

# NEWSLETTER

Number 37: April 2010

**Newsflash:** "My Café" at the community centre will be open in March phone 01865 204214 or email mark@mylifemychoice.org.uk

## West Oxford Community Centre Regular Activities

**Mondays:** Messy Play 9.30-11.30am; Monkey Music 9.45-11.30am; Chinese Older People 12 noon-3pm; Pilates 6.30-7.30pm; Belly Dancing 6.30-8.30pm; Samantha Meditation 8.15-10.15pm

**Tuesdays:** Easy Exercise for 50+ 9.30-11am; Post-natal Pilates 11.45-12.45pm; Brownies 5.30-7.30pm; Pregnancy Yoga 6.30-7.30pm; Tae Kwon Do 7.30-8.45pm; Yoga 7.30-8.30pm; West Oxford Academy 8-9pm

**Wednesdays:** Circle Dance 10am-12 noon (from Sept); Saltbox Music Co 1.30-3.30pm; Woodcraft Pioneers 6-7.30pm; Aikido 8-9pm; Overeaters Anonymous 7.30-8.45pm

**Thursdays:** Chinese Happy Place 1-3pm; Marianna Dance Academy 4.45-5.30pm; Elfins 6-7.30pm; Scottish Dancing monthly from 15th October

**Fridays:** Parent & Toddlers 9.30-11.30am; Toy Library 10.45-11.15am; Hilary's Music 11am-12 noon; Mother and Baby 11.30am-12.30pm; Baby Clinic 2-3.30pm; Elfins 5.45-7pm; Bingo 7-9pm; Kickboxing 7.30-8.30pm; Alcoholics Anonymous 7.45-9.30pm

**Saturdays:** Qi-Gong 10am-1pm (monthly); Youngstar 1-2.30pm

**Sundays:** Tae Kwon Do 11am-1pm; Citywide Family Church of God 1.30-3.30pm; Narcotics Anonymous 4.30-7pm

## West Oxford Community Association AGM

Come to the Community Centre on Monday 26th April at 7.30 for free food and drink in our new café!

Bring your ideas and have your say about this year's FUN DAY!

## Low Carbon West Oxford & West Oxford Community Renewables

LCWO and WOCR have recently been successful in two national competitions. LCWO and WOCR were runners-up in The Big Green Challenge run by NESTA (National Endowment of Science Technology and the Arts) and received an award of £100,000 which will be shared between the two organisations. WOCR is also one of 22 winners in the Low Carbon Communities Challenge being run by DECC (Department for Energy and Climate Change) and received an award of £803,000. The money will be used to buy equipment for renewable/clean energy projects. LCWO and WOCR offer a huge "thank you" to everyone who took part in their projects in 2009 and helped us achieve this fantastic success.

Low Carbon West Oxford set up West Oxford Community Renewables Ltd in 2009 to help reduce our community's CO<sup>2</sup> emissions by setting up renewable energy projects. The electricity generated by the schemes is sold to building/land owners and a proportion of the income used to fund community projects run by Low Carbon West Oxford, which will further reduce CO<sup>2</sup> emissions.

WO CR is an Industrial and Provident Society for the benefit of the community. It buys the equipment needed to generate renewable energy from the sun, wind and the river. WOCR's first solar panels were installed on the roof of The King's Centre on Osney Mead in August 2009 and they plan to install more on the roofs of Matthew Arnold School and Aldi supermarket this year. An anemometer has been installed on the playing fields at Matthew Arnold School to measure the wind speed and if the results are good then WOCR may be able to install a small wind turbine there, subject to public consultation and planning permissions. In the longer term they hope to install a micro-hydro scheme in Osney Weir and sell the electricity it generates to the Environment Agency. You can help turn these plans into reality by buying shares in WOCR for as little as £10 or as much as £20,000. If you'd like to receive a copy of the share brochure, please get in touch, contact details on page 3.

*More on Page 3*

## West Oxford Community Primary School

We enjoyed taking part in the Oxford Music Festival early in February. Many of our musicians achieved commended or merit certificates from the judges. Our two choirs took part and we were especially proud of our youngest choir of 4 to 7 year olds who came third in their category.

We had an exciting Science Week with investigations all around the school and a fun home challenge to make a household object out of recycled material.. Multiple Intelligences Day on Monday 22nd February involved the children exploring activities to identify whether they were Numbersmart and 2D3DSmart.

We celebrated the Jewish Festival of Purim with a party on Monday March 1st with plays, games, crafts and special food.

Our Final Assembly is on Thursday 1st April at 9.10 a.m. in our hall. Come along and enjoy our musicians playing and singing. You will be able to hear our brass players, our recorder group, our two choirs as well as our cellists and many violinists. Coming soon: Our Festival of Arts featuring our art exhibition and performances of art, dance and music will be held from Monday 10th May to Friday 14th May.

