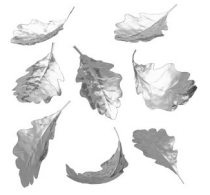




# NEWSLETTER



Number 51: September 2013

## Coming Soon to WOCA

### Community Acupuncture and Natural Treatment Centre

We are really happy to be putting an article together for the autumn newsletter. Our ideas of creating a community clinic at WOCA are coming to fruition and we would love to tell you about the health centre we are opening in a few weeks.

At the heart of our clinic is a group of skilled practitioners who are passionate about supporting communities by helping people to live happier and healthier lives. One of the main barriers we hear from people about accessing treatment is the financial cost. By setting up our clinic from the community centre, by applying for funding and running community acupuncture sessions we can reduce the cost of our treatments. This means people can access treatment more regularly and when they need it, knowing it is without compromise in the standards of the practitioners. We're really happy to have found a way to make this happen!

Lots of you will remember the clinic from when the GP's used it but we're making some small changes and improvements to fit in the community acupuncture sessions. The clinic will have a larger room for therapeutic bodywork, reflexology, chiropractic treatments and acupuncture, and a smaller, snug room for talking therapies like psychotherapy and counselling.

We put some questionnaires around the centre a while ago and have been receiving your answers in a slow but steady flow. A big thank you goes out to everyone who has filled one in. The answers have been very useful in helping us design a clinic that meets the needs of those who would like to use it. There are still some questionnaires pinned up on the board so please fill one in and have your say if you haven't already as we really value your opinions.

Our team of practitioners is growing and if you are a practitioner reading this that would be interested in working with us (or know one who might) we encourage you to get in touch. Just email the community centre and someone in the office will pass you our way.

And finally, we'd like to invite you to our open day and party to launch the clinic. It will be a great opportunity to see the new clinic and meet the practitioners. The date is still to be confirmed but we will put up posters to let you know closer to the time.



### Big News also from Ailsa, and maybe an Opportunity for You?

Ailsa in the WOCA cafe has shared some sad but exciting news with us. A new opportunity has come her way to set up a cafe in Leeds and she'll be leaving us at the end of December. Thanks to Ailsa, the wonderful reputation of the WOCA cafe has spread far and wide and we will miss both her and her delicious meals. We wish her every success in her new venture.

This means we are looking for someone to take on the cafe - to run it in a similar way or to make it their own. If you are interested please get in touch with the WOCA office (see contact details on the bottom of page 2) or a trustee to talk through your ideas and send us your proposals. We're looking for someone to start as Ailsa finishes but ideally to also manage a handover period.

### HAND-MADE

A Christmas Market

at West Oxford Community Centre  
Sat 23 & Sun 24 November 1pm - 6pm

Paintings, Prints, Sculpture, Photography, Jewellery, Ceramics, Willow Baskets, Advent Calendars, Cards

Up-cycled Homeware and Furniture & Childrens' Clothes

Over 20 local artists and craftspeople  
Buy Christmas gifts direct from the makers  
Woca Café open extended hours

In partnership with Artweeks Christmas Exhibitions

# WOT'S ON AT WOCC...

Weekly Updates on display in the Community Centre

Monthly Updates on community notice boards by 'Supersaver' and 'Cartridge World'



West Oxford Community Association  
invites you to a friendly

## Harvest Supper

Sunday 6th October  
5.30-8.00  
West Oxford Community Centre

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

**ALSO - Low CaRbON W.O. COMPetitions: PRizes given FOR-**  
★Best JAm ★Biggest PUMPKIN ★Miniature GARDENS  
iNFO: [LOWCaRBON@HOTMAIL.COM](mailto:LOWCaRBON@HOTMAIL.COM)



Open 9 00 – 5 00 Tuesday - Friday  
10.00 - 2.00 Saturday

Contact Ailsa on 07810 780820

Email: [ailsa@woca-cafe.org.uk](mailto:ailsa@woca-cafe.org.uk)

WOCA Cafe is on Facebook and Twitter

Website: [www.woca-cafe.org.uk](http://www.woca-cafe.org.uk)

## Geoff's Bench

At the WOCA AGM I mentioned our fundraising for Geoff Franklin, our hard working caretaker, who sadly died last March. We are renaming the old doctors' rooms as the *Geoff*



*Franklin Rooms* but we are also raising money for a bench to honour Geoff. This will sit out the front of the centre where Geoff so often stood, mop in hand.

