MARCH 2016

Hands on News

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

Prizes for keen recyclers!



The Blue Bin Recycling League is a government funded rewards scheme, giving you the chance to win exciting prizes for yourself and your community by recycling more! TURN TO PAGE 3



Beckham in Barton?

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Barton's community café goes strength to strength

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Oxford City Council Consultation: 18 February to 15 April 2016

Private Sector Housing Policy

In a rapidly growing market how should the council ensure that privately rented homes are safe to live in?

To have your say visit:
www.oxford.gov.uk/privatesectorhousingpolicy2016

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 308400
Manor Surgery	01865 762535
Churchill Hospital	01865 741841
John Radclifffe 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
Recycling and Waste information	01865 249811

The Hands on News Team

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Barton Community Association (BCA)

Do you know what we do?

BARTON Community Association is YOUR association and is the main representative body working towards improving the quality of life for everyone living in Barton. We have been asking residents to take a couple of minutes to complete the Appreciative Enquiry Form. This will assist us in creating our Business Plan for the next three to five years. We need to know what you want to see happening within your community in the future. We can't promise that we will be able to fulfil everyone's suggestions, but we will work hard towards providing achievable targets.

Looking at the responses we have received so far it's apparent that not everyone is aware of what goes on locally so here is a snapshot of what we currently deliver ourselves, through commissioning other agencies to deliver on our behalf or by working in partnership with organisations who share our aims and objectives. If you want to see something happening that`s not included in the list then please do let us know – we will do our best to make your ideas become a reality.

- Community Lunch meets every Wednesday between 11.30 – 2.30
- Weekly Bingo takes place every Tuesday doors open at 6.30 pm
- Hands on News newsletters – send in your stories and articles
- After School Art and Crafts Club every Friday term time only
- Fun to Learn Homework Club every Thursday term time only
- GCSE Support Group sessions in partnership with Brookes
- Barton Job Club meets Monday evenings and Wednesday mornings
- Disco Dadz sessions first Saturday each month 10 – 12 noon
- Swap Shop first Saturday each month run by Low Carbon Barton
- Oxford Food Bank each week on Mondays and Tuesdays
- Children`s Weekend Birthday parties Barton Brownies meet at the Centre every Tuesday
- Eatwells Community Café including outside catering and lunch clubs
- Christmas Day Community Lunch
- Half term and school holiday activities
- Live @ 5 on Sundays
- Summer holiday coach trips to the seaside
- Shopping trips and cultural outings
- Therapy Days and Barton Bash annual community events
- Wellbeing events in partnership with local surgeries
- Andrew Smith M.P surgery for local residents
- Oxfordshire Play Association event 11 June 2016
- Barton Park negotiations including regeneration of existing Barton
- Youth provision including Thrive on Mondays, Early Intervention on Tuesdays, OCC Sports Development on Thursdays, Girls Nite Out on Fridays and Oxford Bible Church alternate Saturdays
- Karate, Kung Fu, Messy Jam, Football Skills weekly lessons
- Outings for Art Club, Fun to Learn Club and Brownies participants
- Representation at Learn to Earn, Health and Wellbeing, Housing and Environment, Community Safety, Youth and Community Partnership meetings
- Low Carbon Barton
- Evening Social Events
- Barton Community Churches
- Advocacy Services, Barton Advice Centre, Welfare Rights service
- Stay and Play sessions for Under 5`s each Tuesday term time only
- Civicare and Care Unlimited offering local employment
- Thames Valley Neighbourhood Police Team

Endeavour Academy and My World student placements in Eatwells

- Work Experience opportunities for local students
- Minibus scheme for local community groups including Barton United Football Club, Bayards Hill School, Roundabout Children's Centre, Quarry W.I., Headington Partnership
- Barton Community Association Website and Facebook Page

■ **If you would like any further information about any of the above then please get in touch by ringing Sue on 07866 460446 or email sue@bartoncommunityassociation.com. Alternatively, ring Sharon on 01865 761987 or email info@bartoncommunityassociation.com**

Let us help you find The missing piece!



What would you like to achieve in 2016?
What work opportunities would you like?
Looking for personal guidance in a friendly environment?

Job Club: Barton is an independent voluntary professional group established in Barton in 2010 to provide a personal and confidential service for Barton residents who are seeking employment and a better quality of work lifestyle living.

CV Writing : Internet Job Search : Discover Your Skills : Preparing for Interviews : Setting Goals & Objectives : Personal Development & Wellness : Training Opportunities : Computer Skills : Knowing Yourself : Planning for Success : Find the Right Job : Promoting Your Gifts & Abilities : Advice, Information & Guidance.

There is no charge for these services and refreshments are included!

Will 2016 be a year of opportunity to think differently about your future potential and success? Our dreams and aspirations are often shrunk down by today's overwhelming circumstances. How about deciding to think differently about your future life-style choices and becoming financially independent?

Join us for a friendly informal chat – we are here to help you find those missing pieces and to complete your own success picture!

Every Monday 6.30 to 8.30pm and Wednesday 10am to midday at Barton Neighbourhood Centre.
Call/text Rod 077476049 or Andy 07850104723
info@bartonjobclub.org.uk.

Job Club: Barton

The Blue Bin Recycling League



Mrs Bodel and Phil.

THANKS to you, the city of Oxford is one of the top performing urban authorities for recycling, but there is always more that we can do and we need your help! The Blue Bin Recycling League is a government funded rewards scheme, giving you the chance to win exciting prizes for yourself and your community by recycling more!

