SPRING 2017

Hands on News

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

Young Achievers celebrate over dinner!



By **Erica Payne**,
Thrive Barton Team Leader

THRIVE loves to give young people opportunities to lead in their communities and achieve great things against the odds. In October, 30 young people in Barton did just that – hosting the Young Achiever's Dinner for 100 guests to raise funds for Thrive and celebrate the young people we work with. The youth met for ten weeks in either catering, hospitality or design groups to plan an Oscars themed three course meal. Highlights of the project were having a floristry workshop to make the rose centrepieces and serving drinks in Café Neros! The youth grew in confidence and skill whilst being led by our Young Leaders group. They did an incredible job on the night and raised £5000 towards future youth provision in Barton! Well done team!

We celebrated three young people in particular who were awarded 'oscars'. The Goal Achievement Award went to Patrick Roberts (16), Inspiring Leadership Award to Aimee Gomersall (13) and The Perseverance Award went to Courtney Jameson (15). Luke Surman (11) has also been recognised for his positive contribution to the community.

Thrive develops young leaders in Barton to bring hope and lasting change in their community. We run a young leaders group, mentoring project, activities in the holidays and partner with Barton Community Church to support their youth provision.

■ **If you would like more information or would like to make a referral please contact Erica on 07872 166212.**



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美好的一天，並歡迎所有的中國普通話講的讀者

Good Day and Welcome to all our Mandarin Chinese speaking readers

BARTON COMMUNITY ASSOCIATION UPDATE

After School Arts and Crafts Club

Our weekly Art Club will be closed after the session on Friday 31 March and we will be back on Friday 27 April at 3.30pm. The club offers a safe and welcoming environment for children aged 6–12 years old who enjoy painting, drawing and all things crafty! We do have some rules, but not too many, and so we make sure the Club is a fun place to be. AND IT`S FREE!

The Art Club is one of our longest running activities at the Neighbourhood Centre alongside the Wednesday lunch club and Tuesday evening Bingo. Please let us know if there are any other regular activities you would like to see take place at the Centre.

What is your favourite eatery?

We often get asked "So where do you go when you go out to eat?" The answers offered can be varied depending on many factors i.e. budget, mobility, food preferences, time of day, number in party etc. We all have our favourite hidden little gems that we don't always want to share with the rest of the world, but we all know somewhere that offers excellent service, value for money, and memories of food that will linger with you long after you have paid the bill and arrived back home.

If you would like to share your positive experiences with the rest of our readership then please do let us have your recommendations and we will publish them in our forthcoming issues. Please include price range and type of food available. So, here we go for starters:

- The Fox and Goat at Tiddington. Home cooked British dishes with a price range of between £10–£14 for main course. Restaurant space quite limited and booking is essential. Brilliant reviews on Trip Advisor. Staff extremely friendly and knowledgeable about their product. Highly recommended. Telephone No. 01844 339808
- The Xian, Banbury Road, Summertown. Brilliant Szechuan and Cantonese dishes. Authentic atmosphere. Price range per person approximately £18–£20+ drinks. Somewhere to go for that special occasion.

Staff very friendly and owner Gary a great host. Booking advisable especially on Fridays and Saturdays. Telephone No. 01865 554239

Now, let's hear about your favourite places to eat.

By **Sue Holden**

BARTON Community Association, your representative body, has been working tirelessly over the past twelve months to produce a new business plan, or Strategy document as it is more commonly known as. The document has now been signed off by the trustees and will be our governing action plan between now and 2020. It contains a bit of history about the Association and the area we serve, together with our main priorities over the coming years and what we hope we will be able to achieve on your behalf. We have included the many challenges we face in the future, and how we hope to tackle such issues.

The complete document (all 31 pages!) is now on our website (*see details below*) and available for you to look at. Please also have a glance at the rest of our website and let us know if there is anything that is missing and you would like to see on there.

Coach trips

Already we have received so many enquiries about the dates of this year's coach trips so that people can get the days booked off of work. That prompted us to get on with it so the chosen dates are 8 August, 16 August, 24 August and 31 August.

The only confirmed destination is Thursday 31st August when we will be going to Bournemouth as this is the first day of the Bournemouth Air Show.

