March 2013

Hands on News

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

Barton Community Lunch Club DOORS ARE OPEN!

BARTON Community Lunch club is looking for new members and you do not have to be over 60. The club has been up and running for many years, and is run by local volunteers.

Chris Gerkin who has been a lead volunteer at the club for 38 years, said "The club is a chance to meet people and a good chance to get out. We provide transport and a good meal for only £4 per person. We also have a raffle and a game of bingo."

Joyce, a regular at the club, added "it's a great place for good company and a good dinner. We also have a bit of bingo. It makes a good few hours out, it's somewhere to go."

The friendly Club welcomes new members and is now open to all the community regardless of age. It meets every Wednesday at Barton Neighbourhood Centre.

If you are interested in joining the club please contact Chris Gerkin on 450356, or ring Barton Community Association on 761987.

Barton Eatwells Café offers home cooked food at great prices and is open Monday to Thursday 8.30am to 2.30pm.



Right: The Lunch Club in action!

It's all free at Barton's Saturday Swapshop

OVER the past year the Swapshop has saved an amazing 1,400 kgs of useful stuff from going to landfill. Items swapped include lovely children's clothes and toys, new household items, books, music, small furniture, even TV sets. everything at the Swapshop is given away for FREE!

Come along to the Neighbourhood Centre on the first Saturday of every month between 10am and 11.30am, bring stuff, take stuff or bring and take stuff.

2013 DATES: Saturdays, 2 March, 6 Apr, 4 May, 1 June, 6 July, 3 August, 7 September, 5 October, 2 November and 7 December.

This fun recycling event is brought to you by Low Carbon Barton.

No white goods or large furniture please.

Barton Art Club



The Art Club meets every Friday term time only between 4.00–5.00pm at Barton Neighbourhood Centre. This is a free activity for children 6–13 years of age. ***Read more on page 7***

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.

Also in this issue:

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Barton Beatmaster

Patricia Dowdall talks to Barton resident Emmanuel Odwar about his passion and enthusiasm for music.



EMMANUEL or Manny, as he is known to most, reflects on his first steps to achieving his long term goal of becoming an International hip hop artist.

At the age of nine he used to mimic the artists on television. Music made him happy and this followed through to music lessons on the school curriculum and learning how to play the keyboard.

Then he went on to Oxford and Cherwell Valley College in 2009 to study media and build on his creative flair of writing lyrics.

His smile is infectious and his focus directed life plans are admirable for such a young man. He speaks in a tone of someone much older than his 20 years. He is not only potentially going to succeed in his chosen career but also has excellent business acumen.

The expression Manny can use to penetrate minds with his powerful song writing enables people to see the vision of the world through his eyes, showing his audience the genuine portrayal of who he is and how he sees things.

I asked Manny what keeps him motivated and if he had any advice he can share with others who want to break into the music industry.

Manny says keep on grafting, believe in yourself, follow the dream, commit to what you want to do and strive to achieve your goals.

- Manny presents on OX105fm (*Check out their webpage/facebook for times and dates of his shows.*)
- Follow him on twitter: @ mannyopmp
- Facebook and Soundcloud: Manny O
- And look out for his gigs/open mic sessions



Hands on News is happy to print the first ever newsletter of the Barton Young Women's Group

Barton Young Women's Group Newsletter

WELCOME to the first edition! This is to let you know what has happened and what is planned for the future. . . .

● Barton Winter Wonderland

Sunday 16 December

Your lovely Christmas cake raised £35 for Breast Cancer UK!

A huge thank you to Daisy, Jade R, Jodie, Naomi, Chloe, Thea, Chelsea, Lauren Jade H and Melissa for coming to the community centre to support Val. Jade and Daisy were great sales people.

Also, a big thank you to Gilly for her cake decorating skills! It was a lovely evening and we all agreed that next year we can make an even bigger impression and go all out to make some Christmas decorations to sell.

● Positive Activities Fund bid: Congratulations to Bethan!

Bethan was supported by Rachel H to make a bid for much needed equipment for Barton Youth Centre. She presented the bid on the 7 December and received £854.89. Well done Bethan!

We have a shopping list which you all know about, but we will put a copy up in the centre so you can have another look. Bethan wisely included the sum of £300 for arts equipment, we have made a list, feel free to have a look and add anything you think we may have forgotten.

