SPRING 2020

Hands on News

The FREE newspaper for Barton produced by Barton residents and community workers

Barton Named Charity of the Year!



Barton Community Association was named as the Sainsburys Local Headington Charity of the Year and we have been very lucky to receive several donations of ambient food from Sainsburys customers who deposit their donations in a large bin inside the store. Each time this fills up we pop in and collect the food and then distribute throughout our community for the benefit of local families.

We very much appreciate the generosity of Sainsburys shoppers in Headington, and long may our relationship with the store continue. Also, thanks to the store manager, Alex (shown in the photo with Sharon) who has shown us great support over the past month.

Thanks to the ongoing support of our local branch of Sainsburys and their generous customers we have been able to supply ambient groceries to local families who are most in need. Once the collection bin is full, we get a phone call from the manager, Alex, (by the way Alex many thanks and gratitude for making this happen) and off we go to do our pick up.

In many cases this has proved to be a lifeline to the recipients and their families. Long may this partnership with Sainsburys continue. If you know of any families who you think would benefit from this scheme or you are part of a family that could put the groceries to good use then please email me on sue@bartoncommunityassociation.com or text me on 07866460446 ■



Bill Dibber's Gardening Page

Bill Dibber has taken some time out of his busy allotment schedule to share some tips on what to sow and grow in March

Spring is in the air and it's time to get back out in the garden! This edition features that household favourite, the tomato.

Taking on average 16-20 weeks to grow to harvest, you will need organic seeds, stakes, twine and tomato feed. Grow roughly 3-4 plants per person in the household to keep you all in fresh supply.

Other vegetable families you can grow them with include aubergine and potato. One favourite is Gardener's delight, the clues in the name!

Here's how to do it:

- **PLANT:** Sow seed 0.1cm deep in pots. Re-pot if needed. Harden off and transplant 30-45cm apart when first flowers open. Choose fertile soil and sunny sheltered site
- **GROW:** Keep soil moist. Use tomato feed. Tie main stem to a stake. Remove side shoots from cordons (not bushes). Cut off yellowing leaves and those shading lower 'trusses' of fruit
- **EAT:** Remove growing tip after four trusses set. Pick when fully coloured. Ripen green tomatoes at end of season indoors or protect plants from frost with horticultural fleece

Plant outdoors in April and then plant out or transplant in May/June for a harvest in August or September.

Tomatoes are rich in Vitamins A and C and so will help you to stay healthy as well as being tasty! ■



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"Welcome to all members of our LGBT+ community"

Police Sergeant Paul Arnold

There have been changes again at Barton community police with the arrival last October of the new head of the team, Sgt Paul Arnold. Paul's been a police officer for 10 years, firstly as a response PC in Wantage and then Marston, before moving to Oxford city centre where he specialised in homelessness. His brief was to look at policies and try to improve homeless services, and more importantly, access for the homeless to those services.

Promotion led to Paul managing a 999 team of about 20 officers before he came back to neighbourhood policing, which he describes as "central to my career". It's close to his heart and it's what he enjoys – not just looking after people, but always trying to improve practice, do things better. "Just because we've always done something a certain way, it doesn't mean it's right, and it doesn't mean it's the best way," Paul told Hands On News. He would rather look at the evidence, and then change things if necessary.

Talking to Paul you get the impression that he cares very much about the communities he deals with. He's acutely conscious that everyone is different, that not every area is the same, and that every part of the city has a unique character and people within it. In fact he points out that even inside a community or an estate there are, as he puts it, 'micro beats'. It takes a flexibility of approach, and sensitivity to those differences, to achieve good police work.

You'll have gathered by now that the new sergeant is a firm advocate of community policing. Of his team he says "I'm really impressed with the work they've been doing – Jonno, Annabel and Lucas, and Tom when he was here. I know they work really well as a team. It's key, having continuity for the community, the consistent approach. People know them, they say hello, they know who they need to see". When they're in the office anyone is welcome to pop in to say hello, or discuss something in confidence. In fact having the office in Barton is something he would fight hard to keep, were there ever a move to close it down.

In the unusual event that something can't remain completely confidential,

Paul's emphatic that transparency is one of the key factors in neighbourhood policing, "because people must be able to depend and rely on you and feel they can trust you, and how can you trust without transparency?" The team will always aim to protect its sources and avoid creating risk for anyone who needs to report something.

Paul also advocates cooperation amongst different teams. For example if the Headington PCSO needed support he would expect the officer on duty in Barton to go and help them out, and vice versa. He believes it helps to unite the teams, and with reduced staffing, and officers sometimes working on their own, it's important that they feel safe doing their job.



What are Paul Arnold's priorities for Barton? As far as crime and nuisance goes, the current focus is on youth antisocial behaviour, and drugs. There have been a lot of complaints about the actions of youths on motorbikes. It's not just the nuisance he's worried about, it's the danger to the youngsters themselves, and to the wider community.

Where drugs are concerned, he's not landing all the blame on Barton. As he says, "drug dealers don't have boundaries like we do. They could go to Blackbird Leys, Headington, into Barton" or indeed anywhere in the city. But it is a problem, and it needs addressing.