Oxford is split into eight areas, and every month, the area that has increased their recycling rate the most, wins! To take part, all you have to do is pledge to recycle more at www.oxford.gov.uk/recyclingleague.

Once you pledge, you'll be in with the chance of winning a prize worth at least £30 including £60 worth of Oxford Bus Company vouchers, a pair of tickets to the O2 Academy, and even a picnic cruise with Salter's Steamers.

Not only this, but we also have a community group cash prize of £400 every month up for grabs Which group? You decide! Everyone who has pledged from the winning area can vote for the group that they want to win.

Barton and Risinghurst (Team Purple) are already flying high, as our second winners. In November, Team Purple were the runaway champions: increasing the area's recycling rate from 39% to 41%, by recycling on average over four tonnes more in the blue bin/box/sack and throwing away over two tonnes less in the green bin/ lilac sack.

We awarded two prizes to some very keen recyclers (*pictured*). They picked their prizes, and opted for £30 in vouchers to spend at Templars Square Shopping Centre, and a year's subscription to our brown bin garden waste collection service.

Thrive Barton was voted for by you as the favoured community group, to win the £400 cash prize. You can find out more about the great work they do by watching our short video online on our website.

This year, Team Purple needs your help to become the first double winners! Barton and Risinghurst have a real chance of success, with excellent improvement in their recycling!

Our October winners, Team Lime (Blackbird Leys/Cowley), are also performing well, and could well be on course to beat Purple to be the first double winners. Do you have what it takes to win again?!

Only you can decide the outcome. Good luck!



Mrs Coote and Phil.

The day Beckham came to Barton

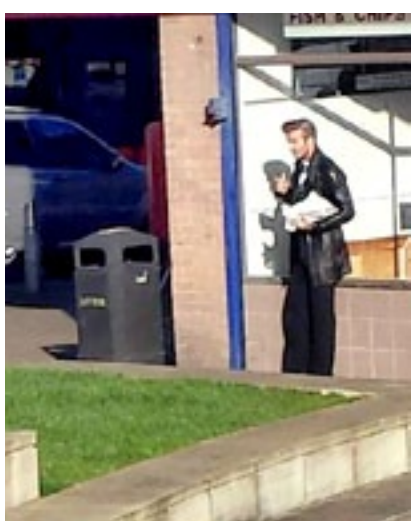
DAVID Beckham was spotted at Barton Chippy on 28 January, munching on a chip and being photographed. The footballer spent about 20 minutes outside the fish and chip shop, owned by Ali Molei.

"The day before, an agent came here and said 'A celeb is coming and we want to take some photos of the shop'. I didn't think much about it until the next day," Ali told Hands On News.

"At 9 o'clock they rang and said 'Get the shop ready and start cooking some fish and chips'. I said 'No, I'm not going to cook before 11 am' and they said 'But we need you to! We'll pay for it,' so I said 'Fine'. So I started cooking and one of them came in and bought a portion of chips. There were a lot of cameramen outside.

"I was getting on with my job, but then I put my head up and I saw it was Mr Beckham. We waved hi to each other, him from out there, me in here, and then they just got on with taking photos. Five minutes later, he was gone. And that's the story of me and Mr Beckham!"

Tracy O'Malley, who happened to pop out to the shops at that moment, had a bit of luck though. "He gave me a cuddle and a kiss on the cheek, and he was very smiley and polite. I had never realised how handsome he was. I wasn't a David Beckham fan before, but I am now."



Beckham was later seen outside The Lamb pub in Crawley, near Witney. The shoots were said to have been for a magazine.

The Parish of St Mary Headington



Churchwardens:

Mr George Knight
33, Edgecombe Road
Headington

Mr Bruce Coppen
31, Bayswater Road
Headington

Church email: Headingtonstmary@gmail.com
Church website: www.stmaryheadington.co.uk/

Enquiries about Baptism, Confirmation and Marriage should be made to the Churchwardens. Information regarding sickness, admission to hospital or death should also be passed to the Churchwardens.

BARTON PARK OXFORD

BLACKWELL

BARTON PARK OXFORD

Project Update: January 2016

Progress
Progress has been challenging due to the heavy rainfall received during the last period. Both the A40 junction and the main spine road are starting to take shape, engineered fill has been compacted and we will shortly start kerbing. 33kv Overhead Power lines spanning the west area of the project were diverted early January.





A40 Junction Traffic Management Dates
Phase 1 (Oct 2015): Eastbound Lane 1
Phase 2 (Dec 2015): Westbound Lane 1
Phase 3 (Mar 2016): East & West Lane 2
A40 Night Closures
07/03/16 – 12/03/16
16/05/16 – 22/05/16

Upcoming Activities
- Continue Foul Drainage Installation
- Surface Water Installation
- Main Spine Road Fill
- A40 Junction (North Side)
- A40 Junction (South Side)
- Commence Utility Installation
- Kerb & Gully Installation
- Pond Construction

Recruitment
We are interested in hearing from locals who are looking for work and have a construction related background.
Please submit CV's to recruitment@cablackwell.co.uk

OXFORDSHIRE PLAY ASSOCIATION

OXFORDSHIRE PLAY ASSOCIATION

VOLUNTEER EVENT ASSISTANTS – 'PLAYMAKERS'
PLAY AND ACTIVITY DAYS

OPA is a Charitable Incorporated Organisation (Registered Charity Number 1160320) and has been offering a Countywide Service across Oxfordshire since 1974.

Our Mission Statement is 'to champion and support the rights of all Children and Young People to have access to high quality, inclusive, Play opportunities to improve their Physical, Mental and Spiritual wellbeing'.

