

September  
2013

# Hands on News

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

# BARTON BASH 2013 THE BEST EVER!



**THIS** year's Bash has proved to be the best ever with plenty of fun, activities, advice and sunshine galore! The event was officially opened on by the Rt. Hon Andrew Smith MP for Oxford East together with Dorothy Pearce who, at 99 years of age, is the oldest member of Barton Community Association.

New activities this year included Kate's Cupcake Kitchen where children were allowed to prepare their own mix before baking the cakes and then decorating them before taking them home to devour! BCA Art Club grossly underestimated the number of children who wanted to design their own personal t-shirts so next year stocks will be greatly increased. There was also 'Ping!' Table Tennis tables for anyone who wanted to take up the challenge and Oxford United Footie Fitness coaches encouraging youngsters to improve their football skills. The Barton Neighbourhood Police team mingled with the crowds and even indulged in a little 'Tiger' face painting!

Performances were given by Strawberry Fayre Majorettes, Barton Singers, George Martini Salsa and Zumba and the closing act was Messy Jam Street Dance. As popular

as ever were the face painting, henna and glitter tattoos, hair braiding and not forgetting the delicious Hog Roast. Plenty of health and healthy lifestyle advice was on offer including breast and bowel screening awareness, Health M.O.Ts in the Health Bus, Let's Cook It Barton and Bury Knowle Health Centre. Brookes and Ruskin were also available to answer any questions about further education. The Oxford Town Crier, Anthony Church, ensured everything ran smoothly and went according to plan.

None of this would happen without the support of the sponsors and donors. This year funding and donations were received from Barton Oxford LLP, Greensquare, Oxford City Council, Soha Housing, Oxford Bus Company, Hasbro Toys and Sainsburys. Recognition also needs to be given to the small but dedicated group of local residents who give their time and commitment unconditionally.

**Maybe Barton Bash 2014 should take place on Saturday 28 June – Dorothy's 100th Birthday!**



## BARTON ON FACEBOOK

**What's going on in Barton?**

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



**...and search for Barton Community to find out.**

## Send us your views for the news:

**HAVE** you any views about Barton you would like to let people know about? Would you like to write an article or letter to go in the Hands on News? Or perhaps you would you like to become part of the Hands on News team?

At Hands on News we are always keen to receive your views, letters or articles. If you think you might be interested please contact Clayton Lavallin on 07767318274 or email [clavallin@oxford.gov.uk](mailto:clavallin@oxford.gov.uk)



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## YOUR LOCAL COUNCILLORS

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

**Glynis Phillips**  
(for contact details ring 01865 792422)

**Van Coulter**  
07767496409

**Mike Rowley**  
07510 099028

**Liz Brighthouse**  
01865 766995

## CLASSIFIED ADS

### FANTASTIC OFFER!

Free Classified ads in the Hands on News

Do you want to publicise your business? Do you have articles for sale that you want publicise? Hands on News is looking at having a classified ad section and we are starting off by offering to put in ads for free!

So if you want your ad in the next issue please contact Clayton on: [clavallin@oxford.gov.uk](mailto:clavallin@oxford.gov.uk)

**FRIENDLY CARER**  
With NVQ2.  
Good rates.  
**07857 048486**

*All Classified ads are received in good faith. Barton Community Association accepts no responsibility for the verity of all advertisements received.*

## GREEN MAPPING BARTON

### A new Low Carbon Barton project

**What is Green Mapping?** It will identify the locations and condition of all Barton's public greenspace, look at how they are used now and how the community can use them in the future.

**Why are we doing it?** To give the local community up-to-date information on all our small green spaces. We can then choose what improvements to make and look at fun projects for all ages using green space in our neighbourhood.

Some activities that may happen soon are:

PLANTING TREES AND WILDFLOWERS

SHARE A GARDEN SCHEME

VEG & FRUIT GROWING/ COMMUNITY MARKET

Is there a neglected green space where you live? Do you have ideas for community gardening? To find out more and join the project please contact Rachael Peace:

**07767 773150 E: [rachael.lcbarton@yahoo.com](mailto:rachael.lcbarton@yahoo.com)**

**Or see Rachael at the Saturday Swapshop for a chat!**

**Let Ruskin College**  
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For short courses contact:

**T: 01865 759625 E: [shortcourses@ruskin.ac.uk](mailto:shortcourses@ruskin.ac.uk)**

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Oxford, OX3 9BZ

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**[www.ruskin.ac.uk](http://www.ruskin.ac.uk)**

Ruskin College is approved by The Open University as an appropriate organisation to offer higher education programmes leading to Open University validated awards.

## What's on in Barton?

We are happy to include community activities that are happening anywhere in Barton. Please send information you want included to Clayton Lavallin, email: [clavallin@oxford.gov.uk](mailto:clavallin@oxford.gov.uk)

### BARTON NEIGHBOURHOOD CENTRE

#### MONDAYS

• **Drop in Age Concern Lunch Club**, 10am to 2.30pm

#### TUESDAYS

• **Bingo**, starting 6.30pm

#### WEDNESDAYS

• **Lunch Club**, 11am to 3pm.

Barton Community Association, contact Chris Gerkin on 450356

• **Karate**, 4.30pm to 9pm For details contact Phil Patrick 07915661853

• **Job Club**, 10am to 12pm, 6 to 8pm. All welcome

#### FRIDAYS

• **After School Art Club**, 3.30pm to 5.15pm. For more details contact Sue Holden on 07866460446

• **Wood Farm Bingo**, 5.30pm to 9.30pm

#### SATURDAYS

• **Karate**, 9am to 2.30pm. For details contact Phil Patrick 07915661853

#### SUNDAYS

• **The Redeemed Church**, 9.30am to 2.30pm

### Activities for young people

<b>Sunday</b>	Baptist Church Sunday @5	St Mary's Church	5–6.30pm
<b>Monday</b>	Thrive Juniors Outreach	Parks and Green Spaces	5–6.30pm
<b>Tuesday</b>	Early Intervention Juniors	Youth Club/Sports Hall	6–8.00pm
<b>Wednesday</b>	Early Intervention	Drop in 1-2-1	1–4pm
	Early Intervention	Girls Group	6–8pm
	Phil Patrick	Karate	6–8.30pm
<b>Thursday</b>	Early Intervention Seniors	Youth Club/Sports Hall	6.30–9pm
<b>Friday</b>	Early Intervention/BCA	Gymnastics/Hip Hop	5–7pm
<b>Saturday</b>	Phil Patrick	Karate	9.30–1pm
	Oxford Bible Church (Alt Saturdays)	Sports Crew	12–2.30pm

### BARTON STREET SPORTS

#### FOR AGES 8-18

**Thursdays, 5.30–7.30pm, until 21 September, at the Youth Centre. FREE**

Bring drink, sun protection, a good attitude!

Street soccer, dodgeball, skater hockey, basketball, urban cricket, muga/sports cage at the Youth Centre;

All equipment supplied

Win prizes!

Get a bounts key tag – register on line – earn rewards

01865 252 729

[sportdevelopment@oxford.gov.uk](mailto:sportdevelopment@oxford.gov.uk)

[www.oxford.gov.uk/streetsports](http://www.oxford.gov.uk/streetsports)

### The Roundabout Centre

DAY NURSERY

Monday to Friday, 8.00–6.00

FAMILY STAY & PLAY

FREE!

Mondays, 12.00–2.45pm

Thursdays, 9.15am–2.00pm.

