

W O C A

**THE OFFICIAL NEWSLETTER
FROM WEST OXFORD
COMMUNITY ASSOCIATION**

**SPRING/SUMMER
'22**

**ISSUE
80**

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WORDS FROM WOCA

After all the upheaval of the last couple of years, it's great to have a buzzing, busy centre once more! In April, we hosted the long awaited return of Low Carbon West Oxford's popular 'Bring and Take', followed by the fantastic WOCArts Artweeks Exhibition in May and now, West Oxford Academy is back with a run of talks for the first time since 2019!

As well as old favourites, there are new delights such as the Oxford Milonga (Tango) on the last Friday of each month, and regular Calligraphy workshops - something for everyone!

Oxford City Larder on Friday afternoons is going from strength to strength - recently reaching the wonderful milestone of 100 members! It's great to see so much food being saved from waste and even greater to see so many new faces around the centre! Thanks to all the volunteers who make it possible. There are all sorts of ideas on how the Larder will develop, so watch this space...

Tumbling Bay Café is busier than ever and The Little Health Hub continues to offer an ever-increasing range of therapies. It really is an exciting time at the centre.

We're now very busy planning the long-awaited return of the West Oxford Fun Day - if you'd like to get involved, please get in touch:
info@woca.org.uk

All the best,
The WOCA Team

The next newsletter will be released in early Autumn. Be sure to send us your content!

You'll notice a few QR codes dotted throughout this edition. Open the camera on your phone and scan the code. A hyperlink should appear on the screen - Click it and go straight to the website. Test it out below and visit the WOCA website!



WOCA COMMUNITY SUPPER & AGM

Hosted by West Oxford Community Association

Friday 17th June, 5:30pm – 8:00pm at West Oxford Community Centre

Come along and share a tasty homemade meal (provided by Tumbling Bay Kitchen & Cafe) and dessert (served by Oxford City Larder) with trustees, members of WOCA and local residents!

All Ages Welcome. Free to WOCA Members and under 16s.

Email info@woca.org.uk (with 'Community Supper and AGM' in the subject line) stating the number of places for adults & children you'd like to book. Alternatively, pop along to WOCC and ask to sign the list.

To be sure there is enough food for everyone, please RSVP by **Friday 10th June**.

See you there!

SEMINAR ROOMS AVAILABLE FOR REGULAR HIRE AT WOCC

Looking for somewhere locally to hold regular meetings/sessions for a reasonable price?

Two seminar rooms suitable for 1-1 sessions or small groups are available for regular hire!

If you're interested, contact us on info@woca.org.uk or pop along to the centre to have a chat and look around.



WOCA FUN DAY

WOCA is excited to announce the return of the Fun Day!

Come along and join us for some fun in the sun (fingers crossed).

*** Food * Drinks * Rides * Stalls * Events ***

West Oxford Bowls Club will be opening its doors to anyone interested in trying out bowls - Experienced members will be on hand to guide you and give advice.

Low Carbon West Oxford will be holding their Repair Cafe as well as hosting a cook-off in conjunction with the Oxford City Larder.

Saturday 9th July, 2pm-6pm, Botley Park

The Fun Day is entirely organised and run by WOCA and volunteers, so we need lots of you lovely locals to help us make it a glorious afternoon!

Could you help run a stall, move tables, chairs, straw bales, or put up a gazebo? Run a taster session or game? Are you a local musician who would like to perform? We'd love to have you involved in any capacity.

Email us on: info@woca.org.uk

We hope you'll all come along. See you there!



TUMBLING BAY CAFE

Oxford's Hidden Gem

Freshly made coffees, cakes, meals and more.

Open daily from 10am-4pm.

Located at WOCC.

Scan the QR Code with your phone camera to visit the website.



THE LITTLE HEALTH HUB

The Little Health Hub opened in the Geoff Franklin rooms at WOCC last September. Although we have only been going for six months, we have already become a thriving complementary and talking therapies centre.

Did you know that there are a wide range of complementary and talking therapies available right here in the WOCC building?

They include:

- Acupuncture for adults
- Acupuncture (acupuncture with or without needles) for children
- Osteopathy
- Psychotherapy for adults
- Psychotherapy and counselling for children
- Play therapy
- Body work and craniosacral therapy

Many of our practitioners offer low-cost treatments.