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

The restoration of our organ is nearing completion. We hope it will be ready in time for Easter.

Regular service times:

St Frideswide's, Botley Road:

Sundays 10.15am: Parish mass

Tues 7pm & Thur 12.30pm: Simple said mass

St Margaret's, Binsey

There are now two morning services a month at Binsey: Eucharist at 9am on the second and fourth Sundays. Weekly evensong starts on Palm Sunday (28 March) at 3.30pm

Holy Week:

Palm Sunday (28 March)

9.00am: Blessing of palms and Eucharist, Binsey.

10.15am: Palm procession (from Osney Bridge) and Eucharist, St Frideswide's

3.30pm: Evensong, Binsey

Maundy Thursday (1 April)

7.00pm: Sung Eucharist of the Lord's Supper, followed by the watch until 9pm, St Frideswide's

Good Friday (2 April)

10.00 – 11.30am: Make Things For Easter:

Children's activities in the Community Centre for those aged 8 and under and their families. Includes hot cross buns and coffee. Free entry - all welcome - all children must be accompanied by an adult

11.30am: Quiet Time in church, St Frideswide's.

12.00 noon: Liturgy of the Passion, St Frideswide's  
Easter Sunday (4 April)

9.00am: Eucharist, Binsey.

10.15am: Sung Eucharist, St Frideswide's

3.30pm: Evensong, Binsey.

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## Elim Church

Sunday services are at 10.30 am. A Sunday School for 3-11 year olds runs during the service.

Toddler Group

Mondays 10am - 12 noon

A new group for parents and carers and the little ones that they look after.

£1 per family to cover refreshments.

Contact: 247746 or e-mail: [info@oxfordelim.com](mailto:info@oxfordelim.com)

Elim Church, 84, Botley Rd

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## West Oxford Academy

If you would like to give a talk, or know someone else who could then please contact Susan Hutchinson: [allat42@gmail.com](mailto:allat42@gmail.com) or 792358

## MAY DAY

### SOMETHING for NOTHING

**Bring & Take Event & Seedling Swap  
Saturday 1st May, 10.30am - 12.30pm  
at West Oxford Community Centre**

Recycle your unwanted items. Someone somewhere wants your stuff. Bring clothes, toys, CDs, books, kitchenware, unopened toiletries, pictures, linen, and small furniture including small plug-in electrical items, which we will PAT-test for safety. Bring plant seedlings for the window box, patio, or allotment. You don't need to bring anything, come along and see what's on offer, all free of charge. For larger items, bring a photo or description with your contact details.

Bring your goods between 10.30 and 11.30 only:

after 11.30, no new items will be accepted.

Goods may be taken at any time from 10.30.

Refreshments available at a small cost.

Plus some May Day surprises for children.

## SPRING BARN DANCE

Saturday 24th April, 7-11pm  
West Oxford Community Centre

Live Band with Caller, Licensed Bar,  
Tickets £10 (limited number of £6  
child tickets) from West Oxford  
School or Joanna Wise 725009

## Council News

Your city councillors are Colin Cook (12 Riverside Rd OX2 0HU, 721844, [cllrccook@oxford.gov.uk](mailto:cllrccook@oxford.gov.uk)) and Susanna Pressel (7 Rawlinson Rd OX2 6UE, 554001, [cllrspressel@oxford.gov.uk](mailto:cllrspressel@oxford.gov.uk)). Susanna is also your county councillor. They hold a West Oxford ward surgery on the third Saturday of each month from 11am til 12 noon at the community centre.

Susanna is putting as much pressure as she can on the County Council to improve the surface water drainage in Botley Road. We suffer from regular problems with large puddles outside the Osney allotments, under the railway bridge and at the end of Hill View and Alexandra Roads. She also hopes that they will at least put large new pipes under Lamarsh Road, to take water away to the south in times of flooding. If you aware of other problems, please get in touch with her.

## Flood Risk

If you live in a flood risk area, it's important to register for a free flood warning. A message will then be sent to you by phone, mobile, fax or pager.

Call the Environment Agency now on 0845 988 1188

## Family Ice Skating Session Saturday 22nd May 4.30-5.30pm

The Friends of West Oxford School have hired the whole of Oxford Ice Rink to provide a beginner-friendly stewarded session. Come and join in the fun!  
Tickets available after Easter, call Liz on  
07763 883348

## Low Carbon West Oxford & West Oxford Community Renewables

*from the front page*

Join the Low Carbon Living Programme: this free programme helps people reduce their energy use. Last year's householders cut their carbon footprints by an incredible 36% and some saved up to £200 on their energy bills. There are spaces for 35 households to join this year's programme which starts in April 2010 but it's filling up fast. If you're interested in finding out more, get in touch (see below).