● Programme

We have lots of ideas that will help you feel more confident in making difficult decisions which we sometimes have to make in life.

We will also have themed evenings. . . no smoking month and other major stuff in the calendar.

If you have anything you would particularly like to do, then please let us know and we will try and include it!

● From January

Lots of you have said it would be good to have some one-two-one time.

Val is now working in Barton one afternoon a week. She will available from 1.00–6.30pm (before our group meets).

If you need to chat please ring her on 07946655653 and she will see you on an appointment basis.

This is the first edition of the Barton Young Women's Group newsletter. Next time… it's over to you!

Val, Debbie, Rachel and Heidi.

Local residents to face electric shocks for Thrive

BARTON residents will be joining local businesses to swim through ice, climb over walls and run through electric shocks to help a charity working with young people on the estate.

Thrive anticipate that 40 people will take part in ToughMudder, an extreme assault course designed by British Special Forces.

Those running will not only get discounted charity places for the event, a free t-shirt and a very well deserved beer, but they'll also be given the opportunity to raise funds for Thrive as they work alongside young people in Barton.

Over 700,000 people have competed in ToughMudder events worldwide, but this is only its second year in the UK—and it is going to be the biggest event yet.

Hannah Davis lives off Bayswater Road and volunteers with Thrive. She was one of the first to sign up for the event happening this June. She said: "It's a great way to kick me into shape and there's plenty of time to raise money for this local cause. I'm excited to face this challenge with a team of others, help each other face our fears and complete it together!"

Young people from Barton have been benefitting from Thrive's involvement over the last three years. The team of staff and volunteers live on the estate helping young people through one-on-one mentoring, the Monday Youth Cafe and other programmes, as well as by simply building positive relationships with the young people living around them.

Jem Todd, who works with Thrive, said: "We're so grateful for all those people who have supported us over the last three years, and we hope that more people will join Hannah to take part in this really wacky event, so that we can continue to help young people make a difference."

Local businesses from across Oxford will also be getting involved on the day. Richard Money-Kyrle is a Partner at Darby's Solicitors in Oxford, who are entering a team. He said, "Eight of us are looking forward to teaming up with Thrive for something as nuts as ToughMudder. This is a fantastic opportunity to throw colleagues over burning walls with smiles on our faces for a great local charity."

For more information on how to enter, and to watch the crazy video, go to http://bit.ly/getmuddy or call Thrive on 01865 788355



Have Your Say project lead worker, Rachael Peace.

HAVE YOUR SAY!

Barton Have Your Say project wants your ideas

"BARTON have your say" has been working over the last six months to find out your views about Barton, and how to make it an even better place to live. The project is a joint venture between Barton Community Association and Oxfordshire Community and Voluntary Action who have received funding from Oxfam to carry out the project.

Lead worker, Barton resident Rachael Peace explains: "The project was originally started to help involve Barton residents in the planning process for the new estate that will be built adjoining Barton. Over the summer we carried out residents surveys to find out general resident views, issues and concern as well find out views about the new estate."

Rachael has also been meeting up with community groups to get views and has put on an event Sunday Teatime at the Neighbourhood Centre. She added: "We want Sunday Tea time to be a regular event; people can come down for free tea and cake , bring their kids along, find out what's on in the community and get their ideas across."

Rachael explained that many residents have found it difficult to get their views across on the new development: "People can be put off talking to the developers as they feel they can never get a straight answer; they want residents to talk their language rather than they talk resident's language."

But there have been ideas that could improve Barton. These include having a parish council, having a community garden, market gardening and more activities for young children.

If you want to find out more or get your views across please contact Rachael on 07767773150 or email: rayrayfive@yahoo.co.uk

OBITUARY

Frank Romera

MANY of you will remember Frank as one of the Co-founders of Barton Boys Football Club more than 30 years ago. The Club has since been re-named and is now Barton United Football Club.

Sadly, Frank passed away on 21 December 2012 aged 62, after a long illness and leaves his wife Sheila and two sons Dean and Daniel together with their respective families.

Both Sheila and his two sons were heavily involved in the club from the beginning, and the idea came about as Frank and others recognised the lack of sporting facilities in Barton for young boys.