For more information, please visit: www.thelittlehealthhub.com

OXFORD CITY LARDER

By Oxford City Larder Ambassadors & Dr Saman Jamshidifard

First big news: We're now past 100 members and counting! This is excellent news and a big thank you to all for helping us to #lovefoodhatewaste

Secondly, we now have a display fridge thanks to the amazing support of the Oxford City Council Locality team. This enables us to take chilled items from not only SOFEA but our other waste-reducing partners, such as our amazing Oxford Food Hub and the Cherwell Collective.

What happens to our surplus of surplus? Members were asked by our ambassadors about what they would like to see happen with our leftovers. The overwhelming response was to pass it on to others that need it so, we set up a regular collection by Oxford Mutual Aid volunteers, who take our surplus to Benson Hall, Cowley for redistribution among families asking for emergency parcels.

Thank you everyone for getting the word out and getting all the community involved. The refreshment tables are a big success and we hope to offer more wrap around services in the near future. We are always listening and appreciate your suggestions and feedback.

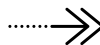
Lacking inspiration on what to cook? Check out our Facebook page - Larder locals regularly post their wonderful creations!



[facebook.com/oxfordcitylarder](https://www.facebook.com/oxfordcitylarder)



The Fareshare/SOFEA community larder model promotes accessing surplus food in our national food supply chains. The subscription based model costs £3.50 or £7 per week based on how many items members take.



Want to become a member of Oxford City Larder?

Scan the QR code with the camera on your phone:



Or, enter the link below into your browser:

<https://app.sheepcrm.com/sofea/membership>

oxfordcitylarder@woca.org.uk

[Facebook.com/oxfordcitylarder](https://www.facebook.com/oxfordcitylarder)

07887902412

WEST SIDE STORIES

There are lots of communities in West Oxford - People know each other through local schools, St Frideswide's church, the Allotment Society, through the multitudinous activities at West Oxford Community Centre, through Low Carbon West Oxford events, the West Oxford Democrats club, the Bowls club - and now we've got the Larder on Fridays too (great for socialising as well as food!). It's no wonder that when you pop in to Tumbling Bay Kitchen & Cafe for a drink or some food, you generally see someone you know!

West Side Stories would love to include bits of news from people about their local communities - Send a sentence or two to:

westsidestories@woca.org.uk

Who's up for a singalong?

Plans are afoot to use the lovely grand piano and the fantastic acoustics in St Frideswide's church for some occasional community singing! If you'd like to suggest some songs or lead some singing - we want to hear from you! Email: **westsidestories@woca.org.uk**

Keep an eye on WOCA Weekly and your local Community Notice Boards for more information.

Welcome back to the all-ability non-selective
WEST OXFORD ACADEMY

The Academy meets at West Oxford Community Centre on **Tuesdays** at
8:15pm.

Each session consists of a 20-30 minute talk by a local resident,
followed by questions and an informal discussion over a glass of wine.
The whole thing will last an hour. This is a wonderful chance to find out
about a wide range of topics and meet new people.

For more details, contact Susan: westoxfordacademy@gmail.com

Title and Speaker	Date
A History of Argentinian Tango. <i>Enrique Zapata</i>	31st May
Serpents and Dragons: a cross-cultural study of water deities, from nature worship to the current environmental crisis. <i>Veronica Strang</i>	7th June
Lowland Rescue Oxfordshire. <i>Helen White</i>	14th June
HALF TERM BREAK - NO TALK	21st June
Oxfordshire Community Land Trust - Building homes. <i>Alison Mathias</i>	28th June
Rhyme and metre in poetry. <i>Amanda Holton and Kieron Winn</i>	5th July
Will Quantum Computers change the world? <i>Balint Koczor</i>	12th July
Rocket Science and the future. <i>Ed Moore</i>	19th July

TAE KWON DO



Learn Taekwon-do from a highly experienced and qualified school Instructor & Assistant Instructor: Master Tony Hampson VII dan & Chris Dudman IV dan