Paul's leadership priorities for his own team, and what he hopes to bring to it, are to empower its members. He wants to enable them to "be the best version of themselves" in their work, whether he's there to supervise or not. He quotes from the philosophy of the All Blacks rugby team, which is 'leave the jersey in a better place'. It means representing all the people who came before you and all the ones who come after you, and to be a role model.

Community teams, like all the police, are monitored on their performance by area commanders to make sure they're effective. However, here's a thought from Paul on that. "I think the most effective way of monitoring is community feedback. So if people aren't happy with what we're doing, tell us about it! Don't keep it a secret or get angry about it – come and speak to us. I think that's really important – approachability." And on his own new role:

"I'm really enjoying being back in neighbourhood policing - really enjoying it…"

On the evidence so far, it looks as though Barton and its related areas have gained an experienced, thoughtful and community-minded police sergeant who has taken their best interests sharply into his focus. ■

Oxford University Stargazing Event

We were very lucky to be invited to the Stargazing Event at the Physics Department on Saturday 25th January.

The University also generously supplied free transport to and from the event for all of us. There were 51 of us who headed off into the unknown as we weren't really sure what to expect. Children as young as 5 years old attended, and it was a great opportunity for families to learn together. The time spent at the event included a visit to the Planetarium, looking through telescopes, wearing virtual reality headgear and seeing how heat cameras work. The children were encouraged to collect information cards to take home and even provided with a purpose-built case to put them in as well as some fascinating colouring books to help them learn more about the solar system. As well as all this there was a fantastic arts and crafts corner where children would create many amazing objects as well as sketching their own versions of planets, rockets and constellations. All in all, a truly fantastic event with so much to see and learn about. Thanks to Oxford University and in particular Olli and Lena who made this all possible. Already we are looking forward to our next opportunity to visit such an exciting venue. ■



"My daughter and I had a blast! Sometimes we forget to enjoy what's around us, and the Lab had a great way of reminding us to take it all in and learn from the experience"

"Had a great time learning about space alongside my kids. Great topic of conversation when we got home, thank you"



"We loved being inside the space station and girls have stuck all their cards on their bedroom walls. A real fun way to learn"

"So much good stuff to see – just not enough time!"

"I feel so much part of the Barton community, and everything you do is so well organised"

"I've never been to any part of the university before and this was such a privilege for me and my son. We learnt together so many interesting facts about our solar system and absolutely loved the planetarium. Thanks also to BCA for enabling us to access this event"

"My 8 year old said it was excellent and "the best". She thoroughly enjoyed learning about Mars"

Beckley Church of England Primary School

Church Street, Beckley, Oxford, OX3 9UT • Tel: 01865 351416
Email: office@beckleyschool.org
Website: www.beckleyschool.org • Headteacher: Mr Mark Szortowski

PRESS RELEASE

SIAMS Report

The Statutory Inspection of Anglican and Methodist Schools (SIAMS) follows a schedule which is independent of Ofsted. The principal objective of the inspection is to address the question: 'How effective is the school's distinctive Christian vision, established and promoted by leadership at all levels, in enabling pupils and adults to flourish?' Following a recent visit to our school, we are thrilled with the Inspector's judgment of GOOD. Here are some highlights from our report:

"Wellbeing is a strength of the school and fundamental to its ethos."

"Kindness, consistent with the school's vision, is readily and clearly demonstrated across the community."

"Staff are committed to providing opportunities for pupils to achieve their best academically."

"Pupils express compassion for others and have been given opportunities to act on this."

"Behaviour at Beckley School is calm and respectful and makes a significant contribution to the atmosphere of learning."

"The school is creating a community that aptly expresses dignity and respect to all and where all can flourish."

The full report can be found on our website: https://beckleyschool.com/information/school-information/

Fire Service Visit

Children in Years 1 to 3 enjoyed an exciting visit from Oxfordshire's Fire and Rescue Service. The visit promoted core messages in fire prevention, such as the importance of checking smoke alarms and knowing your address. Pupils also had the opportunity to explore the fire engine!



Carol Concert

A large congregation turned out for the service and were welcomed into church to the sound of children playing their instruments. Year 6 pupils confidently led the concert in the nine traditional lessons, punctuated by celebratory carols. The collection for FOBS, who provided the mulled wine and mince pies, totalled over £100.



The Little Blue Star

Our Nativity musical this year was called The Little Blue Star. In the beautiful surroundings of the church, the children's performance captured the wonder of the Nativity story in a truly enchanting and unique way.



Christmas Jumper Day

Our annual Christmas Jumper Day raised £85 for Save the Children and lots of fun was had in the process.



Church Workshop

Following the success of their Harvest workshop, the Church organised a Christmas session that took place after school last Friday. The children avidly participated in a range of festive crafts including making Christmas cards. Thank you to all of our dedicated volunteers from the local community. ■

Sport In Mind

www.sportinmind.org

Sport in Mind is a small independent charity with a simple mission – to improve the lives of people (18+) experiencing mental health problems through sport and physical activity.

We offer

Free, supportive drop-in sports and physical activity sessions. No booking or long-term commitment is needed – you can come when it suits you. No special clothes, just comfortable shoes and perhaps a bottle of water. We employ qualified coaches to run the sessions and have volunteers to help. Sessions run throughout the year, (except bank holidays) and you can come to as many sessions as you like.