Each year we deliver a series of 'Play and Activity Days' across the County in line with the ethos of National Playday, the annual celebration of the Childs Right to Play (www.playday.org.uk) In the last 4 years we have delivered 42 events that have been attended by over 65,000 people. Our events are unique in that they offer both FREE Entrance and FREE Activities to ensure an inclusion for ALL.

Our events are designed to promote Play Opportunities, Positive Behavious and Activities, Increased Levels of Physical Activity, Healthy Weight Management and Active and Engaged Communities.

In 2016 (subject to funding) we hope to deliver 14 events across Oxfordshire and we are now looking for a Team of Volunteer 'PLAYMAKERS' OF ALL AGES to assist us in delivering these events across the County. (We are able to cover reasonable Travel Expenses)

For our young Volunteers we are able to offer an Oxfordshire Young Peoples Award and for Adult Volunteers an Oxfordshire Achievement Award.
We are also able to offer a range of Unit Awards from the nationally recognised AQA Award Scheme including an Introduction to Volunteering, Volunteering on a Community Project, Event Volunteer, Working with Children and Young People and more

For Adult Volunteers for this role we will require an Enhanced DBS / CRB check and satisfactory references as it involves working with Children & Young People

We are unable to accept CV's for the role, to request an application form please contact;

Martin Gillett, OPA Manager. T = 01865 779474 or E = martin.gillett@oxonplay.org.uk





Barton Neighbourhood Police Team Update

Drugs
The Barton Neighbourhood Police Team (NHPT) is happy to announce that a successful drugs operation was conducted on 15/01/2016.

Ten officers entered a flat on Underhill Circus using hydraulic vices to force the door. Two residents were arrested on suspicion of possession of a controlled substance with intent to supply.

The raid on the flat is one in a line of others that the NHPT are looking to target. It follows a previous successful drugs warrant on EDGECOMBE ROAD in October 2015, where two people were arrested on suspicion of possession of class A drugs with intent to supply.

We urge anyone who has any information regarding drug dealing or suspicious behaviour to contact the Police by calling 101.

You can also do this anonymously by calling Crime Stoppers on 0800 555 111.

ASB
Anti-social behaviour has spiked since Christmas whereby youths aged around 10-12 years old are throwing stones, eggs and knocking on doors and windows. We are working alongside the Anti-social behaviour investigations team from the council in order to find a solution. Both the Police and the Council have spoken with many children from the estate. This behaviour won`t be tolerated and we are looking to deal with these incidents robustly. If this is something that you are experiencing please make yourselves known to us either by popping down to our office at Underhill Circus or contacting us on the 101 number.

New Team Member
We are proud to announce the arrival of a new member of the team PCSO Murray Chamberlain. Murray`s arrival puts the team back to full strength, and hopefully you will see her out and about very soon.

BARTON COMMUNITY PARTNERSHIP 2016 MEETING DATES

Community Partnership meetings
The Community Partnership works with residents and partners to achieve its vision to: 'Make Barton an even better place to live for all' a reality. Mondays at 6pm
23 March
15 June,
14 September
14 December

Barton Integration and Community Engagement Partnership (BICEP) Forum to discuss community engagement and integration of existing Barton and Barton Park. Tuesdays at 10am
3 May
5 July
6 September
1 November

Youth Partnership
Understanding the needs of our young people and delivering engagement activities. Tuesdays at 11am.
22 March
24 May
12 July
27 September
22 November

Health and Wellbeing Partnership
Focusing on the prevention of illness through promoting healthier lifestyles. Tuesdays at 1.30pm.
8 March
10 May
12 July
13 September
8 Nov

Learn to Earn Partnership
Improving educational attainment and increasing participation in community learning. Wednesdays at 1pm
16 March
11May
13 July
14 September
14 December

Housing and Environment Partnership
Understanding the housing needs of residents and tenants whilst improving our green spaces. Wednesdays at 1pm apart from January
4 May
6 July
7 September
2 November

All meetings except the Youth Partnership take place in Barton Neighbourhood Centre in the Community Partnership meeting room. Youth Partnership meetings take place in the Barry Holden Boardroom at the Neighbourhood Centre.

Spring Walkabout
18 March, 2pm, at BNC
An opportunity for residents to walk around Barton with Council officers, community representatives and elected members to identify any issues in Barton, this could include ASB or fly tipping hotspot, vegetation over growth or just a litter spot.

BICEP visits the new Barton development



By **Glynis Phillips**, County Councillor and chair of BICEP

MEMBERS of the local Barton Integration Community Engagement Partnership (BICEP) met on a cold but dry day on 13 January to see first hand the work being undertaken by CA Blackwell on the new Barton development. CA Blackwell have the contract to put in all the utilities and road infrastructure on the site before the house builders arrive in the summer. (CA Blackwell - this firm has nothing to do with books and publishing!)

Mick Beesley drove us round the ring road skilfully negotiating an ambulance which had been involved in an accident on Green Road roundabout and we arrived at a small village of portakabins. One of the main issues to date has been the wet weather which has generated a fair amount of mud and has held up work on some days.

We walked around the muddy field and the site manager Dean Heaphy, who pointed out some of the features emerging from the mud. For example there is a public right of way through the site and this is now marked and kept clear for walkers and joggers. The large pipes visible from the road would carry water and waste and some are big enough to stand up in.

The direction and shape of main spine road Barton Fields Road is becoming clear as is the junction from the ring road.

