SPRING 2018

Hands on News

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

Sue Holden MBE, Secretary of the BCA

THERE can't be many people living in Barton who don't know Sue Holden, either from the Neighbourhood Centre or back in the day when she ran the paper shop in Barton. She's been the mainstay of the BCA since taking up the job of Secretary full time – a service that was recognised with an MBE in the Queen's Birthday Honours List in 2008.

Sue came to Barton when, at the remarkably young age of 24, she sold her house in Reading and persuaded a bank to give her a loan to buy a business. This was only a few short years after women stopped needing to have a male guarantor in order to take out any kind of mortgage or even a small bank loan. Her previous job had been in a bank, but since the age of 13 she'd had a Saturday job in a sweet shop, and it was there that she "got the bug". On 18 June 1972 she took ownership of the corner newsagent in Underhill Circus.

She and her husband Barry, affectionately known to all as Baz, (*and Dylan the cat – see separate article on page 5*) traded till March 2006 when they sold up and, supposedly, went into retirement. The couple swapped their maisonette for a house with a garden in Sandhills, something Barry had had to sacrifice by living above the shop. But that wasn't the end of their relationship with Barton by a long way.

Before Sue retired she and Baz had both became involved with the BCA as volunteer trustees. "I made loads of friends in Barton over that period and the majority of them are still in my life. I've always felt really passionate about offering the best there is to people within the community and I also felt that I wanted to do something for the community who had been really good to me since 1972. They'd welcomed me into their nest," is how she puts it.

Phil Jones, Barton's city council representative, asked her to step up to be Secretary, a job he promised would be "very low key and won't involve too much work, just signing a few documents" – which it was for about a year.

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Buen día y bienvenida a todos nuestros lectores de habla hispana

Good Day and Welcome to all our Spanish speaking readers

Sue Holden MBE

Continued from front page

In those days, the BCA provided bingo and the lunch club, and not much more. But then the BCA applied for the new "Visible Communities" kitemark scheme, designed to enable community associations to achieve more, and it was clear it would need a full-time, paid company secretary to oversee an Association that had big plans.

As Sue had retired, she had no excuse, but it was "just going to be a job that would take her to her next retirement", two years later at the age of 60. As we all know, things don't always go to plan!

Under Sue's leadership, and thanks the unstinting support of Baz, the BCA began to expand its activities. Barry was always ready to drive her somewhere if she needed it, pick things up, come to meetings and generally support her every inch of the way. "He enabled me to do what I wanted to do," Sue remembers. Thanks to him she was able to get on with the business of making the BCA more relevant to Barton than ever before.

"I quickly felt there needed to be a great deal more coming out of the Association. We needed to expand to become attractive to a wider audience. We needed to offer youth support, parental support, to look at schoolchildren – there was a lot, lot more out there that needed doing." So she set to work.

Although getting funding is harder today than it was back then, the BCA nowadays offers or supports a wide range of activities and events at the Neighbourhood Centre. There's still the bingo, which has been run for many years by Christine Gerkin. But there's also children's Art Club, Fun to Learn homework club, and the Centre is home to the 1st Barton Brownies pack. Job Club is led by Rod Shepherd, helping people with their CVs and job-searches, and lunch club still offers great value once a week, cooked by the Centre's very own community café, Eatwells.

Children can get a free breakfast on their way to school and there are free hot meals for young people before youth activities, all provided by Eatwells. Kids can do martial arts, seniors have a fun exercise class, there's Zumba and singing for all, and much, much more. Some activities are free, most are offered at a very low cost, supported by the Association.

Then there are the events that don't necessarily happen every year. Last year, for example, the BNC hosted its first colourful food festival. The BNC was transformed into an international food hall with dishes made by people whose cultures stem from all over the world. Everyone could sample for free what these wonderfully varied cooks and their families before them grew up eating. It was like a United Nations of cuisine.

One of the BCA's most popular activities is the coach trip. The scheme is very much "her baby", something Sue feels quite possessive about. One summer she arranged an experimental outing to the seaside at Weymouth. She can still remember the sound of kids with their buckets and spades rushing to the sea, squealing with delight, and realising she'd hit on something good. In 2017 there were 11 excursions not just to the coast, but to Cadbury World, Cotswold Wildlife Park, the Black Country Museum and more, all through the year.

The first Christmas market trip was to the National Arboretum at Westonbirt, and there've been visits to markets in Bath and Birmingham since then. There have even been trips to IKEA so that people without their own transport can take advantage of the space beneath the coach to bring back their flatpacks. A trip to London for the Christmas Lights last year sadly had to be cancelled because of the weather – but there's always Christmas 2018. Locally, the BCA minibus has taken people to the bargain supermarkets Aldi and Lidl.

Any moment now Sue is expecting the phone to start ringing with enquiries about dates so that people can book time off if they need to, or just mark their diaries so they don't miss out on these sell-out trips. New destinations are being costed right now, so keep a look-out.

The jewel in the crown of events held at the Neighbourhood Centre is the Barton Bash, which started out as Barton Carnival, died a death, was resurrected and now flourishes every autumn. It's had a new lease of life thanks to the fresh ideas brought to it by the Association's Administrator, Tanya Field, who started with the BCA two years ago and who's already started work on the 2018 BB.

The Bash has become a "must-attend" for many people, including some from outside the estate, and it goes from strength to strength. But, like all the other activities provided by Sue and her team, it doesn't happen out of nowhere in a puff of magic smoke.

Sue's energetic direction of the BCA has created a vital and important engine to drive a wealth of support for different parts of our community in Barton, as well as fun, food and education. But she makes it clear that she couldn't do it without the volunteers and trustees who give up their time to make it happen. "I like to think I light the blue touch paper and everyone watches the fireworks go off," she says with a laugh.

"At the moment we've got an eclectic mix of very devoted and committed hard-working trustees. They offer me unconditional support when I need it. I know I can always turn to one or the other to help me make decisions. They all have their own strengths which they bring to the BCA. I think at the moment we are so blessed with who we've got sat round the table."

That's not to say that there's no place for anybody out there who'd like to become part of the organisation. If anyone feels that they can offer something towards improving the quality of life for people in Barton, they are more than welcome to approach Sue, either to be a trustee or just to give her their ideas.

Returning to the subject of retirement "at 60", in December 2017 a surprise 70th birthday party was held for Sue at the Barton Neighbourhood Centre. Everyone was welcome. Councillors, youth workers, the Board of Trustees and Barton residents all turned up to wish her a happy birthday. So, having missed her deadlines of 60, 65 and 70, what next?

"I'll think about it at 75. [The job] keeps me focused, it gives me a reason to get out of bed in the morning, it keeps my brain kicking over. As long as I find time for my family, then any other time I've got will be devoted to the BCA. I feel I've got Barton running through my veins, and as long as that continues I know that I will give as much as I can. I will continue to try and improve the quality of life of everybody in Barton to the best of my ability."

Well, that's a relief to know!

ADVERTISEMENT



COACH TRIP CLUB

The Coach Trip Club is now open for the coach trips throughout 2018

THIS means that instead of having to pay everything all at once why not pay in whatever you can afford each week or each month and then when the time arrives you won't need to worry about the cost. We are hoping to continue offering all the seaside trips at £10 per head and this will be confirmed once we receive the prices from the coach company.

We will definitely be going to Bournemouth on Thursday 30th August to witness the fantastic air show as we have done in previous years, and the other destinations currently being looked at are Weymouth, Brighton, Southsea/Portsmouth and Weston Super Mare. Going further afield means more time on the coach and less time at resort.

