WEST OXFORD COMMUNITY ASSOCIATION
NEWSLETTER NO 29, April 2008

Activites Coming Soon to the Community Centre

West Oxford Community Association AGM - Monday 21 April at 7.30pm
Come along and have your say about the Association & Centre!
We will voting on a new constitution! AND, more excitingly, serving fabulous refreshments. We'd love to see you there. Or speak to a committee member (see back page) about how you can get involved. There is now also a comments box in the Community Centre. We welcome your feedback and ideas.

WEST OXFORD FUN DAY - Saturday 19th July 1-5pm. Loads of fun for all the family (NO West Oxford on Sea this year though)
A big (tho belated) thank you to: Tuscan Pots, Oxford Ironmongery, the Hollybush Pub, Eggs Eggsetera, Warlands, the Bike Shop, Supa Sava, Woodlands Pharmacy, Cake Expectations, and Medley Manor Farm in Binsey for donating prizes to last year's raffle.

BARN DANCE - Saturday 26th April, 7pm till 11pm.
Live Band & Caller - all dances will be taught! Licensed bar serving hot food.
Tickets £10 adults, £6 children available from West Oxford Primary School, or phone 727661.

West Oxford Local History talks
Thursday 27 March 7.30: Mark Davies,"Literary West Oxford: The waterways of west Oxford seen through the eyes of poets, novelists, diarists and travellers over time"
Thursday 24 April 7.30: Jane Baldwin, "Oxford Preservation Trust and its work in West Oxford"
Thursday June 19: Liz Woolley will lead a walk around historic St Thomas's including the church. Starts at 6pm (donations to the church of £3) and ends at the Jam Factory cafe (favourable prices at the café). For details of the starting point, phone 241339.
Sunday 22 June: provisional date for the opening to the public of Conduit House
TBA:We hope to organise another river cruise trip in the summer, keep an eye on the Oxford Mail / www.wocc.org.uk / the Community Centre Notice Board

Wild Goose Qi Gong - feel stress, sickness fly away (?£/session)
Saturdays 10am-1pm: 29 March; 31 May; 28 June
For more information, contact Khim Guan 07775 995 184 or see www.wildgooseqigong.co.uk

wocART are exhibiting in Artweeks from Saturday 17 May until Monday 6 May.
Five local artists, a wide variety on work. All welcome. Look out for more details in May.

Coffee Mornings for over 50s: Thursdays 10.30 am to 12 noon in the Café.

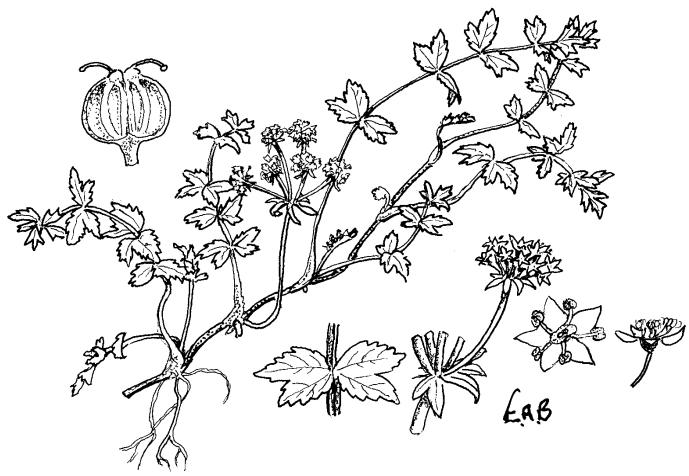
West Oxford Community Centre Café

Open Mondays, Wednesdays, Thursdays, Fridays: 10am-2pm; Tuesdays: OAP Lunch Club
The café can also cater your event at the Community Centre. For more information ring 245761

Creeping Marshwort (*Apium repens*) in Oxford

Alison W. McDonald

Creeping marshwort (Fig. 1.) is a small perennial which grows on flood-plain pastures. It has always been uncommon both in the UK and Europe. Creeping marshwort was listed in Appendix I of the Bern Convention by the Council of Europe and, following the world summit on Biodiversity at Rio de Janiero in 1992, it was listed in Annexes II and IV of the European Union Directive on the Conservation of Habitats and Wild Fauna and Flora.