His legacy will continue through the successes of the present day football club providing footballing opportunities for all youngsters living in the community.

YOUTH PROVISION TIMETABLE

Sunday		
Baptist Church	Sunday @ 5	St. Mary's
Monday		
Yoga	Main hall	6.00–7.00
Thrive/BCP	Junior session (8–13 yr olds)	4.00–6.00
Tuesday		
Early Intervention	Juniors (8–13 yrs old)	6.00–8.00
Wednesday		
Early Intervention	Girls Group	6.00–8.00
Phil Patrick	Karate (Sports Hall)	6.00–8.30
Thursday		
Messy Jam	Sports Hall	4.00–6.00
Early Intervention	1-2-1 sessions	1.00–5.00
Early Intervention	Youth Volunteers Awards	5.00–6.30
Early Intervention	Senior session (13yrs +)	6.30–9.00
Friday		
Early Intervention/BCA	Hip Hop/Gymnastics	5.00–7.00
Saturday		
Phil Patrick	Karate	9.30–1.00
Oxford Bible Church	Sports Crew (alt Sats)	12.00–2.30

Beauty Cocoon comes to Barton

DO YOU know any teenage girls from Barton who would benefit from an increased sense of self worth? Or any girls who would be happier if they could know that they are really truly beautiful?

A local charity is running a course starting after Easter for teenage girls from Barton to help them increase their self esteem and to value themselves and those around them more.

Using 'Beauty Cocoon', a course that has won a youthwork award, volunteers from Thrive are inviting teenage girls who maybe struggle with how they look, or feel a low sense of worth, to join the ten week course.

Thrive ran their first Beauty Cocoon course at the end of last year for five girls. At the end of the course, some of them said that they felt better about themselves, and others said that they felt that they can be themselves around people more.

Debs Peake who volunteers with Thrive and is leading the course said: "Many girls today feel they need to conform in society, to be more beautiful, wear prettier clothes or act a certain way. We help them see that different is good, that all of us are beautiful and that to be unique is something special. It's nice to chat about these things in a girls-only space!"

For more information about the course contact Debs on 07513735077 or email thrive@innovista.org

News from St Mary's Church

Holy Week and Easter at St Mary's

- **Sunday 24 March, 10am:** Sung Parish Eucharist for Palm Sunday.
- **Thursday 28 March, 7pm:** The Liturgy of Maundy Thursday with bring and share meal.
- **Friday 29 March, 10am–12pm:** Messy Church (for all ages); 3pm, Good Friday service.
- **Saturday 30 March, 8pm:** The Easter Vigil.
- **Sunday 31 March, 10am:** Sung Parish Eucharist for Easter Day.

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: 07767496409
Liz Brighouse: 01865 766995

The Hands on News Team

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Hands on News is funded by BCA, The Doris Field Trust, OCHA and Oxfordshire County Council.

DAISY BABY CLASSES ARE HERE!

- **Learn how to use holds, baby massage, baby reflexology and baby yoga to soothe and stimulate baby**
- **Learn massage and yoga based techniques to help with colic, flat head, reflu...x and other common ailments**
- **Understand the calming button (every baby has one) and how to swtich it on with a sSSSSSSSSHHHHH**

What are we?

Just like our antenatal classes, Daisy Baby® really turns tradition on its head. Gone are the familiar infant massage or baby yoga routines, as we embrace an amazing class plan devised over seven years of research, which really understands a baby's needs and what works in those early weeks.

Daisy Baby is all about Active Bonding (completely baby led of course). But what makes us truly different, is that this Tinies class is set to our own beautiful 1hr 30minute backing track designed to appeal to baby's sensory needs (especially written and produced by local composer and production company) to enable you to flow from segment to segment, pausing to enjoying lyrical cuddle time or sleepy time, even when baby isn't in the mood to participate actively.

Key Features

- We're accessible for all mums, not just the mums and babies suffering with colic!
- We're fun. . . . Our learning is serious yes, but our class is relaxing, refreshing and friendly.
- We're affordable with this combined education costing just £9 per week.
- Your baby won't need to lay on their back for extended periods in order to participate (so ideal for babies who need cuddles, or babies with reflux). It doesn't matter if baby cries. . . . and even when this happens our lovely calming techniques really tend to soothe them so quickly.
- Techniques can help common ailments like colic, reflux, tight neck (torticollis) and flat head

TO BOOK:
email wellbeingfrombirth@live.co.uk
or call Sue, 7799411994

Only £54.00 for six classes.

