MARCH 2015

Hands on News

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

Kathy to retire from Roundabout

SENIOR Children's Centre Worker Kathy Shepherd is about to retire from the Barton Roundabout Centre, after many years' service. Lots of children have come under her care during her time there. She'll be sorely missed by all the parents and children who have benefited from her hard work over the many years she's been involved with them. "A lot of the children I've worked with are now grown up and have their own kids," she says.

The Roundabout Centre moved to Wayneflete Road 10 years ago, offering a variety of facilities for families. In her long career Kathy has supported Stay & Play sessions, Dads' Groups, family outreach, play schemes and crèches. As a result of her work, Kathy has met a lot of people on the estate.

"I make sure to keep my boundaries professional, which is important," she says. But she can hardly walk down the street without somebody she knows stopping her for a chat. She thinks it's because she has made them feel valued, and in return that makes her feel valued. "I may not be very good on the computer, but I have a knack for remembering names, and that's really important to people."

Even when parents are having a tough time, perhaps even losing children to the care system, they often turn to Kathy for support. This, she says, is very brave of them, and she is glad to have been there for them. She will leave a big hole when she's gone. What does retirement hold? Well Kathy plans to take some time off to spend with her 5-month old granddaughter. But she doesn't see herself taking it easy for long. "I think I'll either do some voluntary work, or perhaps a part-time paid job. But it'll definitely be in the same field."

So, happily, Oxford, and perhaps especially Barton, won't be losing completely Kathy and her years of caring experience.

This girl can ...can you?

Read about the This Girl Can campaign on page 3



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Sandhills Primary School	01865 433000
Wheatley Park Secondary School	01865 872441
HEALTH	
Barton Surgery	01865 744221
Bury Knowle Health Centre	01865 308400
Manor Surgery	01865 762535
Churchill Hospital	01865 741841
John Radcliffe Hospital	01865 741166
Nuffield Hospital	01865 741155
NHS Direct	111
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	07767496409
Cllr Glynis Phillips	07929659902
Cllr Mike Rowley	07827532445
SERVICES	
Barton Community Association	01865 761987
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
Oxfordshire Advocacy	01865 741200
Roundabout Family Centre	01865 764952
Police – Emergency	999
Police – non emergency	101

UPDATE FROM LEARN TO EARN

BY MARTIN OUSELY

HI EVERYONE,
You may or may not be aware of a change behind the scenes at Barton in relation to what was the Learn to Earn project. Funding for this project that included delivery of the JET programme came to an end on 31 December 2014.

However I'm pleased to say that provision has been able to continue due to a working partnership between Aspire, Oxford and Renaissance Coaching Ltd, the latter being my own social enterprise that I have been running for the last five years.

I will now be managing the service through Renaissance Coaching rather than via Barton Community Association but will obviously maintain a close working relationship with Sue Holden and the BCA.

The provision will continue much in the same way as before largely consisting of me providing in-depth and specialist support to individuals seeking a return to employment, I will also be running some employability workshops and other events over the coming months.

I will continue to be able to access emails from my previous email address of: martin@bartoncommunityassociation.com for a few weeks but please note that the best contact email for me is now: martin@renaissance-coaching.co.uk, for the time being my mobile number also remains the same: 07794 174 596 should that change I will update you.

Aspire have been able to fund this service at Barton only until the end of June during which time we are hoping to secure longer-term funding in order to sustain what has been a widely used service by Barton residents.

I will now be offering a drop-in service between 10am and 12.30pm on Tuesdays in the foyer of the Neighbourhood Centre, I will also be available for one to one appointments on Tuesday afternoons and on alternate Mondays and Thursdays each week.

Please contact me if you have anyone you would like to refer or if you have any queries about the change but I do expect provision to continue much as before.

EASTER WORD SEARCH PUZZLE

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April	Good Friday	Chocolate	March
Easter Sunday	Candles	Lily	Colored Eggs
Basket	Holiday	Christian	Resurrection
Egg Hunt	Celebration	Long Weekend	Crucifixion
Bunny	Hot Cross Buns	Church	Spring

BARTON ON FACEBOOK

What's going on in Barton?

For news, photos, and information go to...

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and search for Barton Community to find out.

Do you enjoy reading Hands on News?

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We are always looking for local residents to write articles, send in pictures and help produce future issues of the newspaper.

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Barton Community Association (BCA)

Please note our new website address:

www.bartoncommunityassociation.com

This edition has been sponsored by Cllr Glynis Phillips through the Councillor Community Fund, Oxfordshire County Council

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This girl can ...can you?



