

NEWSLETTER

Number 67: Autumn 2017

West Oxford Community Association

invites you to a friendly

Harvest Supper and AGM

Sunday 8th Oct

5.30-8.00

West Oxford Community Centre

Could YOU be WOCA's New Treasurer?

The trustees at WOCA are looking for a new treasurer who would be responsible for:

- General financial oversight
- Financial planning and budgeting
- Overseeing and presenting budgets, accounting and financial statements to the management committee
- Advise WOCA on financial implications for strategic and operational plans

The WOCA's treasurer works alongside SPX Oxford Ltd. They are an accountancy practice specialising in services for the not-for-profit sector, who look after our day-to-day bookkeeping, run the payroll, and prepare the yearend accounts.

The treasurer would work with SPX and Keith Birnie, the centre manager, to make decisions and plan for the future. The time commitment estimate is very low - no more than half an hour a week (outside of roughly monthly meetings).

If you think you could help, or for more info, please contact us.

☎ 01865 245761

Email westoxfordcc@gmail.com

The main course will be provided free to WOCA members and at a small charge of £3 to anyone else.

Please bring a pudding to share and don't forget 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 before 3rd October.

or email westoxfordcc@gmail.com

(with "harvest supper" in the subject line)

state how many places you want for adults/children and any dietary needs.

WOT'S new AT WOCC...



Tom and Vladimira welcome you to Tumbling Bay Cafe !

Open: Weekdays 9.00am - 6.00pm-ish

Saturday/Sunday 9.00am - 5.00pm-ish

Contact: tomas.imre@gmail.com



Weekly Updates on display in the Community Centre
Monthly Updates on community notice boards by 'The Vinyl Cafe' and 'Cartridge World', or see our website www.woca.org.uk

Evening Pilates Class

The class consists of a series of exercises to lengthen and strengthen muscle groups throughout the body, with a particular focus on the deep muscles supporting the spine and major joints.

No experience required.

All ages (16+).

£7.50 per class (£6.50 conc) / £40 for block of 6 (£35 conc)

Classes begin at 8.30pm on Monday evenings.

Contact Denise at oxfordpilates@gmail.com to book a place or for more information.



Botley Tae Kwon Do

Over the weekend of 1st – 3rd September, 4 members of Botley TKD attended the Black Belt Seminar and Grading in Middlesbrough accompanied by their Instructor Mr Tony Hampson (VI Degree) and Assistant Instructor Christopher Dudman (III Degree)

The weekend consisted of 9 hours of training, followed by a black belt grading.

Mrs Susan Thomas graded from I Degree to II Degree.

Leon Hillier, Connor Bird and Isaac Moriarty were promoted from 1st Kup to I Degree Black Belts.



Botley TKD meet twice a week at the centre, at 11.30 on Sunday mornings and 7.30 on Tuesday evenings.

Please visit our Web-Site www.botley-tkd.co.uk for more information, or check out our Facebook page Botley Taekwon-do School

WOCA'S "HANDMADE" CHRISTMAS MARKET 2017

Calling all local artists and makers !

Are you interested in participating in this year's "Handmade" Christmas Market?

This year's market - the fifth successive Christmas Market to be held at WOCC - is on Saturday 25 and Sunday 26 November.

As usual, we will be looking to include the widest possible range of handmade arts and crafts and to involve as many local artists and makers as possible.

If you think you might be interested in taking part, and would like to know more, please contact Keith Birnie, Centre Manager - contact details below.

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



SPANISH LESSONS

8-week beginner course!

Where? West Oxford Community Centre

When? Wednesdays 7.30pm - 8.30pm

Info: <http://woca.org.uk/>
garbo.gabriela@gmail.com

Start: 27-09-2017
End: 01-11-2017

New Facilities at WOCC

We had the builders in this summer, creating a new kitchenette and improved storage.

We're delighted with the results, and we hope centre users are too!

Barrier-gate

You will have spotted that barriers have been up at the side of the cafe by the garden and also at the top of the stairs to the park. A few people have commented on this and I wanted to explain why we felt this necessary.

1. They were originally put there on the advice of the police as a means of preventing rough-sleeping and to limit all sorts of questionable things which greeted Vladimira and Tom first thing in the morning.
2. The barriers provide Tom and Vladimira with sufficient undisturbed time to clean the cafe, kitchen and patio after closing; something which over the summer has become more and more time-consuming. The extra cleaning is usually caused by night-time visitors and not the day-time cafe users.
3. It strengthens the safety aspect not only first thing in the morning but also in the evening when there have been problems from people hanging about the patio.