Do you live in the Barton area and want to improve your job prospects?



If the answer is "Yes" then help is at hand..

Barton Community Association is now providing expert advice and guidance to people living in the Barton area to help them back into work or to find their first job.

Regular one to one meetings with our qualified and experienced Advisor will provide the support and guidance needed to help you identify and overcome barriers to work, education and training. Our aim is to help you significantly improve your job prospects.

This service also includes support for people looking to start their own business or work self-employed and is available to all age groups. You don't have to be signing-on or claiming benefit just simply looking for work whether it'sfull-time, part-time or voluntary. To find out more:

Email: martin@bartoncommunityassociation.com
or telephone Martin on: 0779 1534 442
or Sharon on: 01865 761987

Barton United Football Club

PAST, PRESENT AND FUTURE

By Emmanuel Odwar

BARTON United was formed in 1981 at Barton Village Recreation ground by founder and former treasurer, Frank Romera who sadly recently passed away.

BUFC's Fixture Secretary and then manager, Dave Rose was instrumental in starting theboys team who now play in the Oxford Mail Boys league. Hands-On-News' Emmanuel Odwar met with Dave Rose to find out more.

Emmanuel Odwar: What is the structure of the club?

Dave Rose: The structure of the club now is: the boys' teams, a girls' team and a men's team but every year we hope to add at least one more team to what we've got. We've got under eights, nines, 10s, 11s, 12s girls team, 13s 14s and the men's team.

Emmanuel Odwar: Is there a fair representation from Barton in all the teams?

Dave Rose: Yes there is. The men's is slightly different because it attracts people from outside the estate which we have to do; we won't always get 11, 12 or 13 from Barton that want to play for the men's team.

They go off and play at a slightly higher or lower level depending on their ability.

Emmanuel Odwar: Who manages the teams?

Dave Rose: Well, we have a number of parents who are managing teams now.

Emmanuel Odwar: How do you manage to get the parents?

Dave Rose: We start off the kids from under eights and nine's playing mini soccer. Parents come down and bring their kids, stay and watch them play.

If they're interested and while they're watching their kids, we talk to them saying, you used to play football didn't you? Do you fancy taking the kids training?

We'll put you through a coaching course and that's how we work it. All the managers now have to be level one coaches.



Picture of the "new Barton"

We have some very good coaches now; we've even got two who are level two coaches which is another step up.

Emmanuel Odwar: How do you manage to cope in training sessions in the winter period?

Dave Rose: It is difficult. The Council took down our floodlights because they were dangerous but never put anything up in their place.

Emmanuel Odwar: Is there any compensation for the lack of lighting that will come your way?

Dave Rose: It will happen in the future with the new development going on around us.

We are going to move from where we are now to about 500 yards away and there will be a purpose built club house, all weather pitches with floodlights and a couple of new pitches. We're going to grow with the new development.

Emmanuel Odwar: On top of the facilities you have, what else do you intend on adding?

Dave Rose: We plan to add more teams each year. It's limitless really.

Emmanuel Odwar: When might this all happen?

Dave Rose: Planning permission is going in very soon now. So, we're looking at least at two years down the line. They will have to build us what we want first before they can move us.

Emmanuel Odwar: What are the chances of you getting your result?

Dave Rose: We've put in a lot of effort into telling the planners what we want as a club. It's down to them now. As soon as the final plans come out, we'll have a look and if it's not what we want then we'll fight it.

Emmanuel Odwar: What have the highs and lows of your career been so far?

Dave Rose: I don't know, I suppose the highlights were getting the kids to a final twice but didn't win it but we got them there.

I don't think I have had any lows, not really. I don't run teams now. I'm in the background doing the fixtures, bar and general sort of stuff.

Emmanuel Odwar: What is the atmosphere like?



Photo by Emmanuel Odwar

BUFC's Fixture Secretary, Dave Rose

Dave Rose: The atmosphere is always good down here.

