WINTER 2016

Hands on News

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

ROLL UP, ROLL UP FOR THE MYSTERY TOUR!



OK, MAYBE not such a mystery, but seriously, have you ever thought about taking advantage of the BCA coach trips? The BCA provides coaches throughout the year to all sorts of places, at affordable prices. Judging from the response, they are very much appreciated by those who come on board. 2016 saw bands of merrymakers journeying to the seaside at Bournemouth, Brighton, Weymouth and Weston-Super-Mare, where a great time was had by everyone. The coaches leave from the Neighbourhood Centre and arrive at their destinations in plenty of time for people to explore, play on the beach, ride donkeys, stroll along the promenade, or do whatever makes them happy.

Many Barton residents mark these trips on their calendars in advance every year. It's a great way to spend time with the family, or with friends. There's no age limit, top or bottom, because everyone can find something to do once we arrive. Our youngest passenger this year was four weeks old, and our oldest was not quite 99. We aim for social inclusion, and love to encourage people of different ethnic backgrounds to join the happy throng. Everyone is welcome, and everyone is part of the gang.

Our trip to Bournemouth this year provided an unexpected bonus, when we found out a few days beforehand that it would coincide with Bournemouth Air Show. It could have gone either way, mind you. We could have spent half the day in traffic queues with nowhere to park at the end of it, or we could have beaten the traffic and found ourselves a prime place from which to view the aerial displays that ran through the day. We were lucky. One delighted day tripper remarked "It doesn't get any better than sitting al fresco at Harry Ramsden's on the sea front watching the Red Arrows fly past for free." That's certainly raised the bar for next year!

Fiona Phipps takes her family at least twice a year. So far she and her husband, and the boys, Jayden and Ashdon, have been to Weymouth, Bournemouth, Weston Super Mare and Brighton. She doesn't drive, so it's a great way for her family to get to the seaside.

"Once you're dropped off you can go off and do your own thing. Usually the boys want to go straight to the beach and build sandcastles. Sometimes we go to the fair. We eat fish and chips on the beach, and go swimming in the sea, if it's warm enough. The kids love it. I would recommend the trips to other people in Barton. It's a really good day out." Fiona loves the fact that it's easy to be picked up and dropped off at the Neighbourhood Centre, and that the day is such good value.

The coach trips aren't all to the seaside. IKEA in Reading and the Christmas Market and Craft Fair in Birmingham are also on the agenda, and we arrange the occasional outing to Morrison's, Aldi and Asda, for good value shopping.

Look out for future seaside trips

For information check the noticeboards at the Neighbourhood Centre, our Facebook page (*Barton Community*), or www.bartoncommunity.com (*look for the drop down list under 'Neighbourhood Centre' and click 'Events'*)

Trips are £10 per seat (*plus £1 for membership of the Community Association if you are not already a member*)

BOOK EARLY
These excursions are very popular!



Barton Bash 2016. ***See page 3***

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अच्छा दनि है और हमारे सभी हदिी भाषी पाठकों के लिए आपका स्वागत है

Good Day and Welcome to all our Hindi speaking readers

BARTON COMMUNITY ASSOCIATION UPDATE

How much do you love cleaning your oven?

Probably not at all. Well, here's the answer. Call Mark Rudman on 07712421315 or 01844238075 and have your oven professionally cleaned. When the work`s done your oven will be in showroom condition, all shiny and sparkling. No need to keep putting off that chore we all hate doing. Let Mark do the hard work for you. This service comes highly recommended.

Can we help you?

Finding an appropriate place to gather after a funeral can be a daunting problem. We can offer appropriate private space for such an event within the Neighbourhood Centre, and we can also offer catering services and refreshments if needed.

■ **Please ring Sharon on 01865 761987 or email Sharon@bartoncommunityassociation.com who will be able to provide full details.**

Barton Bash Thanks

Barton Community Association would like to thank the following for their sponsorship and donations towards this year's Barton Bash. Without their continued support there wouldn't be a Bash.

Soha Housing, Cllr Mike Rowley, Cllr Van Coulter, Grosvenor, Oxford City Council, NHS England, MINI Plant Oxford, Blenheim Palace, WHS Headington, Oxford Bus Company, McDonalds Headington, WHS Cowley Centre, Fusion Leisure Barton, Oxford United, Dominos Pizza Headington, Asian Mama, Holland and Barrett Headington, Frog Orange, Posh Fish, The Garden, Fusion Hair Design, Wilko Cowley, Sainsburys Heyford Hill and Kidlington, Tesco Cowley Retail Park, Barton Chippy, Barton Pharmacy, Toni's The Guy and Spar Barton.

We would also like to take the opportunity to thank everyone who helped in the run up to the Bash as well as all the helpers on the day. Great effort by everyone .

Dementia Friends

After a really informative presentation by Dementia Friends back in September we are hoping to host a further session sometime in the New Year, and everyone is welcome to come along and learn about some of the key issues for people living with dementia as well as their friends and family.

These are some of the messages we took away with us:

- Dementia is not part of natural ageing
- Dementia is not just about memory loss
- Dementia is a disease of the brain
- It is possible to live well with dementia
- There is far more to the person than dementia
- Once dementia is diagnosed then start making plans for the future
- Remember that family members can be badly affected by living with someone who is suffering from dementia, and can themselves become victims

Please look out for details of our next Dementia presentation. It only takes an hour, and most people will be affected either directly or indirectly by some form of dementia.
Sue Holden

Barton young people rush to High Wycombe

Back in October half term we took 29 children and young people from our Art Club, Fun to Learn Homework Club and Barton Brownies to Rush Trampoline Park at High Wycombe. Very short coach journey saw us arrive in plenty of time for our 11.30am slot.

Everyone had to wear the proper Rush socks before using the equipment as well as watch a safety video explaining the Do's and Don'ts once you were allowed on the trampolines. Once the session finished the young people felt exhilarated and re-energised with most wanting to go back for more!! The staff kindly allocated us one of their party spaces so we could all sit together and enjoy a well-deserved lunch.

We asked them if they had enjoyed their keep fit session and one commented: "they (the trampolines) were so bouncy I felt like I was being launched into the sky," and another said: "excitement trawled through me like a train going through a tunnel. It was a really great way to work out."

This activity was arranged with the support of NHS England through their Healthy New Towns programme.

Why not come along and join our various groups for your chance to be part of our future fun outings.

For more information please contact Sue on 07866 460446 or sue@bartoncommunityassociation.com

Barton Market comes to Underhill Circus

Alongside the Science event at the Neighbourhood Circus we enjoyed our second Street Market event at Underhill Circus in November. Our friendly Fruit and Veg stallholder had plenty of value for money fresh produce on offer to the community, and we also had the opportunity to enjoy a helping of freshly cooked Paella with a choice of either Seafood or Chicken. The aroma wafting across was both warming and inviting. We also saw a local resident selling locally produced crafts.

The Market is set to return on Saturday 17 December between 9am–4pm so please support this new initiative and hopefully we will see the Market become a regular event in our monthly calendar, and add more life and vibrancy to Underhill Circus. The arrival of the Market compliments what is already on offer in the area on Saturdays – Karate sessions, Body Toning, Eatwells Café, Children's parties as well as our existing long standing traders.
Roll Up! Roll Up! Let's make Barton even more beautiful!
Sue Holden

Macmillan Coffee Morning

We hosted a Macmillan Coffee Morning at the Neighbourhood Centre in September, and this year an amazing amount of money was raised – £404.65 – the best ever total raised at the Centre.

