



NEWSLETTER



Number 53: April 2014

Geoff's Bench, and the Geoff Franklin Rooms

Thanks to donations from the community and a generous top up from Councillor Colin Cook, (from his City Council community budget), we have now been able to buy the bench in memory of our caretaker Geoff Franklin.

By the end of the month the Health Hub will also have its new door plate saying the 'Geoff Franklin Room'.

Rebecca Huxley
(Chair of WOCA)



WOCA Community Supper and AGM

5.30 Sunday 18th May

A brief AGM will follow the feasting, then more fun until 8pm

This event is FREE but to be sure there is enough food for everyone please sign the list at the Community Centre or West Oxford School or email westoxfordcc@gmail.com (with 'AGM' in the subject line) stating the number of places wanted for adults and children—by 12th May if possible.

Please bring a pudding if you can!

We look forward to seeing you!

West Oxford Fun Day 12 July 2014

Botley Park (behind the community centre)

Planning is well underway now, so please get involved if you'd like to.

CONTACT THE CENTRE IF YOU CAN HELP!

As well as all the usual attractions and events, we will be hosting the final of...

Road Rage!

Which is the best road in West Oxford? That's what we hope to find out during Road Rage 2014.

Road Rage is a series of 8 inter-street competitions which will take place on Sunday evenings from 6pm – 8pm. The competitions could be anything from a Tug of War, a Pub Quiz, Cycle race, Bake off, Treasure Hunt, Rounders Game etc, and each week competing streets will be invited to enter a team for the Sunday evening event or organise one of the competitions. All the events will take place in West Oxford, mainly on Oatlands Road Rec.

The competitions will start on Sunday 11th May and there will be one every Sunday evening (except Bank Holiday weekend 25th May) until the final at West Oxford Fun Day.

If you're interested in helping to get this idea off the ground, think your Road would like to enter, or have an idea for one of the competitions then please come along to a short meeting on Wednesday 22nd April in The Cafe at the Community Centre at 8pm.

May the best Road win!

Lois Muddiman and Karen Starr
Email: Starr_karen@hotmail.com lois@muddiman.me.uk

Woca Choca

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

Nick Hills and **Andy Webber** who were fantastically helpful to everyone in Earl Street during the floods.

Richard Thurston and **Simon Collings** for their work with the Environmental Agency and other partners for flood prevention measures.

Charlie Gee who towed several cars from Binsey Lane, keeping an emergency access possible.

Lynne Rushton and **Hayley Hayle** for all their hard work organising the West Oxford School Centenary Celebrations.

Many thanks, and enjoy the chocs!

WOCA COMMITTEE

Chair: Rebecca Huxley

Trustees: Matt Bird, Martin Bourne, Anne Ciliverd, 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!

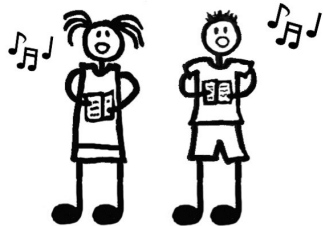
WOT'S ON AT WOCC...



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



Wox Vox!



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

Thursday nights, 7:30pm - 9pm at the West Oxford Community Centre
Starts: Thursday 24 April
Fee: £5 per session

Maybe you always wanted to sing but haven't found the nerve?

Perhaps you sing a little bit and want to learn more?

Maybe you are an accomplished singer and just want to be part of a community group among people who also love to sing.

If so, join us on Thursday evenings. We'll be singing in different styles, learning about how the voice works, trying different vocal techniques and most of all, just having fun!

No need to book in advance; just drop in.

Questions? Email: hopenmcnamara@yahoo.com

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

News from Ingrid

We've been open now for ONE MONTH and it has been an exciting roller-coaster ride - both fun and challenging.

We were more like 'Café du Lac' to begin with - ducks were swimming in and out of the playground - but the flood has now receded. The café is looking really good - redecorated (with more to come) and with a great new kitchen and an oven so powerful that it sets off the fire alarm - we are working on that!

