



Number 41: April 2011

## Return of Renowned Jazz Brunches



Nick Gill's Jazz Brunches will return in April. As before, a modest admission fee will enable you to enjoy on of the country's best classic jazz piano players (and friends) talking about aspects of the pre-war jazz scene and the colourful characters which inhabited it. As before, there will be lashings of uplifting jazz, a light-hearted approach, coffee and croissants and a warm welcome to people of all ages. There will be no rise in admission fee in view of the growth-challenged economy.

**Saturday April 2nd 11 - 1pm** - The life and music of George Gershwin.

**Saturday April 23rd 11 - 1pm** - A Night in Harlem, 1932

**Saturday May 14th 11 - 1pm** - Al Bowlly and the Noble art of crooning



## 10th Birthday Celebration

Sunday 8th May

Come and celebrate our 10th Anniversary in the 'New Building'

5.30 Arrive to see the Morris Dancing, then join us for a Community supper.

A brief AGM will follow the feasting, then cake and celebration 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](mailto:westoxfordcc@gmail.com) (with 'birthday supper' in the subject line) stating the number of places wanted for adults and children—by 1st May if possible.

Please bring a pudding if you can!

We look forward to seeing you....



## West Oxford Event of the Year 2011



The West Oxford Fun Day will be on the afternoon of Saturday July 16, on the theme of 'Wild West' Oxford.

We want to make the occasion a great celebration of a great community - and to do that we need your help! Please give some time to help make the event a great success!

Contact the Centre (see next page for details) or any member of the committee.

## WOCA COMMITTEE

**Chair:** Rebecca Huxley

**WOCA Trustees:** Sarah Day, Vicky Hirsch, Rebecca Huxley, Jim McMahon, Geoff Morgan, Sheila Parry, Louise Siddle.

If you wish to contact the committee, they can be reached through the Community Centre.

**Grants** for community projects are available from the WOCA. Grants support projects beneficial to people in West Oxford, and for example can be in the form of help with rental of rooms at the Centre. Application forms are available from the Centre office or on the website at [www.woca.org.uk](http://www.woca.org.uk) We want to support you, let us know how we can help.

# WHAT'S ON AT ...



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

## Tai Chi Sessions for Beginners—at the Centre from 4 June, 1.30

*Learn the Art of Self Defence*

Harmonize mind, body and spirit, with the ancient art of Tai Chi.

Tai Chi is a many faceted art. Enjoy this fun, energising sport for relaxation; or use it to kick start your health to higher levels & enhance all aspects of your life.

## Your 'junk' is someone else's treasure

Bring your unwanted items and take away some-one else's for free at Low Carbon West Oxford's Bring and Take on 7<sup>th</sup> May, 10.30 – 12.30, at the Community Centre. Clothes, bric a brac, books, kitchenware, toys, small furniture, pictures, linen, CDs, etc should be clean, in good condition and genuinely re-usable. Small electrical items can be PAT tested for safety on the day. Larger items can be advertised for collection later.

Your surplus seeds, seedlings and plants are also welcome for the Green Swap. As usual there will be other activities. Look out for further information in April. In the meantime please contact [lowcarbonwestoxford@hotmail.co.uk](mailto:lowcarbonwestoxford@hotmail.co.uk) with any questions.

**Are you aged 16 - 25?**

**Are you unemployed or have 1.5hr to spare a week?**

**Like fashion?**

**Join a unique project for this summer!**

This summer I am looking for a group of young people to put together a recycled ethically-friendly fashion project. Also, to discuss and think about as many aspects related to fashion e.g. impact on environment, society, psychology or consumerism!

For more information email - Sony - [ilovecreativeprojects@gmail.com](mailto:ilovecreativeprojects@gmail.com). Closing date - 10/04/11

**Mondays:** Messy Play 9.30-11.30; Monkey Music 9.45-12.00; Chinese Older People 12.00 -3.00; Tap Dancing 5.30 and 7.30 (from 9 May); Pilates 6.30-7.30; Belly Dancing 6.30-8.30; Zumba Class 8.30 - 9.30

**Tuesdays:** Gentle Moves Exercise for 50+ 10.00-11.00; Lunch Club 11.30 - 1.30; Post-natal Pilates 11.45-12.45; Brownies 5.30-7.30; Tae Kwon Do 7.30-9.00; Yoga 8.15—9.30

**Wednesdays:** Zumba Class 12.30 - 1.30; Saltbox Music Co 1.45-2.45; Woodcraft Pioneers 6.00 -7.30; Hatha Yoga 6.30 - 7.30 (term dates 27 April – 6 July); Overeaters Anonymous 7.30-8.45; Aikido 8.00 - 9.00

**Thursdays:** Chinese Happy Place 1.00 - 3.00; Elfins 6.00 - 7.30; Elfins 6.00—7.30; Spiritism Group 8.00 - 9.30; Oxford University Dance Society 7.30 - 9.30