*** Courtesy * Integrity * Perseverance * Self control * Indomitable spirit ***

- Learn a powerful self defence, get fit and gain confidence!
- All aspects of Taekwon-do are taught in a safe and friendly environment
- Regular promotion gradings and competitions offered
- All ages welcome from 6 years+
- Beginners welcome

Sunday: 11:00am – 1pm

Tuesday: 7:30pm – 9pm

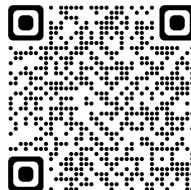
West Oxford Community Centre

If you are interested, contact Tony Hampson for more information:

tony_hampson13@hotmail.com

07802 730 951

www.botley-tkd.co.uk



RAISE YOUR VOICE FAMILY CHOIR

Are your little ones obsessed with Frozen and Frozen 2?

Come along to **WOCA** on **Saturday 2nd July** to enjoy games and activities designed to promote their musical development, set to a soundtrack of Frozen hits!

The morning will consist of two workshops:

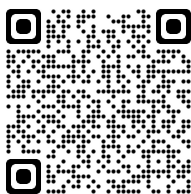
- **9:30am** - Children and adults' singing session. Best for adults with toddlers and pre-schoolers
- **10:30am** - Adult and older children's singing session. Best for adults with babies and adults with children aged 5+

Refreshments at 10:15am and 11:30am.

Attend as much or as little as you like!

To book your place, enter the link below into browser:

www.tinyurl.com/ryvfrozen



WEST OXFORD BOWLS CLUB

est. 1924

It doesn't matter whether you're young or old, experienced or a novice, you will be given a warm welcome down at our local lawn bowls club.

Located in Botley Park, WOBC is a fantastic resource available to the local community, with its own club house and bar and plentiful parking. With an eye to the future, WOBC is initiating a recruitment drive for new members.

For those of a competitive nature, the club competes in the Oxfordshire league, gained promotion to division 3 in 2019 and narrowly missed out on promotion again in 2021. For those wanting to play a more social game, friendly matches are organised against other local clubs throughout the season. WOBC also offers weekly turn-up-and-play sessions, when club members compete among themselves for fun - ideal for those new to bowls and those keen to practice.

Top reasons to give bowls a try:

1. Whatever your physique, bowls is a sport for everybody and will help improve your fitness levels and mental wellbeing
2. Bowls is not expensive and you don't need lots of new kit. WOBC has a large selection of old bowls which are available for beginners to use
3. Compared to most sports, age & gender differences have less of an impact on a game of bowls, making it a perfect sport to enjoy friendly competition with people of all ages
4. Bowls clubs are sociable places, full of people looking to have fun. It's a great way to relax, make new friends and feel part of your local community

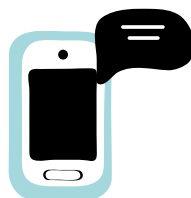
If you'd like more information, please contact Dave:

wobc.membership@gmail.com

07931 603801

A COMMUNITY THAT WHATSAPPS TOGETHER, DOES THINGS TOGETHER

by Elizabeth Ball



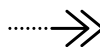
I think it was Susan who, during the first lockdown, suggested a WhatsApp group for our local streets. We did not know what to expect but thought we might need help from neighbours. We shared leads on flour as shortages hit the shop shelves. Allotmenters shared seeds and plants as garden centres were closed. We started to use the group to ask each other for help with tasks beyond us as individuals and, as the danger of Covid-19 receded, to talk about other topics that impact on us all, recently the flood alleviation scheme.

Early on, Tony built the Local Little Library where we could share books.

Then he added the Mottainai, a box so named from Japanese, to challenge the sense of regret about waste. For many of us the first question we ask when we no longer need something is, can someone else make use of it? I have seen a pasta machine go, children's toys and chutney as well as furniture and a lawn mower – not everything fits into a box!

Then we started to do things together. We picked litter. We recognised the importance of the outside, and Damian started a spin-off WhatsApp group – Naturehood – which set about wilding some spaces (for example the verge of the pathway between Earl Street and Duke Street) now developed under the watchful spade of Keren. In December 2020 as the world closed again, we sang Christmas carols. In late 2021, Tony organised a fireworks party on King George's Field, Helen, a Christmas Advent calendar trail, Kutluk, Xmas drinks at the local pub and Claire and Jean led us as we again sang carols – this time with a flute. Better.