Tom, Vladimira and the trustees appreciate that the present barriers are rather unfriendly but they were a cheap (free!) short-term solution for what is a longer-term concern. However we are looking into improved and more sociable signposting and a friendlier deterrent than the barriers, which will help the cafe run more efficiently, with greater consideration of health and safety and security aspects not only for Tom and Vladimira but also for centre users and cafe customers. There is no intention to limit access to a community space when the centre is open but rather to deter late night/early morning nuisances.

Rebecca Huxley
Chair of WOCA

Wox Vox is back on Thursday September 14th.

We are still offering a first trial session FREE so please 'drop in and have a sing'!

WOX VOX

Want to try a new singing group?

WHAT

A fun, friendly and informal singing group for adults who don't just want to sing alone in the shower.

From rock and pop, to gospel and show tunes.

No experience necessary.
No auditions. Just fun!

WHEN

Thursdays in term-time
7.30pm - 9.00pm

WHERE

West Oxford Community Centre

FEE

£5 per session

NO NEED TO BOOK - DROP IN AND HAVE A SING!

Follow us on Facebook or email for more information
www.facebook.com/woxvox
woxvoxrox@gmail.com

News from 'Let's Sing'

The Wednesday afternoon group, Let's Sing has been going from strength to strength recently as more people discover the joys of singing together in a non-judgemental and supportive class which is designed to be enjoyable and fun.

In the summer all participants were invited to take part in a survey, run by a professional researcher and writer, to measure the benefits of singing and what a group such as Let's Sing means to people. Emily, who set up the group and belongs to the Natural Voice Network said "I'm really looking forward to the results which I'm confident will demonstrate how singing helps people in many ways. In my view there are many reasons people keep coming back even when they say they can't sing. It serves not only as a tonic but has positive physical effects and most of all it offers opportunity for creativity and fellowship which are so important when we want to age positively."

Thanks to Meg Mallalieu for her support and to Dr. Sharon Green for initiating the survey.

Let's Sing meet on Wednesdays 2-3pm



The Oxford Community Health Hub offers a range of affordable health and wellbeing therapies. Please contact the practitioners directly to book an appointment, or visit our website

www.healthhuboxford.org.uk

Treatment Room:

Acupuncture – contact Jenny at www.acupunctureoxford.org

Ayurvedic Massage and Yoga – contact Laura on 07532030969

Chiropractic Treatments – contact Annabel on 07970967774

Massage and Reflexology – contact Michelle on 07714272210

Traditional Chinese Rehabilitation Therapy – contact Zoe on 07954371368

Talking Room:

Cognitive Behavioural Therapy (CBT) – contact Esther on 07774687872

Counselling and Coaching – contact Susie on 07765587012

Counselling and Psychotherapy – contact Cate on 07790020901

Psychodynamic therapy – contact Jasmin on 07764609291

Psychotherapy – contact Cristina on 07731433972

Qigong literally means to work with the life energy. It gently mobilises the whole body, builds strength in the core postural muscles, and integrates breath, movement and intention into a deeply relaxing and healing practise.

Qigong for Autumn is a series of 6 weekly evening classes designed to support your body and boost your immune system in the transition into autumn. We focus on supporting the internal organ networks and meridians in the body that are working hardest at this time of year (the Lungs and Large Intestine) bringing in specific Qigong, Tai Chi Qigong Shibashi, and some Daoist breath meditation and relaxation.

What is “Qi”? It translates roughly as ‘life energy’, and can be thought of as energy that moves through the body, as well as through all other things in the living world.

Where there is a blockage in this flow, stagnation can build up and we can experience stiffness or pain: if left untended, this can eventually lead to illness or chronic problems. When we support the flow of qi we let areas of tension and stagnation unblock naturally, bringing ourselves back into balance and sustaining wellness and clarity of mind.

Zoe's classes are suitable for beginners, and those with some experience. She is an insured and qualified Qigong and Tai Chi Qigong Shibashi teacher.



Calling all young girls of Oxford!

You are valuable, significant, beautiful and a seed of greatness.

11-18 years old?

Attend a FREE 4 week course aimed to teach and offer practical support to encourage value, inner beauty and purpose.

YOU CAN HAVE IT ALL.

But it starts with your perception.

See your own value so the world can too!

ShineGirl are back by popular demand and have decided to set up in Oxford this term. There are limited spaces so please book ASAP on the eventbrite website to reserve your place.

It truly is life changing.



WORTH. STRENGTH. PURPOSE

Shine Girl

DATES: OCTOBER 7th 14th 21st & 28th

Every Saturday for 4 weeks

TIME: 11AM-1PM

AGE- 11-18 YEARS OLD

West Oxford Community Centre
Botley Rd, Oxford OX2 0BT

FREE RSVP: www.shinegirlxford2017.eventbrite.co.uk

FOR ENQUIRIES:
SHINE.HILLSONGOXFORD@GMAIL.COM

Hail to the West Oxford Fun Day!