It's been a pleasure to get to know the community, and I am working hard on refining menus that will suit everyone. My fabulous colleague Alex has launched an excellent WOCA Café Facebook page. Menus will be posted there, so please look at it and click to 'like it'!

We are waiting eagerly for the clean-up and re-opening of the playground. I have talked to the Park Rangers, and we are on their 'to do' sheet but unfortunately not at the top of the list! If anyone knows how it can be moved up OCC priorities, that would be great.

The Café will be closed for the Easter weekend, that is, Friday 18 April and Saturday 19 April, as well as the usual Easter Sunday and Monday.

If you have any suggestions or catering bookings to make, please email me ingridgaitet@fastmail.fm

Sunday football sessions

Fancy a game of football? Come and join us in the community centre hall to develop or show off your skills!



Burn off some energy and have some fun in a friendly, parent-supervised game every Sunday.

Children's session 10 - 11 am

Dad's session 8 - 9pm

£2 / player charge to cover hall hire fee and equipment.

Wear a pair of trainers and anything else you're comfortable in! And remember to pass the ball...

Contact mark.walsh@btinternet.com for more information and to book a place on the team.

Badminton Bonanza

Did you know West Oxford has its own
Badminton Club?

Members can book the hall at the
super-cheap rate of £6/hour,
all equipment provided.

To join the club, please contact
Tim Kiggell ☎ 451761

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

Artweeks 2014

Come and enjoy a great mix of art during Artweeks 2014!

For the 12th year running, wocART will be in the Mary Town room in May – this year, 7 local artists will be exploring the theme “hidden”.

The exhibition will be open from Saturday May 17 to Monday May 26 inclusive, 12 - 6pm every day – except Thursday May 22 when the exhibition will be closed for Polling Day. Put the dates in your diaries now!

Artweeks brochures will be available from Eggs etc, WOCC and elsewhere locally from early April

We will also be running art and craft workshops for adults – look out for more details on posters in WOCC, Eggs etc and elsewhere nearer the time!

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

Messy Play/Arty Crafty Kids is back!

Mondays 09:00 - 11:00 at West Oxford Community Centre

For 2-4 year olds

more info: artsykids.co.uk

First Messy Play date will be 28th of April

Hope to see you!

West Oxford Beer Festival Sat June 21



On the evening of Saturday June 21 the Community Centre will play host to the annual West Oxford Beer Festival (or WOBfest, as we like to call it).

Now in its fourth year, this mini-festival will feature a range of local ales, other refreshment, and entertainment. As we get closer to the date more details, including the full list of beers, will be posted on our website: www.wobfest.co.uk

In previous years WOBfest has been a great success, bringing together local residents for an enjoyable evening, whilst raising money for local causes.

Tickets for this year's WOBfest will go on sale from the 1st April, priced £5.00 each. Your ticket gains you entry to WOBfest, and the price includes a commemorative pint glass for you to keep. Entrance will be by ticket only.

You will be able to purchase tickets from local outlets and from our volunteers (look out for our posters!) or by contacting us direct by emailing: david@wobfest.co.uk

Alternatively you can send us a message via our Facebook page (just search for “WOBfest”). If you click on the “like” button you will get all our updates.

Please also get in contact if you are interested in helping out - selling tickets, pouring pints, or by becoming a beer sponsor, either corporate or individual. Without our sponsors and volunteers WOBfest would not be possible.

We look forward to seeing you and your friends at WOBfest, for what promises to be another great evening.



OXFORD COMMUNITY HEALTH HUB NEWS

We hope you are all well and feeling inspired with the year ahead. We have some words from our practitioners in this newsletter introducing who they are what they offer:

Ayurvedic Massage with Laura

I discovered Ayurveda (an ancient Indian healing system) two years ago during a three month Ashtanga retreat in SE Asia, and it completely changed my life! It's a Sanskrit term, which means “self-knowledge” and the more I learn, the more balanced and alive I feel. When I returned to the UK I trained with Dr Deepika Rodrigo as an Ayurvedic massage therapist and have been sharing this beautiful science ever since. In an Ayurvedic massage itself which uses specifically chosen heated oils; chakra balancing, detoxifying and pressure-point techniques that leave my clients feeling deeply relaxed and at peace. It is in this state of natural balance in which self-healing can occur. I'm also a soon-to-be qualified yoga teacher, and have a daily Ashtanga and Vipassana practice, which have a profound influence on my work.