Thanks to everyone who supported this event and to Verity who did much of the backroom work in the lead up to the event. Let's hope next year we can top this year's total. Who knows when any one of us may need the services provided by the Macmillan Nurses.

Stop and think

Do you drive to Bayard's Hill or Sandhills School on the school run? Do you park in a built up area? If the answer is "Yes" can you stop and think about where you are parking your vehicle.

Most of us are in a rush in the mornings dropping off children and then maybe off to work or making it to a doctor's or dental appointment, making our way to the supermarket to pick up something for today's dinner, or maybe going to help with caring for an elderly relative. At the end of the school day the same rush happens getting the kids to after school activities, footie training, picking up younger children from childcare, the list goes on. We've all been there trying to beat the clock at both ends of the school day, and don't always show consideration to other road users as well as pedestrians.

Are you parking on pavements and blocking for people to get by, especially with buggies and prams? Are you parking so close to driveways that it's virtually impossible for a driver to get out especially when a great deal of manoeuvring is required?

Even worse, are you parking across someone's driveway which means they can't get out at all? Is it you who parks right on a corner that means it's impossible for other drivers to have good vision? Or do you park so far away from the kerb that there isn't enough room for others to pass by on a narrow road?

We all know how busy life is these days, but all of the above can give rise to compromising the safety of others, especially children who don't always see the dangers around them. Next time you pull up at school, whatever the pressures of life are at that particular time, please STOP AND THINK.

BARTON ON FACEBOOK

What's going on in Barton?

For news, photos, and information go to

facebook

and search for Barton Community to find out.

The Hands on News Team

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Barton Community Association
GreenSquare
www.oxford.gov.uk OXFORD CITY COUNCIL

USEFUL NUMBERS

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

Health	
Barton Surgery	01865 744221
Bury Knowle Health Centre	01865 761651
Manor Surgery	01865 762535
Churchill Hospital	01865 741841
John Radclifffe Hospital	0300 304 7777
Nuffield Hospital	01865 741155
NHS Direct	111

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 761886
Oxford Mail	01865 425262
Civicare	01865 744174
Barton Advice Centre	01865 744152
Getting Heard (*Oxfordshire Advocacy*)	0300 3435718
Roundabout Family Centre	01865 764952
Police – Emergency	999
Police – non emergency	101
Recycling and Waste information	01865 249811

Local Shops	
Chemist	01865 763106
Chippy	01865 761712
Spar	01865 763606

Councils/Councillors/MP	
Andrew Smith M.P	01865 595790
Oxford City Council	01865 249811
Oxfordshire County Council	01865 792422
Cllr Van Coulter	07767 496409
Cllr Glynis Phillips	07929 659902
Cllr Mike Rowley	07827 532445

Find more useful local info on page 11



BARTON BASH 2016

IT SEEMS the sun always shines on the Barton Bash, and this year was no exception. On a day of glorious October gold, people started to arrive at the Neighbourhood Centre even before the official opening, to check out the stalls and buy raffle tickets.

The Bash was opened this year by the Sherriff of Oxford, Susan Brown, who cut the traditional ribbon to kick off a day of food, fun and activities, indoors and out.

There was an emphasis on health and healthy eating, with the DIY Healthy Sandwich Bar and Fruit Kebab Kitchen leading the way. The Barton Fields Allotment stall had a variety of veg on offer, as well as Chelsea Buns home-baked by one of their members, which flew off the table. Eatwells Community Café served a variety of delicious, great-value dishes throughout the day, as well as tea, coffee and cakes, making sure everyone was fed and watered to their very obvious satisfaction.

People joined in with a joyous and vigorous Zumba session, there were rhythmic gymnastics and karate. Messy Jam Street Dance showed off some pretty impressive anti-gravity moves, and Barton Sings sang out.

Downstairs in the hall was the Barton Leisure Centre exercise bike and a Smoothie Bike – that is, a bike was attached to a smoothie maker (yes, really!) primed with pieces of fruit, giving the rider a delicious and healthy reward for their efforts. There were also demonstrations of football skills.

As if that weren't enough, upstairs at the Neighbourhood Centre there was a range of therapies and beauty treatments. Facials, Shiatsu massage. Tarot reading, eyebrow threading and fingernail painting were all enjoyed throughout the afternoon for a nominal sum.

For the first time our Somali ladies' sewing group displayed their beautiful arts and crafts. After the Bash the African Fashion Show held catwalk auditions for hopefuls to win a place modelling in the final show in May 2017. It was great to see such a mix of cultures all coming together to celebrate within the community.

Outside in the sunshine, Lara Fairylove showed the kids how to make huge bubbles with great buckets of soapy water, sticks and string, and the Fire Service brought its engine for people to explore.

The pulled pork stand did a roaring trade, standing next to a vintage Mark 3 Mini Cooper Sport whose owners, Tanya Field and her husband Jason, are about to drive it to Italy for charity.

Our wonderful Barton Community Police team were all there to join in the fun, including Neighbourhood police sergeant David Keith, experiencing his first Bash, who said: "It was a fantastic fun day, meeting all different ages from the community, can't wait for next year's!"

Two huge police horses, Aurora and Luna, came all the way from Milton Keynes to receive the attention of their adoring public. They don't make that effort for everyone!

Although the Bash is predominantly a community event, the BCA was delighted with the response from our sponsors and donors, and would like to thank, among others, BMW, Soha Housing, Oxford City Council, Tesco, Sainsbury, Oxford United, Oxford Bus Company, McDonalds, Barton Leisure Centre, the NHS and Barton Park developers Grosvenor Estates. Last but not least, a big thank you to Ali from Barton Chippy for his financial contribution towards the raffle.

Many of these partners came along to join in the event, and took advantage of the opportunity to consult and inform Barton residents about everything that's going on locally.

Residents were invited to look at a map of Barton and say where they would like green improvements to be made: perhaps a tree here, a green space there, a bit of tidying up somewhere else. Not the least of importance to local life is the new part of the estate currently being built along the road by Grosvenor, who got the children involved in making a huge mobile of yellow plastic ducks.

Barton Bash day was also the day when the new sign welcoming people to Barton was unveiled, lending a sense of pride to the occasion.
Last year we called it the Best Bash Ever. This year was hot competition for the title.

A proud win for Bayards Hill!

By **Abraham**, **Anna-Rose**, **Lohan** and **Callum**, Year 5 pupils at Bayards Hill Primary School



EIGHT pupils from Bayards Hill competed against two other schools – St. Andrews and Windmill – in a demanding debating competition! Although Windmill School won the competition, all pupils did a fantastic job on the day and very much enjoyed the competition! Further, one of our pupils won an individual award! Camilla was awarded as the top speaker on the day and won a mug for her efforts. The school is very proud of her well-deserved win!