Last year turned out to be a real coincidence that the Air Show was on when we visited, and most passengers wanted to be able to visit again this year. The Bournemouth coach will be leaving at 7.30am so that we don't get caught up in too much traffic before arriving at Bournemouth. This will enable everyone to have a great time watching the Air Show as well as enjoying everything else that Bournemouth has on offer.

The other days' destinations will be decided on shortly as we have been consulting with the Community to get some idea where everyone would like to visit. We have to be realistic as these are day trips and no one wants to spend best part of their day sat on a coach reaching some far flung destination – that's why one person's suggestion of the Maldives won't actually be going into the suggestion pot!

For anyone who would like to spread the cost of their coach trips we do operate a Savings Club specifically for this purpose. So, if you're hoping to access a few of this year's trips , but don't want to pay all in one go then pop along to Sharon and ask her to open up a Savings Account for you, and this way you can pay what you like when you like. Please remember that no seats are guaranteed until they are paid for in full.

Please check our Facebook page for more information about the coach trips as it becomes available

Aldi on our doorstep

As we eagerly await to hear when the new Aldi store at Horspath Driftway is due to open to the public we are looking at the diary to plan some shopping trips using our minibus. These trips will probably take place on either a Tuesday or Wednesday and will leave the Neighbourhood Centre at around 10am. Allowing approximately an hour to shop we should be back to Barton between 11.30am–12pm. Who knows, if we have enough interested people we may come back the scenic route stopping off at the Beefeater Longwall for some lunch!

If you would like further information regarding these trips then please leave your details with Sue on 07866 460446 or call in to see Sharon in the BCA office at the Neighbourhood Centre. Alternatively, details will be on our facebook page, Barton Community, or on our website www.bartoncommunityassociation.com

Healthy new towns programme

Barton Community Association was successful in securing funding through the Healthy New Towns funding programme, and our aim is to increase awareness of the benefits of living a healthy lifestyle through several keep fit projects for both children and adults. We are also trying to address some of the priority areas within Barton such as social isolation and loneliness, particularly but not exclusively amongst the elderly. So far we have hosted two plays that have focussed on loneliness and the effects of dementia, a dementia presentation by Dementia Friends and Smoking cessation sessions. Under our own banner we have used our minibus to transport people to neighbouring areas for shopping trips and we have included a visit to a local restaurant for lunch making it much more than just a trip to the shops.

More recently we went further afield to Milton Keynes, and these trips attracted local people who went along for much more than the shopping experience.

Alongside this we have been running a Social and Games Night each fortnight so anyone over the age of 18 can come along for a game of dominoes, draughts, scrabble, cards, monopoly, do a jigsaw, do some adult colouring or just call in for a cuppa and a chat. More recently we held a Quiz Night, and judging by the BCA final score it wasn't all about what you knew! It was more about the taking part.

We have been running several types of keep fit classes and these are ongoing so people can join in at any time. We are starting dance classes for children in January, and included many keep fit activities as well as healthy eating initiatives within this year's Barton Bash.

We still have much more in the pipeline so please keep a look out for new activities coming your way soon.

FREE COURSES: Adult Numeracy and Literacy

Barton Community Association is currently working in partnership with Abingdon and Witney College and hosting courses for Adult Numeracy and Literacy at the Neighbourhood Centre each week on Tuesdays and Wednesdays (term time only) 9.30am–11.30am.

The courses are free to attend, and pre-registration is required. We are also running a Family Learning course on Mondays 1pm–3pm for anyone whose first language is not English.

No registration is required and the course is free to attend. For further information please contact Sue on 07866 460446 or call into the BCA office on the 1st floor at the Centre and have a chat with Sharon.

■ **Barton Community Association Contact Details:**
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THOUGHTS FOR THE DAY

- Save the planet – don't drink water. Drink Champagne! – *Anon.*
- Don't let the shadows of yesterday spoil the sunshine of tomorrow – *Nandina Morris.*
- Ask yourself if what you are doing today is getting you closer to where you want to be tomorrow – *Anon.*
- If Plan A didn't work the alphabet has 25 more letters! Stay cool – this could have been written by each and every one of us. We've all had a Plan A that failed.

