

NEWSLETTER

Number 40: December 2010

www.woca.org.uk

WOCA Harvest Supper



The WOCA Harvest Supper, held on October 10th, was a very well attended and enjoyable celebration. It was also a great example of the community pulling together to create a really memorable occasion. The vegetables for the meal were generously supplied by our neighbours on Osney, Botley and St Thomas' Allotments, the main meal was cooked by the team at My Life My Choice, and people brought along the puddings - so it was a real team effort! Many thanks to all who made it such a success!



Want to help run WOCA?

WOCA want to recruit people who can make sure we continue to promote activities and events local people really want.

We want to expand the management committee, and are particularly looking for someone with the skills necessary to keep and distribute meeting minutes.

There are many other ways to get involved: You don't have to become a member of the committee to help - just bring your enthusiasm, ideas, skills, and commitment!

If you are interested in helping, please contact the community centre (contact details overleaf).

My Life My Choice Christmas Open Invitation

You are cordially invited to join us for a

**Complementary Mince Pie
and Mulled Wine (or soft drink)**

at

'My Cafe', West Oxford Community Centre

on

Saturday 11th December between 4.00 and 7.00

Come and meet our team, find out more about My Life My Choice, and help develop plans for the Cafe at West Oxford Community Centre.

STOP PRESS

My Life My Choice, the organisation that runs West Oxford Community Centre Cafe, has won the distinguished Guardian Charity Award for 2010. A team travelled to London to receive this fantastic accolade.

From its beginning in 1998 with just three people with learning disabilities, to a charity that boasts numerous innovative projects and 400 members, this award represents a massive achievement..

Paul Scarrott, My Life My Choice Trustee, said: "Winning this award shows our outstanding work and all our effort that we have put into all the different projects [including] **My Cafe.**"

In addition to soaking up the praise and recognition this award brings, My Life My Choice will enjoy £6,000 prize money, and a personalised package of media and communications support from Media Trust, among other prizes.

In reaction to the value of the prize Andy Law, the Co-Chair of My Life My Choice commented, "This award is brilliant news. The important thing is not so much the prize money, but the recognition that people with learning disabilities will get across the country from this award that is more important."



NEWS

Regular Activities

New/Upcoming Activities

Mondays: Messy Play 9.30-11.30; Monkey Music 9.45-12.00; Chinese Older People 12.00 -3.00; Pilates 6.30-7.30; Belly Dancing 6.30-8.30; Samatha Meditation 8.15-10.15

New Session: Zumba Class 8.30 - 9.30 - from 10 January

Tuesdays: Gentle Moves Exercise for 50+ 10.00-11.00; Post-natal Pilates 11.45-12.45; Brownies 5.30-7.30; West Oxford Academy 7.30 - 9.15; Tae Kwon Do 7.30-9.00; Yoga 8.00—9.00

Wednesdays: Saltbox Music Co 1.45-2.45; Woodcraft Pioneers 6.00 -7.30; Yoga 6.30 - 7.30; Overeaters Anonymous 7.30-8.45; Aikido 8.00 - 9.00

New Session: Zumba Class 12.30 - 1.30 - from 26 January

Thursdays: Chinese Happy Place 1.00 - 3.00; Dance Academy 4.30 -5.45; Elfins 6.00 - 7.30; Spiritism Study Group 8.00 - 9.30

New Session Oxford University Dance Society 7.30 - 9.30

Fridays: Parent & Toddlers 9.30-11.30; Asian Women's Group 9.30 -11.00; Hilary's Music 11.00-12.00; Elms Rd Baby Group 11.30 -12.30; Baby Clinic 1.00 - 2.30; 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)

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® Class

Zumba Fitness® is coming to West Oxford! Get fit in the New Year with a new Zumba class starting in January 2011. A fun, latin-inspired, easy to follow, calorie-burning, dance fitness workout. All levels and ages (16-99) welcome! Drop-in class on Monday evenings 8.30 - 9.30 from January 10th, and Wednesday lunchtimes at 12.30 - 1.30 from 26 January

Call Denise on 07748 600620 or email oxforddancefitness@gmail.com for more information.

The next **Blood Donors** dates at the centre will be on Thursday 13 January and Monday 14 February, sessions from 1:30 - 3:30 and 4:15- 7:30. Please give generously!

Oxford City Council's next **Central, South and West Area Committee** meeting at the centre is planned for 5.30 on Tuesday 14 December. Come along and have your say.

Is it too early to mention next year's **Fun Day**? We don't think so! It will be on July 16th, and the theme will be 'Wild West Oxford'. Watch this space...

For any enquiries regarding WOCA or the use of the centre...

☎ Keith on 01865 245761

Email westoxfordcc@gmail.com

☺ Call in! Office usually open Monday - Friday, 1.30 - 6.30 (except Tuesdays)

Website www.woca.org.uk

Our programme of activities is updated weekly at www.woca.org.uk

...and on display in the Community Centre

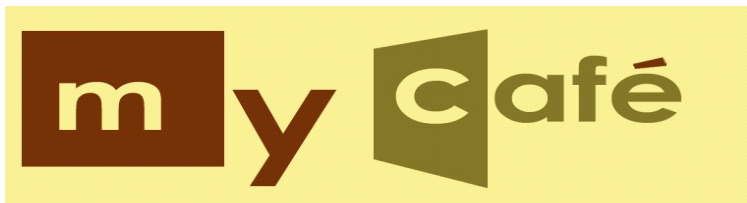
...regular activities are also updated monthly on the community notice boards opposite 'Warlands' and outside 'Cartridge World'

Consultation

Thanks to all who contributed to the recent consultation on the development of the Centre. We are working with your feedback, and will present plans for the centre at the AGM in May.

