

YOUNG MUMS' GROUP

We have started a weekly group meeting of Mums and Children for people who are perhaps a little bit lonely, new to the area, or having their first baby, and realise that they don't know people as well as they thought they did. Actually, none of that applies to me; I just enjoy going out and meeting new people.

Well, we've only met a few times and, I must admit, the first meeting at the Community Centre was somewhat chaotic, so—to those of you who did come to that meeting—we are moving to a bigger hall in the same building, and 'congratulations'—we will be presenting you with your certificates for passing the endurance test at the next meeting.

We have had great difficulty in deciding what to call the group which we hope will be formed from these get-togethers, so if anyone has any ideas please come to a meeting and tell us, or write to the paper. Pause for ribald remarks—having re-read what precedes this sentence I realise that I have told you nothing of any real value (or interest, I have no doubt)—so to business.

We meet on Thursday mornings, between 10 and 12.30, at the Community Centre, Binsey Lane. All prams and push-chairs are welcome inside—just park them in the small room to your left and come into the large hall in front of you.

Our aims are as follows:

First, and most important, to make friends; to start an equipment/toy-lending system so that we can all save money by borrowing for the period our baby or child is interested in—it we all know how quickly they grow out of toys and become bored with them; on the same basis we hope to have a good second-hand child and maternity clothes stall for Mums, babies and children.

Although we all know how difficult it is to carry on a conversation with children and toddlers milling around, we do hope eventually to have at least half an hour when we can listen to someone giving us useful tips on how to save money or how to make the best of ourselves etc (Pause for more ribald remarks).

Eventually we can perhaps start a playgroup and baby-sitting circle. You may not be interested in any of these things, but that's OK—just come for a cup of coffee and a chat. We all get days when we need a friendly face.

ALLOTMENT ASSOCIATION

The local Allotment Association welcomes the advent of a Community Newspaper and would like to thank those people who have organised it. Before giving a few gardening hints for this time of year, could we say a word about ourselves. The Association has about 250 plots. These are in two sites; Twenty Pound site (opposite St Frideswide's Church) and Botley Meadow (at the bottom of Bullstake Close). The Committee has worked hard to improve the appearance of these sites and so we now have a waiting list—the worst kept plots should soon disappear.

We have a stock of various garden requisites. If you wish to become a member of the Association (for a nominal fee) we can sell you some of these at moderate prices. This facility is also available to members of the Binsey Lane Allotments Association. If you are interested, please come over to the big shed on Twenty Pound site any Sunday between 10.30 and 11.30.

In giving gardening tips we will stick to simple things, but with our plot-holders we do possess collective wisdom about the more complicated side of gardening, so if there is anything you would like us to cover, please let us know.

C. Brookings,
Secretary,
49 Mill Street,
Osney.

AUTUMN TASKS

Although Autumn is the end of the main growing season, it is also the time when the new season must start. All vacant ground must be dug now and if possible limed and manured. If ground is dug now, the winter gives it time to settle down, and also the frosts break the soil down to a fine tilth, so that it is ideal for spring sowing.

WHAT TO PLANT

Onion seed can now be sown to produce early spring onions. Broad beans can be sown from November to January to produce another early spring crop. You must select a variety that is suitable for autumn sowing. The one we recommend is *Aquadaluce*.

During the third week in September plant spring cabbage plants 18 inches apart in rows 2 feet apart. At the same time plant winter lettuce plants (Arctic King).

FLOWERS

Plant Sweet William and Wallflower plants out. If you envy people with big bushy wallflower plants, pinch out the growing tips in late November. All dead flower heads should be removed, because this prolongs the flowering period.

Soon the first frost will blacken the Dahlias—wait until the top growth is completely dead before lifting for storing in a dry, frost-proof place. Always leave the tuber upside-down for a few days so that any moisture on the stem can drain away.

KEEP FIT

CALLING ALL LADIES!

If you want a social evening and also a trim figure, our class at the West Oxford Community Centre is the place to be.

Our leader, Carole Jones, will put you at ease and you will enjoy the simple exercises which are put to music and which keep you young at heart and supple in body.

There are lots of laughs, as most of us don't know our left foot from our right at first, but when we lick it into shape, we're fit for beautiful demonstrations, which you can enter for if you wish.

The day is Monday.
The time is 7.30-9.30pm.
so leave the children with Hubby and come along to give it a try.

Jrone

a class member

GOOD NEIGHBOUR SCHEME

A small group of ladies in this area co-operate with the central FISH 'Good Neighbour' scheme to give a helping hand in many cases on a short-term basis to people who have just come out of hospital, looking after children in emergencies, visiting the sick and elderly to relieve the family etc. More helpers are needed for this scheme; the only qualification necessary is a sympathetic ear and a little time to spare at infrequent intervals.

If you are able to help, please contact Miss Nixey, 15 Alexandra Road.
Tel. 723278

WEST OXFORD LADIES BOWLS CLUB

This club was formed in July 1974 and is going from strength to strength. This season has been most successful, with club practice nights on Mondays and Tuesdays and matches at home and away. New members, whether beginners or players, are welcome. Please contact either the Secretary at 107 Botley Road, or the Captain, Mrs J. Ferrett, 20 South Street, Osney.

RIMINI

ITALIAN RESTAURANT
AND COCKTAIL BAR
39-40 Hythe Bridge Street

Dinner-Dance every Saturday.

*Taking bookings now for
Christmas and New Year
parties, lunches, dinners.
Phone Mr Tosti, 48835*

WOODWARD & SON
HOME-MADE BREAD
AND CAKES
35 Bridge Street, Osney
BAKERS AND GROCERS

ALL TYPES OF BUILDING
AND DECORATING:
A. HESLOP
Oxford 722977

R.D. ORME M.P.S.
CHEMIST
74 Botley Road. Tel. Oxford 42649

FOR ALL YOUR
MEDICAL,
TOILETRY,
PHOTOGRAPHIC
AND BABY
PRODUCTS

GCE TUITION
Informal coaching available locally
from experienced Oxford graduates.
Most subjects covered. Phone 48783

**LANDLADIES/LODGINGS
REQUIRED**
by established private college.
Phone Diana, Oxford 21564

SAVE MONEY, KEEP FIT
WITH PEDAL POWER
WARLANDS CYCLES
64 Botley Road. Tel. 47949



Invitations, Order of Service,
Reception Menus etc.
CALL IN AND SEE OUR
SAMPLE BOOKS

TRUEXpress

42 Hythe Bridge Street
Oxford OX1 2EP
Telephone 44732

Gil and Paula wish the West Oxford News good luck, and assure all its readers of a warm welcome and a hot game of darts at

THE OSNEY ARMS

45 Botley Road

An IND COOPE House

Wing Fo

CHINESE FOOD
TO TAKE AWAY

133 Botley Road
Tel. Oxford 44454

ORDERS TAKEN
BY PHONE