YOU MAY have seen the recent TV adverts from Sport England that celebrates the women who are doing their sporting thing no matter what, where, when or even how sweaty they get!

Well we are bringing that to the real women of Barton and call on you all to come and join the thousands of other women across the country that are getting active for themselves and having great fun along the way!

You can join in at Barton Leisure Centre with a number of new sessions starting soon including Mother & Toddler Street Dance and a new aerobics class for all abilities. Contact Tom Steward at tsteward@oxford.gov.uk or 01865 252720 for more details.

Girl power is also taking over the Leisure Centre every Tuesday evening with only women allowed; including staff! From 7pm onwards it is ladies only swimming and gym with classes coming soon too. Contact the Leisure Centre for more details on 01865 467290.

So don't give up on those New Year's resolutions just yet...grab the girls and get going!

■ **More information about the This Girl Can campaign can be found at www.thisgirlcan.co.uk**

Calling all Barton dads and their kids!

'DISCO DADZ' is a new project starting this Spring for dads and their kids (11 years and under), taking place at Barton Neighbourhood Centre.

The monthly disco and dance sessions include a professional DJ and dancer, disco lights, party games, prizes, face-painting, refreshments, social time and much much more! All this for just £1 per family.



Look out for more information (dates and times) coming soon to Barton Neighbourhood Centre. Then get on your dancing shoes, however big or small and come and join the party!

■ **For more information contact us at info@dancinoxford.co.uk**

Maggie You'll be Missed!

HANDS ON NEWS is sad to learn that Maggie Thorne is leaving St Mary's Church, Headington. Maggie has worked tirelessly for the community, particularly seeking to look after the spiritual needs of Barton.

This includes leading teams of local churchgoers into Bayard's Hill (and other) schools to provide lively re-tellings of Bible stories and parables as part of the RE curriculum.

Maggie has continuously provided services for the less mobile and elderly in Townsend House and introduced street prayers to the area, where residents could ask for prayer and be sure this would be fulfilled in the church.

For your kindness, care, compassion and service to Barton, you'll be sorely missed, Maggie.

St Mary's will have a new vicar in due course

Name that street!



THINKING about the new development we would like to invite all our readers to come forward with their own suggestions for names that need to be created for approximately 35 streets and roads within the development. This will include the main road running through and joining up with us at the end of Fettiplace Road.

So far we have received some fantastic ideas from residents including connections to the Beatles i.e. Cavern Close, Strawberry Fields, Penny Lane. Others have had connections to the allotments such as Lettuce Lane and Parsnip Place.

Someone else suggested names of cars manufactured at British Leyland to be recognised as so many residents have a link to the car factory over many years. One of the more popular ideas has been to use the names of deceased well known people with a strong link to Barton.

You are free to suggest either individual names for streets or a theme that could be used for a group of roads. Some of the suggestions put forward so far are names with a Roman flavour – how do you feel about Caligula or Caesar Close, Lucius Lane or Augustus Avenue or perhaps you prefer a flower theme such as Tulip End, Snowdrop Turn or even maybe Springtime Street.

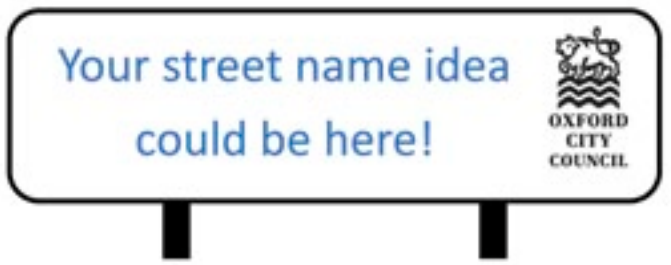
Get your thinking caps on, be as innovative as you want to be and get your ideas to us by 23 March and they will then be submitted to Oxford City Council's Street Naming Department so they can be checked out and cross referenced.

This is your opportunity to be involved in the decision making process surrounding of one of the many important aspects of the new development.

Who knows – you may be able to say to one of your future neighbours "I chose your street name!"



■ **To put forward your names or themes (how about capitals of the world as a theme?) please email susanholden@hotmail.com phone Sue Holden on 07866460446 or alternatively jot them down on a piece of paper with your contact details and hand in to either Sue or Sharon at the Neighbourhood Centre or Mandy in Eatwells Cafe.**



Your name: _____

Your suggestion:

Reason for suggestion? _____

Are you a Barton resident? Yes ☐ No ☐

Would you like to get text alerts about future Barton projects ?