On this exciting day Abraham, Anna-Rose, Callum, Lohan-May, Lathen, Sophie, Camilla and Cory travelled with Mr Foster to Cheney School where they were put to the test. The schools involved debated two motions – firstly, whether TV does more harm than good and secondly, whether children should be allowed to choose to learn what they want at school. The competitors from each school were put in pairs at the start of the debate. Every group/pair went onto one table and it was decided whether they would be for or against that motion.

Anna Rose from Bayards Hill had to argue against children having a choice about what they learn at school. She said: "Children should not choose what they should learn at school because teachers know what should be taught to help children in their future jobs and future exams."

Two cheney sixth formers, Safeer and Aisha, helped to prepare the contestants for the debating competition. The sixth former Abraham gave his opinion about them: "They're very fun and supportive people and you should meet them."

We thank you for your help and encouragement on this exciting day! We thank Cheney for letting Bayards participate in the debating competition and we would love to see you again!

DON'T BE A FRAUD VICTIM:

Take five to stop and think

IF YOU receive a phone call, text or email asking you to hand over personal or financial information you need to take a moment to reflect and step back from the situation. Yes, even if they say they are the bank, police or any other trusted organisation you still need to take the time to stop and think about what`s really going on. Because, deep down, you probably already know the basic rules on how to beat financial fraud – you just need to take a deep breath and stay calm to remember them.

General advice:

- Never disclose security details such as your PIN or full banking password
- Don't assume that an email or phone call is authentic
- Don`t be rushed or pressured into making a decision
- Listen to your instincts
- Stay in control

■ **If you think there has been fraudulent activity on your card or bank account – or if you suspect someone has attempted to compromise your financial details – report it immediately to your bank or other financial services provider and then contact ACTION FRAUD on 0300 123 2040 or at actionfraud.police.uk**

REACHING FOR THE STARS: Oxford University bring their planetarium to Barton

DURING a bright and sunny Saturday afternoon in November Oxford University held their first Family Fun Science Day at Barton. There were many opportunities for children and young people, along with their parents, to interact with all the experiments and presentations on offer.

As well as all of this there was a fantastic opportunity to climb into the planetarium that had been inflated in the Sports Hall and watch the sky take on several shapes and sizes throughout the thirty minute presentation. So popular was this activity that everyone was asked to book their time slot so that as many people as possible were able to view the stars from within the planetarium.

There was a steady flow of visitors to the Neighbourhood Centre throughout the afternoon, and for many it was their first ever visit to Barton. Many inquisitive minds asked many inquisitive questions and staff members from the Physics Department at Oxford University were on hand to supply all the answers.

The whole event was held to try and encourage families to go along and visit the various museums that are situated in and around Oxford as well as further afield. Many of these venues are free, and offer a wealth of knowledge and information to help children with their education, especially in the various fields of science.

Our thanks to Oxford University Physics Department, and in particular Dr Anna Caughey and Sian Tedaldi, for all their help in making this happen for the enjoyment of every family in Barton and beyond.

BMW takes on new recruits

By **Roslyn Fordyce**

THE 2016 intake of apprentices have recently started at Plant Oxford. The 18 new recruits will be working in areas such as manufacturing, engineering, IT and Logistics.

Dr Simon Farrall, Head of Apprentice and Associate Training, BMW Group UK, said: "I'd like to extend a really warm welcome to all of our young apprentices and wish them the very best in their new roles."

A blend of work experience and academic qualifications makes up the training, which for some will work towards a degree.

Technical and engineering apprentices will spend their first year in the Apprentice Training School. They will work towards a combination of BTEX and NVQ based engineering qualifications as well as core technical skills such as hand tooling.

Jason Gaskell, Group Leader of Apprentice Training BMW Group UK said: "We have a really fantastic group of apprentices this year – they're enthusiastic and motivated young people who will play an important role in driving our business forward."



New apprentice Ellen Blain added: "I think it's a really good opportunity to get a great qualification. I'm only 17 and I've already started my career. Apprenticeships give young people a chance to start their career without university or A-levels. And you get paid while doing it. I'm really excited to see what the future will hold."

ADVERTISEMENT



Clean Green buffs up Barton



Pictured left to right are Katy, David, Eric, Flo and Beth.

FOR TWO weeks in November the City Council concentrated its resources on Barton as it became the focus of the Clean Green Oxford Campaign.

Barton benefited from a targeted effort from the Council and volunteers to clean up, tackle environmental issues through education and enforcement. The campaign also included talking to residents and tenants to find out what they think the main recycling and waste issues on the estate were.

Cllr John Tanner, Board Member for a Clean and Green Oxford, said: "The City Council is determined to make Oxford a clean and green place for everyone. By concentrating efforts in one area for a fortnight we can make a tangible difference to the quality of life of those who live there.

"The City Council wants to work with local residents to make Barton spick and span and an even better place to live. We want people not to drop litter, not to allow their dogs to foul the area and to become the best recyclers in Oxford."

The campaign was launched at Underhill Circus shops with representatives of the different departments involved.

Street Scene undertook an extensive deep clean of the streets and paths around Barton, as well as having several front gardens cleared.

The Green Spaces team and volunteers from across the city also led a clear up of Bayswater Brook, with a full skip and trailer being filled with items found in the brook, including motorbikes, children's scooters and a mattress.

Eric, vicar of St Mary's church alongside members of the church and interns from St Aldates Church also joined in the campaign by doing litter picks around Barton.

As part of the legacy for the campaign, new bins at Underhill Circus and Barton Neighbourhood Centre have been installed, as well as a replacement bench at BNC.

Do you know?

If you have no other way of disposing of your bulky waste, you can arrange a collection from us. Each household is entitled to two free collections per year of up to three items per visit.

■ **For more information visit www.oxford.gov.uk/recycling**

■ **You can report litter, graffiti, fly-tipping, overflowing bins and more at www.oxford.gov.uk/info/20060/street_cleaning**

Recycling at Christmas

CHRISTMAS is ever approaching. The trees are going up, the presents are being bought, and the food is on the way. It's a busy time of year and recycling can become low priority when there's already lots to do, so here we're reminding you of simple things you can do to help you waste less and save more.

Truckloads of gifts will be given and received across the city over the festive period. With this comes stacks of cardboard boxes and packaging, as well as lots and lots of wrapping paper. Remembering where to put it all is crucial, because around 30% more waste is generated at this time, most of which can be recycled. We are happy to take it all (and more) in your blue bin, box or sack. Any extra recycling can go out next to your bin, box or sacks in a cardboard box or clear bag. Alongside this, this year there will be no bank holiday changes, so there's no need to worry about bin day changes – simply put your bins out like normal.

For those food leftovers, remember to put them in your caddy for recycling. Turkey bones, tea bags, veg peels, they can all be put in. Simply use a compostable liner, newspaper or put the food in loose, it's down to you. If you're a fan of leftovers, then why not freeze your turkey and other food to turn into casseroles, curries or pies? It saves you wasting food, and is super tasty! Approximately 10 million turkeys are eaten at Christmas, so make the most of yours.

And why not try making some homemade gifts to make Christmas that extra bit special and help you save yourself money along the way? Homemade jams are inexpensive and easy to make (and delicious too). You can reuse old glass jars and wrap festive ribbon around them, and voila, you've got yourself a wonderful gift. Candles are another perfect but easy gift to give – and people love them. Simply melt and pour old candles into a teacup or glass dish to make new ones.

