

Hands on News

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

JUNE GOES OVER THE EDGE!

BARTON resident and Community Association representative June Kuffour decided she needed another challenge after losing five stone this year. Abseiling down the side of the John Radcliffe Hospital fitted the bill just nicely. And in the process she raised over £800 for the Oxford Heart Centre in memory of Barry Holden, legend of Barton, who died suddenly last year.

June, who works at the Heart Centre, says that moments before she stepped off the roof of the Women's Centre she thought "What on earth am I doing up here?" Then, drawing a deep breath and to the accompaniment of her favourite song, Uptown Funk, blasting out from below courtesy of Radio Cherwell, and the sounds of her family spurring her on, June went over the edge.

Was she scared on the way down? "No," she says, "it felt good, really good, the adrenaline just kicks in. Though I did think I was going a bit fast. I could feel the rope burning my hands!"

June says it is really important to raise funds for the unit, which tackles everything from minor heart procedures to triple bypasses. Barry, who was well respected and much loved by the residents of Barton, was treated there himself, and June wanted to commemorate her friend by doing the abseil and raising as much money as she could.

Would she do it again? "Well, I think next year I might do a sky dive. I've got to live a bit more dangerously," June says.

Watch this space!



ABOVE: June talking to Radio Cherwell. RIGHT: June's abseil over the edge.



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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 Radcliffe Hospital	01865 741166
Nuffield Hospital	01865 741155
NHS Direct	111

LOCAL SHOPS	
Chemist	01865 763106
Chippy	01865 761712
Spar	01865 763606

COUNCILS/COUNCILLORS/MP	
Andrew Smith M.P	01865 595790
Oxford City Council	01865 249811
Oxfordshire County Council	01865 792422
Cllr Van Coulter	07767496409
Cllr Glynis Phillips	07929659902
Cllr Mike Rowley	07827532445

SERVICES	
Barton Community Association	01865 761987
Leisure Centre	01865 467290
Barton Pavilion	01865 452616
St Mary's Church	01865 761886
Oxford Mail	01865 425262
Civicare	01865 744174
Barton Advice Centre	01865 744152
Oxfordshire Advocacy	01865 741200
Roundabout Family Centre	01865 764952
Police – Emergency	999
Police – non emergency	101
Recycling and Waste information	01865 249811

Barton Community Association (BCA) Updates

Art Club

OUR Art Club will resume on Friday 19 September at the Neighbourhood Centre between 3.45pm–5.15pm. The club runs term time only and is for 6–12 year olds.

The Club is free to attend and free refreshments are served at the end of each session. If your child is interested in all things arts and crafts then please come along and join us each week for a fun packed time with dedicated staff and volunteers.

Each year we take the children on a free trip at the end of the Summer term and this year we visited Cadburys World.

The children had a fantastic time, and we will use the experience when we return to Club by designing our own chocolate wrappers and seeing how many shapes we can create for our very own chocolate bean!! We also take the children to the Harvester for our Christmas celebratory party.

A great time guaranteed. So, with nothing to lose and lots to gain, why not bring your children along on 18 September and join in the fun.

If you are interested in volunteering for the Club please get in touch for an informal chat and if you have any scrap materials (odd rolls of wallpaper maybe) that you think we may be able to put to good use then

please bring them along to the BCA office at the Neighbourhood Centre.

Contact Sue Holden for further details.

Cadburys World

Children from the Art Club, Fun to Learn Homework Club and the local Brownies were given a chocolate fuelled treat at the end of July when we all went off to Cadburys World for our end of year outing. We left the Centre full of excitement and anticipation and we were not disappointed!!

The weather wasn't very kind but we didn't let it stop us enjoying our day. All the children were given a packed lunch and everyone agreed that the best experience was the 4D cinema.

We all learnt a great deal about how chocolate is made, where the best chocolate beans originate from, and we were all allowed to sample liquid chocolate – or liquid gold as someone described it – complete with marshmallows, chocolate beans and crushed nuts. Heaven!

