

West Oxford Community Association

NEWSLETTER

Number 55: September 2014



The roles are cast, rehearsals have started and the production team is in place.

Another WOPA production

If you are not already part of it, talk to us now. It is never too late. We always need help with sewing, painting, delivering and raising funds etc.

Performances on 22nd, 23rd, 24th January 2015

Contact us on info@wopa.me

Tickets on sale from Eggs Eggsetera after Christmas

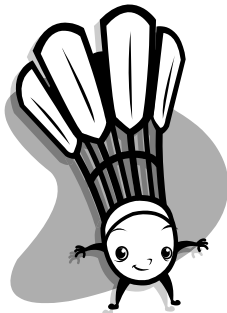
If you can't help out, then come to a performance. It's great fun – oh yes it is!

Shuttlecocks?

Would you like to play badminton at the Community Centre?

The court is available at the special discounted rate of £6:00 per hour at certain times during each week.

Contact wocabad@gmail.com for more details.



Woca Choca

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

Doug Nevill, David Gellner, and Bob Wilkes (Rev)

for tireless litter picking to keep the park areas around West Oxford cleaner places to be

Andrew Roland for his endless help to the community centre

Mark Walsh for inaugurating and organising football sessions, and for his contributions to the Fun Day

Mark Austin for doing such a good job on planning and organising the music for the Fun Day

Many thanks, and enjoy the chocs!

West Oxford Community Association
invites you to a friendly

Harvest Supper

Sunday 5th October
5.30-8.00

West Oxford Community Centre



The main course will be provided free, expertly cooked by The Rumba Kitchen but please bring a pudding to share and please 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 preferably before 1st October or email westoxfordcc@gmail.com (with "harvest supper" in the subject line) stating the number of places wanted for adults and children.

WOT'S ON AT WOCC...



West Oxford Community Centre

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'

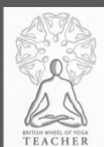
Ashtanga Vinyasa Yoga *Wednesday mornings. Between*
7.00am and 9.00am (led class at 7.00am) Starts 15th October

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



WOCA

community café

Open 9 00 – 5 00 Tuesday - Friday

If you have any suggestions or catering bookings to make, please email

ingridgaitet@fastmail.fm

We'll be saying goodbye to Ingrid in October, and we'll be sad to see her and Alex go.

If you'd like to say cheerio and wish them well, they'll be at the Harvest Supper on 5th October.

Rumba Kitchen's POPUP Cafe

28 very satisfied customers enjoyed a popup cafe at WOCA on 11 September in the Cafe, courtesy of Lauren Scott of The Rumba Kitchen.

The Rumba Kitchen produce delicious, beautiful food in various locations using fresh, seasonal and local produce. Influences are taken from the Mediterranean, the Middle East and Asia.

Comments on the night included:

'What a fantastic community supper and such wonderful food'

'The best veggie food I have had in ages, wonderful damson sauce'

'It would be lovely to think of a popup supper happening 4 / 5 times a year'

Watch this space for news of more POPUP Cafes!

Community Singing for Over 50's

A new group is starting on Wednesdays, 2.00 - 3.00

Come and join in! First sing-song 22nd October!

Lost and Found Will Soon Be Gone!

Do you think you might have left something at the Community Centre, or in the Park behind, over the last few months? It may well be in our Lost and Found Bin!

We're getting cramped for space, so if you think you may have something to claim, please call in before the Low Carbon West Oxford Bring and Take Day on 11th October, when all the remaining unclaimed items will be passed on!

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

Political Economy Study Group

Interested in economics and politics? If so, are you interested in joining a new political economy study group in West Oxford, starting in either October or January?

Initially, meetings will be based on Ha-Joon Chang's book, '23 Things They Don't Tell you about Capitalism'.

The underlying purpose is self-education in political economy. The philosophy is to challenge and question mainstream economics.

Please contact Linda if you are interested:
linda.arch@gmx.co.uk.

WOC/ARTWEEKS 'HANDMADE' CHRISTMAS MARKET 2014

Calling all West Oxford Artists and Makers!!! Are you interested in taking part in this year's "Handmade" Christmas Market?


