide

Can you help?

Street Reps help WOCA deliver this newsletter. We have most roads covered now—just Roger Dudman Way and Venneit Close currently remaining.

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?

Basketball A bunch of local young enthusiasts would like to start regular sessions at the centre, but they need someone to be around to supervise. Could that be you?

Have you got news for us? Our winter issue deadline is March 20th. Leave copy at the Centre, email, or send via the WOCA website.

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



West Oxford 2015 Calendar

12 Paintings of West Oxford
by Local Artist Deborah Williams
A3 Size with Hanger
For Sale at Eggs Etcetera

A Good Neighbour Scheme for West Oxford?

The Good Neighbour scheme have provided a grant for arranging a workshop meeting to discuss the interest in running a Good Neighbour scheme in West Oxford.

Anyone interested in helping with the organisation of this meeting some time in January please contact

Anne Clilverd 01865 793049/ 07501763003

Amnesty International Event

Amnesty International will be at St Frideswide at 11.30am on Sunday 7th December with cards for people to sign and send to prisoners of conscience.

The cards are non religious and non political. They make their impact on the regimes holding people by their sheer volume.

And they provide support to those held, as they demonstrate support from the outside world.



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 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 regular surgeries at the Community Centre.