We also watched some of the staff making life size chocolate footballs, stiletto shoes as well as very fancy teapots. You could then buy them in the huge shop that we all visited at the end of the day. Most of us returned with

a souvenir of some sort from the shop. Some of us managed not to eat all the special treats we were given on our journey around Cadburys World and brought them home to Oxford. Others just brought back empty wrappers.

Where will we go next year? Will it be a trip to the seaside, a theme park or maybe a mystery trip – who knows?

sitting – then please think about an entry in the Guide to expand or even kick start your business.

You will be guaranteed good local coverage. Go on, you know you want to.

Contact Sue Holden for further details

The Barton Guide

Following on from the article in the June issue of Hands on News please remember to let us have your details if you wish to be included in The Barton Guide, a directory of all things local.

This directory will be distributed to everyone in the community shortly as well as being included in the Welcome Pack for the new residents at Barton Park once they move in.

So if you are a domestic goddess who enjoys housework, ironing or gardening, if you are pretty mean with the painting and decorating brush or if you like walking dogs – or even dog

STOP PRESS!

We have just booked a coach for a trip to Clarks Village in Somerset. We are going on Saturday 7 November and will be leaving the Neighbourhood Centre at 9am returning by 6pm.

The coach seats are £10 each for all passengers and are already selling very fast so if you want to join us on a trip into the heart of Somerset then get your tickets before they all go.

We have some maps of the area so please ask for a copy when booking your tickets or alternatively look at the Clarks Village website.

For further details please contact Sue Holden.

■ Sue Holden
07866460446/01865 761987
sue@bartoncommunityassociation.com

Please note our new website address:

www.bartoncommunityassociation.com

An evening of clairvoyance

WE HAVE booked Jennie Grayson and Claire Evans to come along for an evening of clairvoyance on Friday 18 September between 7–10pm.

The tickets cost £7 each and they will be limited so if you want to join us for a truly entertaining evening please call Sue on 07866 460446 to book your tickets.

Please remember not to turn up on the evening without a ticket because admission will be refused.

BARTON ON FACEBOOK

What's going on in Barton?

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



and search for Barton Community to find out.

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BARTON BASH

JUST a reminder that this year's Bash will take place on Saturday 26 September between 12–4pm. If you want to book a stall, book a performance slot or just be part of the event by volunteering your help then please get in touch and register your interest now.

Look forward to hearing from you.
Sue Holden
07866 460446
susanholden@hotmail.com

The Hands on News Team

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Hands on News is funded by BCA, GreenSquare and OxfordCity Council.



Food Surplus Café coming soon to Barton!



BY Peter Lefort

THE Oxford Food Surplus is a simple idea: delicious healthy meals made from surplus food available for all. We hear a lot about food waste on the

news, but until you see even just a small fraction of the vegetables, bread, fruit and more which would otherwise end up in the bin, it can be hard to imagine the scale of the problem.

The average family throws out £700

worth of perfectly edible food every year, and globally over one third of food produced is wasted. This drives up prices and drives down quality, making it harder to eat well for less.

That's where the Food Surplus Cafe comes in. After collecting surplus food from local restaurants and wholesalers, volunteer chefs cook up a feast and invite everyone along.

Using the pay as you feel system, customers are able to contribute either what they can afford or what they think the food, space and idea is worth. If food waste is going to exist, then why not turn it into something positive?

On Saturday 14 November the pop-up cafe is coming to the Barton Neighbourhood Centre, and all are invited to share a tasty meal with friends, family and neighbours, at a Pay As You Feel cost which means that everyone can afford to join in.

Outstanding Policing

By Pippa Gwilliam

BARTON Community Police have once again been recognised for outstanding work on behalf of the residents of Barton. Sgt Martyn Williams and PC Dawn Evans both received Local Area Commander's Commendations for a long-running investigation which resulted in a conviction for grievous bodily harm. Their enquiries also resulted in an eviction from a house where drugs and domestic violence ruled the day, much to the relief of residents close by, who had suffered years of anti-social behaviour and disturbance.

Sgt Williams was given his award for identifying the complex situation that existed, and coordinating a team of social care, social behaviour and domestic violence experts to help tackle it. They tried everything to resolve the long-running problem, including drug treatments and placements. It was a lengthy and difficult process, which Sgt Williams conducted with sensitivity and local knowledge, bringing together the strands of the council support teams in an effort to resolve the issue.