Hatha Yoga with Agata

Yoga means ‘union’. During our daily lives we think thousands of negative thoughts and are all professional ‘worry yogis’, ‘doubt’ yogis etc. When we step on the mat we unite with our body and its natural healing wisdom.

On the physical level yoga ‘exercises’ muscle groups, which aren't used practicing other forms of exercise. Postures also stimulate the lymphatic system, which produces hormones such as endorphins into our blood stream positively affecting our mind and mood.

Going to the yoga class, especially if it's your first one can be daunting due to various myths such as ‘I am not flexible, skinny...’ Yoga is for all and the new Monday classes will be run in a small group of 4 people in a welcoming, relaxing and non-competitive environment. Just turn up wearing comfy clothes and lose yourself on the mat away from phones, screens and daily worries.

Agata has completed 200hr ShivaShakti Yoga Teacher Training accredited by Yoga Alliance UK. She currently teaches weekly classes @ the Oriel College and is passionate about introducing yoga to the community.

With wishes for an inspired spring, The Health Hub Team

Flooding in West Oxford

Your chance to tell us your views and ask any questions about flood prevention, sewage flooding, the agencies' response during and after a flood incident and how to reduce damage.

Senior officers from the Environment Agency, Thames Water, City and County Councils, Fire Service and police will be present to listen to your views and to answer questions.

Wednesday, 30 April, 7.30 to 9 pm at West Oxford Primary School, Ferry Hinksey Road.

Further information from Susanna Pressel. For contact details, please see overleaf.

The Floods Bring Out the Best in Binsey

In the midst of the floods in January, Alison Cobb wrote a glowing tribute to community spirit in Binsey.

So far Binsey's experience of floods has never been better than this time. Christ Church's arrangements for looking after its own tenants seem to have worked well. We see DG delivering stuff daily to SG, and her wading up and down delivering it to the houses along the lane beside hers. In particular, PL, 86, is being well supplied, cared for and looked after. Wonderfully, The Perch was open to waders yesterday.

We have not seen the Environment Agency in the village, and have only had one flood warning on the telephone from them, although we have signed up for them. Other people seem to have received many more. However, we think the Environment Agency has made excellent and much better than usual use of the flood plain this time. Every inch of it has been taken for holding flood water, but the water has risen slowly, and we have had none of the usual strong ups and downs.

We have seen Thames Water and the City Council's vans come into the village, and it is good to know that they can do so, but they do just come, turn round and go. I think at the beginning one of the Council's vehicles produced sandbags, though we were not told about them, (our own experience of sandbags in three previous floods is that all they are good for is deflecting bow waves of cars from sloshing over doorsteps, they do nothing to keep rising floodwater out).

However, we have had two most impressive visits from the Fire and Rescue Service. They come in, park, and wade from house to house knocking on doors, seeing for themselves everyone who is still in the village, and making sure that they are all right. They are friendly and helpful and tell us that if it gets any worse or we are worried, dial 999 and they have both high wheel based vehicles and boats in which they could come and get us. This has never happened in previous floods, is very reassuring, and we could not ask for more.

We ourselves and our next door neighbours are fine. At one stage we had water one inch below our doorstep, but mercifully it stopped there. Steve uses a canoe to go to the shop in the Botley Road, and also to bring our neighbours' two little boys back from school across Port Meadow. CG, with typical efficiency and kindness, has pulled at least five stuck cars out of the Lane, thus keeping it clear should we need rescue. Very important, that. We got out in our car for the first time today. The flooded land and village are extremely beautiful, and we count ourselves lucky.