We are also going to be booking trips before and after the summer holidays, and these may include Black Country Living Museum, Bletchley Park, Imperial War Museum and Churchill War Rooms, Wyevale, Yarnton and Notcutts Garden Centres, our regular Christmas Market outing, local shopping trips and hopefully we will get to see our London Illuminations and Sightseeing tour this year. Sadly, this had to be cancelled in 2017 due to unexpected snowfall.

If there is anywhere you would like to visit and would be popular then please do let us know so we can have a look at prices and possibly include in our 2018 itinerary. These coach trips are planned and organised for your enjoyment so please tell us what you want, what you really really really want – all within reason of course. We are unable to arrange a day trip to the Maldives!

For further details please contact Sue on 07866 460446 or email sue@bartoncommunityassociation.com (*alternatively call into the BCA office and speak to either Sharon or Tanya*)

Hands on News

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OXFORD CITY COUNCIL
Barton Community Association



Barton Brownies Strike Gold!

1ST BARTON Brownies are celebrating two anniversaries in 2018. One is 30 years since their Brown Owl, Mary McLean, became a Brownie leader, and the other is their Golden Anniversary. Half a century of First Barton Brownies - that's an amazing achievement. especially when so many Brownie packs have disbanded since then. 1st Barton Brownies go!

The 1st Barton Brownie pack was formed in 1968 and its home for 47 years was St Mary's Church hall. For the past three the pack has been meeting at the Barton Neighbourhood Centre. For anyone not familiar with the movement, Brownies follow a programme set by Girl Guiding UK which gives them an insight into the world they live in, the people they are and what they believe. Although the movement started so long ago, Mary firmly believes it's still completely relevant in the 21st century. For one thing, it's one of the few all-female organisations, which fits in really well with the 2018 centenary of women beginning to get the vote, one of the most important milestones in the gaining of equal rights for women in this country.

The ethos of Girl Guiding UK is to actively promote what girls can do rather than what they can't do. What's more, the Girl Guiding movement supports girls in other parts of the world, which is particularly important in those countries where women still don't get a fair crack of the whip. They might or might not be called Brownies, but these groups are in existence in some format all over the world, bringing girls together and giving them a sense of achievement. Part of that sense of success comes from gaining Brownie badges. These can be for anything that's important in their lives, whether it's reading books or first aid, crime prevention awareness or keeping pets. Every badge is earned by reaching a level of skill that is personal to that child, so that no one is excluded from achieving something that is within their own ability. It's all about reaching a personal best. The Brownies' aim is to give girls self-esteem.

The children who attend Brownies, typically between the ages of 7 and 10, benefit from being in an all-girls group. Mary believes they can produce a lot more of what they would like for themselves when for the periods of time they spend together they don't have the challenge of being with boys, who are often better at getting attention in a mixed situation.

"It isn't that we don't do things with boys, it's just that the normal run of the meetings is girl-orientated. We try to get them to prove to themselves that there isn't anything that boys do that they can't do as well."

That's not to say that men are banned, far from it. Sometimes the Brownies have guests. Perhaps a paramedic or one of the community police team is invited to test the girls for their badges, or simply talk to them about their jobs, and naturally some of those are men.

In fact, with Mary's assistant away on maternity leave, she's been relying on a parent rota to help out and some of the parents who stay are the dads. The girls love it, she says. She's had a fantastic response from all the parents and she can't thank them enough for their help.

At the moment Mary is looking for new Brownie leaders. You don't have to have been a Brownie, and you don't need any special skills because Girl Guiding UK gives you lots of training. So if there's anyone out there who'd like to do something to help the girls grow and learn then please, get in touch.

But back to the party. The pack would love as many people as possible who were in 1st Barton Brownies from 1968, but especially from the past 30 years while Mary's been involved, to help them celebrate. The Data Protection Act means that records can't be kept for very long, so there's no database of contact details to consult. If anyone reading this was a 1st Barton Brownie, or knows anyone who was, please get in touch. The pack is looking forward to celebrating the fifty years of its existence with members old and new, exchanging memories and stories, and coming together in a fantastic, celebratory jamboree in July.

You can contact Mary McLean on marymclcean70@hotmail.co.uk or 07403 007684.

Half season reports for Barton United FC

Under 13 boys

By Matty Jacob (*u13 boy's Manager*)

Perfect first half to the season winning the D league, in the quarter final of the trophy cup and third round of county cup played nine won nine scored 58 conceding 13.

We had 11 different goal scorers with Louie Gillett as top scorer with 22 in eight games.

Under 15 girls

By Liam Gomersall (*u15 girl's Manager*)

Season started well with a squad of 16 players and a new kit sponsored by Carpet Trader. Season started with a win but after that it was a bit up and down. Then we lost five players through injury and illness, morale was down so we decided to join the u16 girls for training. After that the squad have come on leaps and bounds, now reaching semi-finals of County Cup and semi-finals of Plate Cup. We're looking for new players. Contact Liam 07469 879533

Under 10 girls

By Sandra Lygo (*u10 girl's manager*)

As a new manager I`m proud to say my girls have come a long way since the start of the season. We have got to know each other and have gelled really well. fair to say we are playing well but most of all having fun along the way. We have had a mixture of wins, draws and lost some to. we entered a futsal tournament before Christmas which the girls really enjoyed. We train at Bayard's hill school every Wednesday from 5.30–6.30pm. If any girls want to come and join us that are in school year 5 or 5 please come along.

Under 10 boys

By Sam Payne (*u10 boy's manager*)

Barton United u10s have made fantastic improvements since the end of last season, already winning more games this season than last season. The boys love to play football always giving their all and playing with a smile on their faces. They are improving every weekend I am sure will continue to do so throughout the rest of the season. We are making the step up to nine-a-side next season so would welcome some new faces contact Sam on 07872 619881.

Under 12 boys

By Darren Clare (*u12 boy's manager*)

Really happy with the first half of the season. we finished the Autumn league in second place losing only once in the season. Having now been promoted to C league for the second half of season we will look to consolidate our position in the division and look to have a good cup run starting on the 7 January.

Anti-Social Behaviour and how to report it

THE Crime and Disorder Act 1998 defines anti-social behaviour as acting in a manner that has "caused or was likely to cause harassment, alarm or distress to one or more persons not of the same household" as the perpetrator.

The term anti-social behaviour (ASB) covers a wide range of unacceptable activity. Oxford City Council's Anti-Social Behaviour Investigation Team (ASBIT) deal with the more serious cases of ASB within the community. ASB means different things to different people and may include:

- Unreasonable levels of noise,
- Unreasonable behaviour of neighbours or visitors to their property,
- Alcohol related ASB,
- Drug use,
- Concerns of exploitation,
- If someone is swearing or shouting at you or another person.

We work in conjunction with the police. If you witness or are a victim of crime please contact the police in the first instance. Behaviours may include:

- Drug dealing or drug use,
- Criminal damage to property,
- Violent behaviour including domestic violence,
- If someone is at imminent risk of harm.

We do investigate noise complaints however we cannot take action on the following:

- Babies crying,
- Cooking odours,
- Reasonable domestic behaviour,
- One off parties 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 or you think another person is at risk of harm call the police on 999. If you have witnessed or are a victim of crime call the police on 101.

If you are experiencing noise nuisance late at night you can call our Out of Hours Service on 01865 249811 please visit www.oxford.gov.uk for when the Out of Hours Service operates.

