Hands on News

June 2012

Newsletter for Barton produced by Barton residents and community workers

Eatwells Café goes from strength to strength

The café in the Neigbourhood Centre is coming up to its 4th anniversary

EATWELLS Café, the community café for Barton in the Neighbourhood Centre, will soon have been opening its doors to the Barton community and beyond for four years. Donna Harvey, the new Training and Development Officer for the café, talked to Hands on News about the value of the café in the heart of the community,

"It offers a friendly place where people can meet and get together. The food is freshly cooked every day. The staff are friendly and helpful and we have a team of trainees and volunteers that while they are learning help the café to run smoothly".

Customers comment on how good the food is, and the prices are more than competitive with teas and coffees being just 60p and a main meal (including all day breakfast) starting at just over £3. The café has also started a take away service, "Dinners 2 Go", so you can just phone in your order (01865 766293) place your order and pay on collection. The café is open Monday to Thursdays (9am to 2.30pm and Fridays 9am to 12pm) and is at Barton Neighbourhood Centre Underhill Circus. New volunteers are always welcome.



Diamond Jubilee Field Party

After a great Easter event, more fun at the Pavilion!

ON MONDAY 4 June Barton United in conjunction with Phoenix Sports Association are holding a field party for the residents of Barton to commemorate the Queens Diamond Jubilee.

We would very much appreciate if you, the residents of Barton would like to come and join us on this special day. Activities include a performance by the Strawberry Fayre Majorettes, a BBQ, Apple Bobbing, Beat the Keeper, pony rides, tombola, bouncy castle, five-a-side football, music during the day and an evening disco. We also have sports on TV and a licensed bar.

These are just a few of the attractions on offer. So please feel free to come along have some fun and make this a great community day for the estate.

All this commences from 1pm and will last as long as you want to be there!

Ray May

COUNCILLOR MIKE ROWLEY RE-ELECTED

Mike Rowley has been re-elected as a councillor on Oxford City Council for Barton and Sandhills. In a low turn out, only 22.54% of the electorate voted, the results were:

- ROWLEY Michael Derek, Labour and Co-operative Party, 758
- LOVELOCK Graham Edwin, Conservative Party Candidate, 168
- SAREVA Mary–Jane, Green Party, 122
- CIBULSKIS Alexander Michael, Lib Dem, 88

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What's in this issue?

Page 2 . . . . . The joys of volunteering
Messy Easter at St Mary
Headington Funday

3 . . . . . Barton resident gets the learning bug!
Free courses in Barton

4 . . . . . Nicci Sawhney reports from India
News from Barton Surgery

It's Messy at St Mary's!

FOLLOWING a successful Messy Easter on Good Friday where 30 children and some 15 parents and carers attended, St Mary's Church will be running regular family friendly fun events. Maggie, Thorne, the new Vicar of St Mary's comments,

"Also, as well a more messy events we're launching a family-friendly service at St Mary's through the summer – every Sunday in August plus the first Sunday in September – 'Tea 'n' Toast/Bread 'n' Wine'. It's what it says on the tin – a short, informal Communion service at 10am preceded by tea/coffee and toast in the Church Hall from 9.20am. All are welcome."

If you want to find our more please ring Maggie on 01865 761886

Headington Funday

THE Headington Summer Funday takes place at Bury Knowle Park on Saturday 14 July from 2 – 5pm and is a free event organised by local churches.

Activities will include games, bouncy castles, crafts, face painting, music. There will be a free barbeque and tea and cakes. Everyone is welcome!

The joys of volunteering
and other community activities!

By Pauline James

FOR many work is a necessity for financial reasons and for others social contact, either way it can take over our lives, leaving little, if any time for anything else. But what do you do when you either retire, are made redundant or simply are unable to find employment?

There is a danger that you can become disheartened, apathetic, even sink into depression, but there is a whole world out there needing your skills (everybody has them) whatever they may be.

Volunteering is a great way of meeting new people and by doing this valuable work you are helping not only individual people but also the community, a real feel good factor!

There are many opportunities to volunteer in Barton and Oxford generally. You can contact Barton Community Association on 761987 or Oxfordshire and Community Voluntary Action on 251946 to find out more.

Enrych formerly Ryder Cheshire Volunteer services desperately needs more volunteers to enable people with a physical disability to enjoy their lives and realise their potential, and that person could be you !If you think you could help then the e-mail is: Theresa.wright@rcv.org.uk or tel: 07968 350 587.