With best wishes and love, Alison

Low Carbon West Oxford News

Bring & Take event Saturday 10th May from 10.30 to 12.30 at West Oxford Community Centre for residents of West Oxford. Bring goods from 10.30 to 11.30 only, and take goods anytime from 10.30am. Helping you to reduce, re-use and recycle. By reducing the amount of goods we buy, swapping them when we no longer need them and recycling what's left over, we reduce the amount of stuff going to landfill, reduce our community's carbon emissions and save money at the same time – and that includes helping to keep our council taxes down. As usual, there will be additional activities around the Bring & Take. Further details will be posted around, nearer the time.

Open meeting on Wednesday 21st May from 7.30pm – 9.30pm in West Oxford Community Primary School, Ferry Hinksey Road on climate change and flooding. There is good reason to suspect a connection between the recent intense and prolonged rainfall in the UK and climate change. Extreme weather events including flooding are forecast to become more frequent and more severe. Find out about climate change and what we can do to slow it down. Share your experiences of local flooding and hear about possible measures to avoid it in the future.

Wednesday 18th June early evening walking tour of Low Carbon West Oxford initiatives and installations, as part of Low Carbon Oxford Week. The tour ends at Hogacre Common Eco-park with refreshments.

For further information on any of the above activities please go to Low Carbon West Oxford's website: www.lcwo.org.uk, email: info@lcwo.org.uk or call 07531 500955.

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

The next **Neighbourhood Action Group (NAG)** will meet in April. The venue will be 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 this newsletter via post or email please contact us via our email address: OxfordCentralNHPT@thamesvalley.pnn.police.uk

Drugs Warrant – The JAW team in conjunction with Operation Bilbo conducted a drugs warrant at an address on Henry Road and Botley Road. A quantity of drugs was seized and one person was arrested for possession of drugs with intent to supply. This warrant was possible due to the intelligence received about suspicious activity in the area. Please ensure you contact us with anything suspicious, no matter how insignificant it may seem, as it may well be the missing piece to our own jigsaw puzzle.

For those of you who receive this news letter by post, we have included a copy of a Self-Security assessment for your home. If you would like a copy of this then please get in touch with us on the contact details below.

Speed Indication Device (SID) – We have been out and about deploying our SID again. We took the SID to Binsey Lane, where over the period of one, 3 cars were recorded over the 20 mile an hour speed limit. One car was recorded at 30 miles per hour and will be sent a letter warning them of their inappropriate speed. If you would like us to deploy SID in your street then please let us know and we will be in touch with you to let you know if it is suitable.

Cycle Crime – Register your bike make, model, frame number and photo now online at www.bikeregister.com If a bike has already been registered on Immobilise it will automatically be transferred onto bike register. You can also contact us to request your bike to be security marked. 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 a £30 fine.

Have Your Say Meetings – The Neighbourhood policing team will be available for advice as follows:

Tuesday 18th March from 2.45pm to 3.30pm at New Hinksey School

Friday 28th March from 5pm to 6pm at **West Oxford Community Centre**

Friday 11th April from 4pm to 6pm at Chatham Road and Fox Crescent

Sunday 20th April from 2pm to 3pm at Binsey Village Green

Monday 28th April from 2.45pm to 3.30pm at **West Oxford Primary 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.

To view information on your Neighbourhood team, visit the force 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).

Can you help?

Street Reps help WOCA deliver this newsletter. We have most roads covered now—just Botley Road west of Ferry Hinksey Rd traffic lights, Bullstake Close, Henry Road, and, Yarnell's Road 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?

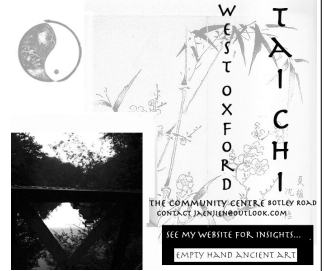
Panto Storage Can you help with free or cheap storage for the WOPA costumes, props and scenery? Please contact info@wopa.me

Have you got news for us? Our summer issue deadline is June 6. Leave copy at the Centre, email, or send via the WOCA website.

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

What is good in following Tai chi as a leisure pursuit?

I would like to answer this question and to invite more people to discover the hidden value in Tai Chi.