Please drop any donation into the office at the community centre or on line at

<https://mydonate.bt.com/charities/woca>

Rebecca and the trustees

## West Oxford Academy

West Oxford Academy starts again in October. The academy has been going for an incredible seven years and we celebrated our 100<sup>th</sup> talk at the end of last term. Local residents have given many

informative and entertaining talks, and there must 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. We need speakers if the academy is to continue! Also, previous speakers are very welcome indeed to contribute new talks. There is a full list of all 100 talks here: <http://westoxfordacademy.blogspot.co.uk/> Also, if you just are curious about the Academy and want to find out more, or would like to help delivering flyers, please do get in touch. Please contact me, Susan Hutchinson, either by email: [allat32@gmail.com](mailto:allat32@gmail.com) or phone 792358.

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 Thursdays)  
Website [www.woca.org.uk](http://www.woca.org.uk)

# CHURCH NEWS

## St Frideswide with Binsey

St Frideswide Church, in the Botley Rd, is our local Church of England. It is a Grade 2\* listed Victorian building, with a Hunter organ. An organ judged of such significance that Heritage Lottery gave the church £50,000 towards its restoration five years ago. Information about the church, its architecture, history and fabric can be found on our website in the section on church history. As can a history of the organ.

The church is in urgent need of refurbishment, most importantly the installation of an effective heating system to both preserve the fabric of the building and the organ and to enable the church to be a warm comfortable space for use by the whole community. Undertaking the work is going to cost a significant amount of money.

Before embarking on raising the money, the parochial church council decided that we should ask members of the local community your views on the roles you would like to see the church and its building play in community life. And if you have any thoughts about ways in which we can secure the future for the church and its fabric.

Clare Sykes  
Rector

## Forthcoming Events

Thursday 26<sup>th</sup> September at 7.30pm: Organ recital by Sarah Lister £5 which includes a glass of wine and nibbles.

**Saturday 5<sup>th</sup> October 10.30am to 3pm: Craft Fair and Gift Day** A wide range of crafts for sale and demonstration by the craftspeople. Fun for children, Tombola, Jams and pickles for sale and much more! A chance to hear the magnificent Hunter organ played. Morning coffee, afternoon tea, and light lunches will be served.

**Sunday 6<sup>th</sup> October 4.30pm** A short Family Harvest Festival Service. Please bring any vegetables and other food that you would like to donate to the Oxford Food Bank

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

Sundays 10.30 - Sung Eucharist

www.stfrideswideschurch.org.uk ☎ 242345

email revclare@btinternet.co.uk

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

9am Eucharist on the first Sunday of the month.

Evensong every Sunday at 4.30pm during BST.

## 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

# HEALTH NEWS

## Flu Jabs

There will be a flu-jab session for patients of Dr Kearley's practice at the community centre on October 29th from 9am to 12pm.

## Food for Thought

Recent topics of discussion at 'Food for Thought' followed up by Community Glue include: the closure of West Oxford Surgery; the availability of shingles jabs on the NHS; the length of time allowed to cross the road at pelican crossings; and availability of IT courses for older people.



**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? ...then come along to

**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 (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'.



We have a good chat and some great food and drink while we meet - all for free! Why not join us?

## Healthwatch Oxfordshire

I have been elected to the Healthwatch Oxfordshire board with special interest in mental health.

Healthwatch Oxfordshire is the new consumer champion aimed at promoting better outcomes in health and social care for the people of Oxfordshire

It is an independent organisation that listens to people's thoughts and experiences of health and social care in Oxfordshire.

It works to help people get the best out of these services, whether it's improving them today or helping to shape them for tomorrow.

Healthwatch will give children, young people and adults a powerful voice both locally and nationally.

For more information contact me, Anne Ciliverd, on 01865 793049



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

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.