We have now started a darts team on a Monday night and what we want to do is open the club up a few more times, not just for the football but for darts, crib, anything we can open the club up for.

It's all money over the bar as well which keeps everything ticking over.

Emmanuel Odwar: How can people find out about the club?

Dave Rose: We have a website: www.bartonunited.co.uk,

People can turn up here anytime on a Saturday or Sunday. Nine times out of ten we're here.



Photo by Emmanuel Odwar

Extension of "Warming Barton" Scheme

The successful Warming Barton pilot scheme launched at the end of last year has now been extended to improve the energy efficiency of more local homes.

For the first 100 households that sign up to the scheme, the Low Carbon Hub will give householders a free energy survey and report, including an Energy Performance Certificate, worth £100, to pinpoint energy- and money-saving improvements for their homes.

This could be straightforward advice on using heating systems and thermostats to save energy or bigger whole-house improvements, like roof and wall insulation, to warm homes and reduce bills. Householders will receive a detailed Green Deal Advice Report that looks at the energy-efficiency of individual homes and what measures will be available under the Green Deal and other Government incentives. If there's a good response to the scheme, it is hoped that energy-saving measures, like roof and wall insulation and solar thermal, will be funded, or part-funded, by new Government initiatives.

Oxford City Council are also funding the installation of a range of energy-saving measures, like roof and wall insulation, in a local demonstration house, which will be open to local residents in the spring.

Barton residents can contact the Low Carbon Hub on 01865 246099 or go to the website http://www.lowcarbonhub.org and fill in an online form to take part in the scheme

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THE REAL ALICE GOES WALKING

An Oxford walking tour

By Patricia Dowdall



A GROUP of people from varying backgrounds and ages were selected to attend a 12 week intensive Heritage Storytelling Course at the delightful Story Museum in Pembroke Street, Oxford and graduated in December 2012.

One of them decided almost immediately that her focus was going to be Alice In Wonderland and is currently putting together the Real Alice Tour, which is going to be more heritage and educational than an actual walk.

For the purposes of this article Trisha (The Real Alice) has adapted her tour slightly for the energetic people out there, who prefer their walking to their history.

Starting outside Rochester House (Story Museum) and looking toward the Tom Gate, St Aldates, close your eyes for a second and imagine the amount of heritage Christchurch contains and despite this not being a history lesson, we cannot fail to mention this is the resting place of our patron Saint Frideswide. But The Real Alice will be making the magic a reality with one of the most famous stories in the world—Alice in Wonderland.

When Alice Liddell begged Charles Dodgson (Lewis Carroll) to write the story of their adventures on their days out no-one could ever have imagined its impact and success.

Okay, so eyes open and make your way across to St Aldates and walk down the road and through the War memorial gates to Christchurch meadows and as you view the impressive college/cathedral, the stunning long room with turrets is often mistaken for part of the cathedral but is in fact the dining hall, as featured in the Harry Potter films. Continue walking straight along the path and you will be following the route of Deadmans Walk, the former coffin route to the Jewish cemetery.

This scenic route, delightful in spring, skirts the boundaries of Christchurch, Corpus Christi and Merton, leading you to the Botanical Gardens which you can either peruse (entrance fee applies) or follow the picturesque banks of the pretty River Cherwell or the Isis—the Oxford section of the River Thames and imagine the fun and laughter experienced in the boat by Alice and her sisters and Lewis Carroll as they rowed along the water, making up stories and anecdotes, based on actual people.

When you have completed your walk around Christchurch meadows, make your way back across St Aldates and pop into the Alice Shop and treat yourself to Alice's favourite sweets she used to buy in this very shop (Barley Sugars).

As you walk back up the road, don't forget to take your final look in Pembroke Street and if you have your camera, take a picture of the latest surprise in the Nonsense phonebox.

The Real Alice heritage tour will be launching in the summer of this year, so look out for further details or email Trisha at therealalice2012@gmail.com

DYNAMIC DUO!

Barton Police sub-station is safe

By Patricia Dowdall



PCSOs Carol Henry and Nigel Pearce

MEETING up with PCSOs Nigel Pearce and Carol Henry provided reassurance that we have some of the best officers right here in our community. The team has greatly contributed to the reduction in anti-social behaviour. PCSO Carol Henry has been achieving great results with her involvement in the Early Intervention programme.