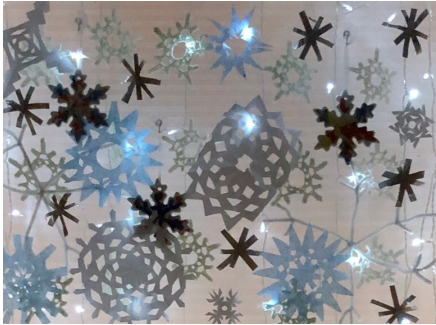
This year, inspired by a car sharing group in East Oxford, Bas herded us into setting up our own using the Hiya Car platform.



The local connections are talking about getting a Friends of Oatlands and King George’s Field together to oversee our local green space, to network around preserving the swimming basin of Tumbling Bay and sharing experiences of improving pedestrian and cycle safety on the Botley Road as the County Council slowly moves forward.

From the first suggestion, so much has grown. And as people come and go, we say goodbye and welcome to a community that helps and talks.

Earl Street/Duke Street/Lamarsh Road/Marlborough Court



Low Carbon West Oxford News

Spring/Summer 2022

Celebrating 15 years of
award-winning community-led
action on climate change



energy prices. Millions of people in the UK were hit by the record 54% energy price cap rise in April, and **if you are struggling as a result, you are not alone.**

3 things which could help:

Snapshot: highlights from 2022 so far...

In January, Oxford University Press published an article they commissioned for their Oxford OWL website on **'Talking about climate change at home'**. Aimed at parents of under 11s, it is based on Mim's learning from the past few years running the KidsCAN project. Read it here: <https://bit.ly/39lfYSU>.

West Oxford community-based climate action celebrated on film: LCWO was invited to be part of an Oxford Sparks documentary about learnings about energy use during lockdown. The LCWO segment was filmed in February at WOCA, one of the first community centres in the country to install solar panels, way back in 2007. See the film here: <https://bit.ly/3FCwNop>

In March, **120 volunteers planted 475 trees** in Oatlands Rec in just over an hour! The mix of willow, alder, oak and cherry runs along the side of the park, and we're hugely grateful to ODS and OxFoE for supplying the trees and helping to plant them. These trees will absorb CO₂, helping to reduce emissions and tackle climate change, as well as offering benefits for wildlife and flooding.

The **Bring & Take** FINALLY returned to West Oxford this Spring, and over 1000 pre-loved items changed hands. Missed the chance for a clear out and to find new treasures? Worry not, Covid-willing, the next Bring & Take is scheduled for Saturday 24 September 2022, 1030-1230 at WOCA.

Support to cut energy bills

2022 has brought some joys, including a return to some sort of normal for many of us after lockdown, beautiful warm spring weather, and the recent return of the first swifts to Oxford.

It has also already been a time of huge challenges for many, with the shocking increase in the cost of living and soaring

Check out our free/cheap energy saving tips for all on our website

You'll also find an **up-to-date list of all the financial support available to local people to make homes more energy efficient** and cut bills. Energy tips: <https://bit.ly/3FEA13P>. Funding: <https://bit.ly/3w5SzgW>. Or pick up paper copies from WOCA.

Get a home energy visit

LCWO has teamed up with the National Energy Foundation to pilot **home energy visits in West Oxford**. This follows on from the Act Now programme, which LCWO ran over the last two years, of which home visits was a popular component. During the visit, an expert will help you identify ways to reduce bills and make your home more comfortable, implementing small measures like LED lightbulbs and radiator foil then and there.

To be eligible for a visit, you simply need to be a West Oxford resident - it doesn't matter whether you own the property or not. Visits are limited and will be selected at random from those who get in touch, so if you'd like a visit, email info@lcwo.org.uk.

Oxford-based business?

Find out about free energy efficiency support for businesses of any size from ESOx. See <https://bit.ly/3wgq-J00>.

Energy Saving Homes Event 18 – 29 June

Have you made your home more energy efficient in any way and would you like to inspire others to do the same?