On top of this, our small electrical and battery collections come in perfectly at this time of year. You may find the lights for your tree have broken, or the batteries to power them are all out of juice. Place your small electricals or batteries out on top of your bin lid on collection day (either blue or green) and they will go into the sides of the bin lorries for recycling.

And finally, although we're not wishing it away, don't forget to recycle your real Christmas trees after the festive season ends. Remove any decorations and put your naked trees out on your blue bin day between 27 December and 21 January, or at designated collection points across the city.





Headington Market every Saturday

HEADINGTON Market takes place every Saturday from 10am to 2pm, along the London Road in Headington near Sainsbury's and down New High Street, near the shark. It has recently been relaunched and now has a wide range of stalls supplying food and handicrafts.

You will find stalls selling fresh vegetables, fruit, locally-produced meat and sausages, bread, cakes, pies, cheese, eggs and many other things.

There are often one or two handicraft stalls, and most of the regular traders also sell cotton reusable Headington Market bags with the shark logo for just £2.50 – ideal if you want to start on some early Christmas present shopping.

The first Saturday in each month we will usually have Mellie-Pops petting zoo, so bring the family along.

You will find the traders friendly and knowledgeable – Paul from Pipers Fresh Fish will be happy to help you tell your haddock from your hake; Sasha from Oxford Cheese Company will be happy to test whether you know your Cheddar from your Cheshire.

Headington Market is run by local charity Headington Action. The stall fees are used to fund community activities.

■ **Headington Market has a Facebook page with all the latest news – just search for Headington Market. There is also a weekly email list.**

■ **For further information or to join the Market email list please contact Headington Action at headington.action@gmail.com.**



WELCOME TO BARTON: After many years of campaigning to see Welcome to Barton signs erected we now have the signs in place at both ends of Bayswater Road. A local young person who has recently started an apprenticeship with Oxford City Council in their Signwriting Department was involved in the creation of the signs. Well done James!

BARTON COMMUNITY POLICE

Keeping Barton Safe

Restraining Orders

Two Restraining Orders have been obtained in connection with an incident on 2 November 2015 at the back of the Spar mini-market, thanks to action by your Community Police team.

A young adult and a youth were charged with racial public disorder with intent to cause the victim harassment, alarm and distress, and appeared at Oxford Magistrates' Court in July 2016. Both pleaded not guilty.

The plea was rejected, and both defendants received Restraining Orders preventing their being on Underhill Circus at any time, and also preventing them from having any contact whatsoever with the victim, and the family of the victim.

The adult offender still lives on the estate. Because of his behaviour, he cannot use any of the shops, or facilities such as the cash machine and the chippy, on Underhill Circus. His Restraining Order is open-ended.

Parking

There has been an increase of reports from frustrated residents of Barton in regard to inconsiderate parking. Examples of this are cars being parked so as to block driveways; parking badly resulting in other road users having to manoeuvre their cars around the vehicle; parking on pavements, meaning that mothers and children are unable to pass safely, especially if the child is in a push chair.

Please also spare a thought for people whose only lifeline to the outside world is their mobility scooter, and who are prevented from passing because of inconsiderate parking.

The Barton Neighbourhood Police Team is working with the Council and the Community Response Team. Because of the volume of complaints we will now have to begin issuing tickets. If nothing improves, we have the power to remove any vehicle which is illegally parked – either in a dangerous position, or causing an obstruction.

We would rather not start imposing financial penalties on the residents of Barton, or impounding their vehicles. It would be much better for people to be aware of where and how they leave their cars, and to take into consideration their neighbours, and how parking may affect them.

It only takes a little thought to get it right.

Luna and Aurora at the Barton Bash

We were really pleased to get police horses Luna and Aurora to attend the Bash again this year. It's rare that they turn up to events like ours, so it was quite special that they were here for a second year.



PCSO Libbie Stiff has left us

Barton residents will be sorry to learn that Police Community Support Officer Libbie Stiff has left Barton. She's been a respected and well-liked member of the Barton police team for almost three-and-a-half years.

Here is her message to the community: "I'm sure most of you already know, but I've left the Barton, Risinghurst and Sandhills Neighbourhood Police Team. I was sad to leave as I have had some really good times in Barton and made some great contacts within the community.

"However, the time to move on has come. I'm sorry that I didn't get to see you all before I left – it all came about a bit quick. I hope that you all stay safe and continue to be a great community."

HEADINGTON MARKET
Contributing to community causes

Every Saturday at London Road & New High Street
10 am to 2 pm

- Fresh local produce
- Reduce your carbon footprint
- Meet your neighbours
- Help local trade and your community
(stall fees support Headington causes)

For all enquiries contact
Charlie on 07949 769880
or
headington.action@gmail.com



Organised by
HEADINGTON ACTION
WORKING TOGETHER FOR HEADINGTON

Healthy Barton

BARTON is one of 10 NHS healthy new town projects in England, and our aim is to work with the community as a whole to improve health and wellbeing in the area, by creating activities and chances for residents to make healthier choices.

The aims of the plan include tackling obesity, food poverty, isolation, mental health issues and trying to make people in Barton feel healthier and happier.

We also want to help make sure that existing areas and the new Barton Park development share good quality green and urban spaces and that the buildings help to make the area a healthier place to live.

To do this we held a stocktake event in September where residents, local groups and councillors had a chance to find out more about the project and ask questions about what the plans are. We are always happy to talk to residents about your ideas, so if you have any questions or ideas, please come to the Neighbourhood Centre or email mhorne@oxford.gov.uk

Between now and March you will have the chance to try out new things through different schemes run by local groups, and have a chance to get involved in other ways like volunteering, taking part in health tests and sharing your ideas. We want as many people as possible to get involved, doing the things you want to do. The groups that are involved so far are:

- Eatwells Café will be doing intergenerational cookery classes, helping people learn how to cook cheap, simple, healthy meals
- Getting Heard are introducing volunteer appointment buddies to help the over 65s make sure they don't miss important GP appointments
- Good Food Oxford will be improving the offer from the food bank, providing help with recipes from food bank food, helping people make the most of Healthy Start vouchers and creating food and foraging walks
- Barton Community Association will be extending their range of health and wellbeing sessions until March
- Human Story Theatre are delivering reminiscing workshops for older people who can sit and share their memories
- Fusion Arts will be delivering classes to children from reception to year 5 at Bayards School about how to eat well and make better eating choices
- Barton United FC will be starting walking football sessions for the over 50s
- The Oxford 50+ Network will have an over 50s support day in the Neighbourhood Centre on 22 February.

■ **We are also getting more people involved in delivering sessions, so to find out more keep looking out for posters and checking articles here and at www.oxford.gov.uk/bartonhealthynewtown or email mhorne@oxford.gov.uk**

Barton Lunch Club

BARTON Lunch Club runs every Wednesday lunchtime at Eatwells Café in the Neighbourhood Centre. Volunteers Christine Gerkin, Veronica Page and Dot Pontin make sure that everyone is served a delicious spread consisting of a main course, a dessert and coffee or tea, for the amazing price of £4. These lovely ladies are there every week to welcome diners, along with Eatwells' chef Mandy Ayres, who (obviously!) does the cooking.