"Once we'd tried every solution we ended up with a house eviction, making the lives of the residents round there much better by reducing antisocial behaviour and ultimately putting an offender in prison who was a very dangerous and violent man."

PC Dawn Evans won her award for her valuable work in one particular aspect of the complicated situation. Part of the investigation involved an assault with a home-made weapon which resulted in what Sgt Williams describes as "life-changing facial injuries". PC Evans worked with and supported the victim until they felt able to give evidence and eventually secure the GBH conviction and a sentence of 7½ years.

"It was the faith that the victim was able to put in her, and the way she lived up to that faith, that got results," her sergeant says.

Those results were another triumph for community policing in Barton, which has proved extremely successful in reducing the crime rate. Sgt Williams believes the former police logo "Working together



for a Safer Community", is the right one.

"There's sometimes a reluctance in people to trust the police. However, there's a great community spirit here in Barton. I like to think that in Barton, Sandhills and Risinghurst, people do trust us."

"We tell them that without their contribution we can only do so much. We will investigate reports, but we can't do it on our own. If people can step up and give evidence, taking a bit of responsibility for themselves, then we have a better chance of fixing the problem."

"It's like managing a pressure cooker. When the lid pops, the city police will respond and do what they can. The difference is that we're here, and we can see when pressure is building up. We often know the long-term history of people and the problems that have gone on before. It's like the difference between First Aid and surgery. City police called to an incident will do what they can, but then they go away. We want to know what the problem is, treat it and fix it if we can – either make it go away, or make it better. But you can't have one without the other. They both have their place."

It is not the first time the neighbourhood police team has won awards, commendations and recognition. "We have a good team here, and they are all hard working," Sgt Williams says.

Residents of Barton, Sandhills and Risinghurst can feel safer with the presence of their neighbourhood police. Their results say it all.

Welcome to Mim's Bellydance!

WE WOULD love to see you join us here at Mim's bellydance. We have a range of classes running in Oxfordshire and Northamptonshire, all with Early Bird offers!

Who is your teacher?

Mirjana Rasovic, better known as 'Mim' is a professional bellydancer and instructor based in Oxfordshire. She specialises in Classical Egyptian and Balkan inspired fusion pieces and loves to teach and share her knowledge about these beautiful art forms with her students.

She has always had a passion for dance starting her dancing world in ballet classes as a child. She has trained with Hossam and Serena Ramzy as part of the advanced dancers course and received mentoring from Helen Santa Maria, Principal of the highly successful SMBA. Understated fun is the key theme at mim's bellydance, whilst tailoring classes for those wanting to improve their technique.

If you want to dance for fun and to feel good then Mim's bellydance classes are for you!

Where can i find more information about classes and workshops?

Mim's will be holding new term time classes from 9 September, for beginners-intermediate level as well as hosting workshops for drumming by Hossam Ramzy and Samba classes by Serena Ramzy.

All up to date information can be found at www.mimsbellydance.co.uk or find us on Facebook at mim's bellydance. We will also be performing at a range of events so feel free to come and show your support at any of the events below:

Kidlington Hafila: 5 September, 7.30pm.

Silk Route Show: 20 September, Balham, London.

Barton Bash: 26 September, Barton.



■ Email Mim direct with any questions at mimsbellydance@gmail.com

**DO YOU ENJOY READING
Hands on News?**

**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.**

**07900 038305
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ADVERTISING FEATURE

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If you are considering reviewing your cleaning arrangements Sisters 2 Clean for you offer you a modern partnership, enthusiasm, and a positive approach to cleaning in the 21st century. Commercial contracts or ad hoc assignments, we undertake to put a smile on your face and a shine on your floors!

If we deliver that, at the right price, we just know you will tell others! Genuine references and testimonials are available as we both have a background of trustworthy positions and key management.

We are partners in Sisters 2 Clean for you, Sindy Morgan and Laura Smith.

St John's Care Come Dine With Me!



CARERS decided to treat residents to some fun and games at the weekend at Townsend House, part of The Orders of St John Care Trust.