In addition you can record domestic noise nuisance on your smart phone or tablet. You can download a free app on www.thenoiseapp.com and it will be sent to ASBIT.

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 info, please visit www.oxford.gov.uk



BARTON COMMUNITY POLICE

New Face on the Beat

The Community Police Team has a new recruit. PCSO Annabel WHITE joined in late December 2017 and is enjoying her new role. Look out for her and say hello.

Keeping the Roads Safe

PC Lucas and PC Jon Kelly have both recently been trained in seizure of uninsured vehicles. No one with a provisional licence should drive unless they are supervised by someone with a full licence, even if they have insurance.

Doing so will invalidate the insurance and the vehicle could be seized. The team has access to a specialist police vehicle with an ANPR camera which they will use in the local area from time to time to crack down on driving offences. Drive safely!

Recent arrests

On 12 December 2017 a 43-year-old man from the estate was arrested and charged with theft and assaulting a security guard at Sainsburys on London Road.

On 2 January 2018 a man aged 35 was arrested by the local police team for assaulting Mr Gandhi of the Risinghurst Post Office on 20 December. The man received a caution. Also on 2 January a local 34-year-old female received a police caution for a theft committed at the Co-op in Marston.

On 6 January, a local young man called police as he was worried about a female being beaten up on Bernwood Road. The local team arrested a male aged 45 at the scene and the woman's partner, who fled on police arrival, was arrested on the estate later. The two were charged with robbery and remanded to prison for trial.

On 23 January a 36-year-old man was arrested for bag thefts at Oxford Brookes and the incident remains under investigation. A 43-year-old local male previously arrested for this offence has been eliminated from this enquiry.

If there's any issue you want to discuss or worries you have, don't hesitate to be in touch with the Community Police Team. They can be contacted either personally when the office is open or by the methods on this web page: www.police.uk/thames-valley/N447/

Loan Sharks Ruin Lives

HERE'S HOW BARTON CAN BITE BACK



The above quotes are from people affected by loan sharks, captured by the Illegal Money Lending Team (IMLT) in their recent witness statistics report. For the full version see: www.stoploansharks.co.uk

To report a loan shark call the IMLT hotline: 0300 555 2222

Email: reportaloanshark@stoploansharks.gov.uk

Visit the IMLT website at: www.stoploansharks.uk

For press enquiries about the work of the IMLT please call Holly Luckman: 0121 464 4699 or 07703 373535

For updates on the campaign visit: www.facebook.com/stoploansharksproject

Twitter: @loansharknews



Dylan the newsagent's cat

NO ONE who ever bought a packet of sweets or a paper from the Holdens' shop on Underhill Circus will ever forget Dylan, the shop cat. A fixture on the counter by day, intrepid adventurer by night, Dylan made an impact on most people who met him – some more than others.

After the amazing experience of seeing Dylan being born, Sue and Barry's son Rich was captivated by the tiny kitten, and made a series of wild promises to persuade them to adopt him. He would always be the one to feed the cat, he would bathe and walk him (you can imagine how well that would have gone down!), he would look after him. The lad's heartfelt pleas found fertile ground, and Dylan came to stay, taking up residence on a warm pile of magazines as soon as he was big enough to jump up to the counter.

Dylan generally greeted his public with a lazy glance, barely bothering to move as a Radio Times was slipped from under him. But he was no mere feline glamour model. He was also a guard cat, therapist, judge, muse and gentleman.

Guard cat, you ask? Well, if any dog dared to defy the "No dogs please" sign, Dylan would sit straight up, whiskers bristling, and fix it with a stony glare that had every dog, even the big ones, reversing through the door with a look on its face that said, "No offence. I'll just wait out here then, shall I?"

Some people would wander into the newsagents "just to see the cat, we don't need to buy anything". One lady got off the bus every night from work and came in just to spend a half hour talking to and stroking Dylan. It turned out she'd been going through a really traumatic time, and chatting to him prevented her from having a total breakdown. She never forgot his help, and after Sue and Baz moved to Sandhills she would still go round to visit him. Another customer was inspired to write lots of poems about him.

Dylan hated being in at night (rejecting his nice, soft, expensively lined cat bed) but was usually home for breakfast. But when he was a youngster he failed to come back one morning, and the family prepared themselves for the worst.

When they went down to open the shop they could just hear a faint, plaintive miaow that led to a frantic search in and under everything.

Eventually they found him stuck at the back of a drawer full of birthday cards. Ever the gentleman, though, he had "crossed his legs" and the cards remained – how can we put this? – "untainted". On being released, however, he shot through the door like a bolt from a crossbow, off and away to a private place where he could find relief and recover his dignity.

A lady from Bernwood Road used to open up shop when the family went on holiday. Still in his gentlemanly role, Dylan would walk along Fettiplace Road every day and sit waiting for her on the corner of Brome Place to see her safely to Underhill Circus. (Getting his breakfast might have had something to do with it, but let's be generous.)

Not everyone thought Dylan was so cute, though. One customer thought Dylan looked as though was sitting in court judging him, and referred to him as "Judge Pickles". (Pickles was a harsh and very controversial judge, who died in 2010.)

It was impossible to keep Dylan from his throne on the shop counter, but whenever the Environment Health inspections came round he was unceremoniously chucked out through the store-room, just in case. Indignantly, he would stroll back around to the front and through the shop door.

The inspectors knew he was never near anything that could cause a health hazard, so they chuckled at Sue's and Baz's efforts to shoo him out. They probably looked forward to the ritual.

In 2011, at the ripe old age of 20, Dylan had to be put down. Sue missed a 90th birthday party to take him to the vet. The birthday boy told Sue "Well I'll tell you now, my girl, that is the only excuse I will accept from you for not turning up".

That gentleman is still alive and still remembers, though he's not far off 100 now. But then, Dylan was badly missed by everyone who met him, and he left a big hole in everyone's lives.

Oh, and Rich never did take him for a walk!

What income would you like to earn in 2018?

WILL 2018 be a year of opportunity to think differently about your future success?

Often we under value our potential skills and abilities and lack belief in ourselves.

Our dreams and aspirations can so easily get squeezed out by overwhelming circumstances, so why not think differently about your future life-style choices? Why not dare to dream again about your potential opportunities? Why should you and your family not be benefitting from an increasing work income and a greater financial stability in 2018?

Why not come along for a friendly, informal chat to see how we might assist you in creating some of those opportunities to help your 2018 to be the best year ever! You may have been out of work for a time or looking for an alternative job to enhance your career. We have friendly experienced advisers to support you regardless of your situation, with training opportunities and job search with hundreds of interesting jobs available and displayed every day at Barton Neighbourhood Centre.

Job Club: Barton

Job Club: Barton is an independent professional voluntary group established in 2010 to provide a personal confidential service for Barton residents. We work in partnership with Barton Community Association and Emmanuel Church Oxford.

We meet every Monday, 6.30–8.30pm, and Wednesday, 10am–12pm at Barton Neighbourhood Centre.

We can help you with: CV writing; internet job search; discover your skills; preparing for interviews; setting goals and objectives; personal development and wellness; training opportunities; computer skills; knowing yourself; planning for success; find the right job; promoting your gifts and abilities; advice, information and guidance.

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

Why not decide now to make that important decision about your future by coming along so we can assist you in finding the right kind of job for you.