What happens at Lunch Club? Well, the club runs from 11am, so everyone is welcome to wander in and have a chat from then, or even earlier. Lunch is served at 12pm. After that there's a raffle, and then a game or two of bingo.

Lunch Club has never received a grant or bursary. It's wholly self-contained. Money raised from the raffle goes into a fund which pays for a free Christmas Dinner with a glass of wine, when everyone comes together to celebrate the season.



The money is also used to buy a gift if someone has a birthday, and if there is enough left over, the occasional free lunch can be enjoyed by all during the rest of the year. The raffle helps to fund transport costs for anyone who can't get to the Neighbourhood Centre on their own.

Bingo tickets are 10p each, and there are prizes to be won – perhaps some chocolates, or a small cash top prize. But it isn't really about the prizes. Lunch Club is a place for people to get together and have a chat over a good meal.

Regulars Doris Williams, Jane Ergot and Joyce Smith all look forward to Wednesdays for the company, but they also enjoy the raffle and the bingo. They try to come every week, missing it only when they are unwell. They love the food and the company, and think it's great value.

Anyone over 60 or who is disabled can attend, and as it happens, the club would welcome more men to the regular group. At the moment it's the ladies who are enjoying all the benefit, so come along gents, get down to the Centre soon! There's no need to register; just turn up at the door for a warm reception.

If this sounds like something for you, then why not pop along and give it a try. If you live in Barton, Risinghurst, Sandhills or Wood Farm, this could be something that becomes a habit. If you have trouble with travel, then as long as you can get here for your first visit, Christine will arrange transport for the future.

ADVERTISEMENT



Stop Loan Sharks

Community Stop Loan Sharks Advocates

The Illegal Money Lending Team prosecutes illegal lenders and provides support for their customers. Come along and learn!

The session aims to:-

- Describe the trigger signs of loan shark activity
- Understand what Loan Sharking is
- Identify the needs of victims and why they use Loan Sharks
- Develop an action plan for the community



VENUE: BARTON NEIGHBOURHOOD CENTRE

ON: FRIDAY 27TH JANUARY

AT: 11.00 AM – 2.00 PM (LUNCH PROVIDED)

Come along if you're a Neighbourhood Watch member, Credit Union volunteer, a member of a tenant or resident group, a parent, grandparent or any someone interested in helping us share our message.

An advocate will be someone who supports our work in their community and who understands how to access help & support for potential victims.

Help you help us protect your community from loan sharks!
For more information contact gillian.warson@ocva.org.uk

NATIONAL TRADING STANDARDS
Illegal Money Lending Team England

BIS Department for Business Innovation & Skills

Barton Bites Back this Christmas

CHRISTMAS can be a vulnerable time for many Barton residents thanks to loan sharks in operation across the estate. But this Christmas the Hands on News team celebrates 2016's 'season of sentencing' with case studies UK wide courtesy of the Illegal Money Lending Team's (ILTM) newsletter to make even the most scrooge-like of loan sharks consider who it is that is vulnerable this Christmas.

Stockport

Predatory loan shark Thomas Johnson, 41, who operated an illegal money lending business in the Brinnington area of Stockport was sentenced to 33 months in prison following a hearing at Minshull Street Crown Court in Manchester.

Mr Johnson often offered out short term loans (typically over seven days) and charged double the amount for every £1 he loaned out to his victims. If a payment was missed, he would then double the victim's loan balance.

One victim described how Johnson jokingly told him that he could borrow as much money as he liked but if he didn't pay, Johnson would break his legs. Johnson said that no-one got away without paying and that he even tracked someone down in Spain to repay a debt.

SENTENCE: Loan shark sentenced to 33 months in prison.

Sawbridgeworth

A man from Sawbridgeworth was sentenced to 18 months in prison following a hearing at St Albans Crown Court. Carmine Ricciardi, 58 was investigated by the England Illegal Money Lending Team (IMLT), working in partnership with Hertfordshire Trading Standards and Hertfordshire Constabulary. He pleaded guilty to Illegal Money Lending and a proceeds of crime offence at an earlier hearing.

Ben Mills, prosecuting, told the court how Ricciardi ran a sophisticated illegal money lending business from November 2008 until his arrest in March 2015. Records found during the search of Ricciardi's house showed that between June 2009 and November 2012 he had issued 282 loans to 49 individuals.

The loans ranged between £30 and £5,000 and the money was "rented" to people in that they paid an amount each week to have the money but the capital balance was not reduced until it could be paid off in full.

The value of the loans issued in this period was £104,410 with repayments of £239,430. Records were not found for the rest of the lending period, but if the activity had continued at the same pace, Ricciardi would have received repayments of around £500,000.

One victim described how he was introduced to Ricciardi by a drug dealer to borrow money to pay off a drug debt. He paid back £10,000 for loans of around £2,500 in payments of £20–£200 a week and two lump sums of £2,500 and £1,500. The £2,500 was paid as a lump sum by the victim's relative as full and final settlement of the debt but Ricciardi kept coming back for more.

The victim paid a further £1,500 to release himself from Ricciardi's control. But Ricciardi continued to demand money. As the debt spiralled the victim sold personal belongings and started missing rent payments to pay Ricciardi.

SENTENCE: Loan shark Ricciardi received an eighteen month prison sentence.

Oldham

Two men from Oldham were sentenced to 14 months following a hearing before at Minshull Street Crown Court. Zayarit Mahmood, 42 and Javid Iqbal, 37 were investigated by the England Illegal Money Lending Team (IMLT), working in partnership with Oldham Council and Greater Manchester Police. They had pleaded guilty to Illegal Money Lending at an earlier hearing.

Simon Mortimer said on behalf of the prosecution the defendants would stalk Casinos and ensure they were in a position to either offer immediate cash loans to gamblers in the region of £1000, or seize repayments if a borrower was seen to make a winning.

The loans were effectively rented out at the rate of £300/any part of a month, for every £1000 borrowed, until the capital loan was repaid.

For example, if £1000 were borrowed in the casino and, on the same night, winnings were obtained in excess of that amount, £1300 would be repaid to the defendants that same evening. The offending ran from at least 2003 until it was stopped in 2013.

SENTENCE: Both Oldham loan sharks received fourteen month prison sentences.

Redditch

Donna Whyte, 43, of Redditch was sentenced to eight months in prison following a hearing at Worcester Crown Court on 10 May 2016. Whyte had around 50 regular victims, often with multiple loans each, ranging from £100–£400. She had lent out £33,000 from January 2012 until her arrest in March 2015.

Upon sentencing, Mr Recorder Desmond said "You continued to run the business even when in prison for other offences.

You used your influence to involve others in the business, collecting payments. On release from prison you demanded at least one customer make up payments missed whilst you were in prison by way of a penalty."

SENTENCE: Redditch loan shark sentenced to eight months in prison.



every step counts

walking for health

The first steps to becoming active can be difficult if you haven't been active for a while. Every step counts is a free 12 week programme of short walks and is the perfect solution. Find out today about your local Every step counts programme by contacting:

Contact name: Emma Collins

Telephone number: 07483 007114

Email: ecollins@oxford.gov.uk

WE ARE MACMILLAN. CANCER SUPPORT

ramblers

Supporting you to get active and stay active

The Ramblers Association is a registered charity in England & Wales (1093577) and Scotland (SC039799).