If so, please tell us your mobile number _____

By completing this form you are consenting to Oxford City Council processing your data in accordance with the Data Protection Act 1998. We may use the details you provide to update you on community and neighbourhood news and events.

Putting the unity in the community and the heart in partnership

COMMUNITY Partnerships aim to involve local people in identifying local priorities and implementing local solutions. They encourage public service providers to work together, as well as with private enterprises, community groups and voluntary organisations to improve the quality of life of local residents.

Each Community Partnership has it's own Community Plan which details the community needs identified by local research and engagement, as well as how these will be addressed. The Community Plans are periodically reviewed to ensure they continue to reflect local issues and priorities.

Most importantly, Community Partnerships give everyone an opportunity to contribute towards setting priorities for service providers and influencing how these priorities are fulfilled. The Community Partnerships seek to actively engage with all local people, seeking their views on, and active participation in, the future of their area.

Community involvement can range from individuals getting involved in small projects that are close to their heart to input from a fully operational community association who are involved in a whole variety of topics. However much time you have to offer, and regardless of how broad or how specific the activities which interest you, you can make an important contribution to the Community Partnership and to your community as a whole.

■ **Want to know more? Contact Phil Jones 07712922091 pmjones@oxford.gov.uk**

Getting Fit in 2015!

INSPIRED Young People's Project is delivering tailored fitness sessions for young people aged 14-21 from Wood Farm and would love to have more young adults and young people participating. The sessions are high energy, fun and importantly inclusive of all fitness levels.

So if you are looking to sharpen up your fitness for sport or looking to improve your health, these sessions are for you. Come along and work with our coaches to develop the sessions to your goals.

Sessions take place every Thursday 6-7.30pm at Wood Farm Community Centre and are open for 14 to 21-year-olds.

■ **For more information ring 07743 874162 email: youthambition@oxford.gov.uk Facebook: Oxford Youth Ambition**

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# Children's Centre creates a story tree

**THE** Slade and Headington Children's Centre has created a story tree, with funding from the High Sheriff of Oxfordshire.

The centre received the Community Integration Award in 2013, and the cash was put towards a project which included the creation of a 'Story Tree'.

The tree was made during the Autumn term by the centre's Family Arts and Crafts group which meets every Thursday. The group is comprised mainly of Wood Farm Primary School children, and their families.

Together with local artist Steve Empson, the staff at the children's centre worked with the children and parents to make the tree which was initially used to hang objects made by the children during the group.

The children were enthusiastic participants in the project, as supported by adults they learnt to cut wood, drill holes, assemble the tree and paint it. At the end of the project a lighting ceremony was held and their ornaments displayed for all to appreciate.

The tree is on permanent display in the children's centre and is currently exhibiting photographs which shows the wonderful diversity of the young children and their parents who use the children's centre regularly.

The centre has further exciting ideas planned for the future use of the tree which will focus on, and illustrate different aspects of the 'life stories' of the families of Wood Farm.
















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HOLIDAY RECIPE

Chocolate Easter egg nest cakes

BRILLIANT to make with little children over the holidays, these easy chocolate crispy cakes are a perennial favourite.

Ingredients
- 225g/8 oz plain chocolate, broken into pieces
- 2 Tbsp golden syrup
- 50g/2 oz butter
- 75g/3 oz cornflakes
- 36 mini chocolate eggs

Preparation method

1. Line a 12-hole fairy cake tin with paper cases.

2. Melt the chocolate, golden syrup and butter in a bowl set over a pan of gently simmering water, (do not let the base of the bowl touch the water). Stir the mixture until smooth.

3. Remove the bowl from the heat and gently stir in the cornflakes until all of the cereal is coated in the chocolate.

4. Divide the mixture between the paper cases and press three chocolate eggs into the centre of each nest. Chill in the fridge for one hour, or until completely set.



Bill Dibber's SEASONAL RECIPES

LOCAL Barton resident, Bill Dibber has kindly agreed to take a few hours out of his busy allotment schedule to share some seasonal tips on healthy home cooking from ingredients that can be grown in the garden, the allotment or your window box!

This month, Bill has got together some his favourite spring dishes to get you ready to slip on those wellies and get digging for the new gardening year.

Roasted Purple Sprouting Broccoli

(Springing up shortly)

Ingredients for 4–6 people
- 3 or 4 tablespoons of olive oil
- Bag of purple sprouting broccoli
- Sprinkle of sea salt
- Balsamic vinegar to serve

Recipe

1. Preheat the oven to 220 degrees C, 425 Fahrenheit or Gas mark 7. Pour the olive oil into a large sized roasting tin and put it in the oven to warm up.