The project steps in early with youngsters up to the age of 19 who are likely to go onto the wrong side of the law, and helps by providing guidance to their parents on how they can help their children. The project also provides mentors for the young people. Carol has achieved more referrals to assist these families than any other officer in Oxford, which is fantastic, making a difference to so many lives.

Carol is also still continuing her monthly visits to the Roundabout Centre and spending time with parents and pre-school children, making gingerbread men last time she visited!

PCSO Nigel Pearce and his co-worker Luke were awarded commendations in November 2012 for saving the life of a severely assaulted victim, who had stopped breathing and administered life- saving CPR.

So, with results like this going on, I had to pose the concerning question that has been on most of our minds, what is the future for our Barton Sub-station office? Despite many closing in and around Oxfordshire, the station will remain open with varying hours from 8am–3am, with shift changes in place to ensure even better coverage of our area.

If you have any immediate concerns the very approachable officers are more than happy for you to drop in and see them to raise issues and concerns, and the Barton 'Have Your Say' is currently up and running and your constructive input welcome at: twitter@tvp_oxnortheast

Staffing changes are imminent in the coming months. Luke and Sam are moving on to be Police Officers, located in Oxfordshire. Chloe has already left to pursue her career and achieve her goal of joining the Roads Policing Unit.

Congratulations to them all and wishing them well in their promotions. They will be sadly missed around Barton. Problems that still need addressing and on the list of priorities are:

1. Anti-social behaviour and drugs
2. Speeding and bad parking
3. Dangerous/aggressive dogs and their irresponsible owners. The future nationally on this topic is that people will long term need to get their pets micro-chipped which costs approximately £20 or face a fine of £500.

On the subject of irresponsible owners, dog fouling is still a massive problem on our community streets. Recently, undercover officers implemented fines to people of £80. Please 'Pick up your Pooches Poo!'

ZOO LAB EXPERIENCE

WE ARE currently organising a follow up Zoo Lab Experience focusing on the Spring Awakening, and this will take place on Friday 5 April between 11.00am–12noon at Barton Neighbourhood Centre. The event is suitable for children aged between three to six years old although younger children are welcome as long as they bring along an adult to stay with them throughout. It usually lasts for about an hour, and there is plenty of opportunity for interaction with the animals and insects.

If you would like to reserve a place for your children please complete the details below and return to me at your earliest convenience as places will be limited.

If you would like any further information please contact Sue Holden on 07866460446.

This activity is sponsored by Barton Community Association and is free to attend.

Name:
Address (including postcode):

Contact telephone number:

Names and ages of children:

Baby Mama and the Five Dwarves

By Nicci Sawhney

FIRST child? Second? Maybe third, fourth or even fifth?

No matter how many children you have, there are five steps that every parent goes through to stop a new baby from crying—the Famous Fabulous Five, you can reel them off, like small miners in a Disney film: Hungry, Dirty, Sleepy, Windy and Grumpy.

Having birthed my third 'mini-me' 16 weeks ago, the Fabulous Five have become my daily mantra, my best friends if you will, and like their dwarfish counterparts, each one is different in how easy they are to fix.

Hungry
It does not matter how you choose to feed your baby, be it bottle or breast this is one of the easiest issues to resolve.

However, possible downfalls include: going out for the day and not taking enough milk, listening to the baby scream while you wait an age for the bottle to heat up/ cool down, or early breastfeeding making you so sore that you sob at the very idea of letting the baby near you!

These things aside, get the food in the infant's mouth and beautiful silence prevails...bliss.

Dirty
"Simples!" you may say, "Change that stinky nappy!"

But ooooh no, your baby knows that you are running late and will cunningly poop all up his back, all over the changing mat and quite possibly all over you. All the while beautifully smiling and cooing as you run around like a blue-bottomed fly trying to do some damage control. Change of clothes anyone?

Of course, if you are not in a rush and feeling utter serene and super-parent-like then there is no problem. You change that smelly nappy in 10 seconds flat and voila! One happy little person.

Windy
In my parenting experience I have been lucky enough to have a particularly windy baby, but my friend's (Leah) baby girl (Isla) is now 26 weeks old and used to suffer terribly with colic, even needing a special kind of milk to help with the problem.