FAMOUS LAST WORDS

KURT COBAIN (1967-1994)
"It's better to burn out than to fade away."

KING GEORGE V (1865-1936)
"Bugger Bognor!"

MICHAEL JACKSON (1958-2009)
"I love you more."

ELVIS PRESLEY (1935-1977)
"I hope I haven't bored you."

SPIKE MILLIGAN (1918-2005)
"I told you I was ill!"

GEORGE BEST (1946-2005)
"Don't die like I did."

HUMPHREY BOGART (1899-1957)
"Goodbye kid. Hurry back."

DONALD CAMPBELL (1921-1967)
"Hello the bow is up. I'm going, I'm on my back, I've gone, oh."

STAN LAUREL (1890-1965)
"I'd rather be skiing!"

JOHN LENNON (1940-1980)
"I'm shot."

THE NEIGHBOURHOOD CENTRE

International Food Festival



THE Neighbourhood Centre hosted an International Food Festival and Kids' Christmas Party on 4 December. Fabulous food from around the world was there for sampling.

Sue Holden, Secretary of the Barton Community Association, said: "This was the first time we have attempted anything like this, but we realised that food is one of the strongest elements to bring everyone together, regardless of background or culture. And so the International Food Festival was born.

"Our aim was not only to share traditional dishes with each other, but to reach out to members of our community who might not normally get involved in community events. Judging by the number of countries represented through their food, the day was a resounding success.

"Dishes available ranged from German biscuits, Italian bolognese, jerk chicken, rice and peas, Indian curry, Iranian ab gosht, Jamaican cheese pie, Chinese chicken with black bean sauce, dishes from Somalia and Syria right through to very English mince pies, cupcakes and scones.

"This is an event that we would like to see staged every year by way of celebrating the diversity of our community."

There were also curried goat, Greek meatballs, home-made sweets, featherlight cakes from Argentina, sauces and dips. Foods of many tastes and textures were brought along to be enjoyed – and they were!

Our community café, Eatwells, was open for refreshments throughout the event.

Meanwhile, getting in the mood for Christmas, downstairs the kids were treated to a fantastic tea which finished with the distribution of a gift bag for each child. When they were done, there was a chance for everyone to have a go at circus skills with the help of the Oxfordshire Entertainers, who brought along equipment and were on hand to help and advise on Diabolo, plate spinning, balancing and many other circus activities.



There was balloon sculpture, and of course a face-painting stall, always very popular, sending little tigers and lizards and pirates – and lots of other monsters – skipping off to join the fun.

What Christmas party is complete without a visit from Father Christmas? Well this one was no exception, and the children queued up to visit him in his grotto.

Back upstairs the vicar of St Mary's Church Eric Bossward, wearing a fetching jester's hat, led a group singing out Christmas carols. After their sterling performance, song sheets were handed out and a rousing round of community singing took place in the hall.

Finally, as though all of that wasn't enough, there was a raffle of fine hampers of Christmas food.
The emphasis was very much on sharing – culture, food, conversation, activities and music.