Because there is so much evidence that doing sport regularly makes you feel happier, helps concentration, improves sleep, gives you a chance to have some fun and meet other people who understand and won't judge. It can offer an opportunity to challenge yourself and gives you a sense of satisfaction.

Doing sport is something you can do for yourself to improve your mental health, rather than having to rely on others.

Sport is obviously good for your physical health too and can help you feel more confident about your body and build up your resilience.

But most of all

It's FUN! You can have a laugh, make new friends and have a break from the worries of everyday life.

All we're asking you to do is fill in a survey form initially to find out what sports you might be interested in doing, so we can offer the most popular first. You can get a survey form from Sue Holden.

For any more information contact Liz 07760958668 info@sportinmind.org www.sportinmind.org ■

Free Trips to Supermarkets

Throughout January and February Cities-4-People has been running free minibus trips to Tesco, Aldi and Asda, from Barton Neighbourhood Centre. These were the three destinations chosen after residents in Barton identified their most pressing transport challenges. You might have seen the stall at the Barton Bash, or filled in a questionnaire.

Cities-4-People is a 3-year EU-funded project which is also taking place in other cities apart from Oxford: Hamburg, Istanbul, Budapest and Trikala. The project aims to increase the role of citizens in the development of transport solutions.

Three of these transport solutions were piloted in spring 2019, and the most promising, a shuttle service to affordable supermarkets, was scaled up into a larger pilot that includes nearby villages. The free service has been very popular with many people except, it seems, people in Barton itself – the very people who said that they couldn't get to these cheaper supermarkets.

People using it have come mainly from Forest Hill, Beckley and Horton cum Studley, with just a couple from Barton. While most of those who travel tend to be in the older age groups, perhaps because travel is in late morning/middle of the day, there have been younger passengers too.

Destinations for the Wednesday travellers have varied widely and have included the surgery and Wheatley village. Passengers from the villages mostly go to the Park & Ride to travel on to Cowley, Gloucester Green Market, even the cinema. But increasingly passengers have been going to



Asda to do their weekly shop. On the way back the minibus has been taking people right to their homes so they don't have to lug heavy shopping any distance. It's the closest you'll get to a taxi service!

The shuttle service has seen week on week increases in ridership, and getting to places hasn't been the only benefit. There can be great social pluses too. Graham Stanley of Oxford County Council, who's been monitoring the trips, told Hands On News about the fascinating conversations and great laughs to be had on the bus while it's travelling from pickup to drop off. "People catch up with each other. Today we even sang a few songs!" He points out that such social interactions can be undervalued, and are something missed out on when people travel in their own cars, or can't travel at all because they don't even have a car. "On the bus we're forced to have a chat, and it's great!" he said.

Thanks to the popularity of the Wednesday pilot, the trips on that day have been extended through March to give time to develop longer-term plans. There would eventually have to be a charge introduced to cover costs. Passengers on the pilot have been asked how much they would be willing to pay to keep the service, so that Cities–4–People can get an understanding of what the affordable level of fares should be.

It's hoped that the trips can be carried on in some form, and that more people will become aware of then and take full advantage. ■



Oxfordshire Association for the Blind

Oxfordshire Association for the Blind (also known as OAB) is a local charity dedicated to supporting blind and partially sighted children and adults across Oxfordshire.

Sight loss is not uncommon: in Oxfordshire, almost 4,000 people are currently registered as visually impaired, yet it is estimated that there could be over 21,000 people across the county affected by problems with vision and in need of support and assistance. Coping with sight loss can be a devastating and challenging time and at OAB we are committed to promoting independence and opportunities for people with severe or partial sight impairments, offering advice and helping them and their family, friends and carers to access any support they may need.

We operate a dedicated resource centre for visually impaired people, offering training and demonstrating a range of specialist equipment that can help people with a visual impairment to stay as independent and active as possible. This includes giving IT support to visually impaired computer-users.

We run the Sight Advisory Desk in the Oxford Eye Hospital, where we work closely with medical and support staff, and we offer specialist counselling for people affected by sight loss as well as running or supporting groups across Oxfordshire where people with visual impairments can get together socially.

OAB is run by a small staff team and a number of dedicated volunteers, who work very hard with limited resources. Despite being few in number we aim to support any of the thousands of people across Oxfordshire with a visual impairment.

If you need our help, please call: 0185 725595, or email admin@oxeyes.org.uk The same contact details will also reach us if you would like to help us in our mission. We always welcome potential volunteers or funds to support our work. Thank you! ■

Coffee Cup

Did you know that over 2.5 billion disposable coffee cups are thrown away in the UK every year?

That's why ODS are working in partnership with Oxford City Council and the charity Hubbub to bring new coffee cup shaped recycling bins to the streets of Oxford. From February 24th, we will be installing these new bins into Summertown, Headington and the city centre. These will be introduced alongside other recycling bins for bottles and cans.

As part of the project, ODS and Oxford City Council recently ran a competition for people to design something which inspires others to care for their environment. All 40 of the new coffee cup recycling bins will be wrapped with these unique winning designs.

The project aims to promote re-usable cups and increase the recycling of single-use cups. ■

Official Opening of the Barton

After its successful soft launch in December of last year, more and more people from Barton and nearby have been discovering the joy of having a library on their own doorstep. The large children's area has been a particular draw, with its great selection of fiction and non-fiction books aimed at younger readers. There's also a section alongside that for teachers and carers, and comfortable seating so parents can sit and read with their children. The library offers plenty for adults too.