The problem with Mrs Windy, is that she is rather good chums with Mr Sleepy and Mr Grumpy (to be discussed later).

Leah, told me that Isla's crying was enough to drive her mad. She felt horribly out of control and helpless; not to mention tired!

Luckily as Isla grows, her discomfort is becoming less and she will soon be giving Mrs Windy the boot, in true Sir Alan Sugar, finger-pointing style.

Grumpy
This little gem is a real corker. This Dwarf has your baby screaming for England, "No! Don't put me down!"

"No! Don't hold me like that! No! I don't want you to shake that toy in my face!"

Blood sweat and tears go into curing Mr Grumpy of what ails him and there is no generic method...only you, super-parent know best.

Of course there are the times where your friend comes along and holds your screaming cherub who immediately falls silent. Fab.

Sleepy
Ah, the tired baby: with my baby numero uno, I rocked and rocked and rocked some more until she fell asleep. When she was older, I lay beside and pretended to be asleep so that she would doze off. Clearly I was completely bonkers or had nothing better to do!

With baby number two, I tried controlled crying, aka leaving the baby to rage until they fall asleep. I cannot quite believe that I put myself through this torture either; I spent a lot of time sat on the stairs on the phone to my best friend who kindly distracted me from my crying daughter and prevented my ears from bleeding.

This time around though, I am crafty, I am the expert in perfect timing and a master of illusion. Just when the little man starts chatting and smiling a little more than usual, I am on to him.

His smoke and mirrors will not deter me from my own magic trick. At that precise moment he is placed into his cot and he eventually coos himself to sleep. Ha!

So Super-Parent, that's the Fabulous Five. I'm sure you have met them before; good luck with your next encounter!

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BARTON CHRISTMAS WONDERLAND 2012

Another Community Success!

LITERALLY hundreds of residents of all ages came and packed full Barton Neighbourhood Centre for the spectacular Barton Christmas Wonderland experience that took place just before Christmas!

Santa's Grotto was a massive hit with children (and adults) in among a wonder winter snow scene, with stable, music and lights.

The Victorian Christmas market with many traders, tombola, games and prizes created an exciting experience with lots of ideas for presents to enjoy including children's entertainers and a hog roast!

The Barton Christmas Wonderland is organised by the Job Club Barton team in partnership with the Community Association. The Job Club meets every Wednesday 9.30am–12.00pm and 6.00–8.00pm to provide information, advice and guidance to all seeking employment and a more successful future.



Job Club: Barton

Contact or Text JOB CLUB BARTON
07907045204 or 07747604992
www.bartonjobclub.org.uk | info@bartonjobclub.org.uk
"You can't change your life if you don't change your thinking"



Art Club holds christmas party at the Harvester Wheatley!



SIXTEEN members of the After School Art Club voted to eat out this year instead of the traditional Christmas Party that they have enjoyed in previous years.

All art club staff and volunteers joined in the fun and the community minibus was used to transport everyone to the venue. Everyone tucked in to a three course meal of their choice and all plates were enthusiastically emptied, much to the delight of the restaurant staff.

The Manager commented positively about the young people and saw them as perfect ambassadors both for their club and Barton in general. They made us all feel very proud.

The Art Club takes place every Friday, term time only, between 4.00–5.00pm for children aged 6–13 years old. Why not call in and join us.

For further information please call Sue Holden on 07866460446

AFTER SCHOOL ART AND CRAFTS CLUB

The Art Club meets every Friday term time only between 4.00–5.00pm at Barton Neighbourhood Centre. This is a free activity for children 6–13 years of age and refreshments are provided at the end of each session.

We are now able to offer access to i-Pads for the children to use during the sessions to enable them to explore the world of design and graphics.

Please feel free to call in any Friday and see what is available for your children as an alternative to sport and music.

For further information please call Sue Holden on 07866460446

Barton Learning Project comes to an end



Community Champion Michelle Trafford and her daughter Madison

BARTON Learning Project will finish at the end of March. The project has been working over the last two years to make more learning available in the local community.

Project Worker Alan Foulkes explained: "We have been trying to make learning more responsive to what local people want and would find most useful. We have wanted local people to influence what courses are put on, and to also be involved in encouraging others in the community to take up learning. Making the first step back into learning can feel a bit scary and it can really help if you know other people who have already made that step."