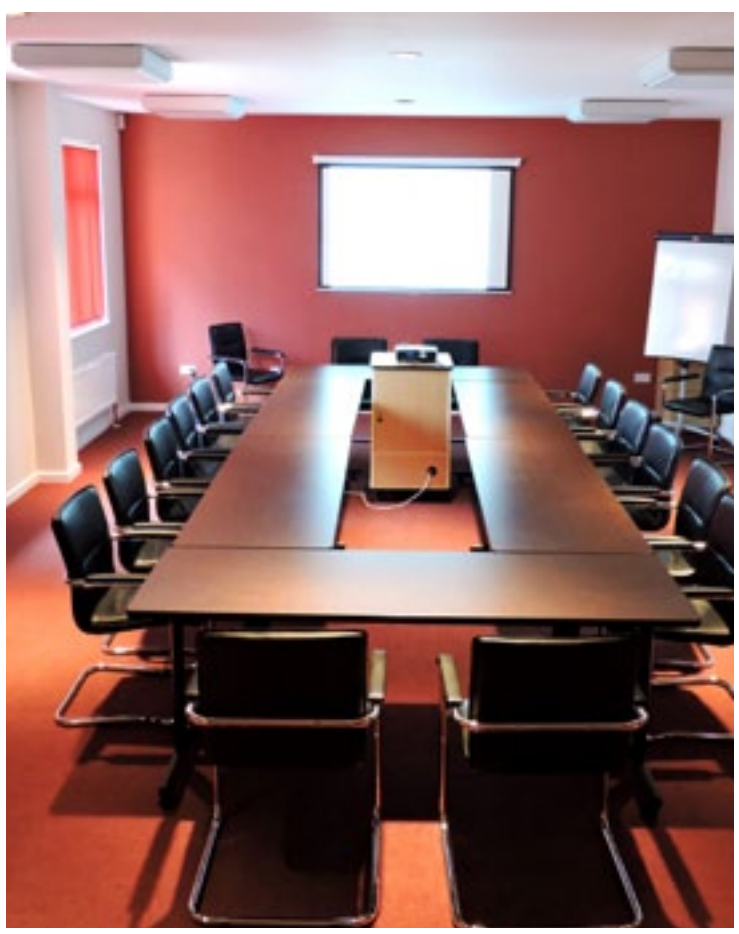
The event proved what a great community Barton is, and how much we enjoy each other's company no matter where we come from. Let's hope we can do it again next year.

New Year Panto a Big Success!

MANY children and adults of all ages turned out to meet with Dick Whittington and his friends at Barton Neighbourhood Centre for the New Year Pantomime. It was a fun gathering of families from the community to enjoy afternoon tea and refreshments before enjoying the show.

The Panto in previous years has been held as part of Christmas Wonderland but new year is also another good opportunity to enjoy a panto time for all the family! Hurricane Productions did a great job creating an exciting atmosphere with children and adults gripped by the show with lots of audience participation "they are behind you!", "Oh no I didn't!" "Oh yes you did!" along with much laughter and applause throughout the performance.

We will soon be discussing our plans for Christmas and the New Year 2017/18 so watch this space for dates to be announced later in the year. Apart from Father Christmas, can you guess who else might be coming to visit Barton in January 2018? Go onto Barton Community FB with your answers and see who might win a free ticket for the next Panto!



Room hire for every occasion

WHETHER you need a formal training room, an informal/formal meeting space, a small 1-2-1 suite, a community hall for events or a large sports hall ideal for children`s parties or sporting activities then we have just the space you are looking for. Also on site we have Eatwells Cafe who can take care of your catering requirements at a price to suit your budget.

■ **For further info or to make a booking please contact Sharon on 01865 761987 or email sharon@bartoncommunityassociation.com**

- **Green Room or Red Room** £22 per hour
- **Community Hall** £25 per hour or extended to include cafe space £30 per hour (outside cafe hours)
- **Small Meeting Room** £15 per hour
- **Cafe Space** (outside cafe hours) £15 per hour
- **Sports Hall for children's parties** £36 for two hour party and £50 for three hour party. Each party booking is extended by one hour to allow for setting up and clearing up time.
- **Sports hall for other activities** is children £13 per hour and adults £18 per hour

All the above rates attract a 25% discount for affiliated groups.

Safe and Well visits from Oxfordshire Fire and Rescue Service

DID you know that Oxfordshire County Council's Fire and Rescue Service offer free Safe and Well Visits? Our firefighters will visit you at home to see what they can do to help you reduce the risk of fire.

What does a visit cover? It combines a Home Safety Check to help reduce the risk of fire in your home, such as checking and fitting smoke alarms and helping you make a fire escape plan.

During the visit firefighters are able to provide advice and support to reduce any immediate risk from falls, fire, flood or power cuts.

They can also provide advice on health and crime prevention too. If a loved one or friend would benefit from a visit please let them know about our Safe and Well visits.