We're looking for people in Oxford, who have installed anything from letter box brushes, insulation and glazing, to renewables, to take part in our Energy Saving Homes event. You can choose what times and which days to open and you can even do it virtually if you prefer. Demonstrating what you've done and explaining all the pros and cons to your neighbours can have a really big impact. We'd love you to take part even if you can only commit to opening your home on one day, for a few hours.

See examples of some homes which have already signed up at www.energysavinghomes.org.

Contact Lois Muddiman at lois.muddiman@energysavinghomes.co.uk if you're interested in taking part.

Energy Saving Fair, Sunday 26 June 2022, Oxford Town Hall

A showcase of energy efficiency options and renewable generation for your home, with short talks by experts, installers and householders.



See money saving ideas in action

Please contact Karen Starr at Karen.starr@energysavinghomes.org if you're a householder/installer/contractor and you'd like a free stall at the event or if you could give a 10 minute talk about your home.

Energy Saving Homes is a new collaborative citywide initiative from Communities for Zero Carbon. CZC is made up of 5 community groups, Low Carbon West Oxford, LCON, LCEO, RHILC and Friends of the Earth. The project is funded by a grant from the Low Carbon Hub. See www.energysavinghomes.org for more information.

Got stuff which needs mending? Come to our LOVE YOUR STUFF repair cafe at the West Oxford Fun Day on 9 July!

Electricals, bikes, clothes, tool sharpening - full information on what we can mend coming soon

www.lowcarbonwestoxford.org.uk/loveyourstuff

Volunteers needed: got repair skills, or happy to give an hour of your time to help this waste-busting event run smoothly? Contact events@lcwo.org.uk.

Delicious local West Oxford Apple Juice available from the website: www.lowcarbonwestoxford.org.uk/shop/

If you'd like to hear more from us, you can sign up for our monthly e-newsletter on our website at www.lowcarbonwestoxford.org.uk/maillinglistsignup.

COMMUNITY PLANTATHON

Creating a Psalm 23 garden at Binsey

'The Lord is my shepherd'... The twenty third psalm has been identified as the nation's favourite psalm. Its words have offered solace and strength to people of faith across the centuries and they resonated with, and comforted, many of us during the pandemic lockdowns.

With the blessing of the PCC, we have started to create a community garden of peace, reflection and beauty at Binsey, where the words and values of the 23rd psalm can be encountered and taken to heart.

If you occasionally visit the well at Binsey, you may have noticed that efforts are already being made to improve the area behind St Margaret's well, which is associated with the story of the city's patron, St Frideswide.

On **July 9th** and **August 6th** (choose from **10am-12pm** or **2pm-4pm**) gardening enthusiasts are invited to bring their trowels, filled water containers and plants (perennial & flowering preferred) to help with the planting and landscaping. Please note there is no water or other facilities on site.

If you would like to join us on for one of the Plantathons or have any plants you would like to donate, please contact Jackie Holderness-Laar

jh@wordscapesint.co.uk

01865 862640

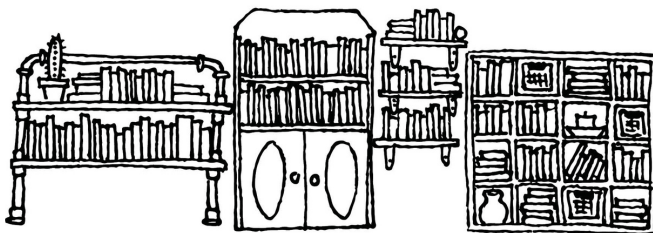


THE COMMUNITY WORKS - OXFORD POETRY LIBRARY

Pop by The Community Works (21 Park End St, OX1 1HU) on **Fridays and Saturdays** between **12pm-3pm** to visit the Oxford Poetry Library!

We have a large collection of poetry books for kids and adults, free to browse and borrow, and a range of poetry games and activities to try your hand at.

Get a spiced tea or bit of delicious lunch from Lula's Ethiopian Cuisine, curl up with a book and meet our friendly librarians!



Oxford Poetry Library

at The Community Works



Books to browse and borrow for free!