To encourage you to make this decision, look for our fabulous prize draw questionnaire in this issue of Hands on News and return it when the job club meets. Register your entry by 30 April 2018 for this exciting prize draw!

"If you think you can do a thing or think you can't do a thing, you're right" – Henry Ford.

Job Club: Barton

FREE PRIZE DRAW!

Mark each box YES or NO

	YES	NO
Are You Unemployed or looking for alternative work?	☐	☐
Are you interested in updating/creating your CV?	☐	☐
Are you interested in learning about on-line Job Search?	☐	☐
Looking for training/education i.e. IT, English, Catering?	☐	☐
Did you know we have a weekly Job Club in Barton?	☐	☐
Would you like to know more about Job Club:Barton?	☐	☐
Do you think a regular Job Club in Barton is important?	☐	☐
Would an introductory evening be of interest to you?	☐	☐
Would you recommend Job Club:Barton to others?	☐	☐
Can Job Club:Barton keep your contact details for updates?	☐	☐

Name: . . . . . .

Address: . . . . . .

. . . . . .

. . . . . **Post Code:** . . . . . .

E-mail address: . . . . . .

Tel home: . . . . . **Mobile:** . . . . . .

Your contact details will not be shared with any third party.

Complete and return by 30 April 2018 to Job Club on Mondays, 6.30–8.30pm, or Wednesdays, 10am to midday, Barton Neighbourhood Centre and register your entry for for a FREE two course meal voucher!

Drive it Day 2018



Sunday 22 April, 10 am to 4 pm
T Building – MINI Plant Oxford

(The building behind MINI shop sign that you can see from the Eastern bypass)

T Building at MINI Plant Oxford will be open between 10am and 4pm on Sunday 22 April as part of national Drive It Day 2018.

This is free of charge for everyone to come along to. The small museum will be open and various Austin Rover era and adverts and clips will be shown throughout the day. There will also be a display of Minis and British Leyland cars.

While everyone is welcome, it would be especially great to meet people who either currently work at the Plant or did so in the past.

As part of Drive It Day (where classic car owners are encouraged to drive their cars) there will be other classic cars coming to the Plant and a number of those will be cars made at Cowley.

If you have any questions, please contact Tanya
tanyafield999@gmail.com
07929 868284

Hope to see you there!

active COMMUNITIES

Come and meet your neighbourhood policing team

Tell is about the issues that ***matter most to you***

Have Your Say

Thursday 22 March 2018

9.30am–10.30am at the Barton Community Centre
11am–12pm at The Ampleforth Pub, Risinghurst

Contact OxfordBartonRisinghurstNHPT@thamesvalley.pnn.police.uk

THAMES VALLEY POLICE
www.thamesvalley.police.uk

Working in partnership to make your community safer

CALL YOUR LOCAL POLICE 101 IN AN EMERGENCY ALWAYS CALL 999



BY TANYA FIELD. Each February half term, I organise a display of Minis in Cowley Centre. Lots of people come and tell us their Mini memories and stories and we also chat to lots of Cowley workers, both past and present. This year we were visited by Barton resident Mick Beesley who started his working life at Cowley in 1968 shortly after classic Mini production had finished and his job was to help take the lines out. Mick retired from Cowley in 2010 on the modern MINI having completed an impressive 42 years of service.

Have Your Say!

THE aim of the Have Your Say meetings is to give the public an opportunity to come meet the team, have a cup of coffee/tea/cold drink and tell us about anything that is going on in the community that they think we should know about.

The next meetings will be:

Thursday 22 March 2018
9.30–10.30am at the Barton Community Centre, and 11am–12pm at the Ampleforth Pub, Risinghurst.

See left for further details

Are you worried about going back to work?

RESTORE is offering taster coaching sessions on Tuesdays, 9.30am–21.30pm, and Thursdays, 1.30–4.30pm. Please contact Kate on the details below or visit Rodney Shepherd at the Job Club, Wednesdays, 9.30am–12pm, and Mondays, 6.30–8.30pm, at the Barton Neighbourhood Centre.

Restore has been blowing up the balloons and blowing out the candles as part of our celebrations for our 40th birthday. Dreamt up on a long car journey, Restore has come a long way since its 1977 beginnings!

We're the only specialist organisation in Oxfordshire to offer employment support for people with mental health issues, and we provide an essential service to more than 1,250 adults each year.

As well as running six recovery groups in Oxford, Banbury, and Didcot, an important part of what we do is coaching for mental health recovery. Last year we coached 578 people, helping 121 people to stay in or find paid work, or start volunteering.

Coaching is an important way to bring out the best in people with mental ill health, so they feel able to see opportunities, maybe for the first time. They can take a fresh perspective on challenges and begin moving in a different direction at a pace that feels right to them.

We've seen coaching open up opportunities for personal reflection, so that as people become more aware of their strengths and ways to achieve goals they set with their coach, they begin to change the story they tell about themselves to one of optimism and empowerment.

We know from our experience of coaching that the best results come from longer-term relationships, with members learning skills and gaining new experiences that help them to find and stay in a job.

Restore member Danny said: "I have been with Restore for three years and now it's the right time to leave. My employment coach gave me confidence and encouraged me to volunteer at Sue Ryder and now I have got a job as assistant manager there.

"I have enjoyed every minute of being at Restore and been involved in gardening, woodwork, and now in the café. When I first came out of hospital, I didn't think

"I would see my 18th birthday. Now I have a job. I'm thinking about moving out (of home), getting a house, getting married. Restore doesn't just make people feel better – it saves people's lives. I definitely wouldn't be here without Restore. I went from nothing to now, with everything I could ever want."

For more info please contact
Kate Brooks, 07540 722879
kate.brooks@restore.org.uk



Barton Family Solutions Play and Learn Christmas Event

A LARGE selection of Christmas themed animals, a fire-pit for children to try making and cooking outdoor stick bread and a visit to Santa's Grotto were amongst the highlights of our Play and Learn Christmas event.

Father Christmas was very popular and was able to speak with each child who had patiently queued up. The many animals (some in their Christmas jumpers) included a Donkey, Shetland Pony, Rabbits, Chickens, Goats and more.

Around 160 people attended the successful event with many families attending for the first time, saying they will return to the regular weekly Play and Learn session every Thursday, 10am–12pm, aimed at 0–5 year olds (plus school age children in holiday times).

Neighbourhood Centre refurbishment update

IN DECEMBER we updated you to say we would be starting improvement works in the New Year. We are now in the final stages of agreeing a programme to make sure there is as little disturbance to tenants and users of the Centre as possible.

Once we have a start date for the improvement works, we will update you through Barton Community Association, so please look for further information and updated on www.bartoncommunityassociation.com or www.facebook.com/bartoncommunity Otherwise you can always contact the Barton team at barton@oxford.gov.uk

ADVERTISEMENT

Ordered your amazon shopping but won't be at home for collection?

Don't forget that Templars Square have Amazon Lockers, so you can collect when it's convenient for you!