(and Tuesdays, 9.30–11.30am, at the Barton Neighbourhood Centre)

### Hill End Bushcraft Club

**14 and 28 September, 10am–2pm.**

For families (suitable for ages 11–18yrs)

Fire lighting, shelter building, foraging, making and firing, primitive weapons, carving, open fire cooking.

£7 adults, £3 young people

Eynsham Road, Farmoor OX2 9NJ

01865 863510

[hill.end@oxfordshire.gov.uk](mailto:hill.end@oxfordshire.gov.uk)

### Barton Leisure Centre and Pool

Open all week for swimming and junior gym.

Children can swim free in certain sessions. Crash course swimming lessons also available

**Table tennis:** Monday to Friday, 3–5pm; Sat 2.15–3.15pm; Sun 12–3pm. £2.20

Junior gym sessions (12–15 yrs):

Monday to Friday 10–11am and 3.30–5pm

Saturday and Sunday 11am–12noon. £4

Drop in for more info or call 08448 933222

### PLAYSCHEMES

A playscheme listing is available from Oxfordshire Family Information Service.

08452 262 636

[fis.enquiries@oxfordshire.gov.uk](mailto:fis.enquiries@oxfordshire.gov.uk)

[www.oxonfis.org.uk](http://www.oxonfis.org.uk)

(look for childcare/after school clubs)

### The Hands on News Team

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**Email:** [clavallin@oxford.gov.uk](mailto:clavallin@oxford.gov.uk)

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



# COOKING UP A TREAT...



**FANTASTIC** news, the Let's Cook it Barton! course has got off to a great and impressive start! The group of four local parents, took part in the first five week course, designed to tantalize the taste buds and spark some great enthusiasm.

If you happened to be passing the Roundabout Centre on a Tuesday, you'd have smelt the wonderful delights, such as home made roasted vegetable pizza, smoked haddock fish cakes and banana, orange and cinnamon crumble.

Culinary skills were developed and learnt.

Discussions included how to make meals of great value and nutrition, simple but valuable tips and nuggets of knowledge, to make meals bursting with tasty goodness.

Last but not least, there was much fun and laughter as many a foodie story was told. For example . . . would you ever consider eating hedgehog? We now know someone who did!

Interested in joining a course? All ages welcome, no level of skills required. Come and have some fun and take home some great portions of inspiration!

■ For details about the next taster session, please contact Sue Holden on 07866460446 or Christine McDermott on 07804190409



## Bayards Hill Primary School

### PUPILS EXCEL!

**THE PUPILS** of Bayards Hill Primary School have worked extremely hard over the last year and have made real progress throughout the school and in all subject areas. The Year 6 results, whose attainment is particularly important in OFSTED inspections, have excelled and their high levels mean that the school has exceeded the floor target reaching 61.5% In combined Literacy and Mathematics. The results in Mathematics and Literacy alone are amongst the highest ever.

The success of the Year 6 pupils has been matched by the progress made throughout the school, especially in KS1 phonics where our pupils have made tremendous progress.

These pleasing and positive results are a credit to the hard work and effort put in by the pupils who have been ably supported by all staff within the school and parents and carers at home. Because of this accelerated learning the levels of progress and standards are predicted to be even higher for next year.

### New building works

**THE SCHOOL** is delighted that after a wait of many years the building works have finally started. The whole project is planned to last around two years and to finish in April 2015.

The building work is planned in phases so that the majority of the work will take place in the summer holidays, although it is inevitable that there will be some disturbance to the normal running of the school. Health and Safety is of the highest priority and representatives from Carillion, project planners, Stepnell, the contractors and the school have had numerous meetings to prepare thorough and detailed health and safety precautions. Stepnell the contractors are very enthusiastic about involving pupils in as many learning opportunities as possible and hopefully will motivate pupils to become the next generation of architects, engineers and skilled workers.

The new school will face towards the current KS1 and Foundation Stage playground which will become the focus of the school. All of the Key Stage 2 children, Years 3,4,5 and 6 will eventually be in classrooms in a new block that will link the KS2 and KS1 buildings. The corridor and classrooms leading to the gym and the gym itself will be demolished.

The whole project is planned to last around two years and to finish in April 2015, at the end of that time the school will be upgraded and more than ready to provide the best possible education for the pupils of Bayards Hill Primary School.

## CELEBRATE ACHIEVEMENTS OF BARTON'S YOUNG PEOPLE

**A GROUP** of young people from Barton would love you to come to their Young Achievers Dinner on Saturday 28 September. In a project being run by the Thrive Team, they'll be making four courses of gourmet food for you to enjoy and you'll get to celebrate their amazing achievements.

This is the third year that the young people of Barton are hosting a dinner to celebrate their successes. Thrive have found that when young people are helped to recognise how much they're capable of and how much they've achieved, they're encouraged to aim for even more. So the Young Achievers Dinner is all about applauding and awarding them for all that they've been able to accomplish throughout the project.

There's lots to celebrate. And we're going to spend a whole evening doing just that.

Between now and then, the young people are going to be planning


the menu, experimenting with different types of food, designing t-shirts, going on trips to learn more about the food they're making and learning how to serve tables. They'll be using their abilities and discovering more of what they're really capable of.

Guests on the night will play a big role on in celebrating the young people as they display their achievements, share their stories and collect their awards. They're really looking forward to it.

#### HOW TO BOOK

Tickets cost £35 for Thrive's Young Achievers Dinner which is being held on Saturday 28 September (7pm) at Headington Baptist Church, Oxford, with funds raised going straight back into delivering youth work for the estate. You can order them online at [bit.ly/yad13](http://bit.ly/yad13) or by telephoning 01865 788355.





# ZUMBA

## ACTIVE Women

### ZUMBA MONDAYS IN BARTON

[www.getoxfordshireactive.org](http://www.getoxfordshireactive.org)



## ZUMBA WITH GEORGE MARTINI

**'Get up off of that & DANCE'**  
**Open to MEN & WOMEN**

**WHEN:** Mondays (Starts Sep 16<sup>th</sup>)    **TIME:** 7-8pm    **PRICE:** £2.00

**WHERE:** Barton Neighbourhood Centre (Sports Hall, Underhill Circus OX3 9LS)

**BURN CALORIES   HAVE FUN   MAKE FRIENDS**

For more info contact: **Jemma Cooper or George Martini**  
E: [jcooper@oxford.gov.uk](mailto:jcooper@oxford.gov.uk) M: 07539 286 994  
E: [salsahips@yahoo.co.uk](mailto:salsahips@yahoo.co.uk) M: 07776 430 343




# ACTIVE Women

## SALSA IN BARTON

[www.getoxfordshireactive.org](http://www.getoxfordshireactive.org)

**FIRST SESSION FREE**

## Salsa with George Martini

### WALK IN DANCE OUT!

**Never done it before? Move your hips & give it a try! Open to MEN & WOMEN. No partners needed.**

**WHEN:** Thursdays (Starts 19<sup>th</sup> Sept)    **TIME:** 7 – 8 pm    **PRICE:** £2.00

**WHERE:** Barton Neighbourhood Centre (Main Hall, Underhill Circus OX3 9LS)

**FUN & FITNESS   SOCIAL   YOUR PACE**

For more info contact: **Jemma Cooper or George Martini**  
E: [jcooper@oxford.gov.uk](mailto:jcooper@oxford.gov.uk) M: 07539 286 994  
E: [salsahips@yahoo.co.uk](mailto:salsahips@yahoo.co.uk) M: 07776 430 343



## Active Women Activities in Oxford City



Active Women offers high quality, fun and affordable sessions for women returning to, or trying sport for the first time!