Fridays & Saturdays
12pm - 3pm

21 Park End St
OX1 1HH
(nr. train
station)



OPL



Oxford Poetry Library

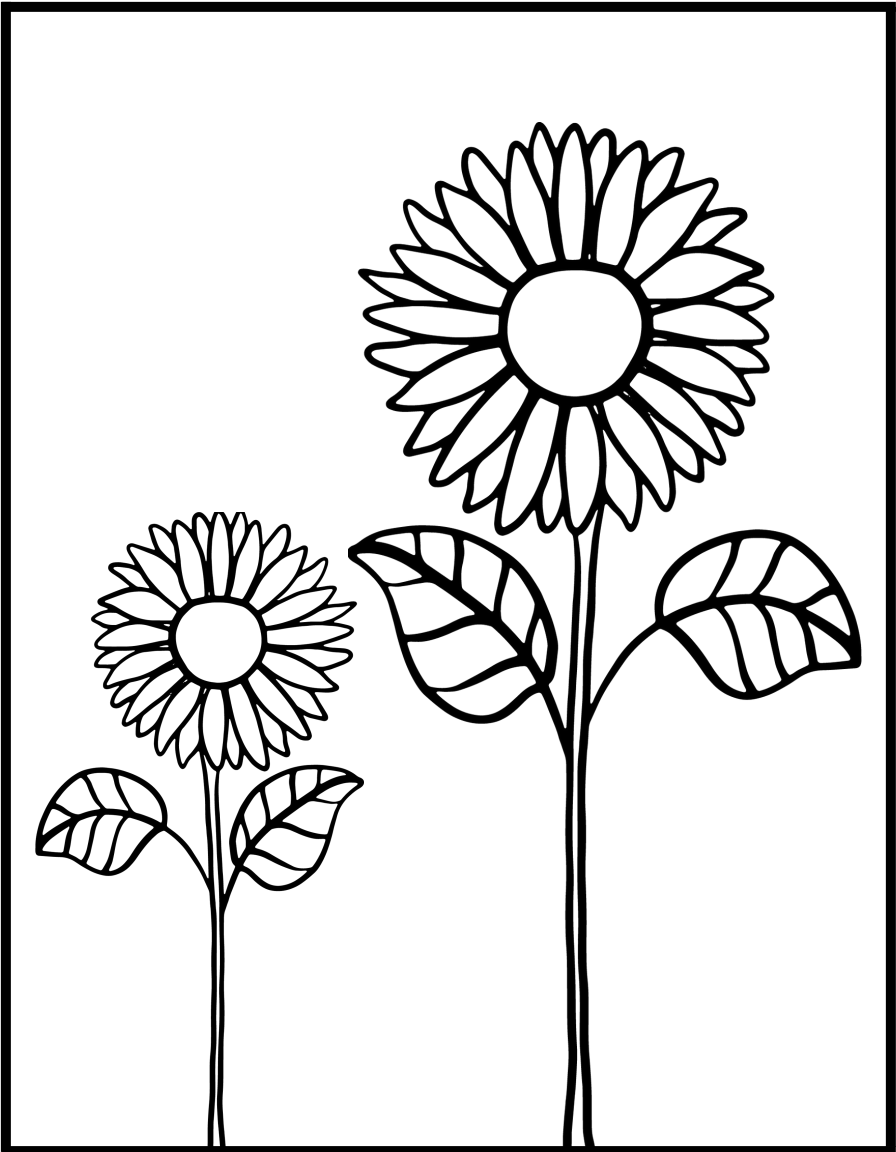
@OxPoetryLibrary

oxfordpoetrylibrary.co.uk

oxfordpoetrylibrary@gmail.com

TAKE A BREAK

Colour this in and drop it off at WOCC to be displayed. Alternatively, pop it in your window or on your fridge to brighten up your day.



WEST OXFORD WORDSEARCH

Can you find all the words West Oxford related words?