Alan believes the project has made some difference. He said: "Although worker time has been very limited over a 100 people have taken up courses directly through the project. We also now have a better spread of courses available. There are courses such as improving reading, writing and maths, IT, ESOL (English for people who English is their second language), creative courses like art, confidence building,and courses that can help people find employment such helping in schools.

"Some residents have become community champions and have made a real difference, finding out what people want to learn and publicising the courses, and also teaching on a course."

People who have enjoyed the courses and want to carry on their learning with a view towards finding a job might well find the new Learn to Earn project useful.

Community champion Michelle Trafford said: "It's really benefitted some people in the community and it's a shame it's coming to an end. I hope that the colleges will continue to provide courses that people in the community can benefit from"

Courses in Barton

Barton is a great place for learning!

Courses confirmed for March/April

There will be a range of courses, which will be mostly free, taking place in Barton from March. Those courses that are already confirmed are:

■ **Improve your reading, writing course/improve your maths.**
These courses are for all those who want to improve their reading or writing or maths.

The courses are at the Roundabout Centre. They are run by Ruskin College.

The improving maths course is restarting on Tuesday 23 April from 9.30 to 11.30am and will run each Tuesday in term time. The improving reading/writing course restarts on Friday 26 April and runs from 9.30am to 11.30am and will continue each Friday in term time.

Both courses are free to all and a crèche is provided.

For more details and to book your place please contact the Roundabout Centre, drop in or phone 764952. Places are limited.

■ **English Course (ESOL)**
English courses are available. There is a weekly class at Barton Neighbourhood Centre on Wednesdays from 10am to 12pm; all welcome.

Please contact Jamila Azad (EMBS) on 07946825470 or Alan Foulkes at Barton Community Association on 07772466041 or email alan@bartoncommunityassociation.com

■ **Communicating with confidence**
Feel worried talking to the GP, teachers and family members or find it hard to deal with complaints or compliments?

This short course is for anybody who wants to feel more confident about communicating with others. You will learn how to:

- Talk assertively
- Listen actively
- Recognise body language

Course starts Tuesday 12 March for five weeks (two week break for Easter) and ends Tues 23 April.
Time: 9.30–11.30

Free to those on income related benefits or £25.

To enrol or find out more Contact: Emma Carney ecarney@wea.org.uk mobile 07770 641359 Or contact to Hayley Langford at the Roundabout Centre Hayley.langford@oxfordshire.gov.uk or phone 764952

■ **Let's Cook it Barton!**
Look out for an exciting new cookery course that is coming to Barton Neighbourhood Centre at the beginning of April 2013! Get involved in family cooking, cooking on a budget, with learning and training opportunities.

For further information, contact Liz Marshall on 764952 or 07818402719

■ **Barton Singing Course**
This singing course which is open to singers of all abilities is on Thursdays from 10am to 12pm at Barton Neighbourhood Centre until the end of March.

Cost £25, but free to all on an income related benefit.

For more details contact Emma Carneyecarney@wea.org.uk mobile07770641359

Barton Community Association

Jobs and Career Advice



Martin Ousley

BARTON Community Association is now providing a new employability service to residents. Advice and support is available for people of all ages who need help finding work or advice on the training and education opportunities available that will improve job prospects.

Our Advisor, Martin Ousley, is based at the Neighbourhood Centre two days per week and will see people on a one to one basis to discuss their job search or career ambitions.

Martin has over 20 years' experience of providing this type of advice and knows the Oxford employment market very well and also has good links with the education and training providers based in Oxford.

Following the first appointment further one to one meetings will be available to provide on-going advice and guidance to make sure we do everything we can to help people back into work, or find their first job. Martin will also be organising some group training sessions and events throughout the year about the best ways to find work, the benefits of further education and training and also how to set up your own business or become self-employed.

This service also includes support for people looking to start their own business or work self-employed. You don't have to be signing-on or claiming benefit just simply looking for work whether it's full-time, part-time or voluntary.

To find out more:
email martin@bartoncommunityassociation.com
or telephone Martin, 0779 1534 442
or Sharon, 01865 761987