Contact us on [info@wopa.me](mailto:info@wopa.me)

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

# Beauty and the Beast

Another WOPA production

Performances on 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup> January 2014

Tickets on sale from Eggs Eggsetera after Christmas

## Woca Choca

The trustees of WOCA have nominated the following people for our Autumn WOCA CHOCS:

**Emma Ferris** for all the work she has done at West Oxford School and for the wonderful concert at the WOCA AGM

**Connor Bird** for helping and helping and helping at the WOCA Fun Day

**Jeremy Bourgein** for his patient and invaluable computer help to the community centre

**Dave Lambert and Dave Molan**, our very own lycra lads, for their wonderful performance at the Fun Day

**Many thanks, and enjoy the chocs!**

## WEST OXFORD C P SCHOOL

Ferry Hinksey Road ☎ 248862 [headteacher.2533@west-oxford.oxon.sch.uk](mailto:headteacher.2533@west-oxford.oxon.sch.uk) [www.westoxfordschool.co.uk](http://www.westoxfordschool.co.uk)

### Calling all former pupils, staff and friends of West Oxford School!

We want to hear all about your time at West Oxford School. In the schools centenary year we would like to put together a history of the school and for that we need to hear all about what it was like over the last 100 years.

Who was your favourite teacher?

What games did you play in the playground?

What were the school dinners like?

Please send through any memories, photos etc. of the school to [westoxfordschool100@hotmail.co.uk](mailto:westoxfordschool100@hotmail.co.uk) We hope to interview many ex pupils, staff and friends of the school so please let us know your contact details if you would be willing to be interviewed. Alternatively feel free to e-mail any memories of the school.

### Can you help? -

**Street Reps** help WOCA deliver this newsletter. We have most roads covered now—just Botley Road west of Ferry Hinksey traffic lights, Bullstake Close, 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](mailto:info@wopa.me)

**Have you got news for us?** News for the September issue, deadline 22nd November, can be left at the Centre, emailed, or sent via the WOCA website

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

### WOCA COMMITTEE

**Chair:** Rebecca Huxley

**Trustees:** 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.

## Triathlon Challenge - not just a walk in the park...

Some of us from the Kennington Slimming World group are getting a team together for the Blenheim Triathlon next year. The 'unsinkables' swim team have recently completed a 4K open water relay swim at Blenheim and a 4k swim in the Olympic sized pool at Hillingdon- this has all been with the British Gas Big Swim initiative to get more people swimming. One of our members only started swimming last year and the spin off is that over the course of our training the team have lost a total of 5 and a half stone.

Our motto is the more the merrier and would welcome anyone to join us in our 6 month training programme to get fit, stay healthy and lose weight in the good company of like minded people!

OX2 residents get a substantial member discount at Brookes Sports Botley, where facilities are available for all three elements of the Triathlon: swimming pool, spinning classes and a gym with running treadmills.

Anyone interested in joining us please contact Anne Clilverd 01865 793049

### Low Carbon West Oxford (LCWO) news

#### Bring & Take on Saturday 5<sup>th</sup> October at West Oxford Community Centre

It's time to gather up the clothes, books, toys and household goods you no longer need or want and pass them on to someone who does at LCWO's Autumn Bring & Take. Doors open at 10.30am. Bring goods from 10.30am to 11.30am only, and take goods any time from 10.30am to 12.30pm. All goods need to be in good condition and genuinely re-usable. All electric items will be PAT-tested by our trained volunteers to ensure they are safe. There will also be a swap of any surplus fruit and vegetables you have from your allotment or garden. Fruit and veg left over at the end of the event will be taken away by Abundance, a group of volunteers who pick Oxford's unwanted fruit and redistribute the best of it to social projects and community groups, and make jams, chutneys and juice with the rest.

The Bring and Take helps West Oxford residents reduce, re-use and recycle stuff. 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. In addition to the main 'swap shop', Warlands will once again be running the drop-in bike clinic to help you keep your bike on the road and reduce carbon emissions – you pay for any parts and the labour is free.

For more information contact LCWO at [info@lcwo.org.uk](mailto:info@lcwo.org.uk) or call 07531 500955.

