

West Oxford Community Association



# NEWSLETTER



Number 54: June 2014

W.O.C.A. invites everyone to

# FUN in the Park



**Sat 12 JULY**

**1 - 5PM  
Botley Park**

**Live Music ★ Games ★ Cakes ★ Beer Tent  
★ Stalls ★ Displays ★ DOG SHOW ★**

**ENTRY: Suggested DONATION £1 CHILDREN FREE**

# WOT'S ON AT WOCC...



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



Open 8 00 – 5 00 Tuesday - Friday  
10.00 - 2.00 Saturday

Special treats coming for the Fun Day!  
If you have any suggestions or catering bookings to make, please email  
[ingridgaitet@fastmail.fm](mailto:ingridgaitet@fastmail.fm)

## Dogs Trust FREE Microchipping Event

Following a successful event earlier this year, the Dogs Trust are running another event with the Neighbourhood Policing Team on **Thursday 7<sup>th</sup> of August from 3pm to 6pm** on the grassed area in front of West Oxford Community Centre.



No appointments are necessary. The Neighbourhood Policing Team will be there to offer advice on any issues you may have.

If you cannot make it to the event but would still like your dog to be micro-chipped, check the Dogs Trust website for further information at [www.dogstrust.org.uk](http://www.dogstrust.org.uk) or call **020 7837 0006**. **FREE** dog chipping will only be available via the Dogs Trust until September this year. It will become a legal requirement for all dogs to be micro-chipped from April 2016.

## COMMUNITY GLUE

Does your Health and Social Care Support cut the mustard?

Cheesed off with not being heard?

Formal meetings **not** your cup of tea?



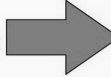
## FOOD FOR THOUGHT

A monthly informal forum for people who use health and social care services to talk about the support they get, and how it could be improved - open to anyone over 16 using health and social care services

### DELICIOUS, HOME-MADE, FREE FOOD

provided by West Oxford Community Cafe in a relaxed environment

Numbers limited so **BOOK NOW!**

You decide what to talk about  You help shape the future

**WHERE?** West Oxford Community Centre Botley Rd Oxford OX2 0BT

**WHEN?** First Wednesday of the Month at 6.30

To book email or call

[info@communityglue.org.uk](mailto:info@communityglue.org.uk) (01865) 403324

Jon Hyslop: 07807 182774 or Keith Birnie: 07791 583020



Community Glue CIC Company No. 73000592

A small community organisation that works collaboratively to support people affected by ill-health, old age or 'disability'.



### Zumba® class

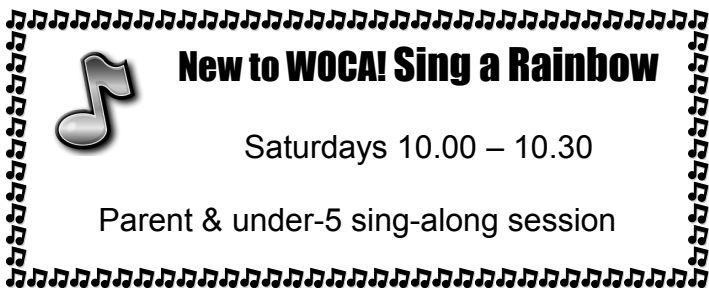

A fun, latin-inspired, easy to follow dance fitness workout.

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](mailto:denise@toplinefitness.co.uk) ☎07748 600620

## New to WOCA! Sing a Rainbow

Saturdays 10.00 – 10.30

Parent & under-5 sing-along session

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)



## Summer Health Hub News

We're really lucky to have Helen Money as part of our team. Along with being a wealth of knowledge on nutrition and menu planning, she's also

passionate about making healthy eating accessible in our community through running a whole range of information, inspiration packed low cost talks that she adapts to the needs of different groups. If you are part of a community organisation or informal group that would like her to tailor a talk for you, just get in touch to talk it through. Helen would love to hear from you.

☎ 01865 339672

Email: [helen@helenmoneynutrition.com](mailto:helen@helenmoneynutrition.com)

We thought you'd like to know Laura Hancock our massage therapist is going away on retreat for 3 months at the end of July. To fit everyone in before Laura leaves she is currently taking on extra bookings. We highly recommend having a treatment with her if you get the chance. Her clients regularly leave smiley, relaxed and glowing. We think she might be missed while she's away!

☎ 07532 030969

Email: [laura@ayurvedacorner.co.uk](mailto:laura@ayurvedacorner.co.uk)

Our community acupuncturist Rebecca Minton is now running 3 sessions a week at the Health Hub. We have a pain clinic on Tuesday evenings, a general clinic on Wednesday mornings and a women only clinic on Friday afternoons. Rebecca recently updated the acupuncture website and there's lots of information about acupuncture and Rebecca's training background along with a new online booking system to help make booking appointments even easier. Have a look and let us know what you think. We hope you love it as much as we do!

[www.acupunctureoxford.org/book-us](http://www.acupunctureoxford.org/book-us)

We no longer run an Open Door Sessions on a Saturday. The third Wednesday of the month we will still be there from 7.00pm – 8.30pm (except August). Come say hi and drink tea with us. We love to talk about health and wellbeing, so bring your questions and we'll happily try and answer them for you.

From all of us at the Health Hub, we hope you have a very lovely, enjoyable summer!

## STAND

In late May and early June, WOCA was delighted to host Oxford Playhouse's production of **STAND**, real life stories of courage and conscience from Oxford residents who stood up for something, or someone, they believed in.