Yoga sessions were popular!

Summer feels a long way off already, so it's good to remember what a great day we had at the Fun Day in July.

The event was attended by hundreds of people, enjoying lots of fun activities from the dog show to music and dancing, along with delicious refreshments and a great feel good atmosphere.

WOCA raised around £1000 on the day, which is a wonderful bonus as the event is really about community, but if we can help keep the boat afloat at the same time, so much the better!

Thanks to all who helped make the Fun Day such a success: here's to next year!

News from St Frideswide's and St Margaret's

A big thank you to everyone who supported the third Bee Festival at St. Frideswide. We had a good afternoon of finding out how we can support the bee population more effectively and had fun at the same time. Thanks to Friends of the Earth, West Oxford School and all those who donated raffle prizes and gave them time, energy and baking skills.

A big welcome to The Revd Kate Seagrave who is coming to join our team in the Osney benefice. From the beginning of September she will be working three days a week in West Oxford specifically to help us to widen our work within the community. Kate has most recently been working on the staff at St. Aldates with post-graduate students. She is looking forward to getting to know the locals.

St Frideswide's Day, Thursday 19th October. Magnificent choral evensong led by our talented choir and visiting singers to celebrate the patron saint of the City of Oxford. Time to be confirmed, look out for the posters on the railings.

The Recitals Programme continues for the next few months. This provides a wonderful opportunity to hear top quality live music on your doorstep. Check our website www.osneybenefice.org.uk or railings for more details.

Remember, as well as being here for Sunday worship we offer baptisms, weddings and funerals and pastoral support, small group studies. Contact The Revd Jo Moffett-Levy on Tel: 07765 175164.

Regular Services

St Frideswide's, Sundays 10.30am - Sung Eucharist
www.stfrideswideschurch.org.uk ☎ 242345

St Margaret's, Binsey www.binseystmargaret.org.uk
9am Eucharist; 4.30pm Evensong on the fourth Sunday of the month during BST

W: www.osneybenefice.org
E: osneybenefice@outlook.com
P: 07765175164
F: www.facebook.com/St.FrideswideOxford

Help us bring business on board - and WIN a banquet for eight!

Over the last decade, the people of West Oxford have taken some impressive steps to reduce their contribution to climate change at a household and community level - in fact, we've won awards for it!

Amongst other things, we've got solar panels on communal buildings and transformed the local river into a community-owned power generator with Osney Lock Hydro; we've planted over 1600 trees; and we've helped 150 households make changes to their homes and lifestyles to bring their emissions down. All crucial, on-going work.

However, a large chunk of West Oxford is home to businesses, both large and small, who contribute a major slice of the local carbon emission pie, whom we have not yet managed to engage. Without them on board, there are limits to how much we can do as a community to reduce contribution to climate change. This is where we need your help.

Ten years on from the 2007 floods which closed the Botley Road, Low Carbon West Oxford is celebrating its tenth birthday, the power of community creativity and inviting YOU to help with another important piece of the puzzle:

Help us put together an effective plan to engage the businesses on Botley Road Retail Park and Osney Mead industrial estate.

Sound easy? It isn't.

We need to convince them to work with us. Some of the businesses are part of big global or national chains so local managers have little power. Others are small businesses with little time to spare. So... we need your ideas about how we can grab their attention and get them to work with local residents and other businesses across the city to reduce their contribution to climate change and flooding.

First prize is seeing your ideas put into practice in West Oxford (fame!), and a delicious and decadent banquet for you and 7 friends, delivered to your home by the brilliant Pippa Hamwee.

To enter: Your entry should be a minimum of half a page of A4 and include an outline of the idea (max 1 side A4) and description (max 1 side A4), as well as a slogan. It should cover:

- * The kind of actions we want them to take to reduce CO2 and flooding
 - * What LCWO could do to engage and motivate them to take action
 - * What LCWO could do to help them take action
 - * What other networks, services organisations in Oxford/shire city or nationally LCWO might link them to
 - * Any other ideas you have!
- Entries will be judged on a number of criteria including practicality and originality by a panel of expert judges.

Submit your entry by email to info@lcwo.org.uk or by hand/snail mail to Helen Reid, 22 Oatlands Road, Oxford OX2 0ET

Closing date: Sunday November 5th, 2017

GOOD LUCK!



Flower Power on the Botley Road

Our hearts have been gladdened this summer by the flowers at the east end of Botley Road on the fences beside the railway station.

Unfortunately, this may be a one-off. They were moved from outside County Hall, because of the Westgate building work and we were the lucky beneficiaries.