■ **You can request a visit online at www.365alive.co.uk/safewell or call our Community Safety Helpline on 08000 325 999.**

■ **Do you have a fire safety concern or question? There's lots of great tips and advice to help keep you and your family safer at home on www.365alive.co.uk**

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Your guide to recycling in Oxford

www.oxford.gov.uk
OXFORD CITY COUNCIL

www.oxford.gov.uk/recycling
recycling@oxford.gov.uk
01865 249811
recycle4oxford
recycle4oxford





Blue Bin Recycling

CONGRATULATIONS Barton – three time winner of the Blue Bin Recycling League! In January, your area won our recycling competition for the third time, recycling more and wasting less than the same time last year. SeeSaw, a grief support charity for children and young people in Oxfordshire, were voted for by you to win our £400 cash prize and will use the money to provide 35 memory boxes. Meanwhile residents Mrs Gebbie and Ms Fiurung were chosen as winning residents, and picked £60 of Oxford Bus Company vouchers and £30 of Templars Square vouchers. If you haven't already done so, pledge to recycle as much as you can for your chance to win! You can pledge online at oxford.gov.uk/recyclingleague or on our app, in the 'report it' section.

As Easter is getting closer, we see a rise in packaging. We want to remind you that lots of great new products can be made by putting your Easter waste into the correct bin. Everything that an Easter egg is packaged in can be recycled – the cardboard box, plastic and foil – but remember to remove any ribbon that may be attached. If you're looking for things to do with the kids, why not get creative and do some baking? This is a fantastic way to use up leftover food and have fun at the same time – try Easter nests or hot cross buns!

Have you received your free food caddy liners yet? In order to encourage more people to recycle food, we're giving out free liners to everyone in Oxford! We've also found a friend for Phil the Bin – Felicity the Food Caddy (*pictured above)* has been out and about raising awareness of food recycling, so keep an eye out for her! You can learn more about food recycling by watching our videos on our website: oxford.gov.uk/recycling

Also just a friendly reminder from our collection crews that, when putting batteries out for recycling, please place them in clear bags on top of bin lids, rather than tying them onto the lids – with gloves on, it can be quite tricky to untie knots!

And finally, there are no collection changes over Easter this year despite the bank holidays, so simply put your bins out as normal! We hope you have a great Easter, and look forward to your egg-cellent recycling!



AFROShow: African fashion event











LAST year Laure Loutala Mpolo from Barton launched the AFROShow (African Fashion Roots Oxford Show), an African fashion event to celebrate Africa and its diversity in Oxford. The second edition will take place on 6 May, 2017 at 6.30pm at the Tingewick Hall, Oxford. This will feature the latest in African Couture by local, national and international designers.

The fashion show will primarily showcase designers who showcase fashion and finely tailored garments. In addition to it being a unique opportunity for talented designers, the event will also showcase finest and upcoming local makeup artists (Gigi Arts Studio ,Oxford), hairstylists and striking runway models from MessyJam Oxford with our guest of honour Miss Oxford 2016 and much more.

The concept of the exciting event is to create a celebration environment to enjoy a great runway show and have opportunity to interact with the designers and refashion wardrobe. Fashionistas, bloggers ,photographers ,fashion representatives ,corporate sponsors etc will definitely enjoy this event to the core.

■ **The event tickets will be available online at www.Afroshow.co.uk**



Cherry Tree

By **Jenny Willoughby**

THIS term we have been exploring how to make snow due to the lack of snow we have had by using many differing materials – plain flour and baby oil makes a soft snow feeling where as leaving shaving foam outside in cold weather allowed the children to explore a crunchy feeling of new laid snow.

We have also been adapting how we plan to ensure all our children enjoy their time at nursery and are learning through their own interests rather than what the adults think they may like to explore staff have noticed that through this new way of planning children are becoming more engaged in their play and becoming more independent and responsible in looking after the nursery environment.

Sixth form fashion show

EVERY year Wheatley Park School Sixth Form students organise a fashion show, with some of our students also modelling a variety of clothing and accessories loaned to us by local businesses. Some of this years local businesses include: Fresh, Next to Nothing, Tigerlily, and Country Collection Vintage Shop.

This year it will be held on Friday 10 March from 7.30–10pm. It is an enjoyable, entertaining evening, and we hope that you can come along to support us in raising funds for our chosen charity Rosy (Respite Nursing for Oxfordshire's Sick Youngsters) which supports children's respite teams, in providing an opportunity for parents and carers of seriously ill children to have a short break from their caring responsibilities. We hope to see you there to celebrate with us our event and to help raise money for a good cause. This will be held in the main school hall here at Wheatley Park School. Refreshments will be available to purchase also. See you all there!