The official opening took place on the afternoon of Monday the 13th, when a crowd of enthusiastic children and their parents piled into the Neighbourhood Centre to take part in a fun interactive presentation given by the illustrator of the Winnie the Witch books, Korky Paul. In a lively back-and-forth, he invited the kids to work out the progress of a Winnie story along with the illustrations he flashed up on screen. Afterwards he drew a huge picture of Winnie the Witch and her cat Wilbur – illustration in action. (Once the picture is framed you'll be able to see it hanging on













Library

the wall in the children's library – our own Korky original!)

Members of the county council from the library and other departments, Barton's county and city councillors and members of the BCA, and not least our own librarian Stephanie Tee, all came along to mark the occasion, along with Winnie the Witch herself, ably represented by Sharon Keene. After a short speech from Marian Morgan-Bindon, Service Manager Libraries and Heritage at the county council, a celebratory cake decorated with books and balloons was cut up and distributed, while the children formed a (fairly!) orderly queue clutching their Winnie the Witch books to be autographed by Korky. Judging from the noise a pretty good time was had by all.

Everyone is welcome at the library. All you have to do is to get yourself a library card. You just need to register, and provide one piece of ID, and then fill in a basic application form. Stephanie can provide a form or you can do it online. Just Google "join the library Oxford" to get to the right page. We hope to see you there very soon.







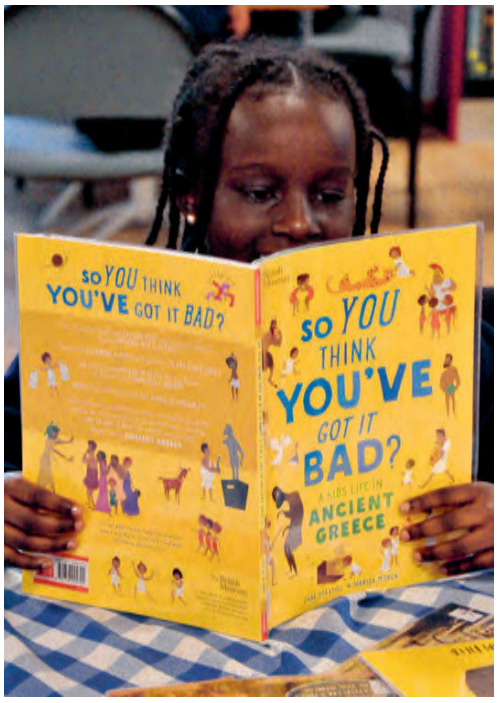
Bayards Library Visit

There was even more library excitement on Friday 24 January, when Year 2s from Bayards school visited the facility and were filmed by Cary Johnston from ITV Meridian News.

The children quickly got to work choosing books from the well-stocked shelves to look at while they were there. Their teachers then helped them to check out one each to take away to read at school. Head librarian Stephanie Tees was on hand to answer questions, and before they left they settled down to listen to her read them a story. Judging from their concentration, it seems there's nothing young children like better than to be read a story - they were enthralled!

All these activities were filmed by Cary Johnson, and some of them were interviewed for the piece. The film went out on Meridian News a couple of days later, and it can still be viewed at https://www.itv.com/news/meridian/2020-01-28/bookworm-kids-enjoy-new-library/.

It's hoped that Bayards will be able to send more classes along to use the library and take advantage of all the books available to them so close to their school. ■



Oxfordshire Libraries

International Book Club

at Barton Community Library

Starting Wednesday 25 March!



Would you like to improve your English skills and make new friends?

Come to the library and share a *Quick Read* book (ESOL friendly).

4th Wednesday of each month, 6-7pm

For more information please contact Stephanie at the library or email barton.communitylibrary@oxfordshire.gov.uk

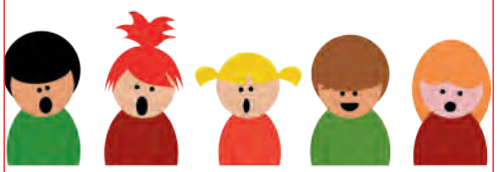
Barton Neighbourhood Centre, Underhill Circus, Oxford, OX3 9LS

Oxfordshire Libraries

New Rhyme Time

at Barton Community Library

Starting Monday 16 March!



Songs and Rhymes for under 5s!

Every Monday at 11:30 (term time only)

Followed by a family-friendly lunch at Barton Community Café

For more information please contact Stephanie at the library or email barton.communitylibrary@oxfordshire.gov.uk

Barton Neighbourhood Centre, Underhill Circus, Oxford, OX3 9LS

NEW - Pride of Barton Awards 2020

The Pride of Barton Awards are an exciting new initiative to provide a way for residents of Barton to show their appreciation for an individual or group that makes a positive difference to the community.

Winners will receive a certificate and a voucher for £25 for individuals and £50 for the winner of the Community Group category.

Categories for nominations:

- Neighbour of the year
- Carer of the year
- Volunteer of the year
- Young superstar
- Community group of the year

What are the awards about?

This is your chance to recognise a Barton resident who is an unsung hero. Do you know someone who goes above and beyond expectations to help you or others in the community, or a young person who is excelling in what they do?