Located by the entrance at Between Towns Road

TEMPLARS SQUARE
www.templarssquare.com
Shopping Centre

2018 HEALTHIER BARTON HEALTHIER YOU!

@BARTON NEIGHBOURHOOD CENTRE

BREAKFAST CLUB FREE
FREE breakfast to all school children
Mo Tu We Th Fr 8 - 8:45am

BARTON COMMUNITY CUPBOARD FREE
Deliveries from Oxford Food Bank
Mo Tu Fr Appx 1pm

GADGET DROP IN FREE
Mo 2:30 - 4:30pm

JOB CLUB: BARTON FREE
Mo 6:30 - 8:30pm We 10am-12noon

SALSA CLASS 6 SESSIONS FOR £5
Mo 7 - 8pm

BODY TONING 6 SESSIONS FOR £5
Sa 9:30 - 10:30am

ADVICE CENTRE Drop in available for OX3 city residents
Mo 9:30 - 1pm

ENGLISH LITERACY CLASSES FREE
Tu 9:30 - 11:30am

MATHS NUMERACY CLASSES FREE
We 9:30 - 11:30am

LUNCH CLUB Two course healthy lunch £2
We 11:30am - 1:30pm

BARTON SINGS £5 OR £1 IF ON INCOME RELATED BENEFITS
Th 10am - 12noon

ZUMBA 6 SESSIONS FOR £5
Th 6:30 - 7:30pm

RESTORE DROP IN FREE
Tu 9am - 12:30pm Th 1:30 - 4:30pm

MARTIAL ARTS 1ST MONTH FREE
Variety of beginner classes for 4 years +
We 5 - 8:30pm Sa 9:30 -11am

PLUS SO MUCH MORE.....

@BARTON LEISURE CENTRE

CLASSES & SESSIONS FROM £1.30 PER ACTIVITY
Extensive programme of classes, sessions and courses to suit all ages and abilities. From £1.30 with Bonus Slice card

FREE SWIMMING FREE
For Oxford residents under 16 years old with a free Kids Slice Card.

FLUID MOTION FROM £2.50 PER ACTIVITY
Water-based rehabilitation programme to strengthen through strengthening and conditioning exercises.
Tu 2 - 3pm We 11 - 12noon BOOKING IS ESSENTIAL

APPOINTMENT BUDDIES
Are you over 50 years old and need help with GP appointments at Hedena Health or Manor Surgeries ? Call Getting Heard on 01865 230203 or email advocacy@gettingheard.org

FOR INFORMATION ON BARTON HEALTHY NEW TOWN
www.oxford.gov.uk/bhnt
www.bartoncommunityassociation.com
www.facebook.com/bartoncommunity
To register for updates

barton@oxford.gov.uk or 07767 318274

@BARTON CHILDREN AND FAMILY CENTRE

PLAY AND LEARN FREE
Drop-in for families with babies, toddlers & siblings 0-5 years.
Th 10 - 12noon HEALTH VISITORS FROM 10:30AM

CHOICES FREE
Support for work & training opportunities for 16-19 year olds
Tu 12noon - 3pm

@ST MARY'S CHURCH

COFFEE AND CRAFTS
Weekly social group to meet with others and craft together
Mo 11am - 1pm TERM TIME ONLY

AFTER SCHOOL CLUB
We 3- 4:30pm TERM TIME ONLY

@HEDENA HEALTH

SOCIAL PRESCRIBING
Offering health and wellbeing support for both Hedena Health and Manor patients. Drop in to see Sarah at Barton surgery

BARTON HEALTHY NEW TOWN · Barton Community Association · NHS England · GETTING HEARD · www.oxford.gov.uk OXFORD CITY COUNCIL · GROSVENOR · OXFORDSHIRE COUNTY COUNCIL · NHS Oxfordshire Clinical Commissioning Group

Local debt counselling service says: "Lets talk about money"

THE MANAGER of a free debt counselling service is warning local families to have an honest conversation about their household finances in the first few months of 2018.

The warning comes from Jill Ewbank, the manager of the Oxford CAP Debt Centre, run by five Oxford churches in partnership with award-winning UK charity Christians Against Poverty (CAP).

Jill Ewbank said: "Money is still the taboo subject, we talk about everything else, but nothing, like nothing, causes friction in relationships like money, or the lack of it.

"With the squeeze on family finances getting ever tighter, it's important for the sake of your health, happiness and your family life to talk about money."

She added that she and her centre team provide home visits for local people affected by debt, along with ongoing support until each person is debt free. CAP's head office negotiates with creditors and creates a workable budget for each client.

Eight in ten CAP clients in a relationship said debt had caused arguments, with almost a third saying that money problems caused a complete relationship break down.

Jill said: "That is why CAP has produced these tips to help people talk about money, and hopefully help people avoid financial heartache.

"Of course for some people these tips don't work, if that is you and you're not sure about how to make ends meet this year give us a call today."

CAP's top tips for having "the money conversation" are:

1. Pick a time when things are quiet at home and no one is dealing with any immediate stresses.

2. Avoid the conversation when the children are around, your mum-in-law is visiting or a big bill has just landed.

3. Agree that you want to make it a year when you get on top of the finances together and that the money conversation isn't about blaming anyone.

4. Acknowledge that money management can be hard, especially when stressed, or if you're on a low income. Mistakes may have been made but this is about looking forward.

5. Remember your attitudes to money might be very different. Past experiences can shape these but you can play to each other's strengths.

6. Decide on a shared goal you want to aim for, like a day out, a holiday or a new car or just a "getting back in the black" celebration. This will happen twice as fast if you're in it together.

7. Use one of the many online tools – or book into one of the hundreds of free CAP Money Courses – to begin to build your budget.

8. If you have debts, don't delay in getting help from a free debt counselling agency like Christians Against Poverty, Stepchange, National Debtline, Citizens Advice, Payplan, the Money Advice Service or, if you're self employed, Business Debtline.

9. Make payday the day you review how it's all going and make adjustments to the budget where necessary.

10. Avoid credit wherever possible and begin to save as soon as you can, even if it is a small regular amount.

MENTAL HEALTH & WELLBEING: Oxfordshire Mind and Restore are coming to Barton!

MANY more people are talking about Mental Health and Wellbeing these days. Campaigns like Time to Change have been really successful at raising awareness of Mental Health problems, but we don't always talk much about the positive side of mental health – how to feel well and experience better wellbeing. For example, did you know that people with better wellbeing (which means feeling good and functioning well) live longer, don't get ill so often and recover quickly when they do!

There are lots of different ways to improve wellbeing, to reduce stress and to have better mental health and two of Oxfordshire's biggest Mental Health charities are hoping to have a positive impact on mental health and wellbeing in Barton in March and April 2018.

Restore is an Oxfordshire based Mental Health charity which supports people to take control of their recovery, develop skills and lead meaningful lives.

To make this possible, they offer recovery groups, training and employment coaching, either to help you find or keep a job.

Oxfordshire Mind is part of Mind, England's biggest Mental Health charity. Mind make sure anyone with a mental health problem has somewhere to turn for advice and support and Oxfordshire Mind provide services all across the county, including housing, talking therapies, educational courses and peer support groups.

If you're thinking about how to stay feeling well, if you're concerned about your own mental health or you're worried about someone you know, then the most important thing is to be able to get help and advice as quickly as possible. Most help and advice is located in the City, which isn't always ideal for people living in Barton, so for the next two months, Restore and Mind will have members of their teams based at and around Barton Health Centre.

Mind and Restore will be working together to:

- Make it easier to get support if you need it by providing help in Barton and also introducing other local services which might help
- Raise awareness of mental health and wellbeing
- Show members of the public simple, straightforward and effective ways to look after themselves and those they care for

To make this happen, we will be:

- Offering initial appointments at Barton Health Centre
- Available for a 10 minute one-to-one chat to find out more about mental health, wellbeing and what support is available at the Health Centre – no appointment necessary.
- Getting out and about in Barton, visiting organisations, groups and businesses who want to know more about health and wellbeing
- Providing free information sessions, training and workshops for people who want to learn about mental health and wellbeing in more detail.

