

NEWSLETTER

Number 32: December 2008

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

Local success story

The owner of Woodlands Pharmacy at 74 Botley Road has won the prestigious Young Pharmacist of the Year 2008 Award from Pharmacy Business Magazine.



Pupinder Singh Ghorta won the national award from over 5000 candidates. He won due to his outstanding customer service, which includes a free delivery service all over Oxfordshire. The judges were also impressed by the website he has developed. Called yourEpharmacy.com, it allows access to healthcare and medicines via the internet and a direct link to a qualified pharmacist for any healthcare questions.

The award was presented by Dr Keith Ridge, Chief Pharmaceutical Officer for England and Wales and Ramniklal Solanki CBE, Editor-in-Chief of the Pharmacy Business magazine at the Pharmacy Business Awards Dinner at the Grosvenor House Hotel in Park Lane, London on Monday, 29th September.

Pupinder, who has owned the business for three years, loves the fact his pharmacy is like a village shop, "It is so nice to be on first name terms with your patients and customers, we pride ourselves on delivering the highest level of commitment and service to our community".



Season's Greetings!

Find all the seasonal event
times and dates inside this edition
of your local newsletter

St Frideswide's, Binsey Church,
and Elim, details on page 3,
West Oxford School
and the Community Centre,
on the back page

Café at the WOCC

The West Oxford Community Centre Café is open on weekdays from 10am to 2pm. It offers a wide range of snacks, and hot food is available at reasonable prices, all freshly cooked on the premises.



On these cold winter days and after that trip into town on your way back from shopping, why not pop in and have a hot drink and a piece of cake. Or if you fancy meeting a friend for a coffee or lunch why not come into the cafe and relax. **Use the voucher that came this newsletter to buy one coffee or tea and get another free.**

The Older People's Lunch Club still meets on a Tuesday. Please do come along and catch up with old neighbours and friends you have not seen in a while. The 'lunch clubbers' enjoy the great food: anything from shepherds pie and apple crumble to sausages and mash and Lynn's lovely trifle.

The café is also able to supply food for meetings and conferences, birthday parties, weddings. There are several menus to choose from but Lynn is happy to work with you if you have specific requirements.

If you would like more information on the cafe please call Dawn or Marelyn on 01865 245761 or just pop in and see Lynn.

West Oxford Academy

The West Oxford Academy runs a programme of a short talks at the community centre. Each talk is followed by questions and an informal discussion over a glass of wine. The atmosphere is very relaxed, the discussion lively and it all lasts only an hour.

For news of future talks, please contact Susan Hutchinson, 42 West Street, 792358, allat42@gmail.com

Compost

Sheila Parry is your local volunteer Master Composter and can help with most, if not all, your compost questions. The Master Composter scheme aims to promote home composting to reduce the amount of compostable waste that goes to landfill. Get in touch with Sheila on 07989 961095 or e-mail sheila_parry@hotmail.com

Help do your bit for the planet and produce brilliant compost for your garden or house plants!

Low Carbon West Oxford

The LCWO AGM on Thursday 13th November at 5.30pm at West Oxford Community Centre is followed at 6-8pm by the launch of the Big Green Challenge project:

- LCWO was featured in the Oxford Times on 17th October and on the front cover of the Times Money Section on 1st November
- 35 households have been recruited to work on ways of saving energy, carbon and money over the year
- the Co-op is helping by donating web-designers and possibly some funding for the household pilots
- they are having a full design study completed on the micro-hydro project at Osney Weir

- LCWO are working with three buildings on the industrial estate and the retail estate with a view to getting agreement to put solar panels on roofs
- they are talking with Oxford Brookes about wind power at their Harcourt Hill site
- West Oxford school has been awarded grant funding to put solar panels on its roof

Even if you are not one of the 35 households, you can still help them win £1m in the national Big Green Challenge competition by joining Low Carbon West Oxford: one of the judging criteria is the number of people in the community engaged over the year.