Many of the people we're thinking about will believe they don't deserve any kind of recognition at all for what they do. But let's reward these people who by their actions make Barton a better place to live in.

So, please think about who you would like to nominate. Awards will be made at the Annual General Meeting of the Barton Community Association. If the person you nominate is shortlisted, you and they will be invited to attend the presentation.

How do I nominate someone?

It's easy- all you have to do is complete a short form- saying who you want to nominate, your name, address and telephone number, and a few sentences saying why you want to nominate them.

- If you wish to nominate in more than one category, please complete a separate form for each category.
- Entries will be judged by a panel of independent and impartial judges.
- The decision of the panel is final and no correspondence will be entered into.
- There will be a maximum of three finalists in each category.
- Entries will not be returned.

Forms available at the Neighbourhood Centre, or by email from Sharon (sharon@bartoncommunityassociation.com)

Hand in/post competed forms to Sharon or Sue at the Barton Neighbourhood Centre, Underhill Circus by 31st May 2020. ■

Barton Fields Allotment Association

www.bartonfieldsallotment.co.uk

March and the start of spring, a new growing year. It also heralds an increasing worry about the effects of climate change on our constantly changing weather patterns, which go well beyond the vagaries of the British climate, seemingly breaking records each year. How can we still grow vegetables and fruit successfully when we never know whether spring will be early or late, mild or subject to late frosts, summers which might be mild and wet or entail a prolonged hot and very dry spell, storms and flooding which can occur at any time of the year? Forewarned is to be forearmed however! Here are a few pointers for vegetable and fruit weather-proofing which might help:

- Mild winters mean pests are not necessarily killed off by cold weather and are ready to plague the gardener in the spring. One way to mitigate their effect is, by judicious planting, to create habitats for natural predators. Ladybirds, for example, like dandelions (although the vegetable gardener may not!), beetles like small shrubs and clover, spiders, tall plants.
- Improve your soil with organic matter which acts as a sponge and a buffer against extreme water conditions.
- Store water against drought using water butts linked to drainpipes against a garden shed or outhouse.
- Double digging and breaking up clods under the surface help in wet conditions, especially if incorporated with organic matter as in improving your soil as above. Or an alternative is the no-dig method using raised beds, lots of compost and organic matter. With this method the worms in the soil do the breaking down for you.
- Provide robust frames for climbing plants such as beans to protect against storms and high winds.
- Vary sowing times to hedge your bets if germination doesn't always take place first time. This will ensure you still can have a crop even if there is a late frosts. Successional sowing frequently saves the day!
- Buy more than one variety of seed. Most seed survives more than one year so that none need be wasted. Planting two varieties can mean if one fails the other might succeed.
- Avoid planting the same crop in the same space year after year to give your plants the best possible chance.

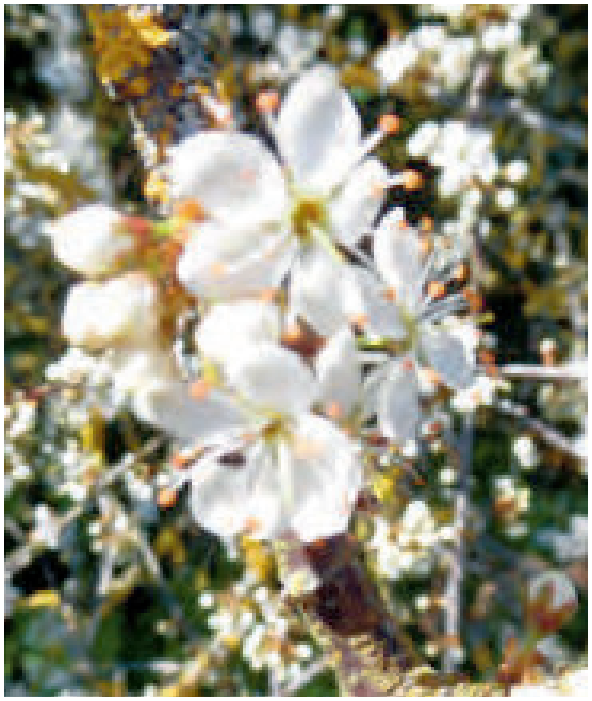
Maybe other gardeners have ideas or methods they are using to help cope with climate change? We would love to hear from you!

In the next edition we will be focusing on 'wilding' areas of your garden or plot. Do let us have your views and ideas in advance so that we can incorporate them in the article.

Remember also, do contact us if you are interested in having a plot on the allotment site.

Janette Washington (email Washington.janette@yahoo.co.uk, mobile 07795263383)

Jenny Wright (email jenny.wright7@btinternetcom, mobile 07967872524) ■



Barton Mural Update

News on our exciting community mural project. Firstly a big thanks to everyone who took part in the consultation and answered the questionnaire. You gave us some brilliant ideas!

Community groups, councillors, and residents have got together to improve the underpass which leads from Barton Road to North Way.

Project managers Katy Cockram, from neighbourhood watch Barton, Risinghurst and Sandhills, and Craig Morbey, from the communities team at the City Council, organised a consultation with Barton residents. They were joined by artists from Fusion Arts and a council official to talk to local residents at the underpass and Underhill Circus and fill in the questionnaire. Katy also collected loads of feedback from members of Beautiful Barton facebook group, Barton Community church, Jason Carbon's holiday club, Getting Heard group, the Saturday karate club and Sherwood place children.