It was interesting to see the new development taking shape after years of planning but there is a long way to go. BICEP continues to meet to discuss issues of concern with the City Council and developers and welcomes questions from residents about how the new development will impact on the existing community.

Those who came along on the visit were, Mick Beesley from Barton United, James Bloice Smith from Headington Baptist Church and Barton Community Association, Martin Ousley, Job Club coordinator, County Councillor Glynis Philips, Oxford City Council officers Azul Strong and Val Churchill.

■ **For more information about BICEP, visit www.bartoncommunityassociation.com/barton-park or contact Azul Strong 01865 252033 to raise any issues at BICEP meetings.**

Oxford Surplus Café

ON CHRISTMAS DAY the Oxford Food Surplus Café opened its arms to diners at the Barton Neighbourhood Centre. The organisation creates pop-up cafés in community centres to make delicious meals from donated food.

The Chair of the enterprise is Miranda Shaw, who told Hands on News "We have been working together for about a year. We get our food from food banks, who get their stuff from supermarkets. The food banks also get provisions from restaurant depots. It's stuff that is pre-ordered but isn't always bought by the restaurants they supply.

"We started with East Oxford Community Centre as that was where most of the volunteers were living. We knew the kitchen well so it was an easy way to trial it. After that we were invited to Barton the autumn as part of a bigger event that weekend. Then we were asked to return for Christmas."

The Christmas café was "a bit last minute", so there wasn't time to give it much publicity. But 30-40 people, including the volunteers, turned up to create a fantastic community spirit together on the day.

Enough food for about 150 people was cooked, more than was needed, and so two volunteers put 40 or so spare meals into takeaway boxes and delivered them round town to people they found on the street.

What kind of people would give up their Christmas Day to provide food and fun for others they didn't even know?

Some were students, some had family living abroad, some had lost their husbands, wives or other family members, and would otherwise be alone themselves. Some just wanted to help out. So, as Miranda says, "a beautiful vibe" was created by coming together with Barton residents who might otherwise have been on their own, or who just wanted to share Christmas within a larger circle.

What next? Well, the Food Surplus Café would love to hear from anyone in Barton who'd like to be trained up to help, or even to start a surplus food café in their own community. They are keen to share the knowledge and experience that they've gained over the past year.

The final word goes to Miranda. "We had a lovely time. I can't think of anything better to do at Christmas and I think I'll be doing it every Christmas."

■ **If you or someone you know would like to take part, email oxsurpluscafe@gmail.com or if you have no access to email, call Miranda on 07780 963239.**

Barton Young Mums
6 week action research project

How do I as a Youth and Community Worker, support young mums, to develop a space for youth work provision in their community?

Starting Monday 7 March for six weeks
Barton Youth Club
10am – 2pm
Contact Kirsty on
07444 996504

The purpose of this action research project is to understand how I, as a youth worker can support young mothers in the community to develop a safe space where they can be mothers and young people, that is created and defined by the young women.

This will be a space to explore stereotypes and discrimination that young mother face, aswell as engage in activities, discussions and sharing food together.

OXFORDSHIRE AFFORDABLE WARMTH NETWORK

Keeping people warm and well this winter

OXFORD City Council is working with Oxfordshire Affordable Warmth Network to provide funding routes for energy efficiency improvements. This will save money for eligible residents within the City, and help vulnerable residents keep warm and healthy. Coordinated by the National Energy Foundation, this partnership opens up the advice service to residents across Oxford City.

Householders can find out how to stay in control of their energy bills through upgrading their heating systems, insulating their homes, changing their energy behaviour and accessing financial assistance. It is recognised that there are health benefits to maintaining temperatures of 180C to 210C and we all know that we are currently experiencing a warmer winter than usual, but sadly an increasing number of residents are still falling into fuel poverty.

Residents can call the Affordable Warmth Helpline for free impartial advice on 0800 107 00 44 and to quickly check eligibility for financial help. Although this is targeted to those likely to be struggling with energy bills, there is no eligibility criteria to contact this service, and anyone may call for advice. An email helpdesk is also available at awn@nef.org.uk for those residents preferring to email queries.

The network across Oxfordshire is led by a steering group consisting of Oxfordshire County Council, Oxford City Council, the four District Councils, Citizens Advice Bureau, Age Concern and the Clinical Commissioning Group. The steering group sets the direction of the network, making sure the information is being given to those most in need.

The network is funded by Oxford City Council, Cherwell District Council, South Oxfordshire District Council, Vale of White Horse District Council, West Oxfordshire District Council and Oxfordshire County Council.

■ **The Affordable Warmth Helpline, 0800 107 0044, is available Monday to Friday, 9am to 5pm.**



Eatwells Café

BARTON'S community café is going from strength to strength. Situated on the ground floor of Barton Neighbourhood Centre, it's open Monday–Saturday (for times see below) to provide hot meals, snacks and drinks to estate residents and workers, as well as to anyone visiting the centre, or just passing by.

The Saturday session in particular has been a great success, especially on days when there are several activities going on. Disco Dads, Swap Shop and Karate all help to swell the number of customers eager for a bit of refreshment.

Eatwells doesn't only provide food, though. Kitchen Manager Mandy Ayres points out that it's a way to bring people together in a general meeting place. It also provides somewhere where the older folk in Barton can get out and mingle, which they might not otherwise have the chance to do. The meals are good quality, and very cheap.

It's a labour of love for Mandy. "It's my life. All I think about is the café. I even cook in my sleep – I'm often found sitting up in bed, mixing, and I look in the wardrobe for donuts! My partner is quite used to it."