Then there are day/evening classes. There are courses that run locally (contact the Community Association again on 761987 for information) and the local library will have information on courses in Headington and elsewhere.

Joining a club is another great way of meeting new people. The W.I. plays host to different activities and has organised trips all for a very modest fee.

If you belong to a church then perhaps visiting the sick both in hospital and care homes in the church's parish. Ever thought of ringing church bells (you don't have to be a church member)? This can be great fun and again a great way to meet new people and socialise with a drink in the local!

There are so many opportunities out there waiting for you! No need to rest on your laurels so to speak, so get out there and enjoy life!

Parents Voice PTA

Calling Parents, Grandparents and Carers with children attending Bayard's Hill Would you like to help support your child's school?

We are recruiting new volunteers and committee members to help with fundraising events and support the running of our PTA.

Time commitment - Every little helps so whatever you're able to offer.
Meetings times can be arranged to suit.

Please contact Nicky Tuckwell (Learning Mentor) by text on 0750 4206403
OR Email Lisa - lisabirch70@btinternet.com
Sandra – lygowilks@hotmail.com



The BCA Community Office is open to the public Mondays to Thursdays, 9.30am – 2.30pm, and Fridays, 9.30am – 11.00am. Please call Sharon on 01865 761987 or e-mail bartonnhc@aol.com for further information about the Association's activities.

Barton Leisure Centre

Waynflete Road. Tel: 0844 893 3222

Swim School: We have an established, successful swimming lesson programme for all ages from 5 upward, whatever the level of competence. Enrolment for new learners begins Monday 11 June. For information on how to enrol on our classes, please contact our reception on 0844 893 3222

Open Air Active: Also for summer, we have Open Air Active classes. Fusion Outdoor Walk, which gives people an opportunity to get their pulses raising in the picturesque Oxford atmosphere and Outdoor Boxercise, which combines Boxing and Aerobics in a fun, dynamic manner.
So why not make us your first choice when you want to get active?

Barton Leisure Centre is brought to you by Oxford City Council, in partnership with Fusion, a highly experienced sports and leisure organisation. As a registered charity, Fusion continually reinvest to improve and develop what's on offer in your community.

THE POWER OF LEARNING

Barton resident gets the learning bug, maybe you will too!



MICHELLE Trafford had been away from learning and work for 15 years, bringing up a family. In that time Michelle feels that both the world of education and work have changed greatly.

"When you have not worked for a long time you can feel overwhelmed by the change since you were at school. It also becomes harder to help your children with their school work; it's all changed so much"

A few months ago Michelle decided to try an IT computer course, one of the free short courses that are now available in Barton that was running at the Neighbourhood Centre. She was almost surprised how well she did in the course, and it became a starting point to take up further learning.

Michelle discovered she had a real flair for computer and design work,

"I'm now at Oxford and Cherwell Valley College studying "ITQ" level 2 computers. I am really enjoying it and I plan to take my computer skills further. I'm keen to go into more specific areas like web design and publisher".

Michelle has also become a Community Champion and is helping to develop more courses in Barton and encouraging others to become involved in learning. Michelle would recommend others to give learning a try and take up one of the local free courses.

"You realise that you have a lot more skills than you thought…it also helps your confidence greatly It's well worth giving it a try."

Barton is a great place to learn!

THERE are a number of free courses running in Barton, or will be running soon. Oxford Cherwell and ValleyCollege, RuskinCollege, Brookes, and the WEA are all putting on courses here. These include:

- Improve your reading/writing and maths, each Friday 9.30am to 11.30am at the Roundabout Centre. This is free to all and has a crèche. It is run by RuskinCollege.
- An "ESOL" course, an English course for those whom English is not their first language, will be running soon. It will have some crèche facilities and should be free to all.
- A free driving theory course will be starting in June (see the flyer on this page)
- A community champion course, for those who are interested in being involved in the community and /or volunteering. This is a fun interesting course that will help you to gain more skills and confidence to be involved.

  Starting Wednesday 27 June, 10am to 1pm and on the following three Wednesdays.Free and open to all with free refreshments and lunch! At the Neighbourhood Centre
- A "Bridging Course" for anyone interested in going onto further or higher education, including guided trips to Ruskin, Oxford and Cherwell Valley College and Brookes. This is starting on Thursday 14 June, 9.30pm to 1.30pm, and will take place over the next four Thursdays. Free refreshments and lunch provided!
- There can also be other courses run if enough people have an interest and sign up. This includes hairdressing, first aid, confidence building, IT computer courses, sewing, art classes, helping in schools and child care courses.