This is the summary of results:

1. The mural should be positive and use bright and vibrant colours so people feel good when they see it.
2. It should showcase the diversity of Barton with different races, ages, genders and abilities.
3. The people of Barton are proud to live there, because it has a strong sense of community, so the mural should show this
4. As the underpass is a gateway into the estate then there should be something welcoming people onto the estate.
5. It should include key Barton places and landmarks, including Underhill Circus, Barton Neighbourhood Centre and the Barton fields and brook.
6. Show people taking part in hobbies and activities such as football, karate, dance, cycling, youth club and at the community café
7. It should have a lot of nature, including animals, plants and the natural landscape included in it



An amazing response!

We have raised a significant amount of money from our local County and City councillors, Barton Community Association and CYCLOX.

During a planning meeting we agreed to run two graffiti skills workshops for those who want to join in painting the mural. You will be able to sign up for the workshops with two professional artists.

The workshops will be for ages 11 and over.

Work has started on repairs and improving the lighting of the underpass. Now we are waiting for the main repairs to be carried out in spring 2020. Then we will have the graffiti art workshops and organise the mural painting days.

To celebrate the completed community mural we will have an event at the underpass.

Keep a look out for further updates on Facebook and posters around Barton.

For information contact Katy: katycnovember@gmail.com ■

USEFUL INFO

Health

Barton Surgery 01865 227788
Bury Knowle Health Centre 01865 227788
Manor Surgery 01865 762535
Churchill Hospital 01865 741841
John Radcliffe Hospital 0300 304 7777
Nuffield Hospital 01865 741155
NHS Direct 111

Local Dental Practices

310 Dental Care
310 London Road, Headington 01865 766975
Bury Knowle Dental Practice
207 London Road, Headington 01865 308400
Euro Dental Practice
61 London Road, Headington 01865 308865
John Miller Dental Practice
6A The Parade, Windmill Road, Headington, 01865 308050
Kennett Road Dental Practice
3 Kennett Road, Headington 01865 761965
Manor Dental Practice
7 Osler Road, Headington 01865 750056
Studental
Oxford Brookes University, Colonnade Building, 3rd Floor, Gypsy Lane, Headington, 01865 689997

Local Chemists

Barton Pharmacy
6 Underhill Circus, Headington 01865 763106
Boots Pharmacy
96 London Road, Headington 01865 762518
Boots Pharmacy
Bury Knowle, Headington 01865 765559
Roundway Pharmacy
3 Roundway, Headington 01865 766994

Schools

Bayards Hill Primary School 01865 761656
Cheney Secondary School 01865 765726
Sandhills Primary School 01865 433000
Wheatley Park Secondary School 01865 872441

Local Shops

Chippy 01865 761712
Spar 01865 763606

Other Useful Numbers

Age Uk 01235 849400
Childline 0800 1111
Gas Emergencies 0800 111999

Other Useful Numbers (contd.)

Thames Valley Police Non Emergency 101
Oxfordshire County Council 01865 792422
Oxford City Council 01865 249811
Oxford City Council
Out Of Hours 01865 252900
Samaritans 08457 909090
City Council Tax Team 01865 249811
Free collection of up to 3 bulky items 0800 227 676
Furniture Recycling 01865 763698
Social Services 08450 507 666
Social Care Safeguarding Team
To report a concern about a child/vulnerable adult call 01865 323048 (out of hours number is 0800 833408)
Residents Parking Permits 08456 344 466
Planning Application Updates
For live updates to plans in the local area go to http://ox.planningtracker.co.uk

MP

Anneliese Dodds
Unit A Bishops Mews
Transport Way, Oxford OX4 6HD
or House of Commons, London, SW1A 0AA
01865 595 790
anneliesedoddsmp@gmail.com

Services

Barton Community Association
01865 761987
Christians Against Poverty
(Free service) 0800 3280006
Leisure Centre 01865 467290
Barton Pavilion 01865 452616
St Mary's Church 01865 604263
headingtonstmary@gmail.com
Oxford Mail 01865 425262
First Homecare 01865 744174
Barton Advice Centre 01865 744152
Getting Heard
(Oxfordshire Advocacy) 0300 3435718
Barton Family & Children Centre
01865 323240
Police – Emergency 999
Police – non emergency 101
Recycling and Waste info 01865 249811

Councillor

County Cllr Glynis Phillips
01865 422380 / 07929 659902
glynis.phillips@oxfordshire.gov.uk
City Cllr Mike Rowley 07827 532445
cllrmrowley@oxford.gov.uk
City Cllr Martyn Rush 07804 636541
cllrmrush@oxford.gov.uk

Sugar Smart



Barton's Eatwells Café receives "golden teaspoon" for making the healthy choice the easy choice

Eatwells Café has received a "golden teaspoon" award in recognition of their efforts in reducing sugar consumption within the Community Centre run by Barton Community Association's as part of a nationwide SUGAR SMART campaign.

The award was presented at the Community Centre on 24th January 2020 by Good Food Oxford, which co-ordinates the SUGAR SMART campaign in Oxfordshire.