Last year saw the first ever Artweeks Christmas market, held in the hall at WOCC. It was a great success and we will be holding the market again this year. It will take place on Saturday November 22 11am-6pm and Sunday November 23 11am-4pm.

We hope to include the same wide range of arts and crafts as last year and to involve as many local artists and makers as possible. So, if you think you might be interested in taking part, and would like to know more, please get in touch by 30 September (no obligation at this stage but we need to know numbers to help with our planning).

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

Environmental Development

www.oxford.gov.uk



Oxford Area Flood Partnership

FLOOD FORUM 2014

Oxford Town Hall
Thu 16 October, 7pm-9pm

The Forum is for all residents of Oxford.

Representatives from each of the partner organisations will be happy to talk discuss your flooding issues, the management of flood risk in Oxford and neighbouring villages.

Partner organisations:

- ◆ Environment Agency
- ◆ Oxford City Council
- ◆ Oxfordshire County Council
- ◆ Vale of White Horse DC
- ◆ Thames Water
- ◆ Network Rail



Message in a Bottle Scheme

This Lions Clubs health initiative is a simple idea enabling people to keep their personal and medical details where they can be found in an emergency - the fridge.



Lions Message in a Bottle scheme helps save lives through four simple steps:

1. Personal and medical information is detailed on a form
2. The form is placed inside the Lions Message in a Bottle
3. The bottle is stored in the fridge where it can be seen
4. Green stickers are displayed on the outside door and the fridge

Bottles are available from the Community Centre office – please call in if you would like one.

West Oxford Academy

West Oxford Academy is back. Our term will start on Tuesday 21 October at 8pm in the Community Centre Café.

Among the intriguing topics for this coming term are:

- Pets as Therapy;
- Learning a foreign language during the Roman empire: how and why?;
- Port Meadow's Bailey Bridge - fêted wartime "Wonder Bridge" fated to obscurity? and
- The hunt for Tugan Baranovsky- a study in failure, with some contemporary lessons .

This will be the 16th term and there have been over 100 talks. A full list of all the talks to date can be found here:

<http://westoxfordacademy.blogspot.co.uk/>

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.

Communities Land Organisation

Communities Land Organisation (CLO) is a Not for Profit community organisation recognised by Companies House as a Company limited by guarantee.

This community organisation was created to make good a poor situation both in attracting attention to the intended privatisation of the Land Registry by central government and to where land is unregistered and no legal title can be proven.

CLO created a boundary on land by Oxford's Castle Millstream and alongside the river bank behind Abbey Road. CLO now claim this as private land from an unregistered classification. The claim is considered helpful for the local communities. It also gives an example to how this idea might work much further a field. If fishing or visiting please be careful and considerate. We ask you to take care for yourself and others as the river and boundary can be a hazard.

For more information please visit <http://communitieslandorg.wordpress.com/>



All Wrapped Up For Christmas St Frideswide Christmas Fair November 29th

Special handmade gifts and pampering for him, her, big and small will be showcased at the St Frideswide Christmas Fair on Saturday 29th November 2014 10.30am – 3pm. There will be a lovely range of stalls from talented local food producers, craftspeople, artists and specialist producers with a focus on gifts, pampering and treats for Christmas. Some of our regular stall holders will be there, including the raffle, children's activities and delicious teas, cakes and snacks.

If you are interested in having a stall please get in touch with Gwen at the church office osneybenefice@outlook.com or 07817 473976. There are no up-front stall fees and you pay a fee of 20% of any takings at the end of the day. This is a brilliant way for local makers to take part in a craft fair without big overheads or final costs.

People are always interested to know where the money raised by the craft fairs goes. This year money raised will go towards replacing the heating system which will cost nearly £20,000. This will stop the damp damaging the building and the restored Hunter organ, as well as making it much more comfortable for people using the building for services, events, concerts and activities throughout the year.

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

Low Carbon West Oxford News

Low Carbon West Oxford invites you to an open meeting on saving energy in your home

Join us on Monday 29th September at 8pm in the WOCA Cafe to find out how to reduce your energy use at home and keep your bills down. Whether you're considering making minor or major structural changes to your home to increase energy-efficiency or smaller-scale improvements you'll find Tim Nicholson's talk very helpful. There will also be information and advice about making small changes in how you use your home (such as understanding your heating system and the importance of zoning). Free event, open to all residents in West Oxford.