Macmillan Cancer Support is a registered charity in England & Wales (261017), Scotland (SC039907) and the Isle of Man (604).

www.walkingforhealth.org.uk

Every Step Counts

EVERY Step Counts is a free 12 week walking programme supported by Walking for Health which is aimed to support those individuals who are least active in the community. The programme takes participants through a series of 12 weekly walks which are designed to become gradually and incrementally longer each week based on the needs of the group.

These often start with walks in the region of 10–15 minutes and progress from there. In addition to a weekly walk participants are given a pedometer and a log book to encourage them to engage with the journey to physical activity. They are also encouraged to meet before/after their weekly walk for a cup of tea and to discuss with their peers how they have found the week, what additional exercise they have done and share stories and successes.

We are initially looking for volunteers who would be willing to undergo free Every Step Counts training to then lead this 12 week scheme. After we have suitable volunteers, we will be looking to work with community groups and individuals to join the scheme and make the programme a success.

YOUTH AMBITION:

Youth Club & Sports Session

OPEN access youth club sessions, run by Oxford City Council, are free for any young person between 10–21 to attend (or up to 25 if they have physical or learning difficulties).

We do activities such as cooking, football, basketball, dodgeball, quizzes, table tennis, pool, board games, console games and discussions.

The aim is to build meaningful relationships with young people, and help them to lead successful lives.

■ **Barton Youth Club**
Barton Neighbourhood Centre
Thursdays, 6.30–8.30pm

Community Café's cooking sessions will save leftover food from going to waste



BARTON residents will be asked to save good food from going to waste by taking part in free cooking sessions at Eatwells Café in the Barton Neighbourhood Centre.

The sessions will take place on Wednesdays from 9am to 12pm on 16 and 30 November 2016, 11 and 25 January 2017, and 8 and 22 February 2017.

Volunteers will take a Ready, Steady Cook! approach, helping each other to come up with possible meals from surplus ingredients delivered by the Oxford Food Bank, before sitting down to eat their creations.

The Oxford Food Bank delivers leftover food from supermarkets to Barton Neighbourhood Centre three times a week, sometimes far more than the centre can deal with.

Eatwells Café Manager, Mandy Ayres says, "This is really good quality food and it's such a shame for it to go in the bin. We are asking people to come forward to help cook this food into tasty meals. People don't need to have cooking experience, we can help with that. We just need people who can come along and help out."

The initiative is inspired by the Oxford Food Surplus Café, which has run pop-up cafés around Oxford to save perfectly edible food and feed it to people for a good hearty lunch. The Oxford Food Surplus Café has run a previous event in Barton, and some of their helpers will be at the cooking sessions to share their skills.

Miranda Shaw from the Oxford Food Surplus Café says, "For some people, it can be daunting to be faced with a load of different ingredients. But it's amazing how easy it is, and what great meals we can make together. It's an important skill to share. I think that if we can all learn to cook together and share recipes then we can save money and everyone can have great affordable food."

The aim of the sessions will be to cook meals for the regular Wednesday community lunch club that happens at Eatwells Café in the Barton Neighbourhood Centre. Café Manager Mandy said: "The lunch club happens every Wednesday, and everyone is welcome. It starts at 11.30am, with lunch at 12pm and bingo after. Usually people pay £4 for a proper cooked lunch. For these special sessions, we will be asking for donations of £2 because we won't have to spend any money on ingredients!"

- Anyone who would like to volunteer is welcome, including people with children under five, who can teach their children simple cooking skills at the sessions.
- People are asked to bring tubs to take away meals for the week, so that any extra food doesn't go to waste.
- Anyone from Barton who comes to five or six sessions will receive free kitchen equipment up to the value of £20 as a thank you for helping out.

The cooking sessions have been funded by Oxford City Council as part of the Barton Healthy New Town initiative. This is one of ten pilot projects of NHS England's Healthy New Towns programme. The aim is to create innovative and sustainable ways for existing Barton and the new development at Barton Park to achieve improved health and wellbeing.

If the cooking sessions are a success, there may be a chance to continue them as a regular fixture of the lunch club.

■ **For details and to book a place, call Sue on 01865 761987 or email info@bartoncommunityassociation.com**

About Eatwells Café

Eatwells is a community café located in the Barton Neighbourhood Centre, serving delicious homemade soups, stews, baguettes, all day breakfast, a daily dish of the day as well as tea and coffee. The café is open six days a week: Monday to Thursday 9.30am to 1.30pm, Fridays 10am to 1pm and Saturdays 9.30am to 12 noon.

■ **bartoncommunityassociation.com/neighbourhood-centre/eatwells-cafe**

The Oxford Food Surplus Café

The Oxford Food Surplus Café aims to help redress the imbalance in our food system by reclaiming surplus food and transforming it into delicious healthy meals accessible to all. Using the pay as you feel system, customers are able to contribute either what they can afford or what they think the food, space and idea is worth. The Food Surplus Café aims to create an inclusive space to encourage community engagement and reconnect people with the food they eat.

■ **oxsurpluscafe.wordpress.com**

The Barton Healthy New Town Project

The Barton Healthy New Town initiative is one of ten pilot projects of NHS England's Healthy New Towns programme. The aim is to create innovative and sustainable ways for existing Barton and the new development at Barton Park to achieve improved health and wellbeing.

Through the Barton Healthy New Town grants programme a total of £30,000 was awarded to community projects aimed at improving people's health. As part of the programme, Eatwells Café received £4,975 for this project.

■ **For more information about the Barton Healthy New Town project, please contact Mark Horne, Project Officer at mhorne@oxford.gov.uk**

Cherry Tree Nursery



OUR children have spent the beginning of term learning about autumn and how the season has changed the environment around them.

From recent listening walks they have brought seasonal resources into nursery which they have explored more closely.

We have increased their knowledge by adding season vegetables such as pumpkins which has led them to discuss family events and the excitement of attended local firework displays. Through our small singing times the children have learnt a song to enhance their knowledge of the changes in the trees around them through the various seasons.

■ **Cherry Tree Nursery starts back on Tuesday 3 January and we have a few places in the afternoon. To enquire about these places or anything else to do with Cherry Tree Nursery, please either call Jenny on 01865 769794 or email jennycherrytree@hotmail.co.uk.**



MESSAGES FROM YOUR GP SURGERY

Focus on prevention

Flu is infectious and can cause complications if you have an existing medical condition or are in an at risk group. A flu vaccination is recommended if you are

- pregnant
- 65 or older
- have asthma or COPD, heart disease, renal disease, immunosuppression due to disease or treatment, diabetes, liver disease or neurological disease (e.g. Stroke and TIA)
- a healthcare worker or carer
- live in a residential or nursing home
- a child aged 2, 3, 4 or 5

Please call without delay to book in to the flu clinics

Screening

What is screening and why is it important? Screening means looking for early signs of a particular disease in healthy people without any symptoms. Early treatment improves outcomes, especially when screening for cancer.

So when you are invited for screening, please make the appointments recommended.