For more information contact Natasha Mighty.  
[Natasha.Mighty@fusion-lifestyle.com](mailto:Natasha.Mighty@fusion-lifestyle.com)  
T: 01865 467264 M: 07932 404088

### DooCamp Fitness

Tuesdays, 6.30pm  
Cotteslowe Park – meet at the car park  
on Harbord Road, OX2 1BLH  
£3.50 per session

### Starting Soon...

Thursdays, 1pm (starting 10 Sep)  
Blackbird Leys Community Centre (Glow Hall)  
£1 or FREE for under 20's.  
Free uricse available!

### Body Burn

Mondays, 7pm (starting 30 Sep)  
Wood Farm School Hall (Titup Hall Drive, OX3 9QZ)  
£3 per session – get your first session FREE!

### Beginners Jogging Groups – FREE!

Debbie's Hinksey Joggers  
Mondays & Fridays, 10am  
Meeting at Hinksey Park (children's playground)

### Garden Café Runners

Wednesdays, 10am  
Meeting at the Garden Café (corner of Cowley Road & Manzi Way)

### Fancy leading your own beginners jogging group in Oxford?

Full training and ongoing support is provided!  
For more info email [spottadwell@oxford.gov.uk](mailto:spottadwell@oxford.gov.uk) or  
call – 01865 252729.

## Active Women Activities in Oxford City

### Mums and tots Ice Skating!

Fridays, 10am  
Join us for a FREE session on 16<sup>th</sup> Aug!  
Oxford Ice Rink  
£4 for mother and 1 child (£2 charge for extra children). Suitable for children aged 3+

### Tennis coaching for beginners & improvers

Tuesdays, 9.30am (starting 10 Sep)  
Bury Knowle Park Tennis Courts  
£4 per session – equipment included  
Fridays, 1.30pm (starting 13 Sep)  
Botley Park Tennis Courts (behind West Oxford Community Centre)  
£4 per session – equipment included

### Fun Fitness Tennis

Tuesdays, 10.30am (starting 10 Sep)  
Bury Knowle Park Tennis Courts  
£1.50 per session – equipment included

### Tennis with the kids

Mondays, 3.30pm (starting 10 Sep)  
Bury Knowle Park Tennis Courts  
£3.50 adult & £2 child per session – equipment included  
Suitable for children aged 8+ accompanied by a participating female aged 10+

### Learn to swim for beginners

Mondays, 10.30am at Blackbird Leys Pool  
Thursdays, 1.30pm at Temple Cowley Pools  
Starting w/c 9 Sep for 10 weeks  
Only £30 for 10 lessons!  
Booking must be made in advance – 0844 803 3222

### Back to Swimming

Tuesdays, 7pm (starting 10 Sep)  
Ferry Leisure Centre  
£5.80 per session – discounts for bonus concessionary members and students over 60's.

### 50+ Aqua Zumba

Tuesdays, 11am (starting 24 Sep)  
Barton Leisure Centre, £3.50 per session.

### Put on your dancing shoes

#### Zumba!

Fridays, 8.45pm at Northway Community Centre  
£3 per session

#### Starting Soon...

Fridays, 9.15am at New Marston Children's Centre (Zumba)  
Starting 27 Sep – £2.50 per session

Mondays, 7pm at Barton Neighbourhood Centre (Zumba)  
Starting 16 Sep – £2 per session

Thursdays, 7pm at Barton Neighbourhood Centre (Salsa)  
Starting 19 Sep – £2 per session

#### Back to Netball Coaching

Mondays, 7pm  
Cheney School Sports Hall  
Cheney Lane, Headington, Oxford, OX3 7QH  
£5 per session

#### Netball Social Match Night – open to all!

Tuesdays, 7.30pm  
Community Arena, Marston, OX3 9NQ  
£3.50 per session

#### Outdoor Football Coaching

Mondays, 6.30pm  
South Park, Cheney Lane entrance  
£2.50 per session  
Saturdays, 1pm  
South Park, Cheney Lane entrance  
£2.50 per session

#### Football training with Summertown Stars FC!

Mondays, 6.30pm  
(matches on Sunday at 2pm)  
Starting 24 July  
Five Mile Drive, Summertown  
Free

#### Family Badminton

Thursdays, 10am  
Blackbird Leys Leisure Centre  
Adult – £3.30, Junior – £2.30 – discounts available for Bonus concessionary members.





# OH WE DO LIKE TO BE BESIDE THE SEASIDE!

By Patricia Dowdall

**MEMORIES** of 1976 came flooding back to me when I decided to join the day trip to Weymouth with several Barton residents filling two coaches. Seeing all the excited children and parents loaded with goodies and treats for the journey was a great sight. Bags were bursting with buckets, spades, towels and picnic hampers for the beach. It was an absolute pleasure to be part of the day reminding us all of what community spirit is all about. The weather was equally as fantastic and sunny as it had been in my own childhood visit to the seaside.

Weymouth was the last of the four seaside trips during the school holidays. The previous outings were just as popular—Bournemouth, Weston Super Mare and Brighton were the other chosen venues this year. These trips are affordable and exceptional value for money and always provide a fun day out for families.

As we pulled in towards the seafront

with views of beachcombers already there we saw lots of beach activities including sand sculptures and pavements full of fellow day trippers, holiday makers, tourists and locals all making the most of the last week before school returns. Amongst the sunshine and the holiday atmosphere there were shrills of cheering coming from energetic children—as well as some of the adults! Here I witnessed some little ones about to experience their first ever visit to the seaside. The older ones amongst us were equally pleased to reach our destination more so for the opportunity to stretch our legs, have a cup of tea and indulge in some delicious fish and chips.

Having been instructed about our return at the end of our day we all went our separate ways to where we were going to spend the next few hours in the company of friends and family. For some it was straight to the beach whilst others headed for the quirky shopping area, hopped on the tourist train, visited the penny arcades, ambled around the harbour, took a

trip up the sky tower, visited the Aqualife Centre or just went off sightseeing at a leisurely pace.

When we all returned to the coaches at the end of the day the feedback was really positive, signs of tired eyes, suntanned faces, sand between the toes and happy smiling faces reflected that a good day was had by all. The return journey was pleasant despite the traffic being a little congested at times and all the kids were all really well behaved despite being somewhat tired and exhausted after a day of refreshing sea air. Thanks to Barton Community Association for making our summer a truly great one organising so many different trips, and we are now all looking forward to next time.

P.S Keep a look out for details of the Autumn trips coming soon. Next year's trip to Blackpool has been confirmed and dates and prices will be available early in the year. BCA will operate a "Coach Trip Savings Club" so that anyone interested can spread the cost.

## Courses in Barton

### Barton is a great place for learning

#### Courses confirmed for September

There will be a range of courses, which will be mostly free, taking place in Barton. 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, are free and child care is available. Places are limited. For more details and to book your place please contact the Roundabout Children's Centre, drop in or phone 764952.

- **Barton Singing Course**

The next WEA singing course will be held at Meadowbrook in Barton. Free taster session on Thursday 19 September, 10am–12noon, followed by a ten week course at Meadowbrook, 10am–12noon, every Thursday starting Thursday 26 September.

Cost £50 or free if on income related benefits.