**Fridays:** Parent & Toddlers 9.30-11.30; English Class 9.30 -11.00; ilary's Music 11.00 -12.00; Elms Rd Baby Group 11.30-12.30; Baby Clinic 12.30-1.30; Elfins 5.45-7.15; Bingo 7.00 - 9.00; Kickboxing 7.30-8.30; Alcoholics Anonymous 7.45- 9.30

**Saturdays:** Qi-Gong 10am-2pm (last Saturday of month); City Councillors' Surgery 11.00-12.00 (third Saturday of month); Tai Chi 1.30—2.30 (from 4 June)

**Sundays:** Tae Kwon Do 11.30am-1pm; Citywide Family Church of God 1.30-3.30pm; Narcotics Anonymous 4.30-7pm; Karate 6.30-7.30pm

+ **Zumba Fitness® Classes** are proving a big hit in West Oxford! Drop-in classes continue on Monday evenings 8.30 - 9.30, and Wednesday lunchtimes at 12.30 - 1.30. ☎07748 600620 or email [oxforddancefitness@gmail.com](mailto:oxforddancefitness@gmail.com)

+ **Tuesday Evening Yoga Group** is looking for more members: 8.15 to 9.30 . Drop in and try it out. Or call Anita on 079 705 27733

## Reading Group

**Do you love books and literature?** If so, are you interested in forming a Reading Group in West Oxford? I am looking for between 5 and 9 other people to form a Reading Group which would meet in West Oxford. The Group would probably meet monthly for 1½ hours. Please contact me (Linda Arch) if you are interested: [linda.arch@gmx.co.uk](mailto:linda.arch@gmx.co.uk) or 07933 760307.

## Blood Donors

The next sessions will be on Wednesday 27 April, at 1:30 – 3:30 and 4:15 – 7:30. Please give generously!



## Adult Tap classes coming soon...

Sole Rebel Tap are starting new adult tap classes at West Oxford Community Centre. The classes are set at a pace so that everyone will feel comfortable. Tap is a great way to get fit, develop your agility and rhythm; the sessions are fun with up beat music. So come and get your toes tapping!

May 9<sup>th</sup> – July 11<sup>th</sup> July every Monday evening - Beginners: 5.30pm-6.30pm Improvers - Advanced 7.30pm-8.30pm

For enquires and bookings please contact: [info@solrebeltap.co.uk](mailto:info@solrebeltap.co.uk) or 01865 379730 or 07887 761783 (10am-9pm)

**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 Tuesdays)

Community Choir?

Pantomime?

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



## West Oxford Community Centre Café

Opening Hours: 10 – 4 Monday to Friday

'My Café' is run and managed by **My Life My Choice**, serving delicious meals, drinks and snacks  
**Conference Catering:** We also offer competitive catering for meetings or full day conferences.  
Please contact Carla Bailey on 07415-541-591 for details on price and menu.

Email [mycafe@mylifemychoice.org.uk](mailto:mycafe@mylifemychoice.org.uk)

☎ 01865 204214

...or call in when we're open

### MONDAY and TUESDAY New Internet Cafe

My Life My Choice volunteers are here to help train people to use the internet with our new online centre.

There are a selection of Teas and Coffee, pastries and our homemade cakes available.

Please feel free to come along for more information. or contact us on 07415-541-592

### WEDNESDAY/THURSDAY/FRIDAY

The Cafe is open for a wide selection of Hot and Cold Drinks, Sandwiches, Cakes and Lunchtime daily specials. With warmer weather a selection of ice cream and lollies.

### TUESDAY LUNCH CLUB to RELAUNCH

\* TUESDAY 5th APRIL 2011 \*

NEW to My Café TUESDAY LUNCH CLUB for over 65s from 11.30 -1.30

We shall be offering a two course meal with Tea or Coffee for 3.00 pounds.

This will be either, soup with sandwich, or a main, followed by a pudding or slice of cake and your choice of tea or coffee.

First Lunch club TUESDAY 5th. APRIL 11.30 until 1.30pm

Many Thanks to all who popped in for Red Nose Day, we are still collecting but will let you know how much was raised in the next newsletter.

### West Oxford Surgery Charity Event Blenheim Triathlon June 2011!



Our Team of 'elite' athletes are ;  
Angela & Nick Roome, Catherine O'Driscoll, Helen Salisbury, Philippa Payne, Sue Palmer, Dave Triffitt

This year we are raising funds for **My Life My Choice** - a great little local charity run by, and for, **people with learning disabilities**

They provide a variety of work and volunteer opportunities, and run a café and a nightclub in Oxford. Please help us to support them!



Please make donations at West Oxford Surgery reception or through Dr Dave Triffitt's 'JustGiving' website page

<http://www.justgiving.com/dave-triffitt0>

## CHURCH NEWS

### St Frideswide's with Binsey (Church of England)

☎ 242345

#### St Margaret's, Binsey

2nd and 4th Sundays of the month:

9.00am: Said Eucharist

3.30pm: Evensong (during British Summer Time)

#### St Frideswide's, Botley Road (opposite WOCA)

Sundays 10.30: Sung Eucharist

1st Sunday of the month: Family and children's service, followed by hot chocolate and marshmallows!