Cervical screening

Cervical cancer is one of the few types of cancer which can be detected and stopped before it begins. The UK is a world leader in cervical screening and since introduction in 1988, the number of women who develop cervical cancer fell by a spectacular 42%. The test detects early abnormalities of the cervix which, if untreated, could lead to cancer in future.

About six women in 100 will have an abnormal result that requires further testing or treatment. Most of these will not lead to cancer.

Bowel screening

All patients aged 60 to 74 are offered screening every two years. If bowel cancer is diagnosed early, there is a good chance of a cure. The screening involves taking a tiny sample of stool, and sending it off to look for blood in the stool, which is invisible to the naked eye.

The testing kit is a simple way to collect small samples at home; it is easy and quick to do, with clear instructions with the kit. You simply send off the card in a hygienically sealed, prepaid envelope. You will be sent the results within two weeks.

Breast screening

All women in the UK aged between 50 and 70 are routinely invited every three years. Breast cancer is common – around one in eight women will develop breast cancer at some point, most commonly over the age of 50 years.

You will have an X-ray picture of each of your breasts (a mammogram).

Don't forget – early diagnosis doesn't mean longer to worry; it does mean better chances of successful cure.

■ **Your surgery will be happy to answer any questions you have about any of the screening programmes.**

Actions speak louder than words!

By **James Bloice Smith**, Trustee of the Barton Community Association

DOES the council want one or two Barton Estates? We all know the official position, which is, that the objective is one enlarged community. I have been in those meetings where people have said, "We don't want to repeat the mistake of creating another Blackbird Leys/Greater Leys divide." You may have heard the same, but let's take a look at the evidence.

There is at least one cost-cutting, space-saving benefit of claiming that the new development will form one community with the existing Barton. If it is one new community there is no need for a new neighbourhood centre, doctors' surgery, etc. The existing Barton Neighbourhood Centre (BNC) can cover all those needs. In fact, it can be argued, all the need for community space in the new estate can be met by the BNC with the addition of the new school hall, which will be branded as a 'Community Hub'.

Unfortunately, there is little other evidence that the desired outcome is one beautiful Barton. To start with, the name 'Barton Park'. Both the council and the developer, Grosvenor, insist on constantly using this name for the new development. Grosvenor, perhaps, have a fair point. They want to sell the project, so they wanted to have a bright, new, thrusting image. They claim that in the longer term they don't mind what it is called. Grosvenor have claimed that the name 'Barton Park'is simply a short-term marketing device.

Unfortunately, it's not just Grosvenor, but the council who are pushing the name 'Barton Park'. Why would I say that?

Well, apart from the constant use of that name, there was the fight over what the name should be for the new main road which is being built. We gave all the arguments for why calling that main road 'Barton Park Road' would do nothing to help integration, but it changed nothing. It has only been changed by an impassioned speech by Councillor Mike Rowley in the Labour Group – they forced the council officers to change their decision. It will now be called 'Barton Fields Road'.

BARTON PARK

However, this may already be too little too late because everyone seems to be using the name 'Barton Park'. But that need not be the end of the story if the communities can be properly linked. Now here's another problem. I have the distinct impression that there is no will or plan to ensure public transport links between the two parts of the estate. The only plans I have seen have two, separate, bus routes serving the new, bigger Barton: one comes in from Northway to serve 'Barton Park' and the other, as now, coming through Headington to serve existing Barton. That will not help people get from the new development to Underhill Circus! If there are no buses, then it will be cars – good luck if you live on Fettiplace Road!

Our elected councillors have many constraints with what they can and cannot do. Councillor Mike Rowley tells us that he is working to find ways to give some advantage for existing Barton residents to find accommodation in some of the new social housing to be built in 'Barton Park'. Let's hope he and others can succeed because it will help some of our overcrowding and help stitch the new and the old parts of Barton together through relationships.

Certainly the BNC can accommodate the needs for the new enlarged Barton, and the Barton Community Association is up for that new responsibility, but is that what Grosvenor and the council officers want for us? Actions speak louder than words.



Words of Warmth and Wisdom

There is no justice – just us.

Everything has beauty but not everyone can see it.

Be the change that you want to see in the world.

It is never too late to be what you might have been.

Nothing is impossible – the word itself says I'm possible.

Go confidently in the direction of your dreams and live the life you imagined.

If you want to lift yourself up lift up someone else.

It's not the years in your life that count, it's the life in your years.

The only person you are destined to be is the person you decided to be.

Life is not measured by the number of breaths we take but by the moments that take our breath away.

Let's face it, English is a crazy language!

THERE is no Egg in Eggplant or Ham in Hamburger neither Apple nor Pine in Pineapple.

English Muffins were not invented in England or French Fries in France. Sweetmeats are candies, whilst sweetbreads, which aren't sweet, are meat.

We take English for granted, but if we explore it we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig. And why is it that writers write, but fingers don't fing, grocers don`t groce and hammers don't ham? If the plural of tooth is teeth why isn't the plural of booth beeth? One goose, two geese so one moose two meese? Is cheese the plural of choose?

If teachers taught why don't preachers praught? If a vegetarian eats vegetables what does a humanitarian eat? In what other language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? This one you will like – we have noses that run and feet that smell! We park on driveways and drive on parkways.

How can a slim chance and a fat chance be the same while a wise man and a wise guy be opposites? How can the weather be hot as hell one day and cold as hell on another day? When the stars are out they are visible, but when the lights are out they are invisible. And why, when I wind up my watch I start it, but when I wind up this essay I end it?

Now I know why so many of us flunk our English. It`s not our fault, the silly language doesn't know whether its coming or going!

30 Christmases

THE Old Fire Station presents Oxford's only Christmas show for grown-ups, stuffed with music, laughter and love.

Jonny and Rachel haven't had a good Christmas in years, but this time they're going to get it right. Join them for a joyful, heartfelt comedy about trying to make Christmas happen – despite everything.

A hilarious and heart-warming story of family, politics, sibling rivalry and rebellion. Made by a team of home-grown stars, especially for our city.

■ **The show runs 13–23 December.**

■ **Ticket prices start at £10 from www.oldfirestation.org.uk or 01865 263990.**

Quote BARTON to get £1 off each ticket!

Appointment Buddies wanted

COULD you spare 1–2 hours per week to help an older person go to the doctors?

Getting older with a health condition isn't always easy, particularly when you live on your own and need to attend appointments at your local NHS Health Centre. We've recently been awarded £5,000 by the Barton Health New Town grant programme to pilot an Appointment Buddy service for over 65s in Barton without friends or family available to support.

We are actively seeking new volunteers to become Appointment Buddies. All volunteers will receive three days of free training and the knowledge they are making a real difference to their local community.

■ **If you would like to apply please drop by our office in the Barton Neighbourhood Centre, call 01865 230 201, email office@gettingheard.org or go to www.gettingheard.org/volunteer.**



St Mary's Church

Advent and Christmas Services at St Mary's Church. Everybody Welcome.