For more information, please call Barbara Hammond on 01865 245047 or email to Barbara.Hammond@zen.co.uk

City Council news

Your city councillors are Colin Cook (721844, cllrccook@oxford.gov.uk) and Susanna Pressel (554001, cllrspressel@oxford.gov.uk). They hold a West Oxford ward surgery on the third Saturday of each month from 11am till 12 noon at the community centre.

The next Area Committee meeting is at West Oxford Community Centre on Tuesday 9th December from 5.30 pm onwards. As usual, there will be reports from the local police and the street services team. This is a chance for people to raise any concerns that they may have.

St Frideswide's Parish Church (Church of England)

21st December: Christmas Carols with Junior Choir, 6.30pm

24th December: Children's Crib Service, 4.30pm

25th December: Mass of Christmas Day, 10.30am

Please contact Fr Russell if any children would like to sing in the junior choir on 21st December.

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.

Mass on weekdays is 7pm on Tuesdays and 12.30pm on Thursdays.

Father Russell Dewhurst is very happy to discuss baptism, christenings, banns, weddings, or any other matter: phone 01865 242680 or e-mail rdewhurst@mac.com



Binsey Church (St Margaret's)

1st December: Advent Carols, 7.30pm (wrap up warm and bring a torch!)

14th December: Christmas Carols, 3pm

25th December: Holy Communion, 9am

Elim Church

Celebrate Christmas!



Sunday 14th & 21st
December

10.30-11.30am

Christmas Carols followed
by mince pies and coffee

Christmas Day 25th December

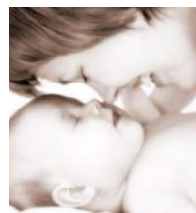
10-11 am Family Celebration

Bring the whole family! Children can bring a toy to show. All are welcome

Usual Sunday services are at 10.30 am

There is a Sunday School for 3-11 year olds which 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

Elim Church, 84, Botley Rd

If we can be of service please contact us on 247746 or e-mail: info@oxfordelim.com

The next edition of this newsletter will be out in March and will publicise events in April, May and June. The deadline for copy is March 1st.

If you want something mentioned, leave your contribution at the Community Centre or e-mail it to newsletter@woca.org.uk



Christmas Crackers
at the Community Centre
Sunday 7th December, 5.30 - 7pm

Whatever your particular talent, come and entertain us at the second annual Christmas Crackers.

You can enter on your own, with your friends, as an organisation or as a family group.

If you want to come and watch - just turn up on the day.

Free entry. Everybody welcome. Refreshments available.

If you'd like to take part
ring Lois Muddiman on 203550 to book your slot



JOINT EID & CHRISTMAS PARTY

Sunday 14th December from 1 to 4pm
West Oxford Community Centre

Delicious food and drinks
Everyone in West Oxford is welcome to drop in



Christmas Bazaar

Saturday 6th December, 11am - 1.30pm
West Oxford Primary School, Ferry Hinksey Rd

Gift, book, cake & craft stalls, Santa's Grotto, pottery painting, wreath making, festive games, music & food

Oxford Touring Theatre Company Production

Hansel and Gretel

Wednesday 10th December, 7.30pm,
West Oxford Primary School
Ferry Hinksey Rd

A sparkling re-telling of this familiar tale
of breadcrumbs and witches:
the perfect recipe for a great night out.

A FREE family show for everyone aged six and over,
for tickets please contact Ruth Stavris on 724968.

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); 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, Stephen Stuart, Vicky Hirsch, Rebecca Huxley, Ian King, Anna Pearson.

Contributions for the next issue of this newsletter can be left at the Community Centre (marked for the attention of Steve Wride) or e-mailed to 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.

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



CHRISTMAS ASSEMBLY
West Oxford
Community Primary School
Ferry Hinksey Rd

Friday 19th December, 9.15am
Members of the community welcome