Residents prepared food and enjoyed meals together turning the ordinary into something quite extraordinary!

While competing for first place in a classic Come Dine With Me style

afternoon, the newly refurbished café dining area was the perfect intimate setting for these ladies.

Both residents and carers thoroughly enjoyed the dining experience.

Barbara was the winner, with Mary following closely on her heels in second place saying it made us all feel so special.

Pet Therapy for Dementia Awareness Week

IT WAS a fun day for our residents at Townsend House in Headington as they celebrated Dementia Awareness Week.

Walking to stay healthy was the theme for the week and residents and employees kicked off the week with a leisurely stroll to McDonalds for an ice-cream.

Home Manager Maggie Coleman said: "We celebrate dementia awareness week for our residents to enjoy the things we often take for granted, be it a walk in the park or a visit to the zoo; so we decided to bring a petting zoo to the care home."

More than 60 people from the local community in addition to residents' families joined in the fun, interacting with a variety of animals that wandered the expansive gardens.

The zoo was the highlight of the week and was a hit with our both residents and visitors.

Jalfrezi, the donkey was the centre of attention with Curly the goat and Mopsy and Flopsy the rabbits competing for second place.

Russel Blakesmore, 73, has been living at Townsend House



for about four years and said: "Today day is fun and exciting. I have been looking forward to seeing the animals all week. I love to see the pigs running around."

After a refreshing summer drink in the garden with his family, Dan Lyons, 79, said: "I enjoy watching the goats eat the grass.

It reminds me of my younger days and growing up."

Paul Gardiner, Activities Coordinator at Townsend house said: "Watching the residents enjoy themselves and spending time with their family is great. We are bringing the home and people in the community together.

It is important to let people know that even if you are living with dementia, your life is still meaningful."

■ **For further information, please contact Luciano Thomas, 07881 831818**

What is Anti-Social Behaviour and how to report it?

THE term anti-social behaviour (ASB) covers a wide range of unacceptable activity that blights the lives of many people on a daily basis. It often leaves victims feeling helpless, desperate and with a seriously reduced quality of life. Terms such as 'nuisance', 'disorder' and 'harassment' are also often used to describe this type of behaviour.

ASB is defined as: "Behaviour by a person which causes or is likely to cause harassment, alarm or distress to one or more persons not of the same household as the person" (Antisocial Behaviour Act 2003 and Police Reform and Social Responsibility Act 2011).

Oxford City Council's Anti-Social Behaviour Team deal with the more serious cases of anti-social behaviour (ASB) within the community. ASB means different things to different people and may include:

- Unreasonable levels of noise
- Threatening and drunken behaviour
- Vandalism, including graffiti and fly-posting
- Drug dealing or people using drugs in your street
- Setting off fireworks
- Unreasonable behaviour of neighbours or visitors to their

property

- Criminal damage to your property or your neighbourhood

Category 1 incidents

Category 1 incidents are cases where there is a serious risk to individuals or the peace of the neighbourhood and which may include violence, serious threats of violence or other criminal activity.

The target time for first response is 24 hours.

Category 2 incidents

Category 2 incidents generally concern behaviour such as verbal abuse or persistent noise nuisance. The target time for a response is two to four working days.

Category 3 incidents

These incidents are generally disputes between neighbours, minor noise issues and the majority of environmental crime. The target time to response to these incidents is five working days.

What isn't ASB?

- Babies crying
- Cooking odours
- Normal behaviour occurring

at unusual times because of different working patterns provided the resident is attempting to keep disturbance to a minimum.

- One off parties eg. a BBQ where there is no evidence that the problem will reoccur.
- Clash of lifestyles including cultural differences.
- Children playing

Reporting anti-social behaviour

- If you are at risk of harm call the police on 999.
- If you are a tenant of a social housing provider and have a complaint of anti-social behaviour relating to the property that you live in, contact your landlord.
- For all other reports of anti-social behaviour, please email saferoxford@oxford.gov.uk or call us on 01865 249811 and choose the ASB option.

For more information, please visit www.saferoxford.org.uk or follow @oxfordASB on Twitter

To find out more about what ASB, what the data is telling us and how you can influence the way we deal with it, come along to the Barton Community Centre.