#### Get energy wise this winter: free workshop

Join us for a free afternoon event on Saturday 9th November to help you reduce your home electricity and gas use. Taking place at the West Oxford Community Centre and run by local residents, this workshop is for anyone in West Oxford interested in cutting their energy bills and reducing their carbon footprint. Focusing on reducing your home's gas and electricity consumption, the programme of activities and discussions includes

- Low and no-cost tips on reducing your gas and electricity bills
- Access to experts to learn more about insulating your home and keeping cosy
- Energy saving giveaways on the day, and free personalised follow up advice available to participants
- A fun and informative way to work with friends and family to make your home more energy efficient and reduce our community's carbon footprint..

This workshop is based on the popular Low Carbon Living Programme, which has now helped over 100 local households lead a lower carbon life. It's suitable for home owners and tenants. Places are limited so please contact us on 07531 500955 or email [lowcarbonliving@hotmail.co.uk](mailto:lowcarbonliving@hotmail.co.uk) for further information and to book your free place.

### Update on work at Osney Lock

Construction on the civil engineering base for the Osney Lock Hydro has been taking place throughout the summer. Two cofferdams were put in place, the water drained from the site and the site excavated to prepare for construction. After installing piles to support the structure the concrete base for the hydro scheme has been poured in place.

A unique collaborative agreement between Osney Lock Hydro and the Environment Agency is enabling planned work for the hydro scheme and replacement of the main weir to be carried out together, by the same contractor, helping minimise disruption. The Environment Agency are due to undertake work separately adjacent to the lock that will replace the foot-bridge on the Thames Path and allow some repair work to the side weir. This work is due to be completed between October and December.

There will then be a pause over the Christmas period while plans for Phase 2 of the hydro scheme are finalised. We then plan to start work in February to install the turbine, generator building and landscaping.

Thank you once again to local residents for their patience and forbearance during this period. Further information about the hydro scheme is available via the website [www.osneylockhydro.org.uk](http://www.osneylockhydro.org.uk), where you can see photographs of the work so far and also sign up for regular email updates.

**Para's 2012 Superb South Indian Fairly Traded Black and White Peppercorns have arrived!**

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.

**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**

Residents of Oxford and the surrounding areas of Botley, South Hinksey, North Hinksey, Kennington and Wytham...

...are invited to

**The Oxford Area Flood Partnership  
2012 OPEN FORUM  
Oxford Town Hall  
Thursday 17 October 2013, 7 – 9pm**

After a short presentation on the OAFP's work, you will have the opportunity to put your questions to the Partners themselves:

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

For more information telephone 01865 252770

**Not Strictly West Oxford, but...**

This year, a three-day Christmas Light Festival will take place from Friday 22 to Sunday 24 November 2013. It will be taking place in St Giles' and at cultural venues across Oxford including the Ashmolean Museum, Oxford Town Hall and Museum, Pegasus Theatre, Pitt Rivers Museum, the Old Fire Station and Oxford Castle quarter.



Bring this leaflet with you and get your first session **FREE!**

**ACTIVE Women**  
in West Oxford

[www.getoxfordshireactive.org](http://www.getoxfordshireactive.org)

**Tennis Coaching for Women**

These sessions are ideal for beginners or those returning to tennis. Our friendly coach will teach you valuable tennis skills to help you perfect your game.

Only £4 for the hour (price is inclusive of equipment and court hire).

No advanced booking required – just turn up and play!

Fridays, 1.30 – 2.30pm  
Botley Park Tennis Courts (behind West Oxford Community Centre)

For more info please call: 07747 026377 or  
email: [noltcompetitions@gmail.com](mailto:noltcompetitions@gmail.com)



**Hope McNamara - Singing Teacher and Voice Coach**  
(BMus Hons Voice Performance, PG Dip Musical Theatre)

Hope can help with learning music, singing for enjoyment, audition pieces, exam preparation and public speaking confidence.

She will be teaching privately on Tuesday evenings at WOCA and from her home (local to West Oxford) during school hours. She also has spaces in group classes/workshops available through Oxford City Council.

Please contact Hope for more information:

07929287452

[hopenamara@yahoo.com](mailto:hopenamara@yahoo.com)

**CONNECTION - COMMUNICATION - PERFORMANCE**

[www.hopenamara.com](http://www.hopenamara.com)

**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.