For more information on, to book your place on all the above courses, or to say what course you would like to see put on please contact Alan Foulkes at Barton Community Association:
email: alanbartonnhc@aol.com phone: 07772466041

Barton Community Pavilion

WE HAVE a brand new facility at Barton Village Road that is available for private hire either daytime or evenings. Plenty of car parking available The hourly rate is £20 per hour.

For more information contact Jan Rose on 01865 452616

Kickstart your Learning Journey with the WEA

Thanks to a generous Legacy, the WEA Oxford Community Branch are offering many new courses from September 2012.

These range from 'Look Good, Feel Good' to 'Assertiveness' to 'De-clutter and De-stress'. These will be held locally.
We are also ,due to popular demand, running a Preparing for Helping in Schools course for anyone looking for a role in a school.

If you are looking for work , we are offering employability courses in childcare, social care and customer service.
Please contact Emma Carney , WEA Development Worker on 07770 641359 or email ecarney@wea.org.uk to find out more.

Adler Legacy

WEA Learning for Life

OXFORD & CHERWELL VALLEY COLLEGE

New course available in Barton

Free Driving Theory Course

Are you learning how to drive but need some help preparing for the theory test?

A basic introduction to driving theory:

Learn how to answer questions on a range of topics including:

- Alertness & Attitude
- Safety and your vehicle
- Hazard awareness & safety margins
- Vulnerable road users
- Other types of vehicles
- Vehicle handling
- Rules of the Road, Motorway rules
- Road and Traffic Signs
- Documents & Accidents
- Vehicle Loading

Day: Tuesdays
Dates: 12th June — 17th July 2012
Times: 09:30 -12:30
Duration: 18 hours over 6 weeks



The course does not include DVLA driving theory test

For further information or to book onto a course contact:
Alan Foulkes, Barton Neighbourhood Centre on 07772 466041 or call in and complete an enrolment form

These courses are free if you are over 19, unemployed, DO NOT have a full level 2 qualification (e.g. 5 or more GCSE/O Grade A-C) and are in receipt of any of the following benefits: *Job seekers Allowance; Income Support; Housing/ council tax benefit; Working tax credit (household income less than £15276); Asylum Seeker on income based benefit; Employment & Support Allowance; Pensions Guarantee Credit.*

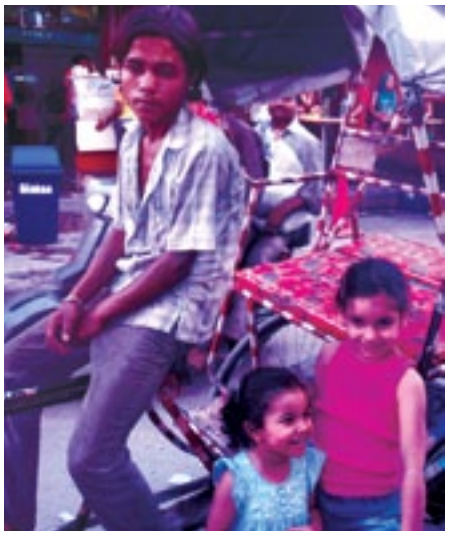
This courses is delivered and funded by Oxford and Cherwell Valley College

INDIA CALLING

Hands on News journalist Nicci Sawhney recently went to India to visit family. She reports on a land of contrast.

"WE TRAVEL to India around every eighteen months and yet I am ceaselessly amazed by the roads. The sheer weight of traffic is astounding; three lanes marked onto the tarmac are consumed by at least five vehicles packed mirror-to-mirror.

When traffic is bad or we know that parking for the car will be scarce, we take a rickshaw (imagine a horse and trap that's led by bicycle). One lean man expected to pedal two adults and two children along main roads – no cycle paths here – dodging larger, faster vehicles and copious potholes; for a nominal fee. Our fifteen minute journey in a rickshaw costs us only Rs. 50 (about 45p). These men ranging from young to shockingly elderly, usually don't own their rickshaws but hire them daily for around Rs. 200 (about £1.50). So after renting



The rickshaw walla with the children

the rickshaw and feeding his family our Rickshaw 'walla' who is in his 20s, hopes to save enough to one day have his own auto.