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IN 2014, the Illegal Money Lending Team revealed in a report to the Guardian newspaper that people across Britain were being cheated of up to £700 million a year (Guardian, 24.1.14) in payments to 'predatory extortionists' or loan sharks as we like to call them.

Loan sharks prey on the financially vulnerable and as a result of welfare reform are on the increase nationally and locally.

They use fear, intimidation and bullying to take advantage of this vulnerability but good news is at hand.

The Hands On News has been on the look out for ways in which our Barton residents can 'bite back' and challenge the loan sharks and here they are:

New funding available for 2015-2016 The England Illegal Money Lending Team (IMLT) makes available money taken from loan sharks to be used to benefit local communities.

In 2015-2016 organisations will be able to apply for up to £5,000 to directly target an area affected by, or believed to be at risk of illegal money lending to promote the illegal money lending team and the message that loan sharks should be avoided at all costs.

Your project idea will need to target illegal money lending and needs to be delivered by the 31 March 2016.

If you are interested in applying and would like to know more about the funding criteria, please contact david.a.benbow@birmingham.gov.uk

LOAN SHARKS: Ways Barton can Bite Back!

Then, just send a short summary of your great idea and the budget you will require. Closing date for applications is 30 September 2015.

Stop Loan Sharks Awards

In previous years there have been some brilliant entries into our 'Stop Loan Sharks Champions Award' competition.

From neighbourhood partnerships and volunteer groups to local authorities, the

ideas have been so amazing that the awards are on offer again!

Submit your entries on what you or your organisation did in the last year to help us rid the community of loan sharks. Categories are split in to five sectors:

1. Housing providers,
2. Local authorities/education/schools;
3. Police/fire service;
4. Third sector organisations including credit unions,
5. Community groups and charities and other agencies and individuals.

Regional winners will get: a framed certificate for display, the Stop Loan Sharks Regional Winner Award logo for use on documentation and national media coverage. Regional winners will then have a chance of becoming the 2015 National Champion.

The overall winner will also receive £1,000 to spend on raising awareness of loan sharks.

For an application form please email wendy.loades@birmingham.gov.uk



Closing date for entries is 30 September 2015.

Affected by a Loan Shark?

Get Free and confidential help:

Citizens Advice Bureau (CAB) - Your local CAB is a good starting point for free advice. They provide free information and advice on legal, financial and other problems. You can find your local CAB in the phone book or on the CAB website. www.citizensadvice.org.uk/

National Debtline - offers free, confidential and independent help over the phone for people in England, Scotland and Wales. You can call their helpline on 0808 8084 000 between 9am and 9pm from Monday to Friday and from 9.30am to 1pm on Saturdays (24 hour voicemail). The National Debtline website has some useful publications that you can download too. www.nationaldebtline.org/

Consumer Credit Counselling Service (CCCS) - has a helpline providing free and impartial advice to people with debt problems.

You can call their helpline on 0800 1381 111 between 8am and 8pm from Monday to Friday. You can also write to them.

Five a side Football

PRIZES for all winning teams include t-shirts, water bottles thanks to Go Active, Kassam stadium tour including the opportunity to be ball boys/girls at a match before Christmas, whole team forming Guard of Honour at a home match before Christmas to include flag bearing, with pre match stadium tour and match tickets for every team member plus one accompanying adult.

Also for the adult team there will be free match tickets for a game before Christmas. All this thanks to Oxford United. In addition there will be various prizes donated to winning teams by Barton Community Association.

So far we have raised Fifty Pounds for the British Heart Foundation and this amount will be doubled by Santander so we already have One Hundred Pounds in the funding pot. Hopefully everyone will support this event and even if you don't want to actually partake in playing you can still offer support to this great cause by sponsoring either an individual player or a full team. No set amount required, just however much you wish to donate.

■ **For further details please contact either Sue Holden or Vicki Galvin**

Charity 5-a-side Football

GO Active will be organising some charity 5-a-side football at this year's Barton Bash so grab your mates and dig out your boots for a good cause this September!