S P O R T M E A D O W S I W D T I H I H
B K S P R A S T F R I D E S W I D E P O
L R N A H T A P W O T A P I O I E W E C
U A E E O C F R W S B K R D D E S T S E
A P Y N G D U U D P L A E I S E F P D O
E S I M E E N S A I K S O E U B S K N R
L D S H S U B Y L L O H E H T E D R A K
N N L O W B D N A W N B B S L C O E L I
O A A O A C O W I F W P I C A W O H R N
R L N E D L W A A E R Y Y N N H L S A L
E T D N B O E D T A N C P K S F F I W S
H A D N L S I N B S I N O K O E O F G M
E O I L P W T U M B L I N G B A Y G W H
I S I O G T W O S L R L Y U L L L N A G
D W N O S L O R T L L C O A I L R I I I
D A O D N W E G Y Y E Y A N D L L K T O
E R P P A S R Y K L L F H T I Y M L R P
H P I C K L E A N D L I M E W O T A O E
W U I T D W E L W I R O L O H H D L S S
O P C A T H E P U N T E R E O U T B E S

WOCA
PLAYGROUND
BICYCLES
KINGFISHER
BINSEY

WILLOW WALK
TOWPATH
OATLANDS PARK
ST FRIDESWIDE
PORT MEADOW

THE HOLLYBUSH
PICKLE AND LIME
THE PUNTER
WAITROSE
EDDIE HERON

BOATS
TUMBLING BAY
WARLANDS
OSNEY ISLAND
FLOODS

IN CONVERSATION WITH...

Are you a local artist, musician or someone who does something cool?

In future issues, we hope to include a small piece entitled '*In Conversation With...*' in the form of a short interview which would spotlight your work, ideas and influences.

If you would like to be featured, email Erin on info@woca.org.uk

Small interviews can be done by via email and will be low-key and relaxed.

We hope to hear from you some of you soon and if not, I'll be reaching out to some of you cool people directly!

ST FRIDESWIDE'S CHURCH PLANT SWAP

Calling all gardeners and allotmenters!

St Frideswide's will be holding a plant swap on
Saturday 18th June from **11am - 2pm.**

Bring along your surplus plants and seedlings!

Help others rehome their surpluses!



YOUR LOCAL DEMOCRATIC REPRESENTATIVES

A note from our newly elected councillor, Lois: "I am delighted to have been elected as your Oxford City Councillor for Osney and St Thomas in May 2022. Thank you for putting your faith in me, it is a great privilege to represent you and I promise to work hard for our wonderful community over the next 4 years. I'd like to thank my predecessor, Colin Cook, for his hard work as a Councillor over the past 22 years. Please come and say hello at the West Oxford Fun Day on Sat 9th July!"

Best wishes,

Lois Muddiman
cllr@muddiman@oxford.gov.uk
01865 252495

Susanna Pressel
7 Rawlinson Rd
OX2 6UE
cllrspressel@oxford.gov.uk
01865 554001

Susanna is also your county councillor.

Susanna holds a Ward Surgery on the third Saturday of each month between 11:00am-12:00pm at West Oxford Community Centre.

Your MP at the time of writing is:

Layla Moran
House of Commons
Westminster, London,
SW1A 0AA
layla.moran.mp@parliament.uk
020 7219 3905

DATES FOR YOUR DIARY

JUNE

17th June	WOCA AGM & Community Supper @ WOCC	5:30pm-8:30pm
18th June	St. Frideswide's Church Plant Swap	11am-2pm
29th June	NHS Blood Donations @ WOCC	1:15pm/4:15pm

JULY

2nd July	Raise Your Voice Family Choir presents 'Frozen' @ WOCC	9am-12pm
9th July	WOCA Fun Day	2pm-6pm
9th July	Binsey Community Plantathon	10am-12pm/2pm- 4pm

AUGUST

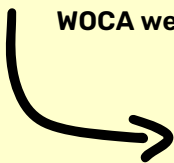
6th August	Binsey Community Plantathon	10am-12pm/2pm- 4pm
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SEPTEMBER

24th September	Low Carbon West Oxford Bring & Take @ WOCC	TBC
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Thank you to everyone who supplied and sourced content for this edition. Thanks for reading.

Scan the QR code with your phone camera to visit the WOCA website



WEST OXFORD COMMUNITY ASSOCIATION

**www.woca.org.uk
info@woca.org.uk
01865 245 761**

WOCA is registered in England & Wales under charity number 1171599 at West Oxford Community Centre, Botley Road, Oxford OX2 0BT