## Would you like to advertise in Hands On News?

Please contact the team

Tel: 07767 318274

Email: [clavallin@oxford.gov.uk](mailto:clavallin@oxford.gov.uk)



[www.oxford.gov.uk](http://www.oxford.gov.uk)



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With no contract and no joining fee becoming a member couldn't be simpler. Join before 31st October 2013 and receive a free Personal Lifestyle Package worth over £50.

Visit [www.fusion-lifestyle.com/goodhealth](http://www.fusion-lifestyle.com/goodhealth) for details

Barton Leisure Centre • Blackbird Leys Leisure Centre  
Blackbird Leys Pool • Ferry Leisure Centre  
Hinksey Outdoor Pool • Oxford Ice Rink  
Temple Cowley Pools & Fitness Centre



Fusion Lifestyle is a registered charity working in partnership with Oxford City Council to manage your local leisure facilities.



# Feeling unwell?

## It does not have to be Accident & Emergency (A&E)

If you feel unwell then 'Choose Well' for expert advice and help. Choose Well means knowing about the different health services available and choosing the best one for your illness or injury.

**A&E and 999 are for serious or critical conditions or life threatening emergencies only. There are many alternatives available.**

**Choosing Well will help to ensure that the right NHS care is available when you need it.**

**Oxfordshire Clinical Commissioning Group is making sure you have all the information you need to choose the right health services, first time should you become ill.**

### By choosing well:

- You get the right care, first time
- You will often be treated more quickly than at A&E
- It helps free up the emergency departments to treat people with life threatening conditions.

There are lots of different ways people can access the right NHS service and make sure they get the right treatment, at the right time and a place that is convenient for them.

**By choosing well you will get the right treatment and help busy NHS services care for the people who really need them.**

### 1. Self-Care — be prepared

Making sure you are as well as you can be, and protecting yourself from winter infections and viruses is important. To begin with, make sure you are prepared and your medicine cabinet is stocked up with:

- Paracetamol or ibuprofen for pain and/or fever in adults or children
- Anti-diarrhoeal medicine
- Rehydration mixture
- Plasters
- A thermometer

If you are unlucky enough to get a cough, cold or flu, buying over the counter medicine, staying at home and keeping warm will make you feel much better. Of course, if your symptoms worsen, you should seek a routine doctor's appointment or call NHS 111 for advice.

**If you are pregnant, are aged over 65, or have a long term health condition (such as diabetes, asthma and a heart condition), you can get a free seasonal flu jab from your GP.**

If you are pregnant, are aged over 65, or have a long term health condition (such as diabetes, asthma and a heart condition), you can get a free seasonal flu jab from your GP.

If you have a computer, the NHS Choices symptom checker can be very useful in helping you to manage any worrying symptoms.

There is a wide range of up-to-date health information on the NHS Choices website. Please visit: <http://bit.ly/12kyV0>

### 2. Pharmacists

Pharmacists can offer a range of healthcare services; they provide additional services such as advice about minor illnesses (for example coughs, colds, diarrhoea and vomiting), stop smoking advice, the morning after pill, advice on how to manage your medicines as well as ordering repeat prescriptions. Most pharmacists also offer private consulting rooms so you do not need to talk over the counter. People are urged to be aware of local pharmacy opening times and also to restock their winter medicine cabinet with remedies to treat common winter ailments.

### 3. NHS 111

If it is not a 999 emergency and you do not know who to call for medical help, perhaps because you GP surgery is closed, then you can call NHS 111 for advice. Calls from landlines and mobiles will be free.

### 4. Minor Injuries Units

Minor injuries units are for injuries, such as deep cuts, eye injuries, broken bones, severe sprains, minor head injury, minor burns and scalds. Many people go to A&E when they could be treated just as well and probably quicker at a minor injuries unit.

In A&E staff must give priority to serious and life-threatening conditions, so if you go there with a minor injury you may have to wait longer to be seen. It is better to go to a minor injuries unit if there is one locally.

You do not need an appointment to visit a minor injuries unit. They are run by a team of highly qualified nurse practitioners with a lot of experience and expertise in the treatment of minor injuries. Minor injuries units can treat a wide variety of problems including cuts and grazes, sprains and strains, broken bones (fractures), bites and stings, minor eye infections and scratches or something stuck in your eye.

### Your nearest minor injuries unit is in Abingdon

**Urgent Care Centre  
Abingdon Community Hospital  
Marcham Road  
Abingdon  
OX14 1AG  
Tel: 01235 208730**

**This service is available  
seven days a week,  
10.00am to 10.30pm.**

### 5. Urgent dental services when your dentist is closed

For emergency advice or treatment please call: 0845 345 8995

- 6.30pm to 9.30pm, Monday to Thursday
- 6.30pm to 10pm on Fridays
- 9am to 1pm and 2pm to 6pm at weekends
- 9am to 5pm and 6pm to 9pm on bank holiday weekends and bank holidays.

### 6. GP surgeries

GP surgeries provide a range of services by appointment, including medical advice, examinations and prescriptions and can give urgent advice between 0800 and 1830 Monday to Friday. Check with your GP practice directly for information.

### 7. GP out-of-hours

If you think that you may need help from a doctor when your GP is closed, then call NHS111.

The out-of-hours service provides urgent medical care from 6.30pm to 8.00am on weekdays and round the clock at weekends and bank holidays. Remember to call first before going to an urgent care centre as you will be given an appointment and will avoid an unnecessary wait.

Patients do not need to register for out-of-hours services.

### 8. A&E/999

A&E departments should only be used in a critical or life threatening situation. A&E departments provide immediate emergency care for people who show the symptoms of serious illness or who are badly injured.

Dialing 999 and stating that there is a medical emergency will result in an emergency response vehicle being sent to your location.

**IN AN EMERGENCY PHONE 999  
(e.g. serious injury, loss of consciousness,  
chest pain or suspected stroke)**

### And Finally...

### Your checklist

- ☒ Have you got your repeat prescriptions to cover you during holiday periods?
- ☒ Do you have a well-stocked medicine cabinet? (Please keep medicines out of reach from children)
- ☒ Have you had your seasonal flu jab?

**If you are pregnant, are aged over 65, or have a long term health condition (such as diabetes, asthma and heart conditions), you can get a free seasonal flu jab from your GP.**

- ☒ Do you have a thermometer?
- ☒ Do you know the opening hours of your GP practice and pharmacy?

**If you become unwell,  
CHOOSE WELL!  
Remember, a range of NHS  
services exist to help you get the  
right care, when you need it.**





Sensei Phil Patrick

# Under 70 Karat Gold

**Barton based Karate Instructor and current World Union of Karate Federation Mixed Martial Arts Lightweight League Champion, Sensei Phil Patrick speaks to Hands-On-News' Emmanuel Odwar about his June triumph.**

## **HON: What was your immediate feeling after your success?**

Sensei Phil: I was really chuffed and even the hard work for my kid paid off. It was evident at the Karate base that I've had for years and taught at for the past 12 years paid off so well within the cage. Also, I've had to add Brazilian Ju-Jitsu Wrestling to help with the ground fighting because Karate systems generally don't cater for that. With

BJJ going and recently being promoted to my purple belt and also doing Karate; they have helped me into Cage Fighting, so there are no weak areas in my stand up and ground work. It was quite relieving and reassuring because I started to doubt Karate itself in reference to its effectiveness in the cage. There were big questions surrounding Taekwondo, Kick Boxing, Karate, Ju-Jitsu; where Ju-Jitsu doesn't incorporate striking so they're missing out on an important aspect of MMA and Karate wasn't striking but it doesn't work the Clint Judo style wrestling or ground work like the BJJ. So, it was reassuring more than anything else to know that BJJ and Karate was put together in my training for the last few years. And as I look back as a kid, I now realise that it wasn't a waste of time. A kid could be doing a Karate class that helped developed their growth in terms of their personality, fitness, flexibility, general well-being and a large portion of self-defence not quite completely fighting.