Saturday 26th September 2015
Barton Recreation Ground (Next to MUGA behind Neighbourhood Centre)

1 - 1.45pm - Under 12's
1.45 - 2.30pm - 13-15 years
2.30 - 3.15pm - Adults (16+)

Registration from 12 - 1pm
£1 suggested donation per person with all proceeds going to the British Heart Foundation in memory of Barry Holden.
Prizes for winners of each category.

For more information contact
Vicki Galvin, GO Active Coordinator at
vgalvin@oxford.gov.uk
www.getoxfordshireactive.org

GO ACTIVE
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INVOLVE

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A bit of Argy-Bargy on the Isis



ANYONE wondering how to spend a summer's afternoon or evening could pause to consider how pleasant it is to cruise down Oxford's rivers in a nice old-fashioned, even

ramshackle barge.

This was my experience one Thursday evening in May; I parked in a quiet street in Iffley and got down to the riverside, where I met my

cousin Ben aboard his barge 'Charlotte Rose'.

Ben's barge is covered in country flags, which provides an almost endless source of flag-identifying amusement for other bargees.

Apart from the protocol of driving on the left (or is it the right?), it turns out you can pick up a fair turn of speed in a barge going down the river, although people having their dinner on barges don't appreciate the heavy wash from a high speed barge.

Up past Iffley, journeying towards Abingdon we encountered one of the deepest locks at Sandford, about a five foot drop.

If running the bath seems to take forever, pity the poor bargee waiting for the Sandford lock to fill up.

Up past Sandford we saw Kingfishers diving over the water and a sleepy but splendid looking Nuneham House.

With all the sights, and sounds of the river it was hard not think more than once 'This is the life!'.

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The next intake is Monday 28 September 2015. There will also be an intake on Monday 11 January or Monday 18 April 2016

Certificate in Skills for Health Professions

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- Investigating a Career
- Psychology/ Social Psychology
- Understanding Mental Health
- Ethical Issues in Social Policy
- Barriers to Health
- Human Health and Disease
- Human Physiology
- The Sociology of Health

Next intake Monday 11 January or Monday 18 April 2016

Certificate in Skills for Social Care

Subjects covered include:

- Investigating a Career
- Psychology/ Social Psychology
- Understanding Mental Health
- Ethical Issues in Social Policy
- Barriers to Health
- Human Health and Disease
- Human Physiology
- The Sociology of Health

Next intake Monday 11 January or Monday 18 April 2016

- These ten week long courses are aimed at learners who wish to return to study and prepare for application to an Access to Higher Education Diploma and those who benefit from alternative approaches to curriculum and learning
- A variety of assessment methods are used and a range of study skills will be developed whilst achieving these qualifications
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Mandy's hearty and affordable soup recipes

Tomato and Red Pepper

Serves 5-6

Ingredients:

- 10 tomatoes – halved
- 3 orange or yellow peppers
- 3 red peppers
- 1 large onion
- 4 garlic cloves
- 2 tins of chopped tomatoes
- vegetable stock cube
- mixed herbs
- tsp cream
- salt and pepper to season
- water if required to thin down consistency
- oil for roasting

Method:

Roast all vegetables and garlic in oven until soft.

Transfer to saucepan and add tinned tomatoes, stock cube and herbs. Simmer for 20 minutes.

Blend liquid whilst adding cream and water if needed. Top with croutons if preferred.

Serve and Enjoy!

Leek and Potato

Serves 5-6

Ingredients:

- 8 leeks washed and chopped
- 3 potatoes peeled and diced
- 1 large onion sliced

- 4 cloves of garlic
- mixed herbs
- vegetable stock cube
- 1 pint water
- tsp cream

Method:

Fry leeks, onion and garlic until soft but do not allow to brown. Add diced potatoes and continue stirring for a further five minutes. Add water and herbs and simmer until potatoes are soft.

Blend liquid whilst adding cream, salt and pepper to taste. Add croutons if preferred.

Serve and Enjoy!



Both recipes are very affordable and provide a healthy dish that can be enjoyed by all. A real Autumn and Winter favourite that can be prepared and frozen for future use.

How do you fancy some personal tutoring for your upcoming GCSE exams?