Mandy has different helpers on different days of the week. Emma Webster helps out on a Tuesday, and June Fletcher does Wednesdays. Then there are those who might not easily find employment in other places. As well as providing nourishment for body and soul, the café fulfils another function.

"I have a young lady called Wendy who comes with her carer from My World [an organisation that supports people with autism to explore their potential], and on another day two lads, Ollie and Joel, come over from the Endeavour Academy with their carers to help prep the food and clear the tables."

There's a great variety of dishes on the menu, from soups and pies to chicken supreme and many other dishes, not forgetting a vegetarian option "We get first pick of vegetables from the food bank, and we make everything ourselves," Mandy told Hands on News. "We don't waste anything.

"Most of the food is very healthy, but we do make cakes too. However we don't force feed people – if they want to eat the cake, they can eat the cake!" On the day Hands on News was there, a lemon drizzle cake was baking in the oven. Sadly it wasn't ready to come out just yet.

Once the café is supplied with veg, bags of provisions are made up for the pensioners who have their lunch and bingo session on a Wednesday. After that, the food bank is available to the general public.

The café recently received a 5-star rating from Environmental Health, following an unannounced visit. Mandy is very proud. "We worked hard for that," she said.

As though the café weren't enough, Eatwells also does outside catering. They deliver to the Barton Park building site, to the North Way pensioners' lunch, even to Oxford City Council down in the town. If you need sandwiches and cakes, fruit, drinks etc. for a meeting, a gathering after a funeral, or anything you can think of, Eatwells will give you a quote. Call Sue Holden at the BCA office and she'll pass it on.

There is currently an opportunity for more volunteers to learn food preparation and kitchen practices, especially on Mondays and Fridays, though other days could be considered. If you're interested in the challenge, pop in and see Mandy at the café one morning to arrange a chat.

■ **Eatwells Community Café is open from 9.30am–1.30pm Monday–Thursday, 10am–1pm on Friday and 9.30–11am (ish!) on Saturday mornings.**



ADVERTISEMENTS

An Affordable Warmth Network Promotion

Promotion ends 31 March 2016

www.oxford.gov.uk

OXFORD CITY COUNCIL

Up to £2,500 Energy Efficiency Grants

Are you eligible?

Call now to see if you are eligible for grants up to £2,500 for energy efficiency improvements in your home

We may be able to offer you:

- Boiler replacement
- Loft or cavity wall insulation
- Draught-proofing works

Contact the dedicated Freephone Affordable Warmth Helpline: (9am - 5pm Monday to Friday with answerphone service)

T: 0800 107 0044 E: awn@nef.org.uk

Building a world-class city for everyone

ADVERTISEMENTS

EATWELLS COMMUNITY CAFE

A WINNING SCORE!

SCORES ON THE DOORS

EATWELLS received an unannounced visit from Environmental Health recently and were again awarded 5 Scores on the Door. We are all very proud of this continued achievement, and will strive to make sure we retain this level of recognition in the future.

Due to public demand we have recently increased our trading hours at Eatwells so why not pop in and try our delicious home-made soups, stews, baguettes, all day breakfast, dish of the day or just a quick cuppa.

CAFE HOURS
Monday to Thursday: 9.30am–1.30pm
Fridays: 10am–1pm
Saturdays: 9.30am–12 noon

We currently have vacancies for volunteers on Mondays and Thursdays so if you have a couple of hours to spare and would like to support your local Cafe then please contact Mandy during the above hours.

EARLY MORNING SPECIAL
MONDAYS TO FRIDAYS
BETWEEN 9am – 9.45am
BAGUETTES – ANY FILLING £2.50
SANDWICHES – ANY FILLING £1.50
(EXTRA FILLINGS 50P EACH)
INCLUDES FREE TEA OR COFFEE!

NEIGHBOURHOOD CENTRE

Sixty Six – Clickety Click!

OUR weekly Bingo session takes place at the Neighbourhood Centre each Tuesday with doors open at 6.30 and Eyes Down at 7.30pm.

As well as bingo there is a Meat Raffle and Tote numbers each week so you could end up richer than when you arrived! Refreshments are available through Eatwells Cafe. Please feel free to come along and join in – you will be made welcome. For further details please contact Chris Gerkin any Tuesday evening from 6.30pm onwards

Ladies (and gents) who lunch

OUR weekly Community Lunch takes place at Barton Neighbourhood Centre each Wednesday from 11.30am. You will enjoy a healthy two course meal provided by Eatwells Cafe and if you wish finish off with a game of Bingo usually finishing around 2.30pm. This is a great opportunity to get out for a couple of hours and enjoy the company of like-minded people. The cost of the meal is £4. Please just drop in – no need to pre-book. A warm welcome awaits everyone. For further information please contact Chris Gerkin any Wednesday from 10.30am onwards in the main Community Hall.

Tell us what you want

READING through the Appreciative Enquiry responses that we have received back it seems that evening entertainment is high on many peoples` lists of things to do. Currently we are trying to secure a weekly evening Zumba class, but we would like you to tell us what you would attend if it were made available. Do you fancy a traditional Race Night, a Casino evening, Comedy Night or maybe an evening of Hypnotism . You tell us, and we will do our best to make it happen.

■ **Please contact Sue on 07866460446 or email sue@bartoncommunityassociation.com with any ideas you may have and we can take it from there.**

School holidays lunch club for kids

FROM this Easter we will be offering subsidised lunches for school children at Eatwells Community Cafe between 11.30am–1.30pm each day except Wednesdays and weekends during school holiday periods. The Lunch Club will commence on Tuesday 29 March and the cost per head will be 99p.