The Waste Reduction group will shortly be launching a Community Bag Scheme with the help of our local shops and the county council. Local shoppers who have forgotten to take their own bag with them will be able to borrow a cotton bag as an alternative to taking a plastic bag, and subsequently return it to keep it in circulation for others.

A community bee-hive will be set up later this year. If you'd like to be involved in any way then get in touch. Low Carbon West Oxford will soon be recruiting for a part time administrative systems post, to support them in this very busy and exciting period in their development. This post would initially be for one year. For more information please send an email marked ADMIN POST to West Oxford Community Renewables Ltd (see below for contact details)

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

email us at: [lowcarbon@hotmail.co.uk](mailto:lowcarbon@hotmail.co.uk)

or drop a letter to 3 Henry Road

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

email us at: [wocr@hotmail.co.uk](mailto:wocr@hotmail.co.uk)

or drop a letter to 34 East Street

## Fairly-traded Organic Black Peppercorns

This year's supply of Para's South Indian peppercorns are now available. Heady and spicy (ask anyone who has used them!), they are estate grown in line with organic principles. They come vacuum packed and presented in pretty cotton bags. They have a 3 year shelf life, and at £4 for 200gms, are considerably cheaper than those little jars and packs in the supermarket.

Available from Anne James 725906  
[riverbank36@tiscali.co.uk](mailto:riverbank36@tiscali.co.uk)

## The best garden view in the UK

It's official, the best garden view in the country can be seen at the Osney St Thomas allotments, off Botley Road! West Oxford photographer Linda Wride has been visiting the allotments regularly over the last 10 months or so, taking pictures for a photography project, Cultivating Communities. She entered one of the images from the series in the Royal Horticultural Society's (RHS) Photography Competition, and to her delight "The Allotment in June" won the Garden View category. Even better, the photograph was judged to be the overall competition winner out of more than 2000 entries coming from all over the UK, across Europe and as far as New Zealand, Australia, India, Africa the US, earning Linda the coveted title RHS Garden Photographer of the Year!



To celebrate this success, Linda will be at the Association's AGM in April to present the chairman, John Power, with a surprise present by way of saying to thank you to everyone for allowing her access to the site. For those who are interested, she hopes that there will be an opportunity to view other photographs from the project at the AGM. If you are a member of the association, come along to view the winning photograph in glorious colour and to see if you can spot your allotment, plants or potting shed amongst the other images!

### **wocART Artweeks Exhibition at West Oxford Community Centre**

From Saturday 8th - Sunday 16th May, a free exhibition of a variety of work by eight local artists

Artweeks catalogues, with opening times, will be available at the community centre in April

## ...and it's goodbye from me

Much to my regret, for health reasons, this is the last issue of the WOCA Newsletter that I shall edit. I have immensely enjoyed being involved and look forward to its future under a new editor. If you have copy for the next edition, deadline June 1st, please contact the community centre.

Steve Wride

Volunteers are always welcome at West Oxford Community Centre. There is a wide range of potential for voluntary activity, ranging from practical things like decorating, even cleaning, to working in the Café, supporting the administration of the organisation or running an activity. All volunteers will receive an appropriate degree of training (usually talking the work through with someone, but potentially also training opportunities like a food hygiene course). WOCA has policies concerning health and safety, equal opportunities, and the protection of children and vulnerable adults. These can be found on [www.woca.org.uk](http://www.woca.org.uk) or can be obtained from the Centre Manager (245761; [woxford@oxford.gov.uk](mailto:woxford@oxford.gov.uk)).

Community Centre users must assure themselves that they are happy with arrangements for any activity that they are participating in, particularly where they are responsible for a child or vulnerable adult. If you have concerns, contact Lois Muddiman 203550; [lois@muddiman.plus.com](mailto:lois@muddiman.plus.com) For more information about Community Centre activities, e-mail [woxford@oxford.gov.uk](mailto:woxford@oxford.gov.uk), see [www.woca.org.uk](http://www.woca.org.uk), or ring 245761, or stop by the Community Centre on the Botley Road.

Grants for community projects are available from the Community Association. Application forms are available in the Centre office or on [www.woca.org.uk](http://www.woca.org.uk). We WANT to support you, let us know how we can help. The only absolute requirement is that grants must benefit local residents.

Committee Members: Lois Muddiman (chair), Jim McMahon, Miranda Miller, Martin Rush, Vicky Hirsch, Rebecca Huxley, Sheila Parry, Anna Pearson, Geoff Morgan, Louise Siddle, Kelly Faye, Susanna Pressel, and Colin Cook.

Contributions for the next issue of this newsletter can be left at the Community Centre (marked for the attention of the editor) or e-mailed to [newsletter@woca.org.uk](mailto:newsletter@woca.org.uk). If you would like local information to appear on the Community Centre website, please send it to [webmaster@woca.org.uk](mailto:webmaster@woca.org.uk).

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