Tuesday 7.00pm & Thursday 12.30: Said Eucharist

### Special Lent and Easter services at both churches throughout April

#### Events

- Come and Make for Easter: 10.30-12.00, 22 April at WOCC - craft and cooking for under 8's and their families
- Annual Gift Day and Fete: 10.00 - 4.00, 7 May at St Frideswide's - stalls; craft market; refreshments  
to book a stall please contact Anne James ☎ 725906 email [riverbank26@tiscali.co.uk](mailto:riverbank26@tiscali.co.uk)

Interested in finding out more and supporting St Frideswide's and St Margaret's Churches? Become a friend!  
[friendsofstfrideswides@gmail.com](mailto:friendsofstfrideswides@gmail.com) [www.friendsofbinsey.com](http://www.friendsofbinsey.com) ...or find more details in the churches

**Elim Church** ☎ 247746 **84 Botley Rd** [info@oxfordelim.com](mailto:info@oxfordelim.com)

Sunday services 10.30 am.

Sunday School for 3-11 year olds runs during the service.

\* Toddler Group Mondays 10.00 - 12.00 - For parents, carers and the little ones they look after. £1 per family to cover refreshments \*

## Small Ads—Help fund this newsletter, and increase your local business profile!

To advertise in the newsletter (delivered across West Oxford) please contact the Community Centre (minimum £10 per advert )

### Para's Fairly Traded South Indian Pepper

These fiery peppercorns are grown to organic standards in Kerala, South India, an area with an established reputation for producing fine quality pepper. They are beautifully packaged in cotton bags similar to those used by the local tribal people. They are vacuumed packed with a shelf-life of three years. And they make a wonderful present to yourself or to others!

Each bag is 200gms (8 ozs) bags and costs £5

Buy the pepper from Anne James 26 Barrett St Oxford OX2 0AT  
01865 725906 riverbank26@tiscali.co.uk

### BOOKS - Write and Self-publish

Write a book and make your lifetime dream come TRUE ... Published memoirs make a great gift. Record your family history for relatives and friends. Or write a business book to increase your profile, credibility and sales. I am a locally-based writer/journalist with editing/publishing experience, and can help you transform rough ideas and first drafts into self-published books. Arrange a 30 minute, no obligation, meeting to help discuss your ideas and take them forward in 2011 - FREE if you book before 30th June. Contact Robert Bullard:

☎ 423785 bullard@fsmail.net www.robertbullard.com/blog

### Plastering and General Building Work.

Free Estimates. Please contact Brian on 07957 315303

### West Oxford Democrats Club, Osney Island

New members welcome

- Bingo every Tuesday and Sunday starting at 8.00pm
- Dance Hall for hire
- We hold Skittles evenings, summer BBQ's, Quiz Nights, Disco's, Race Nights etc
- Weekly Games including Darts, Pool, Bar Billiards and Aunt Sally

For further information please telephone 01865 247806

## Local News

The Big Dig - what a fantastic day! [www.lowcarbonwestoxford.org.uk](http://www.lowcarbonwestoxford.org.uk)

A huge thank you to over 120 willing volunteers from West Oxford, South Oxford, Oxbow, the University and further afield, who worked so hard in atrocious weather conditions, to plant trees. Some stayed all day and some came just to plant one tree and together we planted 1,100 trees: 350 hazel, 300 ash, 25 oak, over 400 mixed wild cherry, rowan, lime, crab apple, guelder rose, spindle, dogwood and field maple.

The day long rain helped to water them in nicely and give them a strong start. In 3 to 5 years time, we will have a very impressive young woodland. The trees themselves should not require any maintenance in the near future other than regular weeding. We have given them a good start by removing the turf from around the planting site.

Volunteers got a look inside the pavilion and saw some outline plans for a small wind turbine on site. We will be arranging further activities on the site in the near future. Details will be posted on LCWO web-site.

### News from Mill Street

Once again Mill St has become something of a rat-run, with taxis, cars and vans speeding down it. The police have suggested one solution would be a flashing 20mph sign (like the ones on the A34 at the Botley interchange). This would cost £3,000, which we would need to raise locally. We welcome people's views on this, and on other measures that could be taken to prevent speeding and reduce the risk to pedestrians and cyclists. Please contact Anne James:  
*riverbank26@tiscali.co.uk* ☎ 725906

**BINSEY FETE** this year will be on SUNDAY 17th JULY from 12 noon on the village green. See the famous Chicken Beauty Contest, take part in Children's Sports and Children's Fancy Dress. There will be delicious cakes and roast Gloucester Old Spot very-kindly-reared pig, as well as lovely live music and plenty of stalls. Fun for all the family. In aid of St. Margaret's Church, Binsey, and local charities.

### Do you have some news for us?

Contributions for the June issue of this newsletter can be left at the Community Centre or e-mailed to [westoxfordcc@gmail.com](mailto:westoxfordcc@gmail.com)

If you would like local information to appear on the WOCA website, please send it to [webmaster@woca.org.uk](mailto:webmaster@woca.org.uk)

## 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 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.