I'm planning to ask the station manager if he can part-fund flowers next year, but they are very expensive, mainly because they need daily watering when the weather is warm, so please don't raise your hopes too high. Your councillors may be able to contribute from our ward budgets, if you would like us to. Please let me know if you can suggest other sources of sponsorship.

Susanna Pressel

HANDMADE FOR CHRISTMAS 2017

The "Handmade" Christmas market will be in the hall at WOCC again this year - on 25th and 26th November.

Buy a wide variety of special Christmas gifts direct from the makers: paintings, prints, jewellery, calendars, ceramics, notebooks, decorations, cards and much more.

Put the dates in your diary and look out for more details on our posters nearer the time!

Managed Domestic Cleaning

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Call 01865 807142 and ask for Crista

"A truly superb service. My cleaner arrives on time, listens carefully to instructions, is very polite, works really hard, and leaves my house immaculately clean!"
Dr N Norman, West Street, Osney Island, Oxford.

We are a local company, and we take great pride in our exceptional cleaning service.

* **reliable:** your personal cleaner arrives on time, week in week out.

* **efficient & affordable:** we get on with the job and do it to the highest standard. (And it won't cost you the earth.)

* **trustworthy:** all staff have good references, and we have excellent reviews on CheckaTrade and Google

"Have just started to use well-polished and have been exceptionally impressed so far with the speed and efficiency and the communication in which our service was set up and with the follow up" ***** Jackie, 28th July 2017

01865 807142 or 07775 645004
csanderson@well-polished.com

wellpolished

Oxford City Shotokan Karate Club

LEARN KARATE
at the West Oxford
Community Centre.

Fun & friendly
coaching from highly
qualified instructors.

Lessons:
Sundays 4:30
Wednesdays 7:45



Tel: 07836 646450

Sensei@OxfordCitySKC.co.uk

www.OxfordCitySKC.co.uk



UNIVERSITY OF
OXFORD



Children and young people wanted to take part in research

**Can your child help us to find out how the brain
learns Maths?**

Is your child aged **6, 10, 14 years** old? Or starting their **A Levels** in September?

If they are **right-handed**, a **fluent English speaker** they could participate!

The study involves a **safe brain scan** using a Magnetic Resonance scanner (1 ½ hours) and several **puzzles and games** (3 hours).

These sessions will be **repeated in 18 to 24 months'** time (depending on their stage of education).

Your child will receive a voucher to say **thank you** for taking part. Parents (of under 16 year olds) will be compensated for their time. Reasonable travel expenses will be reimbursed.

Want to know more?

Call **07464 755010**

Visit tinyurl.com/brain4maths

Email brain4maths@gmail.com

Find us **@brain4maths**



WOCA COMMITTEE

Chair: Rebecca Huxley

Trustees: Matt Bird, Martin Bourne, Anne Clilverd, Vicky Hirsch, Rebecca Huxley, Jack Langley, Gayle Loneran, Jim McMahon, Geoff Morgan, Sarah Morgan, Helen Reid, Kate Sant, Shan Saunders, Louise Siddle, and Kay Tillyer.

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!

The Research Cooperative

an international NPO and online network for academic, scientific and technical authors, editors, translators, publishers and others; all topics, countries and languages. Free membership. See:



www.researchcooperative.org

BRIAN FRENCH

**General Building Services
Painting - Decorating
Free Estimates**

Contact: 07957 315303

Can you help?

Have you got news for us?

Our Spring Issue deadline is Friday 17 November 2017.



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?

FEMINISM FOR DADS 9.30 - 1.00, 7 October

run by Threads Equality Agency
<https://www.facebook.com/threadsequalityagency/>

What does it mean to be a feminist dad? And what can feminism offer dads? In this engaging and participant-focused workshop we focus on how to be a good role model, how to counter sexism, and how to be caring and nurturing as a man and father.

It is an opportunity for dads to come together and share ideas and experiences with other men, and come to a shared understanding of what feminist parenting looks like. Morning tea included. Please contact the Threads Equality Agency Facebook Page if you want to bring kids.

ODDS & SIDS

Sid Siddle

Your close at handyman

For all those jobs you can't - or can't be bothered - to do yourself and the big companies aren't interested in. Always available - including evenings and weekends.

- Putting up shelves and fitting cupboards
- Fitting doors and door furniture
- Replacing skirting board and architrave
- Painting and decorating
- Filling cracks in plaster
- Light fittings and switches replaced
- Blinds and curtain rails
- Flat pack furniture assembled



CONTACT: sid@oddsandsids.co.uk

07757 214 301

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.

Susanna holds a Ward Surgery on the third Saturday of each month from 11.00 until 12.00 noon at the community centre.

Your MP is **Layla Moran**:

House of Commons, Westminster, London, SW1A 0AA

☎ 020 7219 3905

Email layla.moran.mp@parliament.uk