To keep the price down we will be offering glasses of water instead of buying drinks to accompany the meals. We will make sure that vegetarian options are available each day. We will also extend this service to include school INSET days when they do not fall within school holidays.

A full menu will be available and on display at the Cafe prior to its commencement on 29 March.

■ **If you have any queries or for further information please contact Sue on 07866460446 or sue@bartoncommunityassociation.com**

COOKERY CORNER

Crunchy topped fish bake

Oven setting: 180C (160C fan oven)

You will need:
4 plaice fillets (*or any white fish thin fillets or white fish pieces*)
1 x tin condensed mushroom soup
4 oz grated cheese
2oz butter (*plus extra for greasing*)
1 teaspoon grated onion
Dash of Worcester sauce (*if liked*)
2 small bags plain crisps – crushed.
Pinch of salt

Method: Put fish into a buttered ovenproof dish. Spread with soup straight from the tin. Top with the cheese. Melt butter gently in a pan, add the grated onion, Worcester sauce and a pinch of salt. Mix well. Add the crushed potato crisps and mix again. Spread the crisp mixture over the fish and bake in oven for about 35 minutes. Good served with tomato salad. Serves 4

Tip: Grate more cheese than you need for the recipe and keep the extra in a covered container in the fridge to use for other recipes or sandwiches.

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Easter Fun



26th March - 3rd April:
Colouring Competition
WIN Family ticket to: The Cotswold Wildlife Park
Age groups: under 4, 4-6, 6-8 year olds

26th March - 3rd April:
Egg hunt
Prize For everyone

31st March and 7th April:
Petting Zoo and face painter



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Bill Dibber's Gardening Corner

Local Barton resident, Bill Dibber has a spring in his step and is back out in his allotment preparing for the growing year.

Here's his top tips on how to start gardening this spring, with something for those with gardens and those without. Go on give it a go and get growing!

If you have a garden why not try...
Potatoes to begin with. They will dig the garden for you and clear the ground, conditioning the soil and making it much easier to plant subsequent crops.

Potatoes are the best partner to so many dishes, meat, fish, poultry or if vegetarian cooked up with your other favourite vegetables.

So which type of potatoes do you grow? The choice is between early or main crop.

If you have a lot of space in your garden plot the answer is simple, grow earlies to provide 'new potatoes' in summer and grow maincrops to provide tuber for storage over winter.

If space is limited an early type is the best bet. They take up less space and are less likely to get blight and will provide a tasty crop of new potatoes.

Choose your seed potatoes in February and set them out in egg boxes or wooden trays in a light (not sunny) frost free room. This is called 'chitting' and is the way the seed potatoes start to produce sprouts, don't remove them when they grow! After six weeks they will be ready to plant.

Plant them in rows with the sprout facing upwards, 12 inches apart for earlies and 15 inches apart for mains and cover them with soil to protect then from frost. As the sprouts break through the soil 'earth' them up by adding additional soil to increase the protection from sun or frost damage. Continue to earth up a bit at a time as needed and water well, especially in dry weather.

With earlies the time to harvest is when the flowers open and the buds drop. Once this happens carefully remove the soil from one part of the ridge and check the tubers. If they are the size of chicken's eggs, they are ready to be dug up.

With mains wait until the foliage has turned brown and withered and then dig them out, letting them dry for several hours before putting them to store.

If you don't have a garden why not try...
Growing potatoes in a barrel outside the house or in old car tyres which you can add the higher they grow, one tyre at a time.

This method is easy and doesn't require a lot of space. You need to follow the same instructions for earlies and mains when growing in this way.

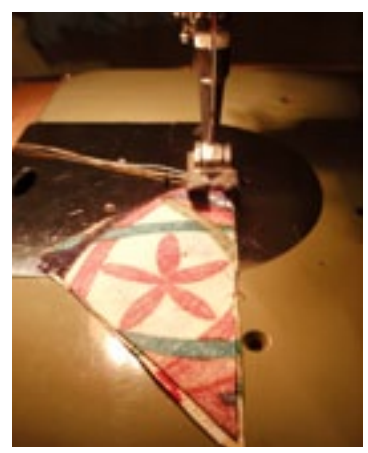
You can find a great video on how to do this at Self sufficientish: https://www.youtube.com/watch?v=4M7qki-wp20

CRAFT CORNER
Patchwork quilting



By **Jane Yates**





PATCHWORK is an ancient craft and there are records of it dating back to the ancient Egyptians, where some remnants were found in a tomb.

Today it appears more popular than ever, so get out your sewing machine. Whether you are re using off cuts left over from your sewing projects, using good pieces of cloth from old clothing or buying brand new cotton, the finished project is always a joy.

I am very new to patchwork, but have been able to make small pieces. The cushion pictured was inspired by some squares of traditional Japanese cloth my friend sent me.

First I cut out the shapes and then choose which to put together. I sewed the seams loosely and then ironed them flat. Then I sewed them together into strips and sewed some strips of material in between the patchwork strips.

Then I made a back for the cushion, and stuffed it with a pillow.

Don't get bitten by a loan shark!

Have you or anyone you know:

- ⇒ Been offered a cash loan without paperwork?
- ⇒ Been threatened when you couldn't pay?
- ⇒ Had your bank card taken from you?
- ⇒ Had a loan which keeps growing even though you are making payments?

If you can answer yes to the above you may have been bitten by a Loan Shark.