The café was awarded a "golden teaspoon" for making a number of SUGAR SMART pledges:

- Offer more than two-thirds of drinks as low sugar or sugar-free
- Provide a traffic light system on drinks shelves
- Remove the drinks vending machine
- Install a drinking water fountain and encourage free tap water refills with signs
- Display SUGAR SMART posters

These seemingly small changes can have a significant impact on reducing sugar intake, as Compass Group at the University of Oxford have recently demonstrated: In their eighteen cafés across the university, more than half a tonne (600kg) of sugar per year was removed from shelves through swapping sugary drinks for healthier options.

Consuming too much sugar and too many foods and drinks high in sugar can lead to weight gain, which in turn increases the risk of heart disease, type 2 diabetes, stroke and some cancers. It is also linked to tooth decay.

The initiative, which was kick-started by Jamie Oliver and is led by Sustain, is asking businesses, as well as universities, schools and colleges, to promote healthy alternatives and reduce unhealthy food and drink, particularly those high in 'free' sugar – added sugar and sugary products such as honey and fruit juice.

The recommended daily intake of free sugar is a maximum of 7 teaspoons for adults and a maximum of 5 to 6 teaspoons for children. However, on average adults are currently having twice this amount and children having three times as much.

Hannah Fenton, Manager at Good Food Oxford, said: "In Oxford's Great Sugar Debate, we spoke to 665 people about what they thought about sugar. 96% of people who responded were concerned about sugar in our food and drinks, and 99% of people thought retailers and caterers should take action to offer healthier options. It's great that Compass Group has listened and done something about this across all of their cafés."

Claire Grey, Health Improvement Practitioner for Oxfordshire County Council and partner of the SUGAR SMART CAMPAIGN, says: "Congratulations to all businesses and organisations who have received a Golden Teaspoon to date in their great work to make choice. My hope is that other organisations will follow their lead and the whole of Oxfordshire can become SUGAR SMART."

Free resources for organisations, businesses and schools are available from the national SUGAR SMART dashboard www.sugarsmartuk.org, where individuals can also join the campaign, for example by encouraging their workplace, local café or school to get involved.

Interested businesses can also get support for their next steps by emailing mail@sugarsmartoxford.org ■

SUGAR SWEET AWARD

Eatwells Community Café has been awarded the Sugar Sweet Award from Good Food Oxford.

This award has been made because of the way in which we promote less sugary drinks as well as encouraging people to use the water fountain that is situated in the foyer of the Centre. Something else to put in our trophy cabinet! Well done Eatwells! ■



DO YOU KNOW HOW TO REPORT A CRIME?

Obviously if you need an emergency response for example a crime is in progress or someone's life is at risk then call 999, otherwise you need to call 101.

101 is available 24 hours a day, 7 days a week. You should call 101 if you want to talk to your local police officer, get crime prevention advice, or report a crime that does not need an emergency response, for example: if your car has been stolen. if your property has been damaged.

Calls to 101 (from both landlines and mobile networks) cost 15 pence per call, no matter what time of day you call, or how long you are on the phone. The 15p cost of the call goes to the telephony providers to cover the cost of carrying the calls. The police and government receive no money from calls to 101.

BARTON COMMUNITY UPDATES

AMAZON LOCKER

We are currently looking at the possibility of having an Amazon locker placed in the Centre so you don't have to stay at home all day just waiting for a parcel to be delivered. This is a free service, and parcel collection will be available during opening hours of the building. Before we progress this any further we would like to hear from you as to whether you would see this as a valuable addition to the Neighbourhood Centre. Please feel free to email me on sue@bartoncommunityassociation.com or text me on 07866460446. Alternatively, just pop into the BCA office at the Centre and tell us what you think.

ATM AT UNDERHILL CIRCUS

Barton Community Association has been working very hard with LINK to work towards the removal of the 99p charge currently being made at the ATM machine at Underhill Circus. The removal of this charge has been agreed in principal and LINK has recently put the operation of the machine out to tender. Hopefully by our June issue we will be celebrating the success in getting this charge removed and allow people to access their cash free of charge. The campaign to return the machine back to free use has been led from the front by BCA, and in particular thanks to Tanya Field who started the ball rolling by making strategic phone calls on Christmas Eve no less. Once the charge has been removed we will put a message on our facebook page

FUN TO LEARN HOMEWORK CLUB

Our Fun to Learn Homework Club is supporting students in Years 5/ 6 at either Bayards Hill or Sandhills Primary schools to help them with their core educational skills as well as supporting them in their SATS exams before transitioning to secondary school. The class has an upper limit of 10 students with two members of staff plus reading volunteers. If you would like your child to be part of this Club then please contact me at sue@bartoncommunityassociation.com or call me on 07866460446 for further details. It is free to attend and free refreshments are available at every session.

ART AND CRAFTS CLUB

Art Club runs every Friday (term time only) between 3.30 – 5.15pm for children aged between 6 – 12 years old. Its free to attend and free refreshments are available each week. Children love the freedom to explore new crafts and art activities in a safe and secure environment socializing with like-minded children. You can just turn up with your children, and all you need to do is fill in a registration form – and collect them at the end of each session!! Please feel free to pop in and have a chat with any of the staff or volunteers.

ZUMBA!! YOGA!! BODY TONING!! – WHAT`S NOT TO LIKE!!