## **HON: At what point, do you feel it would be appropriate for a child to get involved with the necessary programme?**

Sensei Phil: I think a child should begin to do a stand up art like Taekwondo, Kickboxing, Muay Thai that kind of thing. Then at a later age to do: BJJ, Judo, Greco Roman Wrestling or Sambo American High School Wrestling. I think to start one and add another is the best way for some children, when they get halfway through one system to start slowly and incorporating others they're missing; whether it's the grappling or striking side of things at a higher grade level.

For an adult or child in Martial Arts, grades resemble their age within the art. So, once they're an apprentice brown belt at 12 years old, I would teach them the same as I would a 25 year old blue

belt because they're mentally that mature within a fighting system. That's how they go together and when they should go together from my personal opinion but I'm still dubious about how the club's that teach just a MMA system because they never really graded, affiliated or have any set background to know what they're strongest, grappling or striking aspects of fighting are. I think it is very much coaches like me to think of champions in the future. They would have to be nurtured through the same way the schools do for future job prospects.

So, as Martial Arts gets more high profile, people need to nurture the participants and realise that you're a school and you may work with a six year old now but you might be an integral part of that child's upbringing, a bit of self-defence and fitness.

So, schools need to work on an element of confidence training, flexibility and fitness to enable children to go into any sport that they want. If the child selects MMA then that's great. Many kids who will go into MMA in the future will probably do Karate competitions from the age of 8, 9 or 10 years and start the BJJ competition on top of the Karate competition from their middle to late teens. And when they're 16 to 18, then they may make that decision to go into Amateur MMA and that would leave the scope open for them to be a high grade in BJJ, a black belt in Karate, have BJJ and Karate attributes behind them in competitions for them to go into MMA with an open mind and understanding of what to do and how the game works.

So, I think you need to be slow with children and let them progress in their own time and educate the parents into what it is children should have as opposed to what the parents want for their children. So, it's very common for the Dads to look at the paper and say I will send my child to OMO or MMA; my kids are doing Cage Fighting and your kids are doing this Mixed Martial Arts rubbish not realising that some of the best Cage Fighters are Karate black belts. Then that's why they're the best Cage Fighters and they've added other attributes to their game. So, I still believe that a parent should find a decent Judo, Karate, Taekwondo, Kickboxing and Ju-Jitsu club to get their child involved in first and let them enjoy the art then upgrade them to Wrestling. As a result, then maybe take them to a striking art and decide which one they prefer and let them pursue getting a black belt in their art and bring them into MMA at a later date if they choose to go there.

## **HON: Do you think MMA will be integrated into schools, colleges and universities?**

Sensei Phil: I don't think that MMA will ever make it into the school structure.

## **HON: Why do think that?**

Sensei Phil: I think the context of it is too grown up with MMA it's Cage Fighting and it's teaching a child how to really fight. I think it will probably happen but right now, the art is still within the school's game and the MMA is more with the leisure game at a leisure centre. People are more interested in getting their children involved in MMA out of school activity but in school very much when I go in I do some flyer drops and a small demonstration with the children that I've worked with and invite them to come into my Karate or Martial Arts clubs and learn Martial Arts. So, like the BJJ group, the Mixed Martial Arts group and both MMA aren't an option to my students until a higher grade level or 14 years plus. So, as of when I do start specific MMA classes, I would still recommend a 14 and 15 year old to do BJJ, Karate or possibly both in my club rather than just the MMA.

## **HON: What process did you have to go through in order to confirm your place in the UKMMA League?**

Sensei Phil: I was always doing Karate competitions from the age of 10, 11 years old after beginning training in Headington on Gladstone Road and having a year out after nine or ten to join the community centre club and competed in Karate from 12 to 22. Then in my early twenties 21, 22 I started to study BJJ with teaching Martial Arts being my full time job and I was fortunate that I only worked a few hours a day. A full time Martial Artist, a competitor as well as a teacher and you can be a good role model to the students. I put myself on the line and I explained to them how nervous get, how I need to use the toilet before I fight, how often I need to hold onto my toilet whilst I fight because I'm so scared. Also, I teach them to build these emotions through sport, Karate and grappling competitions before they would do anything within a real context like MMA. I studied BJJ for the last six years and competed for the last four years. Three years ago after one year of BJJ competitions, I started to do Karate competitions again and for the last three, four years I've been competing in Karate and BJJ at British National Level and then going away with the England Karate team quite often and fighting on the International circuit and from stand up they're aware that it is effectively a good game of Tig which gives you the

good distance in the timing you need.

So, I decided to go to the Amateur scene to try it out for myself. Over the amateur season, I started in October 2012 and went along and won my first fight in a minute and 30 seconds with an arm bar. So, my BJJ was good enough to be in the amateur scene, so I was happy that I armed barred a Judo black belt in a minute and a half and made him tap out. The grappling game should have been his game.

So, I drew my second fight to have had and won one and drew one in this league and gained three points for a win and one point for a draw. So, I was third in the league with four points.

Then to find out that the guy I drew with was last year's winner and after that point I realised straight away that I was in with a chance. So, over the course of the season where you have eight to nine cage fights, I went onto to draw three, win five and ended up winning the league by a clear five to six points and luckily the wins I'd gained were from the competitors around the top near me and soft draws from people who were getting a bit too complacent. In May, I went into the final round of the MMA knowing that I had two fights on that day and as long as I won one of them then I would have taken the title for that year. And for my weight under 70 kilos and my first fight against last year's champion of the division below me came up a division to fight me and I hit him with a leg shot which took him down. As he went down I switched the move into the arm bar pretty quick and accidentally dislocated his shoulder.

As a result, the match ended in nine seconds. I was really nervous about that fight and still with a fight in hand, I went on to draw and I'd already won the amateur league. Since winning the amateur league and getting awarded the belt, I've looked into a couple of organisations such as Battle Arena which will enable me to do some shows in Birmingham and Leicester. With Battle Arena even though the athletes aren't paid, promoters will see you fighting and they like to arrange fights in other countries. For example, if I was taken for Battle Arena to fight in Amsterdam, Germany or wherever else they had their shows, I would be able to travel away like an athlete, they'd pay for your flights, they'd pay for your transportation, they'd pay for your food, they'd pay for your Trainers and Physios but you don't get paid to fight because you're still a semi-professional. So, until you sign a contract with a professional company and you'll need to

be a full time fighter.

Turning professional is probably not feasible for me but having professional fighters coming out of my school is definitely a goal of mine.

## **HON: What were your expectations before the competition?**

Sensei Phil: I completely surpassed my own expectations because I didn't expect to win the UKMMA Amateur League under 70 kilos and have people phoning me trying to get me on the semi-professional card. So, I'm looking at this month or December to make my semi-professional debut. Again, it feels just as nervous as when I first got in with the amateur scene.

## **HON: How do you think the experience from Amateur UKMMA will help you in the future?**

Sensei Phil: I think it will help me massively, the striking on the floor with grappling will definitely help me because I'm knowledgeable since doing the MMA League. Quite often I was going under submission and felt myself getting punched and wasn't use to that in BJJ. So, I had to adapt to that with it being against amateurs like myself at the time; I wasn't getting punished as much as I would if I was against a semi-professional or a professional athlete. They would have punished me more laying on my back looking for a submission and being quite naïve to the point they could punch or kick me.