For confidential help contact the Illegal Money Lending Team

Telephone: 0300 555 2222 **(local call rate)**

Email: reportaloanshark@stoploansharks.gov.uk



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Stop Loan Sharks

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Employee-owned care firm expands to Unipart House

EXPANDING homecare provider The Mary Knowles Homecare Partnership has moved its headquarters to Unipart House in Oxford. The employee-owned firm has outgrown its former base in Kidlington in less than 18 months and needed to accommodate a central team that has doubled during that time As the firm trains its team of home carers in-house, it also required on-site training facilities.

Mary Knowles Homecare Partnership is less than three years old and now employs over 40 carers in the field, supported by a central staff of eight. The firm is employee-owned and provides care people in their own homes.



Mary Knowles team members Rick Taylor-Baker, Katy Trueman, Alisha Al Ashkar, Reba Murtaza and Louisa Robinson at the new head office

Dan Knowles, founder and MD of Mary Knowles Homecare, says: "Our team of home carers is growing continuously and so we are building up our central support and management functions.

"Also, everyone who joins us goes through our in house training programme, so being able to provide an in-house facility is a huge benefit in terms of convenience and cost saving.

"Unipart House is a fantastic place to work with excellent on-site facilities, and because Unipart is also an employee-owned company, we have lots in common. We now have space to breathe and we're in a very convenient location, with parking, for our carers to reach us."

■ **Mary Knowles Homecare's new office is at Suite 1 & 2, 4th Floor, Unipart House. Visit www.maryknowles.co.uk for full details.**

Free For All

CLOTHES, toys, kitchen and home-wares, garden tools, small furniture are just some of the items regularly found at the BARTON SWAPSHOP. But the fun is not knowing what you might discover – sometimes we find an object that no-one can identify and some wild and colourful guessing follows.

Aside from the surprise finds and banter the big benefit is that everything is completely FREE to take away.

Although we are called a swapshop you don't necessarily have to bring in anything to swap. We do rely on generpous people donating goods but we are very happy if people just take stuff or just bring stuff or bring and take stuff.

SWAPSHOP is OPEN ON THE FIRST SATURDAY OF EVERY MONTH from 9am–11am so it's worth popping in before the weekend properly begins and you could save £££s and also save good quality, useful items from ending up as landfill.

ALSO we are very pleased to announce that Eatwell's Cafe in now open from 9.30–11.30am every Saturday so you could treat yourself to delicious breakfast or snack while you rummage.

We look forward to seeing you there.

Please note that our future plans include a Mini Community Food Market . We welcome enquiries from any local resident to take a table-top to sell their local home-grown or home-made produce.

■ **For information on both the Swapshop and the Community Market sales tables please contact: Sandra Palmer on Tel: 07775 952994**

Post Christmas Party at the Harvester

AS IS NOW tradition we invited all participants from our After School Art and Crafts Club, Fun to Learn Homework Club and Barton 1st Brownies to come along to our post Christmas party at the Harvester, Wheatley.

We ended up with thirty young people and nine adults. We were able to use our minibus as well as some of our cars for transport there and back.

Table was booked for 4.30pm so promised everyone we would be back by 6.30pm, but such a good time was had by all we didn't return to the Neighbourhood Centre until 7pm!

Everyone, including the adults, were so well behaved and all enjoyed a great time. As is now expected when we take out our "Barton Ambassadors" we received compliments galore both from the staff as well as fellow diners. It must be every waiter/waitresses nightmare to see a booking for 39 people, mostly youngsters, but there was no need for panic.

Everyone had pre-ordered their meals and were given a sticker with their choices written down – just in case they had forgotten!

Apparently we were better behaved than some family parties with only a few youngsters at the table – well done to everyone who attended the meal and here`s to our next trip out.

This leads me onto our summer outing this year. We have recently visited Cotswold Wildlife Park and Cadburys World so we are looking at ideas and suggestions for this year.

We usually go during the first week of the Summer holidays, and for all attendees of the Art Club, Fun to Learn Homework Club and Barton Brownies this is a completely free trip including lunch. So, if you know where you would like to go this year then please let us know. If you don`t currently attend any of these groups then why not give it a try.

To join the Fun to Learn Homework Club then please speak to Mrs Linda Morton at Bayards School, to join the Barton Brownies please get in touch with Mary Maclean who is at the Centre on Tuesday evenings, and if you want to join the Art and Crafts Club on Fridays between 3.30–5pm then just pop along and speak to Sam Matthews. Parents will need to complete a registration form. Free refreshments are offered each week at the Art Club and Fun to Learn Club who meet term time only.

■ **For further details please contact Sue on 07866 460446 or sue@bartoncommunityassociation.com**

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Young People thrive this Easter!

From 4 to 8 April 2016, Thrive will be running Easter Holiday Activities for young people of Barton. These will take place at the Neighbourhood centre each day and will include cooking, crafts, youth club sessions and sports activities with coaches.

For further information, please contact Erica on 07872 166212 or email: erica.payne@innovista.org

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Are you over 19 years old?

Unemployed but looking for work in the construction industry?

If yes, sign up for FREE training.....

Construction Skills
Certification Scheme (CSCS) Training

In partnership with City of Oxford College you can receive 5 days* of free training.

On completion you will receive a CSCS card, its benefits include:

- CSCS is the leading skills certification scheme within the UK construction industry.
- CSCS cards provide proof that individuals working on construction sites have the required training and qualifications for the type of work they carry out.
- The Scheme keeps a database of people working in construction who have achieved, or are committed to achieving a recognised construction related qualification.
- Most principal contractors and major house builders require construction workers on their sites to hold a valid CSCS card.