Look out for our posters and leaflets around Barton with times and dates when we're here, and look for our posts on the Barton Facebook page. Sometimes taking that first step is the most difficult thing to getting help, but it's also the most important step.

Please pop in and see us for a chat and we'll see what we can do to help. Really looking forward to meeting you!

FREE Alcohol & Smoking Training!

How to deliver & implement Identification and Brief Advice (IBA)

What?

- IBA is a simple but effective '*brief intervention*' for people whose alcohol use may be harmful to their health often without them realising.
- For smoking, 'brief advice' can also be effective for engaging smokers with stop smoking services.

Why?

- Around 25% of all adults drink at levels that could be placing their health or well-being at risk – most are simply not aware!
- IBA helps to identify risky drinking before it becomes a more serious problem such as dependency – prevention is better than cure!
- Alcohol misuse & smoking costs society around £35 billion each year!
- Smokers who engage with professional support are around 4 times more likely to successfully quit.

Is it evidence-based?

- Yes! There is a very large body of research evidence supporting brief interventions for alcohol and smoking!
- NICE recommends NHS professionals routinely carry out both wherever an opportunity presents itself.

Who?

- The training is particularly suitable for community workers, health professionals and any other front line roles in contact with people including:
  GPs, practice nurses, HCAs, midwives, sexual health staff, health visitors, school nurses, A&E staff, youth workers, community safety roles and many more.

Course outcomes

By completing an IBA training course, participants will have developed an understanding of:

- A background to the way alcohol is used in UK society and the range of harms it can cause
- Understanding your role in IBA and smoking advice
- Delivery of IBA to reduce risky or harmful alcohol use
- Knowing how and when to refer someone to services
- Key engagement and motivational skills
- Planning to ensure delivery – next steps

The training is aligned to DANOS competencies, including: *AH10 Employ techniques to help individuals to adopt sensible drinking behaviour.*



Free half-day training session for professionals working in Barton

(However professionals working in other priority areas in Oxford will also be considered.)

Wednesday 14 March 2018 from 12.30–4pm

Barton Neighbourhood Centre, Underhill Circus, OX3 9LS

Training by the Alcohol Academy & Solutions4Health

To book your place, email:
cath@alcoholacademy.net
with your job title, organisation, and outlining your link with Barton

THE ALCOHOL ACADEMY

Solutions4Health

BARTON HEALTHY NEW TOWN

supported by www.oxford.gov.uk

Barton Community Association Update

Cinema Club
We are currently in talks with Film Oxford with a view to hosting a monthly film club. This is already happening at Rosehill and Cutteslowe, and a local resident has made a donation towards the purchase of equipment.They show an adult film at about 1pm and then a children's film at 4pm, and this happens on a weekday. We could possibly look at reviving the Saturday Morning Cinema for children or a treat straight from school.

Please let us know what you think regarding day of week and time of day as we need to make sure we have optimum audience figures. Also, to make sure this works successfully we would like to include a couple of local volunteers who could help with choice of films and being around on the actual day of the film show.

If you think this is something you would like to get involved in then please contact Sue (*see details right*).

Oxford Rocks
We are currently working in partnership with Claire from Oxford Rocks as we are hoping to "twin" with Barton Park and have rockeries in both communities, maybe outside the youth club or in the park, and similarly at the new development either outside the new pavilion or possibly close to the new primary school. This is a project that we would like everyone to get involved in, regardless of age or painting ability, and we will be running various workshops throughout the coming months so that local people can paint their own rocks and have them as part of the rockeries.

You can include messages, logos, names or just something that appeals to you personally. Once finished this will be something that truly belongs to the community of Barton. Please check our website, facebook page and posters for further info about the workshops (*see details right*).

Classes

Zumba, Thursdays, 6.30–7.30pm
Salsa, Mondays, 7–8pm
Body Toning, Saturdays, 9.30–10.30am

All the above classes have been running for some considerable time now at the Centre and started off with "an introductory offer of six sessions for £5". These classes are partly subsidised by Barton Community Association, and now that the introductory offer of almost two years has ceased the new charge from 1 March for these classes will be £5 for five sessions, so by no means a huge increase, and still favourably cheap compared with elsewhere. In fact, I think we can boast that we are the cheapest in the county!

Please continue to support these classes as its not only about the keeping fit, but also forging new friendships and having a real fun time.

Age is no barrier to any of these activities as you stick to your own comfortable pace, not often being taken outside of your comfort zone! Come along and give it a go – nothing to lose (except those unwanted few inches that you want to off load) and loads to gain. For your first time visit arrive a little early so you have plenty of time to fill in your registration form and not miss out on any of the fun.

Breakfast Club at Eatwells
Through the Barton Healthy New Towns initiative we have been offering free breakfasts since early January to all children and young people aged 16 and under. These breakfasts are available Mondays to Fridays, 8–8.45am, during school term, and throughout the recent half term we offered breakfasts between 9–10am. This club is now gaining in momentum, and we would encourage any parents to pop in with their children before school and take up the offer.

Although this project will finish at the end of March Eatwells will continue to offer free breakfasts to anyone aged 16 and under throughout the Easter holiday period i.e. whilst the children are not at school. This offer will be between 9–10am. For any further info please contact Sue (*see details right*).

Summer Coach Trips
The dates for the summer coach trips will be available soon so there`s plenty of time to book off that annual leave day or start saving through the Coach Trip Club. We will also be arranging some shopping trips to those supermarkets that are on our doorstep, but very difficult to access by public transport. So keep a look out for the dates, destinations and costs via our website, facebook page or posters around the centre and other local venues. A trip to one of the garden centres is also planned for Spring, and places on all these local trips will be limited as we will be using the minibus. All passengers on all trips, including those during summer holidays, will be required to be members of Barton Community Association.

Barton Bash
The date for this year's Barton Bash is Saturday 13 October and will run between 12 noon– 4.30pm. Please get the date in your diaries now as you know a good time for all is guaranteed. If you would like to be involved in the Bash in any way then please get in touch with Tanya at tanya@bartoncommunityassociation.com

All stallholders will be required to be members of Barton Community Association. We are hevily reliant on volunteers to make the Bash happen each year so if you would like to give a couple of hours of your time either in the run up to the Bash or on the day itself then please get in touch.

This is your main community event of the year so lets work together and make it the best yet!

Contact us

BCA Office First Floor Neighbourhood Centre, 01865 761987
www.bartoncommunityassociation.com
www.facebook.com/bartoncommunity
info@bartoncommunityassociation.com

Sue Holden (*Company Secretary*)
07866 460446 or sue@bartoncommunityassociation.com

Sharon Keene (*Senior Administration and Bookings Manager*)
07495 875591 or sharon@bartoncommunityassociation.com

Tanya Field (*General and Hands on News Administrator*)
tanya@bartoncommunityassociation.com

Making Every Contact Count (MECC) Workshop

Tuesday 20th March 2018, 9am- 1:30pm

Venue: Barton Neighbourhood Centre, Underhill Circus, Headington, Oxford OX3 9LS

Registration and teas and coffees will be available from 9.00am and we will end with a free networking lunch

MECC is an evidence based approach, training people to give them the confidence to raise issues with others and follow up with very brief advice and signposting for support.

MECC works through opportunistic conversations in everyday life – this could be at work, at school pick up time, in the hair dressers even. Anywhere, where there is contact between individuals!