In the UK the Joint Nature Conservation Council (JNCC) initiated a search in 1994 which revealed that creeping marshwort was known only at one UK site – Port Meadow in Oxford. That year the Ashmolean Natural History Society of Oxfordshire formed the Rare Plants Group to look after and conserve rare plants within the county. Members agreed to work on English Nature's plan to have five sites where creeping marshwort thrives by 2010. In 1995 seed was collected from plants on Port Meadow and raised by Kathy Warden at the University of Oxford Botanic Garden.

Fig. 1. Typical creeping marshwort from Port Meadow. Drawn by Elspeth Beckett.

The following year small plants were introduced to two sites on the Thames flood-plain close to Oxford but only one was successful (North Hinksey Meadow). Habitat restoration resulted in the reappearance of creeping marshwort at one site in Oxford (Binsey Green CWS) and ditch maintenance caused it to reappear in Essex (Walthamstow Marshes SSSI).

North Hinksey Meadow, which belongs to the Oxford Preservation Trust, is sited adjacent to the Hinksey Stream on the west side of Oxford. It was ploughed in the 1970s but almost immediately the field was found to be unsuitable for arable cropping and it reverted to pasture. Like Port Meadow it is now grazed by ponies all the year round which creates a suitably short sward. On 1 May 1996, 20 small creeping marshwort plants were set out in two grids of 1 m spacing. The plants were monitored and watered during the summer yet in November only 14 plants could be found, two of which had spread well. Of these only six survived to October 1997, of which four were flowering and fruiting and two had formed large patches. Ten years on there is a dense mass of creeping marshwort over the original site and other plants are spreading, by seed and by rooting at the stem nodes, over an area approximately 3 m x 20 m.

Creeping marshwort requires the high light conditions found in a heavily grazed pasture in contrast to a hay-field where conditions at the base of the plants are too dark for this tiny plant to flourish. It also needs very damp soil which floods in winter so a silted up ditch of the kind found in North Hinksey Meadow is perfect. Plants generally but not always flower every year between August and November and seeds brought to the soil surface by trampling can germinate in areas kept open by grazing animals

Research over the last 15 years suggested that, like most plants, creeping marshwort succumbs to summer submergence in flood-water because of chemical changes in the water which becomes anoxic. In July 2007, however, perhaps because the water did not remain deep for more than a short time, creeping marshwort in North Hinksey Meadow survived the floods. Sadly, those at the south end of Port Meadow, where the water was still two feet deep in September, did not. Normally, creeping marshwort is protected at the highest European level but because the plants were introduced to North Hinksey Meadow there is no statutory protection for them there. It is thanks to the Oxford Preservation Trust and to Mrs. Pat Haliday that creeping marshwort is secure in this delightful field within the City Boundary.

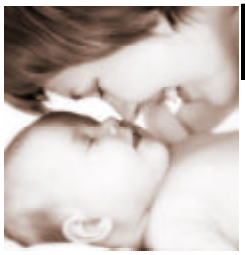
West Oxford Community Primary School need a Part Time Volunteer Clerk to the Governing Body.
Do you want to make a contribution to the local community?
Do you have 4 spare evenings a year?
Do you have good basic admin skills?
Do you want to part of the success of West Oxford School?
If so, then the post of Clerk to the Governing Body might be for you. Full training is given and accreditation is possible, but the real benefits for you would be experience and being part of a team. If you are interested, please contact Ed Duckham (Chair of Governors) on 722213.

NEWS FROM ELIM CHURCH, BOTLEY ROAD
Community Internet Café Starting 24 April for children and their families on Thursday afternoons 3.45-4.45. FREE OF CHARGE! Support will be available for those who need help with using computers and the internet.
SUNDAY SERVICES ARE AT 10.30 am
All are welcome to our lively and contemporary style services.
There is a Sunday School for 3-11 year olds which runs during the service

50 Plus (a mixture of speakers, films, music followed by a cup of tea and a chat)

Thursday 10 April - Musical entertainment
Thursday 8 May – To be arranged

If we can be of service please contact us on 247746 or email info@oxfordelim.com



Toddler Group

Mondays
10am – 12noon
Elim Church,
84 Botley Road
Opp.Carphone Warehouse

A NEW GROUP FOR PARENTS AND CARERS
AND THE LITTLE ONES THAT THEY LOOK AFTER
£1 per family (to cover refreshments)

St Frideswide's Church, Botley Rd (Church of England

The main Sunday service at St Frideswide's is at 10.30am every Sunday: Parish Mass, with traditional hymns, a thought-provoking sermon, and Holy Communion. All welcome.