Sunday 27 November, 4pm
Christmas starts early with our Advent Carol Service

Sunday 18 December, 4pm
Christmas Carol Service

Saturday 24 December, 4pm
Christingle Service

Saturday 24 December, 11pm
Christmas Eve Midnight Communion

Sunday 25 December, 10am
Christmas Day All Age Holy Communion

Come and celebrate Jesus' birthday with us
headingtonstmary@gmail.com

The first Thursday Cafe

An opportunity for all those with a diagnosis of Dementia and their Carers to meet together once a month over tea, coffee and cake in a relaxed setting.

Townsend House, Barton OX3 9NX

Every first Thursday of the month 2 pm–3.30 pm

For more information please contact Mandy 07493 230606 or Fiona 07469 150669 fionatracey@ageukoxfordshire.org.uk

Registered Charity Number: 1091529

Townsend House Exercise Class

Chair based exercises

Townsend House, Barton OX3 9NX

Every two weeks, cost £1.50 per session

First and third Wednesday monthly, 11 am–12 pm

For more information please contact Mandy 07493 230606 or Fiona 07469 150669 fionatracey@ageukoxfordshire.org.uk

Registered Charity Number: 1091529

BARTON PARK OXFORD

Progress
Bulk earthworks to the site have been completed as far as practicable this season. Leaving the site plots shaped to future developer levels. Surfacing of the strategic site haul roads have been completed ensuring that the developers (Hill) have a weather proof access to allow their build programme over winter. The last of the high voltage diversions were also completed this month which allow the completion of strategic drainage. This also allows the foul to be fully diverted into the new alignment. As winter is now upon as works will concentrate on spine road operations and preparation for the Phase B works in the new year.

BLACKWELL

Project Update: Nov 2016





BARTON PARK OXFORD

Upcoming Activities
- Tie in of Foul Diversion
- S38 extension of Services
- Completion of Storm drain installation
- Enabling works and drainage within in the old playing field
- Removal of A40 TM
- Downsize operations over winter
- Prepare and Plan for Phase B works

A40 Traffic Management Works
TM will be removed on the 14th November when the LV circuit for the street works will become live. Minor works will still be necessary but not anticipated until the new year.

USEFUL INFO

SCHOOL DATES FOR 2016 – 2017
Autumn Term: 1 September – 21 October
(1 September is an INSET day)
October Holiday: 24 – 28 October
Autumn term: 31 October – 16 December
Christmas Holiday: 19 December – 2 January
Spring Term: 3 January – 10 February
Spring Half Term: 13 February – 17 February
Spring Term: 20 February – 7 April
Easter Holiday: 10 – 21 April
Summer Term: 24 April – 26 May
Late Summer Half Term: 29 May – 2 June
Summer Term: 5 June – 21 July

OCAL 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 Prctice
6A The Parade, Windmill Rd, 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

OTHER USEFUL NUMBERS

Age Uk	01235 849400
Childline	0800 1111
John Radcliffe Hospital	0300 304 7777
Gas Emergencies	0800 111999
Thames Valley Police Non Emergency	101
Oxford City Council	01865 249811
Oxford City Council Out Of Hours	01865 252900
Rt.Hon. Andrew Smith	02072 195102
Nhs Direct	111
Samaritans	08457 909090
Recycling And Waste	01865 249811

More useful numbers on page 2

CONTACT DETAILS FOR 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

USEFUL INFORMATION

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
Residents Parking Permits	08456 344 466

Planning Application Updates: You can now find live updates to plans in the local area using the website http://ox.planningtracker.co.uk

Barton United FC
2016–17 Season

By **Jan Rose**,
Secretary, Barton United FC



WE STARTED the season on Sunday 4 September with the Men's and Ladies' teams, and the Boys' and Girls' teams started on the 10 and 11 September.

The girls' and boys' teams are now based at Bayards Hill School with the ladies team playing at Botley and the men's team playing at Sandy Lane. All our functions are currently taking place at Barton Community Centre. Our thanks to the BCA for their help and support.

As people may be aware our home ground on Barton Park is under development, and moving has been a big upheaval for us for lots of reasons. We hope to be back playing on a new ground and moving into our brand new Clubhouse by 2017–18 season.

A very big thank you goes to Blackwells for providing us with a storage container for all our equipment and also, along with Grosvenor, Comic Relief fund, Westgate Alliance and the Oxfordshire FA, help to purchase portable goals which we will need at Bayards Hill this year and then when the new pitches are ready and we move back home they will move with us. We would also like to thank Councillors Mike Rowley and Van Coulter for their help over the past 18 months. Their help has been very much appreciated.

Since September we have had a very good start to the season, and we are settling in at Bayards Hill School but it feels very strange after our time at the pavilion.

We held our annual Fun Day back in August which raised £600, and this will go towards new mini goals and referee's fees. The ladies held a race night to help towards their training fees. In December we will have a Christmas Raffle and a Club Christmas Party at the Community Centre. Thanks to all our volunteers who make all of this possible.

Sponsors this season

Under 9's need a sponsor (can anyone help?), Under 10's Gift Republic, Under 11s Hartwell's and Phil Patrick, Under 12's Headington Bathrooms and Bullingdon Bar, Under 14 Girls' Carpet Trader, Under 10 Girls' Barton Chippy, Under 15 Girls' Barton Community Association.
Special thanks to all our sponsors.



Zumba, Zumba Gold and Zumba for Kids

WHY not come along and join in one of our weekly Zumba Classes at Barton Neighbourhood Centre? Mondays sees our Zumba Gold session taking place between 11am–12 noon.

This class is designed for those of us who want to exercise in a fun way, but at a somewhat slower pace than the Thursday night sessions that take place between 6.30–7.30pm where the sky is the limit!

All these classes cost £5 for six sessions and you are not charged for any sessions you miss. So less than £1 per week – what`s not to like?

Zumba for Kids takes place each Monday, term time only, between 4pm–4.45pm for children aged between 7–12 years old. These sessions are FREE and FUN!

The sessions will not be running over the Christmas period but all classes will start again during week commencing Monday 9 January 2017.

All these sessions are supported by NHS England through their Health and Wellbeing project within the Healthy New Towns programme. Come along and give it a go – there will be a session with your name on it.

Just a reminder that Body Toning classes take place on Saturday mornings between 9.30–10.30am. What a great way to start your weekend. Again, these classes cost less than One Pound per week £5 for six sessions – cheapest in Oxford.

After the excesses of Christmas and the New Year these classes will put you right back on track. Start thinking about those bikini (or Speedo) moments later on in the year!

■ **For more information**
please contact Sue on 07866 460446
or sue@bartoncommunityassociation.com

What is Zumba Gold?

ZUMBA GOLD is designed for those of us who can't do the high impact moves or jump around. Maybe you have problems with your knees, hips or feet, or maybe regular Zumba is just too fast for you.

Gold is a lighter version of your regular Zumba class. We still use the same fabulous rhythms that you find in a regular class but Zumba Gold is:

- Easier to follow
- Easy on the joints
- No jumping or high impact moves
- Still burns calories and gets you in shape
- Above all it's still fun!

Zumba Gold is ideal for those of you who haven't exercised in a while, like their exercises at a slower pace or maybe just recovering from an injury or post pregnancy.

Although aimed at the older generation it is a fab workout for any age so it can be very much a mixed age range and we guarantee a lot of fun throughout the whole session. We also mix in some toning work so you get the best of both workouts.

Come along and join us if you find regular exercise or the gym too hard.