Poverty is rife in India, driving and walking through the streets of New Delhi affords me the view of small shacks built by the side of the road, where while the adults work at breaking rocks for money, their children bathe in full view of the public.

In stark contrast to this is the wealth: the wealthy afford good private health care and schools and the streets bulge with row upon row of designer boutiques show casing traditional clothing detailed with real gold. Whole markets specialising in silver, gold, diamonds invite you into browse; to buy. There are lavish wedding celebrations that can last for days.

But put the rich/poor divide to one side and what do you find? A city that's awash with life and colour, that's bursting at the seams with festivals, temples and churches of every kind; so many varieties of food that you could go mad just deciding what to eat next. And people, many, many people who are extremely hospitable and seem innately confident as I watch the women haggle over vegetables in the market; as they navigate the dangerous roads with ease; as their children bathe in the street.

I will always feel foreign here and I'm glad of it, what a travesty it would be to ever take such a place for granted?

We return home, feeling the cold of England now. Back to Barton where I am not foreign. I open our front door to our own smell mixed with three weeks of settled dust – just as welcome, if in need of the attention of a duster."

Your local NHS doctors practice Barton Surgery

Neighbourhood Centre, Underhill Circus 01865 744221

YOU may have noticed that the Barton Surgery has undergone refurbishment. This is an exciting time of change and improvement for both patients and staff. The refurbishment included redecoration, new seating, new carpets throughout, and upgrading of fixtures and equipment in the consulting rooms.

Opening times have been extended, and the surgery is now open Monday to Thursday 8.30am – 6.00pm and Fridays 8.30am – 5.00pm, closing for lunch between 1pm – 2pm. On a Wednesday the surgery is closed between 12.30 – 2pm. The doctor sessions have also increased from 4 to 5 sessions per week, and nurses are available on Mondays and Wednesdays.

The Barton clinical team consists of Dr Melissa Holden, Dr Enas Al-Dalagh, Dr Andrew Collins, Sister Gina Williams, and Health Care Assistant Hannah Warland – all supported as ever by our receptionist Gilly Cox.

We have also expanded our services and now offer the following clinics:

Carers Oxfordshire clinic
Are you looking after a relative or friend who is ill, frail or disabled? Would you like some advice about what help is available, benefits, carers grants, respite, breaks, day care, support for carers, your rights, etc? If so why not contact us to make an appointment with a Carer Worker. Wendy Meldrum holds a monthly clinic at Barton Surgery on the last Thursday of every month, between 2pm – 5pm. She also holds a monthly clinic at Bury Knowle Health Centre on the first Tuesday of every month, 2pm – 5pm.

SMART Worker drop in clinic
A SMART worker holds a weekly drop in clinic at Barton Surgery, every Tuesday morning from 9am - 1pm. SMART is a registered charity and provides help for people with drug and alcohol problems. Patients can contact SMART for advice on the support services available, harm reduction advice and needle exchange, access to SMARTs education programme, support for family & friends, referral for counselling, detox and rehabilitation.

The Listening Centre (TLC)
The Listening Centre holds a weekly affordable counselling service at Barton Surgery, on Friday mornings between 9.30am - 12.30pm.

People choose to see a counsellor when how they feel and what they do stops them enjoying their life and relationships. This is often a result of family problems, break up with a partner, death of someone close, change or loss of job, change or loss of health, lack of confidence and stress or depression. A counsellor can help you understand your feelings and reactions to things in your life better, and how you might change the things that are not working for you. If you want to find out more or make an appointment: ring TLC on 01865 794794 and leave a message. Somebody will phone you back and ask about what you are looking for and offer you an appointment.

Alternatively for more information about the TLC and what they offer please see their leaflets – available in the waiting room or visit their website http://www.thelisteningcentre.org.uk/

If you usually attend the Barton Surgery, you are naturally also entitled to use all the services at the main surgery at Bury Knowle Health Centre, 207 London Road, Tel: 01865 761651 – those include some more specialist services such as minor surgery, coil fitting, ECGs, and counselling.

For more information about any of our clinics please call Barton surgery on 01865 744221 or visit our website for more information www.buryknowle.org.



YOUR LOCAL COUNCILLORS

Your local councillors are here to represent your concerns. Contact details for Barton councillors are:

Roz Smith: 01865 750731 / 07584 257156
Mike Rowley: 07510 099028
Van Coulter: 07910 817313
Liz Brighouse: 01865 766995

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