Coming up

Low Carbon West Oxford's Autumn Bring & Take will be held on Saturday 11th October at West Oxford Community Centre from 10.30am - 12.30pm. Bring items between 10.30am - 11.30am only, take items from 10.30am. Books, clothes, toys and games, household items, small items of furniture, small electrical items (for PAT testing). All items should be genuinely re-usable.

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.

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

As the Nights Draw In...

Leave a Light on Close and lock all your doors and windows when going out or to bed
Keep valuables out of sight Don't advertise that you're out Invest in a light timer switch
Register your valuables with www.immobilise.com

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 Meeting – The Neighbourhood policing team will be available locally for advice on Thursday 2nd October from 2:45pm to 3:30pm at West Oxford School

Contact Us – If you want any advice or would like to contact the Neighbourhood team you can call us on the police non-emergency number 101 but if your call is an emergency then dial 999.

You can also contact us via email: OxfordCentralNHPT@thamesvalley.pnn.police.uk – please note this email address cannot be used to record crimes or for urgent matters.

For crime updates sign up to www.thamesvalleyalert.co.uk

To view information on your Neighbourhood team, visit our website www.thamesvalley.police.uk

Follow us on Twitter to receive updates about what's happening www.twitter.com & follow [TVP_Oxford](https://twitter.com/TVP_Oxford).

Mindfulness

Have you heard of '**Mindfulness**'? – “a set of simple yet powerful practices that you can incorporate into daily life to help break the cycle of anxiety, stress, unhappiness and exhaustion” (Mark Williams and Danny Penman - 'Mindfulness')

Several people have expressed an interest in starting a local Mindfulness group. If you would be interested please contact Louise Siddle (01865 251795, or louise.siddle@talk21.com)

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 November 21. Leave copy at the Centre, email, or send via the WOCA website.

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



Neighbourhood Watch

Neighbourhood Watch is one of the biggest and most successful crime prevention initiatives ever.

Neighbourhood Watch is not just about reducing burglary figures it is also about creating communities that care. It brings neighbours together and can make a real contribution to improving their lives.

There are other benefits to starting a Neighbourhood Watch scheme too. You will become familiar with crime prevention ideas that will help keep your home and belongings safer. By belonging to a Neighbourhood Watch scheme some insurance companies will offer discount on your home insurance.

Schemes can be large covering most of the houses on a street or small involving just a few houses. Most people are only too willing to join, it just needs someone to start the ball rolling.

For more information on how to start a Neighbourhood Watch scheme please contact the Neighbourhood Watch office at St Aldates Police Station, Oxford. Tel - 01865 335133 or email - michelle.beahan@thamesvalley.pnn.police.uk

Thames Valley Police believe that by improving communication between the police and local communities we will all make a greater impact in the prevention and the detection of crime and anti social behaviour.

To receive free crime and safety messages from the police join us on www.thamesvalleyalert.co.uk



Latest news from Osney Lock Hydro

The next phase of work is underway at Osney Lock Hydro, at the bottom of East Street, by the lock. The focus is on getting the powerhouse built and commissioning the hydro scheme so we can start generating clean, green electricity.

The powerhouse roof will have solar panels, to maximise generation capacity at the site. The mid-section of the roof will feature PV cells set in transparent laminate, allowing in natural light.

We will also be putting brushes into the fish pass, so fish can use the channel to swim upstream – the first time the weir has been passable to fish for 200 years. The final piece of the jigsaw is to put in place all the wiring and electrics. We hope to be up and running in November.

As ever, thank you to our Bridge St and South St neighbours for their forbearance during construction. If you would like to know more about the project please visit our website www.osneylockhydro.org.uk

The Knowledge Project

Fun, affordable evening courses
for adults in Oxford



Psychology

Novel Writing

Contemporary Art

And more...

All of the proceeds go the local children's charity Jacari (charity no. 1108827).

www.knowledgeproject.co.uk

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Sun : 1200 – 2100hrs

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AVAILABLE FOR ALL OCCASIONS

WOCA COMMITTEE

Chair: Rebecca Huxley

Trustees: Matt Bird, Martin Bourne, Anne Cilverd, 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.