All classes take place at Barton Neighbourhood Centre and each session costs just £1 to attend. You won't find it any cheaper in the county! Everyone attending these sessions must be members of BCA which costs just £1 per year and this also entitles you to go on any of the coach trips throughout the summer months or our impromptu trips using our minibus going to places such as Bourton on the Water, Moreton in the Marsh, Ikea, Home Bargains and anywhere else people might like to go. All coach trips are subsidized by BCA so we can keep the cost of travel as cheap as possible.

ZUMBA –
THURSDAYS 6.30PM – 7.30PM

BODY TONING –
SATURDAYS 9.30AM – 10.30AM

YOGA –
TUESDAYS 6.30PM – 7.30PM

Come along and see what you`re missing. All classes are good for your wellbeing in both mind, body and soul!!

For further information about any BCA activities events or outings please contact sue@bartoncommunityassociation.com or keep a close eye on our facebook page for further updates

Contact us

BCA Office Ground Floor Neighbourhood Centre, 01865 761987
www.bartoncommunityassociation.com /
www.facebook.com/bartoncommunity / info@bartoncommunityassociation.com

Sue Holden (Company Secretary)
07866 460446 or sue@bartoncommunityassociation.com

Sharon Keene (Senior Administration and Bookings Manager) 07495 875591 or sharon@bartoncommunityassociation.com

Tanya Field (General and Hands on News Administrator)
tanya@bartoncommunityassociation.com

Keeping Barton, Sandhills & Risinghurst Safe – Community Police Report March 2020

On 7th January two prolific offenders who regularly steal purses and wallets from elderly people were identified, arrested and charged by PC Kelly. The two subsequently received 40 months and 32 months in prison respectively. There are further charges to follow, including an incident where one of them stole a wallet belonging to a 88-year-old man who was attending John Radcliffe Hospital with his wife. Police are hoping that the Crown Court will hand them both another hefty sentence for preying on such vulnerable victims.

On 8th January a man who had been living in Sherwood Place received a year's imprisonment for beating up his partner, who was in a wheelchair at the time. It was not his first offence. The community police team is working towards getting his tenancy removed, and to keep him out of the estate.

On 10th February a local 53-year-old man was arrested and charged with two shoplifting offences committed in Headington. He is well known for selling his "meat and veg" on the estate. The team wants to emphasise that anyone who buys meat, vegetables, alcohol or any other goods which have obviously been stolen are guilty of committing the offence of "handling stolen goods".

A 40-year-old man, often dubbed "Oxford's best shoplifter" narrowly avoided jail for a string of shoplifting offences and is on a 2-year suspended sentence.

A 17-year-old young woman was sent to Oxford Youth Court for an offence in December of malicious communications at the Barton family centre.

An S59 notice has been issued to an 18-year-old youth from the estate for driving his quad bike in an anti-social manner. S59 allows for the police to issue a warning to anyone using their vehicle in a manner which causes "alarm, distress or annoyance", and to seize the vehicle if the offence is repeated. The police team urges readers in both Barton and Barton Park to make them aware of any incidents of anti-social riding, and riding of motorbikes/quad bikes on roads with no protective wear, putting themselves and others at risk.

A 39-year-old man with historic links to the estate is due in court for a burglary at the Six Bells pub in Headington Quarry, along with theft/fraud offences committed at Oxford Brookes University and Waitrose. These were investigated by PC Kelly.

A flat on the estate is now subject to a part closure order in consultation with Green Square housing.

If anything is worrying you don't hesitate to contact your community police on:

Phone: 101

Twitter http://www.twitter.com/tvp_oxford

Facebook http://www.facebook.com/thamesvp

Email: OxfordBartonRisinghurstNHPT@thamesvalley.pnn.police.uk

Emessage or get regular updates about your area. Register on https://www.thamesvalleyalert.co.uk/ or download the app from Google Play or iPhone App Store

Check out http://www.youtube.com/thamesvalleypoliceuk for safety information and videos.

Your local police team are: Inspector Chris Simpson, PS Paul Arnold, PC Jonathan Kelly, PC Ian Lucas, PCSO Annabel White ■

STOP LOAN SHARKS

Intervention . Support . Education

FROM:	TO:
You just get yourself into more of a mess. I was embroiled I couldn't see. He has destroyed people's lives.	I can see now he wasn't my friend he was just in control. We will now only buy something if we can afford to and not borrow money.
I was living on a knife edge. Worried that he would make threats. Worried about my family.	If it wasn't for you I wouldn't be here now. I was planning to take my own life today but here I am sitting talking to you. You saved my life.
Felt awful owing money. I hated having to look over my shoulder constantly.	I can pay my bills now, I am trying to budget. I feel very stupid it was just easy money at the time when I needed it.
I feel as though everything I have worked hard for I have lost – my savings and maybe my home!	I will always trust my gut when it comes to decisions in the future and not trust that "friend" doing you a favour.
I wanted to kill myself, I could see no other choice	I can see a way forward and have been amazed by your support. You are angels!

To report a loan shark
please call the IMLT helpline:

0300 555 2222

Email: **reportaloanshark@stoploansharks.gov.uk**

For more information about the work of the IMLT please contact

Cath Wohlers, LIASE Manager

Email: Catherine.wohlers@birmingham.gov.uk

Visit our website at
www.stoploansharks.uk

For updates of the campaign visit
www.facebook.com/stoploansharksproject
or twitter: **@loansharknews**