It is said that Tai Chi is emotionally balancing. I think generally movement practice has a balancing effect. There are many benefits that can come from developing a practice of tai chi. Some will be noticeable, as connected with a sharpening of mental clarity and focus. Some people may notice an energizing effect. Others may realize how much more relaxed they feel. Potentially all levels of your being are enhanced. It is a very nurturing art that can bring the whole of one's being into harmony with oneself and the natural environment of which we are a part.

'Peace' is potentially a space, with which one can connect through the endeavours one learns on the path of Tai Chi.

I am holding classes once a week at the West Oxford Centre as you may observe on the timetable. For a limited period of time you may try these classes free of charge.

For more information, please email jaenjen@outlook.com

Jane

Easter Services at St Frideswide's

Maundy Thursday 17th April 7pm Easter Vigil
Good Friday Service 18th April 2~ 3pm
Easter Sunday 10.30 am 20th April Eucharist

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

9am Eucharist on the first Sunday of the month
4.30pm Evensong during British Summer Time

St Frideswide's, Botley Road

Eucharist each Sunday at 10.30
www.stfrideswidechurch.org.uk
To arrange a baptism, wedding or funeral please
contact: revclare@btinternet.co.uk ☎ 242345

Elim Church

Sunday services 10.30 am including Sunday School for
3-11 year olds
Toddler Group Mondays 10am - 12 noon £1 per family
☎ 247746
e-mail: info@oxfordelim.com
Elim Church, 84 Botley Rd

Para's 2014 Superb South Indian Fairly Traded Black and White Peppercorns!

*This outstanding pepper comes from the Wynad Hills in
Kerala. Grown to organic standards and sun dried, the
corns are hand-picked only once they are ripe, unlike
most systems which pick every corn in one go. The
plantation employs some 90 people who in turn feed
and support some 400 dependants.*

*I don't make any money out of selling the pepper: I
simply want other people to enjoy it and to help secure
the livelihoods of those who depend on the pepper.*

**Each vacuum packed 75g (2.64oz) bag costs £2.50
and has a shelf-life of 3+ years**

**Available from Anne James
26, Barrett St, Oxford OX2 0AT
☎ 725906 riverbank26@tiscali.co.uk**

Music and crafts at St Frideswide's Church

Craft Fair and Gift Day

Saturday 10th May 10am ~ 3pm

A wide range of crafts for sale and demonstration by
craftspeople. Herbs and cut flowers, tombola,
children's activities and more. Plus a chance to hear
the magnificent Hunter organ played. Coffee, tea,
cakes and savouries will be served on the day.

If you would like to come and sell and display
your craft please contact Anne on
riverbank26@tiscali.co.uk or Oxford 725906.

There is no charge for a stall but we ask for
20% of any sales you make.

We will also be holding a Christmas Craft Fair
on 22nd November.

Organ Recital

Thursday 22nd May 7.30pm

Organ recital by Tom West

£5 on the door (includes wine and nibbles).

Philosophy Hacker Club

I hope to start a Philosophy Hacker club at West Oxford
Community Centre.

Philosophy Hacking is the process of reducing concepts
and received wisdoms of culture, so we can re-see,
re-think and perhaps help re-design our lives in the context
of Civilization, and the Civilization OS itself.

Philosophy Hacking is about group and network mutual
deprogramming from the foundational myths of Civiliza-
tion, in the hope that we can re-program ourselves and
society for healthier personal, community and planetary
living

Philosophy Hacking is about reducing any and all notions
of culture into non-intimidating smaller understandable
elements for creative collaborative intelligence playfulness,
to see if we can re-think the problems of individual lives
and society, and in small ways, contribute to new
approaches to the Energy-Economy-Environment-
Education-Enterprise-Engineering challenges of the 21st
Century, with a new Ethos: an informed public will make
the right decision - everyone else can't be trusted!

For more information, please contact David Dawneway
☎ 434991 dawneway@gmail.com

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.

They hold a Ward Surgery on the third Saturday of each month from 11.00 until 12.00 noon at the commu-
nity 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.