On Saturday 17th May there will be a coffee morning to support Christian Aid's work among the poorest of the world. 10am-12noon in church. Cakes, jams, Fairtrade goods for sale.

Fr Russell Dewhurst is very happy discuss baptism/christenings, banns, weddings, or any other matter: phone 242680 or email rdewhurst@mac.com

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Low Carbon West Oxford Food Group
The group has been set up as part of the wider Low Carbon West Oxford group with the aim of encouraging local and sustainable food. We want to help people choose food which adds as little as possible to global warming.
Jam Jars: The jam jar bank is now up and running. If you have any jam jars to donate or need jars for jam/chutney/pickle making get in touch on jamjars.lcwo@googlemail.com or through Susanna Pressel on 554001
Beehive: We are interested in setting up and running a 'community beehive' and are looking for people with an expertise and/or an interest in the idea. If you would like to get involved contact us on lowcarbon@hotmail.co.uk or through Susanna Pressel on 554001
Seasonal Recipes: We would like to collect seasonal recipes. If you have any such recipes or would like to get involved in collating them (in a booklet or display at WOCA?) do get in touch on lowcarbon@hotmail.co.uk or put recipes through the door at 6 Bridge Street.

The Waste Reduction working group aims to promote goods and services which involve less packaging, such as food from markets and veggie box schemes, and products which use recycled materials. The group will be striving to extend local recycling facilities provided by the council, such as Tetrapak and soft plastic collection points, and work with local retailers on the matter of reducing the amount of plastic bags used. It is hoped to extend Bring and Take events to include electrical appliances, once the necessary training has been received, and to have a local notice board for second hand wanted/offered items. We are planning some fun events such as a car boot sale and a make your own bag session, and would love to hear from anyone interested in helping us reduce waste in West Oxford! Contact Ruth Stavris on 724968 or ruthstavris@hotmail.com, or come along to our next meeting at the West Oxford Community Centre on **Sunday 27th April**, 2.30pm.

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; Yoga 5.30-6.30pm Belly Dancing 6.45-8.45pm; Pilates 6.30-7.30pm; Samatha Meditation 8.15-10.15pm
Tuesdays: Easy Exercise for 50+ 9.30-11am; Lunch Club 12.30-2pm; Portrait Class 1.30-3.30pm; Brownies 5.30-7.30pm; Pregnacy Yoga 6.30-7.30pm; Tae Kwon Do 7.30-8.45pm Yoga 7.30-8.30pm
Wednesdays: Café 10am-2pm Saltbox Music Co 2.30-3.30pm; Yoga for Beginners 6-7.30pm Aikido 7.30-9.30pm; Overeaters Anonymous 7.30-8.45pm
Thursdays: Coffee Morning for 50+ 10.30am-12noon; Chinese Older People 12.30-2.30pm; Elfins 6-7.30pm; Tai Chi 7.30-9pm
Fridays: Parent and Toddler Group 9.30-11.30am; Toy Library 10.30-11am (every other week); Hilarys Music 11am-12 noon; Mother and Baby 11.30am-12.30pm; Baby Clinic 2-3.30pm; Celia Benson School of Dance 4-6.15pm; Bingo 7-9pm; Kickboxing 7.30-8.30pm; Alcoholics Anonymous 7.45-9.30pm
Saturdays: Urdu 9.45am -12 noon; Youngstar 1-2.30pm
Sundays: United Church Kingdom of God 9.30am - 12 noon;Tae Kwon Do 11.30am-1pm; Narcotics Anonymous 4.30-7pm

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 or can be obtained from the Centre Manager (245761; 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 Richard Grant (245761; rgrant@oxford.gov.uk); Athene Reiss (246060; athenereiss@hotmail.com) or Lois Muddiman (203550; lois@muddiman.plus.com).

For more information about Community Centre activities, e-mail woxford@oxford.gov.uk, see 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. 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), Julie Smith, Jim McMahon, Miranda Miller, Martin Rush, Sioux Dellow, Athene Reiss, Stephen Stuart, Vicky Hirsch, Rebecca Huxley, Ian King, Anna Pearson.

Contributions for the April issue of this newsletter can be left at the Community Centre (marked for the attention of Athene Reiss) or e-mailed to newsletter@woca.org.uk by 15 June. If you would like local information to appear on the Community Centre website, please send it to webmaster@woca.org.uk.

Edited by Athene Reiss. Published by West Oxford Community Association, Reg Charity No 304353 and printed on recycled paper by Able Types (127 Botley Road, tel 244114).