Ideas for new activities

Do you or your friends have an idea for a positive activity or event that WOCA could help to make happen? If so, get in touch with us at the address above, and we will do our best to help.



West Oxford Community Centre Café now open!

Opening Hours: 10 – 3 Wednesday to Friday

'My Café' is run and managed by local self-advocacy group My Life My Choice, serving delicious meals, drinks and snacks

Conference Catering:

My Café can also provide catering for your event.

Email mycafe@mylifemychoice.org.uk

☎01865 204214

...or call in when we're open

Thanks!

- We'd like to give thanks to the Osney, Botley and St Thomas' Allotment Association for the great donation of produce which made the Harvest Festival evening in October a great success.
- Also a big thank you to all those who supported Children in Need on 19 November. We raised £135.

Christmas and New Year Opening

My Cafe will be closed from Thursday 23 December until Wednesday 5 January.

PLEASE NOTE: From January 2011, our new opening hours will be Monday - Friday, 10.00 - 4.00pm



CHURCH NEWS

St Frideswide's with Binsey (Church of England)

Updating the War Memorial

The Parochial Church Council are updating the War Memorial in the church so as to include those from the parish who fell on active service during World War II . Names are being collected for incorporation into a new memorial (which, it is hoped, will eventually include the fallen from later wars up to the present day.) Anyone who knows of relatives or friends in the forces who lived in the parish and died on active service between 1939 and 1945 is requested please to let the P.C.C. know by writing with particulars to Paul Spencer-Longhurst, 25, Abbey Road, OX2 0AD or emailing spencerlonghurst@btinternet.com Contacts will be dealt with in strict confidence and no further steps will be taken without the agreement of family members.

Christian Belief Course

For those who are exploring the faith, this course explores the major themes and doctrines of Christianity.

☎ 242345.

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

<p>St Margaret's, Binsey Eucharist 9am on the second and fourth Sundays of the month. • Traditional carols and readings by candlelight on Sunday 19th December, 3:30pm • Christmas Day: short morning service, 9am</p>	<p>St Frideswide's, Botley Road Sundays 10.30: Sung Eucharist Tuesday 7.00pm & Thursday 12.30: Said Eucharist • Crib & Christingle Service: 24th December, 4:30pm • Midnight Mass: Friday 24th December, 11:00pm • Christmas Day Mass: Saturday 25th December 10:30</p>
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Elim Church News

Sunday services 10.30 am.

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

Toddler Group Mondays 10am - 12 noon - A group for parents and carers and the little ones that they look after. £1 per family to cover refreshments.

☎247746

e-mail: info@oxfordelim.com

Elim Church, 84 Botley Rd

New Scheme to Reduce Local Plastic Bag Use



Low Carbon West Oxford's survey of local shoppers found that people support plastic bag reduction and generally use their own bags when shopping, but sometimes forget to take a bag with them, or buy more than they can carry. LCWO have therefore supplied local shops with reusable cotton bags to lend to local people rather than offering them a plastic bag. The bags can then be returned to participating shops on a subsequent visit, and they will be laundered by LCWO.

So next time you shop in Eggs Eggcetera, Supersava, Woodlands Pharmacy and Warlands Bike Shop, but have not got your own bag, just ask to borrow one!

A message from our local pharmacist...

Dear All

Could I please give my thanks to the whole West Oxford and Botley Community for all the support and good wishes they gave me, my family and my staff at Woodlands Pharmacy recently.

Without your support, I strongly believe the attacks would have continued to the pharmacy and my staff.

It is heartwarming to see the Community 'fighting' our corner and helping with the Police investigations.

Thank You Again Pupinder and the team at Woodlands Pharmacy

Do you have some news for us?

Contributions for the next issue of this newsletter, which will be issued in March, can be left at the Community Centre or e-mailed to

westoxfordcc@gmail.com

If you would like local information to appear on the WOCA website, please send it to

webmaster@woca.org.uk

WOCA NEWS

Chair: Rebecca Huxley

Committee Members: Sarah Day, Vicky Hirsch, Rebecca Huxley, Jim McMahon, Geoff Morgan, Sheila Parry, Anna Pearson, Louise Siddle. If you wish to contact the committee, they can be reached through the Community Centre.

AGM: A date for your diary: this year's AGM will be on Sunday 8 May. We will be celebrating the centre's 10th anniversary in style - more details in the next newsletter!

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 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 cclrccook@oxford.gov.uk
☎ 721844

Susanna Pressel, ☒ 7 Rawlinson Rd OX2 6UE
Email cclrspressel@oxford.gov.uk
☎ 554001

Susanna is also your county councillor.

They hold a West Oxford 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
☎ 0207 219 7126

She will be holding a surgery at the community centre on the evening of Friday 14 January, 7.00 and 9.00.

Adverts?

WOCA is thinking about offering advertising space in the newsletter, so that local businesses can increase their profile, and show support for their local community. Please contact the Community Centre (email address on the left) if you are interested in increasing your custom!