This free workshop will help to give you the skills and confidence to be able to have positive conversations with others about health – no previous experience or training needed!

The workshop is open to anyone who lives, works or volunteers in Barton

If you would like to find out more or to book a place, please contact Kate Austin: kate.austin@oxfordshire.gov.uk or 07584217335

What's on at Barton Neighbourhood Centre

MONDAYS
Barton Surgery
Surgery, 8.30am–6pm
(closed 12 to 2pm)
Eatwells Café
9am–1.30pm
Name It
Youth Club, 11am–1pm
Zumba Kids
Blue Room, 4pm–4.45pm
Kung Fu
Blue Room, 5.30pm–6.30pm
Job Club
Café Space, 6.30pm–8.30pm
Salsa
Sports Hall, 7pm–8pm
Barton Community Cupboard
Foyer, approx 1pm, (Food Bank)

TUESDAYS
Barton Surgery
Surgery, 8.30am–6pm
(closed 12 to 2pm)
Eatwells Café
9am–1.30pm
Stay & Play
Blue Room, 9am–11.30am
English Literacy Classes
Green Room,
9.30am–11.30am
Children Heard & Seen,
Youth Club/Sports Hall, 4.30pm–6pm
Brownies
Green Room, 6pm–7.30pm
Girls Group
Youth Club/Sports Hall, 6pm–8pm
Bingo
Blue Room, 6.30pm–9.30pm
Barton Community Cupboard
Foyer, approx 1pm (Food Bank)

WEDNESDAYS
Barton Surgery
Surgery, 8.30am–6pm
(closed 12 to 2pm)
Eatwells Café
9am–1.30pm
Maths Numeracy Classes
Green Room,
9.30am–11.30am
Sewing Group
Youth Club, 10am–1pm
Job Club
Foyer, 10am–12noon
Lunch Club
Blue Room,
11am–2.30pm
Community Gadget Drop In
Blue Room,
2.30pm–4.30pm
Karate
Sports Hall, 4pm–9.30pm

THURSDAYS
Barton Surgery
Surgery, 8.30am–6pm
(closed 12 to 2pm)
Eatwells Café
9am–1.30pm
Fun 2 Learn Homework Club
Green Room, 3.30pm–5pm
Senior Boys Youth Club
Youth Club, 5pm–7pm
Zumba
Blue Room, 6.30pm–7.30pm

FRIDAYS
Barton Surgery
Surgery, 8.30am–6pm (closed 12 to 2pm)
Eatwells Café
9am–1pm
Art and Crafts Club
Blue Room, 3.30pm–5pm
Barton Community Cupboard
Foyer, approx 1pm (Food Bank)

SATURDAYS
Eatwells Café
9am–12noon
Body Toning
Blue Room, 9.30am–10.30am
Karate
Sports Hall, 9.30am–1pm
OBC Youth Club
Youth Club/Sports Hall, 11.30am–2.30pm (fortnightly)

SUNDAYS
Elshaddai Oxford
Red & Green Rooms,9.30am–12.30pm
Destiny Springs Intern
Sports Hall, 9.30am–12noon
Sunday @ 5
Blue Room, 4.15pm–6.30pm

USEFUL INFO

HEALTH

Barton Surgery
01865 744221
Bury Knowle Health Centre
01865 761651
Manor Surgery
01865 762535
Churchill Hospital
01865 741841
John Radclifffe Hospital
0300 304 7777
Nuffield Hospital
01865 741155
NHS Direct
111

LOCAL DENTAL PRACTICES

310 Dental Care
310 London Road, Headington, 01865 766975
Bury Knowle Dental Practice
207 London Road, Headington, 01865 308400
Euro Dental Practice
61 London Road, Headington, 01865 308865
John Miller Dental Prctice
6A The Parade, Windmill Road, Headington, 01865 308050
Kennett Road Dental Practice
3 Kennett Road, Headington, 01865 761965
Manor Dental Practice
7 Osler Road, Headington, 01865 750056
Studental
Oxford Brookes University, Colonnade Building, 3rd Floor, Gypsy Lane, Headington, 01865 689997

LOCAL CHEMISTS

Barton Pharmacy
6 Underhill Circus, Headington, 01865 763106
Boots Pharmacy
96 London Road, Headington, 01865 762518
Boots Pharmacy
Bury Knowle, Headington, 01865 765559
Roundway Pharmacy
3 Roundway, Headington, 01865 766994

SCHOOLS

Bayards Hill Primary School
01865 761656
Cheney Secondary School
01865 765726
Sandhills Primary School
01865 433000
Wheatley Park Secondary School
01865 872441

LOCAL SHOPS

Chippy
01865 761712
Spar
01865 763606

OTHER USEFUL NUMBERS

Age Uk
01235 849400
Childline
0800 1111
Gas Emergencies
0800 111999
Thames Valley Police Non Emergency 101
Oxfordshire County Council
01865 792422
Oxford City Council
01865 249811
Oxford City Council Out Of Hours
01865 252900
Samaritans
08457 909090
City Council Tax Team
01865 249811
Free collection of up to 3 bulky items 0800 227 676
Furniture Recycling
01865 763698
Social Services
08450 507 666
Social Care Safeguarding Team
To report a concern about a child/ vulnerable adult call 01865 323048 (out of hours number is 0800 833408)
Residents Parking Permits
08456 344 466
Planning Application Updates
For live updates to plans in the local area go to http://ox.planningtracker.co.uk

SERVICES

Barton Community Association
01865 761987
Christians Against Poverty
(Free service) 0800 3280006
Leisure Centre
01865 467290
Barton Pavilion
01865 452616
St Mary's Church
01865 604263
headingtonstmary@gmail.com
Oxford Mail
01865 425262
First Homecare
01865 744174
Barton Advice Centre
01865 744152
Getting Heard
(Oxfordshire Advocacy) 0300 3435718
Barton Family & Children Centre
01865 764952
Police – Emergency
999
Police – non emergency
101
Recycling and Waste info
01865 249811

YOUR LOCAL REPRESENTATIVES

CITY COUNCILLORS



Mike Rowley
07827 532445
cllrmrowley@oxford.gov.uk



Mark Ladbrooke
07483 010660
cllrmladbrooke@oxford.gov.uk

COUNTY COUNCILLOR



Glynis Phillips
07929 659902
Glynis.phillips@oxfordshire.gov.uk

MP FOR OXFORD EAST



Anneliese Dodds
01865 595790
anneliesedoddsmp@gmail.com
Twitter @AnnelieseDodds

Barton Leisure Centre

Mondays
06:30–07:15 Indoor Cycle
08:30–09:15 Body Balance
09:15–10:00 Pilates
17:30–18:15 Vibe Power
19:00–20:00 Step Aerobics
20:15–21:00 Indoor Cycle

Tuesdays (*Ladies Night*)
08:30–09:30 Yoga
09:30–10:30 Body Balance
10:45–11:45 Primetime
17:30–18:30 Yoga
19:00–20:00 Water Workout
19:00–19:45 Indoor Cycle
20:00–21:00 Body Pump

Wednesdays
06:30–07:15 Indoor Cycle
08:30–09:30 Yoga
09:35–10:30 Pilates
10:45–11:30 Primetime
18:00v18:45 Pilates
19:00–19:45 Body Pump
20:00–20:45 Vibe Cycle

Thursdays
06:30–07:15 Indoor Cycle
08:30–09:30 Yoga
12:00–12.45 Pilates Beginners
18:45–19:45 Box-Fit