2. Wash the broccoli and remove the stalks, chop the rest into 10cm (4 inch) long pieces and add to the hot oil. Season with salt and roast in the oven for 10 minutes or until done.

3. Serve in a bowl with lightly dressed pasta or have it on its own as a side. If you like balsamic vinegar add this before serving. Delicious!

Rhubarb Crumble

(Freshly thawed from the garden/allotment)

Ingredients for 4 people
- 700g or 1 and half pound washed rhubarb
- 2 tbsp marmalade
- 75g or 3 oz Demerara sugar
- 2 tbsp whisky
- 100g or 4 oz plain flour
- 75g or 3 oz butter
- 50g or 2 oz porridge oats (or muesli)

Recipe

1. Pre-heat the oven to 180 c, 350 f, gas mark 4. Butter a shallow oven-proof dish.

2. Trim the rhubarb and cut into 2.5 cm pieces. Stir together with the marmalade and sugar and place in the base of the dish. Sprinkle over the whisky.

3. Make the topping. Sift the flour into a bowl or food processor and rub in, or process, until the butter becomes crumbly. Stir in sugar and oats or muesli.

4. Sprinkle the crumble over the top of the rhubarb and bake for 30–35 minutes, until the top is golden and the fruit bubbles around the edges.

5. Enjoy!

■ **For more ideas of seasonal recipes see:**
- **Cooking outside the box- easy, seasonal, organic, Abel and Cole, Collins books**
- **The Allotment Gardeners Cookbook, Ann Nicol, Silverdale Books.**





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This course is ideal for anyone who wants to take health related courses at university (e.g. midwifery, nursing), but do not have the required entry qualifications. It has been designed for students who have been away from studying for some time.

On the course you will study Health Studies, Human Biology, Sociology, Health Social Care, Social Policy and Academic Skills.

Ruskin also offers an Access to Higher Education Diploma in Social Science. On this course you will cover an introduction to social work and to youth and community work. The course includes Social Studies, Sociology, Issues of Race, Gender and Class, Applied Psychology and Research Methods. The Diploma allows individuals to progress to careers in related fields or to stay at Ruskin and study for a Degree.

The Ruskin College Access to HE Diploma in Social Science offers the opportunity to begin studying for a career in social work, youth and community work, counselling, education in the voluntary sector or other professional settings.

Both courses are offered on a full-time basis over one academic year. There is funding available to help with living costs (subject to eligibility).

To find out more about either of these courses or the degree level courses that we offer (A 'levels and GCSE's not necessarily required) come along to our drop in open day on Friday 1 May at 11am.

■ **To book a place or for more information contact Hannah on 01865 759604 or hjones@ruskin.ac.uk**

After School Art Club Annual Party

BY SUE HOLDEN

ONCE again we took the Art Club children to the Harvester at Wheatley for their post Christmas Party. Nineteen children and four adults had a brilliant time enjoying each others company, and it was fascinating to watch the children take their seats at the very long "medieval banqueting" table and straight away start colouring in the sheets that had been placed on table.

Because we had pre-ordered we didn't have to waste time working out who wanted what, and I know the menu choice list provided to the waitress was very much appreciated by the restaurant staff.

Whilst enjoying our main course a member of staff came up to us and complimented us all on the impeccable behaviour of the children. It was great to hear this, but it didn't stop there.

At the end of our meal another member of staff came along and told us we would be welcome back anytime because of our high level of good behaviour. This made all the adults feel extremely proud of our young people and the way in which they represent themselves and their community.

They proved to be magnificent ambassadors for Barton, and already they are looking forward to their next trip out.

If you are aged between 6 – 13 years old and enjoy all things arty and crafty then please come along to this free activity each Friday (term time only) between 3.30 – 5.00 at the Neighbourhood Centre.

If you are an adult who would like to volunteer and be part of the supervising staff then please call in and speak to either Michelle or Sam who will explain the aims of the club and welcome you on board if you decide to join us.

■ **Please feel free to contact Sue Holden for further details on 07866 460446**

Get paid to stay fit!

ARE you retired and want to stay fit? Are you a mum who regularly walks with the children? Are you a young person who wants to supplement your pocket money? Do you want to keep fit and get paid? Do you feel isolated and want to get out and meet people? We regularly have leaflets and newsletters that need delivering in and around Barton.

Each round consists of between 200-300 houses and you can do as many as you want to. If you think this is something you would like to consider then please get in touch and we can add your details to our list of dedicated deliverers.

■ **Sue Holden 07866460446 or susanholden@hotmail.com**





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