*Training will take place at Barton Neighbourhood Centre and Blackbird Leys, transport available.

Places are limited, but to register your interest contact Azul: astrong@oxford.gov.uk or text/call 07767318274

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A Cold home may be putting your health at risk...



Do you suffer from a cardiovascular disease or respiratory illness? If the answer is YES we can offer*:

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For more information visit www.nef.org.uk/bhbh or contact our Affordable Warmth Helpline on 0800 107 0044

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Healthy Homes The British Gas energy trust · National Energy Foundation · Affordable Warmth Network

The National Energy Foundation: Registered Charity No. 298951 Registered in England with liability limited by guarantee No. 2218531

* To receive this support, you must have a respiratory illness or cardiovascular disease and a referral form must be signed by a health or social care professional with access to verified health information. This support is available until December 2016 or until the funding runs out.

USEFUL INFO SPRING

School Dates For 2016
Term 4 Finishes On Thursday 24 March 2016
Term 5 Starts On Monday 11 April 2016
Term 5 Finishes On Friday 27 May 2016
Term 6 Starts On Monday 6 June
Term 6 Finishes On Wednesday 20 July 2016

New School Year Begins On Thursday 1 September 2016

These Dates Are Taken From Oxford City Council Website. Please Check Your School`S Website For Dates Of Inset Days

Contact Details For Local Dental Practices
310 Dental Care, 310 London Road, Headington 01865 766975
Bury Knowle Dental Practice 207 London Road, Headington 01865 308400
Euro Dental Practice , 61 London Road, Headington 01865 308865
John Miller Dental Prctice, 6A The Parade, Windmill Road, Headington 01865 308050
Kennett Road Dental Practice, 3 Kennett Road, Headington 01865 761965
Manor Dental Practice, 7 Osler Road, Headington 01865 750056
Studental, Oxford Brookes University, Colonnade Building, 3Rd Floor, Gypsy Lane, Headington 01865 484608

Other Useful Numbers
Age Uk 01235 849400
Childline 08001111
John Radcliffe Hospital 01865 741166
Gas Emergencies 0800111999
Thames Valley Police Non Emergency 101
Oxford City Council 01865 249811
Oxford City Council Out Of Hours 01865 252900
Rt.Hon. Andrew Smith 02072194512
Nhs Direct 111
Samaritans 08457909090
Recycling And Waste 01865 249811

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

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Then why not get involved in the next one?

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

07421 749736
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Year 11 FREE Revision Day

For Students who are taking GCSE Maths and English during May 2016

You are invited to come along to Oxford Brookes University

1 April, 10am–1.30pm, JHBB201

10–10.15am:
Students to arrive

10.30–11.45am:
"How do I take the work I have done and turn it into the marks I deserve?" Delivered by Elevate Education. The session outlines exam skills, exam check list and preparation for the exam.

11.45am–12.30pm:
Lunch.

12.30–1.30pm:
Tutoring session to reinforce the learning from the morning session. Please bring any work you would like to cover in this session.

Booking will be on a first come first serve basis.

To book a place please email
ting@brookes.ac.uk
or susanholden@hotmail.com

For further information please contact Sue on 07866460446

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Wing Chun Kung Fu martial arts

WING Chun Kung Fu is a martial art that is suitable for everyone.

Wing Chun is based on the shortest distance between an attacker and yourself. We teach you to use effective, efficient techniques, using simultaneous attack and defence. Wing Chun is a responsive art, a student's goal is to not to think about what he/she is doing but simply to respond without thought, just like blinking and breathing.

We also help build a pre-fight mentality giving you a greater insight to the build-up of a potentially aggressive confrontation and how to deal with it.

We have been running Little Dragon and Junior Warrior classis in Barton Community centre for 6 months and grown massively.

Let me give you an inside of Little Dragons Programme:
These sessions are designed for children aged 4 to 6, it helps build their confidence through lots of fun. We focus on teaching them important life skills and values, including respect, control, courtesy and focus. The programme is designed to get children ready for Junior Warrior Programme and covers following subjects:

- Kick Boxing
- Partner Training
- Flight Training
- Self Defence

Once seven years old, children are ready to move onto the Junior Warrior Programme.

Junior Warrior Programme is seven to 12 year olds and focuses on leadership skills. During the session children learn how to motivate new students and Little Dragons and improve their martial art skills. Junior Warrior Programme does not just teach basics of martial arts but also introduce a Wing Chun Kung Fu as a self-defence system to guard against any would be attackers.

The purpose of this programme is to grow confidence and introduce the system of the Wing Chun martial art making a student ready to join an adult class in time.

We have just started Wing Chun classes for adults in Barton. These sessions are perfectly designed for everyone above from age of 13 and are focused on close combat self-defence. Teaching is focused on the needs of each student and over three years a student learns multiple ways to defend against different attacks.

■ There are trial lessons available for all age groups on Mondays:
Little Dragons (4–6 years old)
5.30pm–6pm
Junior Warriors (7–12 years old)
6pm–6.45pm
Adults (13+) 7pm–8pm

■ To book a free class, contact Sifu Datze on 07846 371 611 or by email wcioxford@gmail.com







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Recruitment Open Evening

Wednesday 20 April 2016
5 pm to 8 pm

Oxford City Council Direct Services
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- Meet our staff
- Get advice on applying for jobs in the Council
- Apply for current or future vacancies
- Help with completion of our application forms
- Join our waiting list

There wil be another open-day later in the year

Details at www.oxford.gov.uk/dsrecruitment
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