Fridays
06:30–07:15 Body Pump
08:30–09:30 Body Balance
19:15–20:00 Indoor Cycle

Saturdays
09:00–10:00 Yoga
10:30–11:30 Aerobics

Sundays
10:00–10:45 Indoor Cycle

Adult Swimming Lessons
Mondays 19:30–20:30
(*Beginners and Intermediate*)
Mondays 18:30–19:30
(*Advanced Adult Lengths*)

Children Swimming Lessons
Monday to Friday 15:30–18:30
Saturdays 9:30–12:00
Ask at reception for more details

Aqua Babies
Fridays 11:00–11:30
(*Term time Only*)

Table Tennis
Tuesdays 13:00–17:00
Thursdays 13:00–17:00
Fridays 14:00–17:00
Saturdays 12:00–15:00
Sundays 12:00–14:00

Junior Gym
Monday to Friday, 11:00–12:00* & 15:30v17:00
Saturdays 11:00–12:00
Sundays 11:00–12:00

*School Holidays Only

Opening Times
Monday to Friday 06:15–22:00
Saturdays 08:00v20:30
Sundays 08:00–20:30

For more info phone 01865 467290

fusion

www.oxford.gov.uk OXFORD CITY COUNCIL

Barton Pool Timetable

Free kids swim session are available to children under the age of 16 living within Oxford.
Inflatable session are available to children aged 8–16 years who are competent swimmers.

	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Monday	Closed	Lane Swimming		School Swim			Lane Swim	School Swim		General Swim	Swim School	Free Swimming U17's / General Swim	AAL / Private Lessons	Adult Swim School		Lane Swimming
Tuesday	Lane Swimming			School Swim		Endeavour Academy	Lane Swim	Staff Training	Private Hire	General Swim	Swim School	Free Swimming - U17's / General Swim	Closed	Ladies only Water Workout	Ladies only General Swim	Ladies only Lane Swimming
Wednesday	Closed	Lane Swimming		School Swim		Private Hire	Lane Swim	School Swim		General Swim	Swim School	Free Swimming - U17's / General Swim		Lane Swimming		Triathletes
Thursday	Closed	Lane Swimming		School Swim			Lane Swim	50+ Swim	General Swim		Swim School		City of Oxford Swimming Club		Lane Swimming	
Friday	Closed	Lane Swimming		School Swim		Aqua Babies / Swim School	Lane Swim	School Swim			Swim School	Free Swimming - U17's / General Swim		Lane Swimming	Pisces	Lane Swimming
Saturday	Closed		Lane Swimming		Swim School	Free Swimming U17's / General Swim	Lane Swimming	Closed	Free Swimming - U17's / Fun & Floats	Closed	Big Day Party	Closed	Fun & Floats	Free Swimming - U17's / General Swim	Lane Swimming	Closed
Sunday	Closed		Adult Widths / Lane Swimming		Family Swim	Free Swimming - U17's / General Swim	Lane Swimming	Closed	Inflatable Session	Closed	Big Day Party	Closed	Fun & Floats	Free Swimming - U17's / General Swim	Lane Swimming	Closed
	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00

Barton Fields Allotment Association

Getting ready for the Spring planting season



IT'S ALL GO! After the long dark winter, the focus is now on Spring, the formal start of the gardening year from Eastertime with lighter evenings and, hopefully, warmer weather.

Having spent winter looking at seed catalogues and making your planting choices (there is still time, of course if you haven't yet made up your mind) now is the time for action. Some plants, brassicas in particular, which, of course, include the children's favorite, Brussel Sprouts, have a long growing season and can to be started from seed as early as February. Leeks, carrots, onions, beans and potatoes can all be got going from Easter.

Knowing what to grow is only half of it, however. Deciding where to plant crops is equally important. One of George's TOP TIPS from our last article was to divide up your plot into three for crop rotation. This helps stop problems like club root in brassicas so it is helpful to keep records of what you have planted in previous years and where you put them. Some of our Members are using a no-dig method of raised beds to improve their crops. Sounds easy doesn't it? Don't be fooled! Careful preparation work is essential, building the raised beds from treated wood and stakes, as in photo.

There are several advantages, however, to this method – the soil does not get walked on or compacted and it makes root growth easier for plants as well as containing air pockets for beneficial microbial life.

Above all, it is easier to manage with fewer encroaching weeds. Raised beds do require a lot of compost so our TOP TIP for the season is making sure you have enough compost and compost bins for your plot. Compost bins can be made easily and relatively cheaply from old pallets. For those of you with existing compost bins, don't forget to turn them over!

We are pleased to say all 300 trees and shrubs we have been given from the Woodland Trust have been planted and the Allotments have been offered 200 more which we have gratefully accepted as this will encourage wildlife, help give us a secure boundary and feed the local bird population. A quick reminder – please don't forget to continue feeding the birds now as, although we are in Spring, feed is still scarce and birds need resources for the start of the breeding season.

Don't forget to finish using last year's crops on seasonal recipes. Any remaining vegetables in the freezer or cold store can contribute to a hearty soup. Simply chop them up and put them in your soup-maker or cook in a saucepan with seasoning. Use any left-over fruit for pies and crumbles.

Happy gardening to all our readers!

Anyone interested in a plot or further information please contact us through our website ww.bartonfieldsallotments.co.uk, our Facebook page Barton Fields Allotments or ring our secretary on 01865 580131

Recycling Updates

Cooking Oil

Oxford City Council's Recycling Team is working hard to make recycling as easy as possible for residents.

We have now implemented a new free service for the collection of used cooking oil! Simply put your used cooking oil into a plastic bottle (e.g. plastic oil bottle or water bottle – no glass please) inside your food caddy or red bin for recycling. It will get processed alongside your food recycling to be turned into electricity and fertiliser!

Paper and Tissues

Paper and tissues can no longer be accepted in your brown garden waste bin. Instead, simply put paper (including any shredded paper) into your blue recycling bin and tissues into your green bin!

Plastic liners

Food recycling is easier, cleaner and cheaper than ever. You can now use any type of plastic liners (excluding black bags) in your food caddy!

We now send our food recycling to an anaerobic digestion plant at Cassington only, where machinery can easily extract the plastic liners out during the process.

If you want to give food recycling a go, you can collect free food caddies from not only our Depot at Marsh Road, but now also from St Aldate's customer service centre!

Easter Recycling

Looking forward to Easter, there is much that can be done at this time of year. Remember to recycle all of your Easter egg packaging, from foil, to plastic, to cardboard.

If you are having a feast this Easter, why not reuse your leftover food to create a new meal? Old roasties can be made into bubble and squeak, while leftover chicken can make up a tasty dish of coronation chicken; remember to put any of your leftovers you can't reuse into that all important caddy! No amount is too small.

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OXFORD CITY COUNCIL

GOOD NEWS! YOU CAN NOW LINE YOUR FOOD CADDY WITH

ANY PLASTIC BAG!

Right thing...



No thanks...





If you live in Oxford City, South Oxfordshire, Vale of White Horse or West Oxfordshire, you can now use plastic bags to line your food caddy, making food recycling easier, cleaner and cheaper! All food recycling from these districts is now taken to anaerobic digestion plants, which can remove plastic liners. If you live in Cherwell, please continue to use compostable liners, as your food is taken to a composting plant which cannot process plastic. **For more information, please contact your local district council.**

recycle for Oxford