The experience has benefited me a lot for what my club stands for now. You do a traditional system and all the benefits that we all got out of Martial Arts before then take up Karate competition and use these skills in a game of Tig. The skills can help establish good timing, good distancing for your strikes and then begin to add grappling; be it BJJ or another art form to your Karate competition and then compete in Wrestling then the amateurs with no head shots. Full fights no head shots five minute round. This is a good bridge between a more structured cage fight into their semi-professional or professional MMA.

## **HON: What was the standard of opposition like?**

Sensei Phil: There were some very good guys there. As far as the amateur league the standard went from one end of the spectrum to another. So, just like anything else which is amateur it is very amateur and it is not very governed in terms of ability. So, I found that sometimes I had fights that were below me, I could beat my opponent easily in a minute or two by an armed bar, knockout or leg lock.



Also, I've had the luxury of being able to choose what I would do to them because I was that much more advanced and better than him and then on that same afternoon in the next meeting; I would go in and meet another gladiator and we would be evenly matched. Therefore, the three draws I took, I value a lot more than the five wins because the three draws were timed; albeit if that was a semi-professional fight I could have lost it but I could have won. I found that some opponents were good and I had to exceed myself, also in the fights that I easily won made me question the level of Amateur MMA and whether I'm good enough to go to semi-professional. But I was also humbled by some of the draws I had, meeting other amateurs like myself who are on the brink of going to semi-professional.

**HON: What are the age limits within the disciplines?**

Sensei Phil: Karate and BJJ just like Judo and Taekwondo have competitions running for kids as young as seven years old. Six, seven, eight year olds would be participating in Karate or BJJ competitions or if you were a very fortunate child then you would be doing both. This goes right through to seniors, adults and veterans, 35, 40 plus sections, so that's how those sports work. And I know the UKMMA League that I'm linked within the amateur scene that my surprise start sections from as young as 14 to 16; so males and females aged 14 to 16 years old in relevant weight sections with no headshots, five minute rounds, a full fight touch gloves.

I was really dubious about it and thought that's a bit young to be doing Cage Fighting when they could be doing a Karate competition, a Boxing match or a Judo fight. They don't need to be doing Cage Fighting because it's a bit too realistic for them. They'll probably get more attributes out of other arts as opposed to going straight into Cage Fighting.

**HON: What age would you expect the youth to begin Cage Fighting?**

Sensei Phil: I would allow a very good Karate or Judo player who has already got their black belt in their teens to be considered like a 16 to 18 to do amateur and would leave them ready to go semi-professional at 18. But to my surprise watching these 14 to 16 year old kids, they were going good if not more so than the adults because of the engine they've got and the cardio levels they had and they were very skilful. Also, their submissions were off the hook and it was a real eye opener for me to think, if that 14 year old doing MMA was to fight one of my Karate black belts who is 14; my money is on the MMA fighter, he was looking awesome. Also, I'm humble enough to admit that the 14 year old MMA Fighter would tuck up the Karate player through this training.

**HON: What do you see as the future of UKMMA?**

Sensei Phil: I think and know already it is massive, there's a lot more multi style schools opening up like the one in Cowley with Boxing, Thai Boxing, MMA, BJJ, Greco Wrestling. Also, they've got all different disciplines and arts that you can learn with several different coaches. Also, you can get multi style sport establishments where you can play Tennis, Badminton, go Swimming and Weight Training. Now, they're Martial Arts Schools opening up and I'm looking at opening one up over the next year or so and that would incorporate Muay Thai, Thai Boxing, BJJ, MMA, Karate, Taekwondo. Also, I'm looking to open up a school which have Children's BJJ,

Karate programmes, teenage to adults MMA programmes and separate MMA and BJJ adult classes running. The disciplines are there to put together to use to enable you to become a Cage Fighter one day in the right way and structured by someone the participant's parent can trust to nurture their fighter.

Alternatively, if the fighter chooses not to be a Cage Fighting Champion or even a Karate Fighting Medalist or even if they don't want to do a Karate competition; they can still train enough in a centre or they could have friends to support them in the cage. There are fighters who train alongside me but don't compete with me. Also, they don't want to compete because it's not in their makeup or can't get over the nerves but still get a lot out of helping people like myself train, being good training partners, turning up regularly at the gym or being there to pass you a drink. Also, they sit down and cheer for you and tell you that it is going to be ok.

**HON: What did you learn from your experience after the success you had?**

Sensei Phil: I learnt that I sometimes sold myself short and I didn't expect to get the results I got. I learnt again like I did in Karate and BJJ not to judge a book by its cover; sometimes I looked across the cage and saw a monster and thought "oh my God, he's going to kill me" and then I tucked him up. Also, just that the other arts have taught me not to make assumptions on things. Mentally, I'm a negative person and I stress about things going wrong.

**HON: Why do you stress about things going wrong?**

Sensei Phil: I'm not too sure why I think like that. As a child, I had a lot of instability. Karate was something that gave me a lot of confidence to give back to the kids in my club. As young as 14 I was taking and assisting sections of Karate classes. I was always told that things were going to go wrong and that your face would get knocked off at a Karate competition as opposed to go and "beat him son".

I'm a lot more confident now going into Semi-Professional MMA than I would have if I went straight in; I would have been like a Rabbit, headlights walking out in front of a few thousand people with tunes on, big flashing lights, camera, referees and I think I would have been nervous but now it's something I look forward to doing and saying that I've done. Doing the things that I didn't want to do has made me what I am and to know that you can achieve that and do it yourself a little bit more.

**HON: Moving slightly away from yourself, I understand that you will be conducting a free Martial Arts session and outfit promotion for the Barton Children, could you clarify that?**

Sensei Phil: Yes, I can.

**HON: When and where will the session and promotion be taking place?**

Sensei Phil: Any child under the age of 16 can call me or come into the club for BJJ and or Karate then book their place or get booked in by their parent. This will cost the participant nothing but their time and they can read through the paperwork to see how much it would cost if they would like to join Martial Arts. And if that's an issue then they'll be able to speak to me and all the children will have a free trial for a month for all of my classes throughout Oxford.

**■ For more information on taking part in Martial Arts go to [ostma.moonfruit.com](http://ostma.moonfruit.com)**

# A little bit of pampering makes you feel like a million dollars

**RESIDENTS** were treated to some very special therapies and treatments at the annual Therapy Day held on Friday 30 August. All treatments, which included manicures, shiatsu, reiki, chair massage waxing, eyebrow threading, facials, mini makeovers and baby yoga cost just £1 each.

One of those who booked all the treatments commented that she had received some fantastic pampering, had lunch, socialised with friends and still had change from £10—best value ever.

This event allows the local community to indulge in tasters at highly subsidised prices and walk away feeling great and with a spring in their step. Are you a trained hairdresser, pedicurist, masseur, nail artist? Are you trained in any other aspect of beauty therapy? If so, please let us know if you would like to be involved in the next Therapy Day.

**■ For further details call Sue on 07866460446**

## FORTHCOMING COACH TRIPS

We are currently in the process of planning trips to the Black Country Living Museum in October, Cirencester Christmas Market and Westonbirt Arboretum Enchanted Christmas in November and Birmingham Bullring Shopping Centre in December. Please contact me if you would like further details as they become available, Sue Holden on 07866460446



## News from the Rev'd Maggie Thorne Vicar of St. Mary's

**IT'S BEEN** a busy time over the summer at St. Mary's. Many plans are being made and progressed, and over the coming months I hope to be able to report the details. By the time this newsletter goes out, we should have completed Phase One of our development plans.