Here are some comments from people who saw the play:

"It was a privilege to be a witness to these personal experiences, and to feel such a wonderful sense of community ... Inspirational, funny, moving, I can't recommend this highly enough.\*\*\*\*\* "

*Stage Talk*

"Captivating night from Chris Goode and Oxford Playhouse, magical actors & amazing Oxonians. Delicate, direct, so human. Will long linger.

A play that may have changed my life. Beautiful, empowering

STAND was fantastic - definitely pack the tissues, though...

Loved the generosity of spirit & tender radical stories in Chris Goode's STAND; acknowledging, reminding, urging us all

I have a small list of shows that I have seen over the years that have really, profoundly, moved or changed me - STAND makes the list "

*Audience Comments*

Thanks to Oxford Playhouse, and all the Community Centre Staff, Volunteers, and Regular Users who helped make this joint venture such a success, and will hopefully lead to more collaborations with the Playhouse in future.

## **FWOP - Friends of West Oxford Parks**

Friends of West Oxford Parks is a new local group which aims to improve our recreational and green spaces through consultation with the community and the City Council and through lobbying for funding from external sources.

Initial focus will be on Oatlands Road recreation ground as it is lacking in play equipment for older children, however, the idea is to encompass Botley Park and any public green spaces in the area.

OCC Parks department have been very supportive of this community-driven project. They have offered invaluable advice and already allocated some budget for work in Oatlands Rd Rec.



**So, FWOP needs your ideas and views.**

Suggestions so far have included:-

- Improved play equipment for older children, -- current equipment is fine for up to 4 year olds.
- Adult Fit Trail – There are a number of these now elsewhere in the city and they are well used.
- Peripheral paths around the parks incorporating more planting and benches. The adult fit trail may complement this.

FWOP has a Facebook page which will be used to gather your comments and to let you know the latest news.

[www.facebook.com/FriendsofWestOxfordParks](http://www.facebook.com/FriendsofWestOxfordParks)

or email [fowop@hotmail.com](mailto:fowop@hotmail.com)

or phone Susanna on 01865 554001

External funding will be heavily dependent on the strength of the application, and we need to show that the local community is behind this, so please, let us have your thoughts.

Doug Nevill 25 Lamarsh Road

### **Low Carbon West Oxford News**

#### **Keeping in touch with Low Carbon West Oxford**

LCWO is now on Facebook. Please look us up, “like” our page and keep up-to-date with what we’re doing. You will also find out about events and campaigns run by other organisations which aim to reduce carbon emissions and promote a more sustainable way of living.

If you’d prefer to receive information by email please let us know at [info@lcwo.org.uk](mailto:info@lcwo.org.uk).

For further information on any of the above activities please go to Low Carbon West Oxford’s website: [www.lcwo.org.uk](http://www.lcwo.org.uk), or call 07531 500955.

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

### **Bike security events**

Our colleagues from the City Centre Neighbourhood Team are holding a number of cycle registering and marking events in the City. If your bike is not yet registered then you are strongly advised to attend and secure your bike. The team can also advise you on how to lock your bike securely. Details of the final session are as follows:

Wednesday 25th June 2014  
St. Aldates Police Station  
1130-1330



**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](mailto:OxfordCentralNHPT@thamesvalley.pnn.police.uk) – please note this email address cannot be used to record crimes or for urgent matters.

To view information on your Neighbourhood team, visit the force website [www.thamesvalley.police.uk](http://www.thamesvalley.police.uk)

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

### **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?

**Fun Day** Can you help with setting up, running stalls, clearing up, or in some other way at the Fun Day?

**Have you got news for us?** Our autumn issue deadline is September 12. Leave copy at the Centre, email, or send via the WOCA website.

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



### **Interested in paid work with our friendly team?**

The WOCA staff team is looking to recruit another member who can offer caretaking work at various times, mainly in the evenings and at the weekend.

Duties will range from locking/unlocking to cleaning and maintenance of the centre. Experience of work in a similar environment is desirable.

Successful applicants will need to be reliable, friendly, trustworthy, flexible, and have the community's interest at heart.

**WOCA believes in a living wage for all and offers good rates of pay.**

For more information and an application form:

- call 245761
- email [westoxfordcc@gmail.com](mailto:westoxfordcc@gmail.com)
- or just call in at the office!

## St Frideswide with Binsey

### Regular Services

At St Frideswide, 10.30am Eucharist each Sunday

At St Margaret, Binsey 9am Eucharist on the fourth Sunday of the month from July on. And Evensong at Binsey at 4.30pm each Sunday in British Summer Time

### Organ recital

Thursday 31<sup>st</sup> July 7.30pm

Organ recital by Sarah Lister

£5 on the door which includes a glass of wine and nibbles.



### Commemorating the First World War

St Frideswide will be open from 12 ~ 2pm on 4<sup>th</sup> August in remembrance of the hundredth anniversary of the start of the War. The War Memorial in the church bears the names of 87 local men who died in the War. To find out more about each man, visit the St Frideswide website, where you will find Stephanie Jenkins moving research on each of them, their families, their lives pre-war and their deaths.

### Contact Us

To arrange a baptism, wedding or a funeral please contact [revclare@btinternet.co.uk](mailto:revclare@btinternet.co.uk); or phone the Parish Office on 01865 242345. Or to keep up to date with church affairs please look on our websites [www.stfrideswidechurch.org.uk](http://www.stfrideswidechurch.org.uk) and [www.binseystmargaret.org.uk](http://www.binseystmargaret.org.uk)

## 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.

They hold 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.