WE HAVE been talking to Brookes and have managed to secure some intense 1-2-1 tutoring sessions in English and Maths. The tutors will be post graduate students who know and understand exactly what Year 10 and 11 students are facing when embarking on their pre-GCSE coursework and in the run up to the exams themselves. These sessions will take place at Barton Neighbourhood Centre and will run from 4pm-6pm including some time set aside for refreshments. We are still waiting for confirmation whether this will take place on a Monday or Tuesday but this will be known by September.

The project will start in November and run through until May 2016, but there will be no sessions during the Christmas period. The Easter period will be used for revision and planning for the exams. All tutors will be DBS checked by Brookes. We are more than happy to work in partnership with your current school to establish exactly where you are currently and where you need to be by the time you sit your GCSE exams.

To find out more about this exciting opportunity why not pop along to the Barton Bash on Saturday 26 September between 12pm-4pm and speak directly to Brookes who will be happy to take registration details in advance of the project starting in November. Only Barton based students are eligible to take part, and if this pilot scheme proves successful we are planning to continue through each academic year.

■ For further information please contact Sue Holden on 07866460446 or sue@bartoncommunityassociation.com

Celebrating carers and showing how we care

FOR National Carers Week at Townsend House in Bayswater Road, part of the Orders of St John Care Trust, we celebrated the value of professional and family carers and show people all they do.

Together residents and carers devised a time trial game to see who could do typical daily tasks of carers, that is, helping to get dressed for some, painting nails, making beds and and still find opportunities to deliver care in a loving and engaging way, paying special attention to residents' needs and putting a smile on their face.

Maggie Coleman, home manager, said: "Drawing attention to the hard work that carers put in taking care of residents and/or loved ones is our way to show how much we appreciate carers everywhere."

Residents Mary Jenner, 72, Barbara Eely, 75 and Pamela Reading, 84, were on the voting panel.

Each carer was timed on making their beds and then the residents judged and voted who made the best bed in the shortest time.

Pamela Reading said: "It was great fun and laughs and we really enjoyed the games."

The winner was nominated from the fastest time and the highest score.

The winners were first place Zoe Paxton, 18, with 1.25 score 20. In second place was Deborah Adamson, 30, with 1.27 score 20 and third place Dee Loveridge, 52, with 1.28 score 20.

Head of Care, Chris Stimpson said: "We really enjoyed the competition and loved having the opportunity to show people how valuable our carers are and the wonderful work they do."

■ For further information, please contact: Luciano Thomas, 07881 831818



GARDEN AND GARAGE

Blue bin, box or sack

- Plant pots
- Cardboard boxes

Garden waste bin (paid for on a yearly basis) or Redbridge recycling centre

- Cuttings and prunings
- Leaves and weeds

Other

- Good quality paint to the Scrapstore Orinoco on Peat Moors
- Household chemicals and engine oil can be recycled at Redbridge

BATHROOM

Blue bin, box or sack

- Cardboard inside of toilet rolls
- All toiletry and cleaning bottles
- Empty aerosol cans

LIVING ROOM

Blue bin, box or sack

- Brochures, catalogues, directories and junk mail
- Envelopes (inc. windows)
- Newspapers and magazines
- Greetings cards and wrapping paper
- Paperback books (if too tatty for charity)

Other

- Put small electrical items and batteries on top of your bin for collection
- Light bulbs can go to Redbridge or search on www.recolight.co.uk for your nearest recycling point

BEDROOM

Blue bin, box or sack

- Perfume bottles
- Empty hairspray cans
- Tissue boxes

Other: Charity shops/recycling banks

- Clothes and shoes
- Cuddly toys
- Children's games and toys
- Furniture

Broken items can be taken to Redbridge or arrange a bulky waste collection from the Council

KITCHEN AND DINING

Blue bin, box or sack

- Plastic packaging including pots, bottles and trays
- Drinks cartons
- Cling film and aluminium foil
- Plastic shopping bags
- Cleaning product bottles
- Glass jars and bottles
- Drink and food cans including biscuit tins
- Cardboard packaging

Food caddy

- Tea bags
- Raw and cooked food including meat
- Egg shells
- Vegetable peelings
- Leftovers from meals



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