This has been to remove our existing wooden chairs, replacing them with modern, stackable, attractive ones.

Apart from comfort, we are aiming to make the interior of the church more flexible for community use. A great time to come and admire them – and sit on one! – is on Sunday 29 September at 10a.m. when it's both our Harvest Festival and Welcome to Church Sunday.

Your parish church would love to welcome you on that day. Our fundraising for our development plans needs to continue. Only a couple of weeks ago, I was sent old press cuttings of the consecration of the church, along with the order of service. It is so interesting to learn about how the church building came to being in Barton and many parishioners still remember

purchasing a brick for a shilling.

The community really got behind the building project then, and I have to ask you all again to help us in any way you can. Obviously bricks cost a lot more than a shilling now and everyone is feeling the pinch of the recession too, but there are two realistic things you could do.

First, we run a 200 Club and for just £12 a year, you can enter a monthly draw with a chance to win up to £50. The odds are much better than the National Lottery! Second, and this will cost you NOTHING, all your unwanted clothes, belts and shoes can be turned into cash for our funds and go to help those struggling elsewhere.

Items must be clean and in good repair and all you need to do is deposit them at the Vicarage or arrange for me to collect them from you. As a certain supermarket says, 'Every little helps'.

Some of you will have already met our Street Prayers team. Every month we are visiting a particular road collecting any prayers that you would like us to offer for yourself, someone you know, or a situation

that concerns or worries you. When we call, we don't expect to be invited in or to enter into a long conversation and if you want us to go away, just say, 'No thank you.' Those prayers collected will be offered through the coming month at our Sunday service.

Prayers regarding illness or bereavement will also be offered at our healing service, which we hold every Tuesday at 10a.m.

The Archbishop of Canterbury, Justin Welby, has been in the news recently, commenting on Credit Unions. One existed in Barton some years ago and I've been meeting with the Oxford Credit Union with a view to opening a branch on the estate and offering financial counselling.

I'd be very interested to hear some of your thoughts on this or any other matter that may concern you.

**■ St. Mary's exists to be of service to the people of Barton and Sandhills and to show and share the love of God, so don't hesitate to get in touch on 761886 or [maggie53thorne@gmail.com](mailto:maggie53thorne@gmail.com)**



# BARTON SATURDAY SWAPSHOP

## 2013 DATES

7 SEPTEMBER  
5 OCTOBER  
2 NOVEMBER  
7 DECEMBER

## 2014 DATES

4 JANUARY  
1 FEBRUARY  
1 MARCH  
5 APRIL  
7 JUNE  
5 JULY  
2 AUGUST  
6 SEPTEMBER

10–11.30am

BARTON NEIGHBOURHOOD CENTRE,  
UNDERHILL CIRCUS, OX3 9LS

THE FIRST SATURDAY OF EVERY MONTH, BRING THINGS,  
TAKE THINGS, OR BRING AND TAKE THINGS,  
ALL FOR FREE!

For more info email: rachael.lcbarton@yahoo.com

**BARTON SATURDAY SWAPSHOP  
EVEN BETTER THAN A BARGAIN!**

Cut out and keep



# HAPPY BIRTHDAY SATURDAY SWAPSHOP

**THIS** month Barton Swapshop celebrates two years of saving useful stuff from going to landfill (approx. 1500kg so far) and giving people the opportunity to pick up something nice for FREE!

Items can include clothes, books, music, household goods, bric-a-brac...everything except large furniture and white goods. We even take small electricals.

If you are doing a spring-clean or have things you want to get rid of but don't want to just throw in the bin then bring it to the Swap and it will find a new home.

See our handy cut-out-and-keep calendar for time, dates and location

■ This free monthly recycling event is run by Low Carbon Barton. For more info please email: rachael.lcbarton@yahoo.com or ring: 07767773150

# How to get help from the Food Bank

**WITH** the introduction of the bedroom tax, increased food prices, and with many people experiencing problems with benefits being suspended or being paid late, more and more families are finding it difficult to pay for food.

**So what can you do if you have no money to pay for food?**

It is possible to get help from the Food Bank. You can drop into the Barton Advice Centre at Barton Neighbourhood Centre and they will be able to issue you a referral form. They will need to talk through with you your circumstances and why you need to use the Food Bank. You could then present the referral form to the Food bank, which is based at St Francis Church in Holloway and open on a Tuesday and Friday.

■ For more details contact Barton Advice Centre on 01865 744152 or drop in to the Centre.



*Join the money revolution...  
...all profits are returned to our members!*

## An ethical choice of banking

## Live or work in Oxfordshire?

No shareholders or outside investors are involved; we are run by our members for our members.



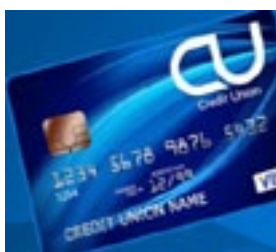
Come and save with us – As little as £10 per month and watch your savings grow!

## Easy Pay in methods!

We accept:

- ✓ Wages/Salaries
- ✓ Benefits
- ✓ Private/State Pension
- ✓ Standing orders
- ✓ Cheque/Cash payments
- ✓ Bank transfers

## Access your money via:



Our pre-loaded Visa Debit Card. Its costs a one-off charge of £3.50 and can be safely used in stores and online to make purchases.

## Borrowing?

Members with three months continuous savings can apply for a loan with reasonable affordable re-payments.

Visit us at:  
Suite 1a, Temple Court  
107 Oxford Road  
Cowley  
Oxford, OX4 2ER



Phone: 01865 777757

E-mail: [info@oxfordcreditunion.co.uk](mailto:info@oxfordcreditunion.co.uk)

Web: [www.oxfordcreditunion.co.uk](http://www.oxfordcreditunion.co.uk)

# What is a Credit Union?

**CREDIT** unions are small non-profit financial organisations set up by members with something in common to benefit their community. In Oxford the common factor is living in Oxfordshire. There are around 500 credit unions in the UK with almost a million members.

Credit Unions provide a banking service for people who can't get access to ordinary bank products. Plus they are an alternative to payday loans or doorstep lending.

**Why should I join the Oxford Credit Union?**

Whether you are a saver or a borrower; credit union membership makes financial and social sense for you as well as for your local community.

**What services do credit unions offer to me?**

They provide you with a basic financial services package: a current account where you can deposit cheques, draw your benefits or pension, and obtain financial information. Credit unions will do everything they can to provide the service you need. They also offer savings, loans and a debit card. How does it work?

By saving with their credit union,

members create a pool of money that can be used to grant affordable and straightforward loans to members. Any profit that the credit union makes, from investments and interest on loans, is returned to the saving members in the form of dividend.

**How much do I have to save?**

Credit unions encourage their members to save regularly, if only small amounts. Even a small amount adds up! Saving is possible by coming into the office, through payroll deduction, from benefits or by standing order.

**Can I take out a loan?**

New members can apply for an Introductory loan of up to £500 once they have been saving with the Credit Union for three months. Established members may borrow as much as they can afford to repay, currently up to a maximum of £2,000 (conditions apply).

**Is it safe?**

Credit unions are part of the Financial Services Compensation Scheme and the Financial Ombudsman Scheme. In addition, credit unions offer free life insurance on all savings and loans.

■ If you would like more information call us on 01865 777757 or email us at [info@oxfordcreditunion.co.uk](mailto:info@oxfordcreditunion.co.uk) or check out our website at [www.oxfordcreditunion.co.uk](http://www.oxfordcreditunion.co.uk)

■ You can find us at: Oxford Credit Union, Suite 1a, Temple Court, 107 Oxford Road, Oxford, OX4 2ER

■ Our Opening times are:

Monday: 10am–1pm  
Tuesday: 10am–1pm  
Wednesday: Closed  
Thursday: 10am–1pm  
Friday: 10am–1pm



# A PLAN TO ENLARGE BARTON

## A view from the Barton Community Association. A general view of the plan

**THIS** is a report from the trustees of the Barton Community Association (BCA) about the plans for a new housing development west of Barton. The report is based on meetings with City councilors and developers and on the recently published Planning Application, a long and complex document, not easily summarized, and only allowing us to raise a few major issues here.

### A general view of the plan

The plan is for 885 new homes and related facilities to be added west of Barton next to the A40, and is based on a vision of a single integrated village that will include the new and the old parts of Barton and provide opportunities for regeneration of parts of the old. The BCA welcomes this development, which will include 40% much needed affordable homes. We hope to be able to help work towards the planned integrated village, recognizing that there are still many issues that need to be resolved for a successful outcome.

In view of the planned development, for which work may start as early as March 2014 and continue for several years thereafter, we are exploring the possibility of creating a local parish or community council for the new, enlarged community, and will be actively encouraging Barton residents first to sign a petition that is legally needed to establish a council (see <http://www.createacouncil.nalc.gov.uk>) and later to participate in the local elections. This could create a local council with significant responsibilities for the welfare of the new larger community, its early growth and long-term development.

The plans include up to 885 residential units (40% affordable housing) and 50 extra care housing units, a school and related community hub, including outdoor sports pitches and play facilities, a supermarket (up to 2500 sqmetres [about the size of the Coop in Headington]), a hotel (120 rooms, 7350 sqmetres) and informal open space including a linear park in the north of the development, shown with small lakes in the figure, which also shows that the main access to the new development will be from the A40. There will be one main road—"Middle Street"—running east-west through the new development to join Fettiplace Rd for entry to present-day Barton. There are many issues that still need to be addressed and that will play an important role in determining the extent to which we can look forward to a single, well integrated village or to two distinct communities, separated by their social facilities, their schools and their sense of belonging to different places.

### Two communities or one?

The plan states that: "The approach to community facilities within the scheme has sought to be complementary to the existing Barton Neighbourhood

Centre. The role of the new community space and investment needed to support and enhance existing provision in the existing Barton Neighbourhood Centre is currently being determined as part of the Section 106 negotiations." This looks as though the need for one central focus for the community is recognized, but there is also a statement that: "The Barton Oxford LLP is pleased to note that the panel accepts the need for two centres and recognises the role of Middle Street in promoting 'linked trips.'" If we are to have an integrated village we need a single centre, with possible satellites that relate to the schools or the shops. It will be important to ensure that our community focus is not split into two, a new and an old.

The increase in the number of children will require extra school places and we welcome the plan for a new primary school that promises modern facilities. However, it will be important to ensure that all Barton children, from the new and the current parts, are eligible for entry to either school, the new and the existing Bayards school, and that both will provide education which is of a high standard noting that Bayards hill has underperformed in recent years, though this years SATs results show considerable improvement. Two separate schools in one village can form the basis for useful interactions within the community or could generate divisions that will act strongly against efforts to build one integrated village. We have to be aware of these issues and work hard as the new residents arrive to ensure that the educational plans and policies work to avoid a split between new and old.

The plan shows the first development to be blocks of flats (up to 5 storeys) at the west end of the new development area. This will make it difficult for the Barton community to welcome the newcomers and make them feel a part of the whole community. We understand that an early link road between the new development and the western end of Fettiplace Road will be available to encourage the new residents to come to the Underhill shops and the Community Centre, and attend (a much improved?) Bayards school.

Since 40% of the new homes will be affordable housing it will be important that a significant part of the new affordable homes be available for Barton residents who are a part of the existing community and who can play an active role in forging links between the new and the old. We understand that it will be possible for such moves within Barton as they meet the needs of families now living in affordable homes within Barton.

New sports facilities will be linked to the new school. We have been assured that the use of these facilities will be accessible to the community and will not be under the control of the school. The continuing availability of facilities for the Barton community, as the new replace the old, is an important issue for those who now use these facilities, and we have been told that there should be a continuing access for present Barton sports teams, without interruptions as the new facilities are created.



The illustrative master plan

### Traffic Plans and Parking

The major link into the new development will be from the A40. Left turns and right turns to and from the A40 will be possible but the direct crossing into and from Northway will be limited to buses and emergency vehicles. There will also be the link from the new "Middle Road" that will run west to east from the A40 entrance and through the new development to Fettiplace Road.

This raises two issues: one minor issue concerns the name of the street, where we should be looking for something less banal, but the other much more important issue concerns the likely increase in traffic along the quite narrow Fettiplace Road, whose houses face directly onto the road and are already shaken by traffic as it passes. One forecast has suggested that traffic could increase fourfold along this road.

The possibility of not using Fettiplace Road but linking a short stretch of road next to the A40 with the current Northway north of the A40 merits serious consideration.

Parking may also prove to be problem. It will be important for present Barton residents that no further parking restrictions be added as a result of the new development. The plans for parking in the new development are presented in some detail in the application and include a table that assigns only about 20% of the planned new parking to affordable housing and the rest to what is now often seen as "unaffordable housing". Since the affordable housing represents 40% of the total this planned assignment of parking spaces needs to be reconsidered.

We were told that it was based on records of vehicle ownership, but urge that vehicle usage would be a fairer criterion, since occupants of affordable housing often use vehicles for their daily work – a walk round Barton shows a significant number of such large and small vans.

### Hotel and Supermarket

The need for a hotel in Barton has been questioned. The space could better be used for the badly-needed housing. The plan argues that a hotel is needed for patients or relatives of patients in the JR hospital, but with traffic across the A40 limited at the new junction the problem of getting to the JR except by bus will make the Barton Hotel an unattractive option for many, and if a hotel is needed for this then it should probably be closer to the hospital complex itself, on the same side of the A40, where it could still serve to provide employment opportunities for Barton residents. The food store would be welcome as something closer than the Headington shops and offering more than is now available at the Underhill Circus. Just which company will make the best bid to take on this responsibility appears to be an entirely commercial issue.

### Regeneration in Barton

The plan includes opportunities for needed regeneration in Barton. These are important for the people of Barton and there have been some suggestions for possible sites where improvements would be of value, including improvements at the entrance to the village from the Green Road roundabout and along Burchester Avenue, as well as plans for upgrading green spaces.

There is, however a significant extent to which Barton Residents have neither the training nor the skills needed to understand where improvements can most usefully and realistically be made. We are still hoping that some creative suggestions will come from the planners, who understand how to do these things.

**The BCA will be actively involved in future developments, will continue to make positive suggestions and will count on Barton residents to help create an enlarged and well integrated new village.**



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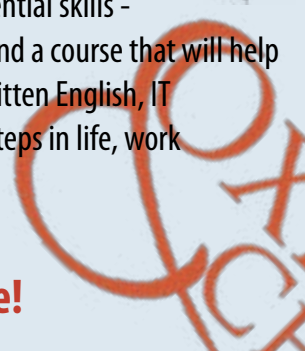
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