■ **Tickets available from Sixth Form Reception or Student Reception**
Prices for tickets are £5 and £3 for concessions

Seven ways to stay safe when using ATM'S (Cash Machines)

THIS may all sound like common sense but sometimes we all need a quick reminder about those important things in our lives:

Check cash machine before using
Always try to use a machine in a well-lit and busy area especially after nightfall. Always use a machine located indoors where possible. Check over the machine to make sure nothing has been "stuck on" such as a minute camera that will read your pin number without you knowing.

Take a friend or family member with you
It is far less intimidating if you're not alone when operating a cash machine, and it will be more off putting to would be assailants.

Protect your pin
Always place your hand over the keypad when inserting your pin number. Avoid putting in your pin if someone is stood too close for comfort. Never reveal your pin to anyone not even bank staff or the police. Never write down your pin and protect it from potential fraud.

Never accept help from strangers
No matter how friendly they may seem don't trust them. If your card gets stuck never just walk away. Try to get help via your mobile phone.

Don't withdraw cash after drinking excessive alcohol
Try to draw out your cash before you start drinking. Alcohol may impair your judgement, and you may not so readily recognise a machine that has been scammed, or you may be less aware of those around you. There is always the possibility that you will walk away from the machine and forget to remove your card.

Check ATM receipts against your bank statement
Mistakes can be made and it is your responsibility to report any discrepancy. Always select "Yes" when the machine asks if you would like a receipt.

Do you need to use a cash machine?
Many shops, pubs and other outlets offer a cashback service without charge.



Barton Community Association Shows it's Heart

BARTON Community Association (BCA) has shown its heart and will wear it on its wall as well as its sleeve in 2017. BCA started off the year with the news that it had been successful in securing funding through the British Heart Foundation for a defibrillator, which will be made available on the wall of the Barton Neighbourhood Centre 24-7 in the event of an emergency.

The defibrillator will be installed for use in the event of a Sudden Cardiac Arrest (SCA) which is a leading cause of premature death, but with immediate treatment many lives can be saved. SCA occurs because the electrical rhythm that controls the heart is replaced by a chaotic disorganised electrical rhythm called ventricular fibrillation (VF). The quicker VF can be treated by defibrillation the greater the chance of successful resuscitation. Seconds count, and the ambulance service is unlikely to arrive quickly enough to resuscitate most victims.

The funding was awarded through the British Heart Foundation and the Department for Health with support from South Central Ambulance Service, who will also deliver awareness training to BCA staff and community members.

Equipment will include:

- A ZOLL AED Plus defibrillator
- An Aivia 200 cabinet which is unlocked/uncoded
- A Call Push Rescue Training Kit; with everything needed to run CPR training sessions in the community
- A welcome pack to get the CPR training up and running including posters, a motivational video, booklet with top tips and much more.

Sue Holden, MBE, Company Secretary to the BCA said on receiving news of the grant "Having experienced first-hand the importance of having a defibrillator close to hand I am delighted that BCA has managed to secure this piece of invaluable equipment for our community. We will let everyone know when it becomes active in the hope that it will never be needed, but with piece of mind that it's there should the need arise. Our thanks to the British Heart Foundation for making this possible."

■ **Look out for more information regarding the equipment and the training throughout 2017!**



Barton Community Police keeping Barton safe

Drugs

A resident from Burchester Avenue, Barton has recently been charged with "production of a controlled drug", namely cannabis. Because this case involved a high volume of cannabis plants, it will be heard in Crown Court rather than the Magistrates' Court.

Cannabis is a Class B controlled drug, meaning that the offender could receive up to eight years of custodial sentence, and/or an unlimited fine.

Dog Control

The Neighbourhood Community Police have received reports about pet dogs being used as weapons against members of the public whilst in Barton. In one incident outside the shops on Underhill Circus, a male dog owner threatened to set his dog on another male, and urged his dog to lunge at this member of the public. This is very clearly a concern for us as the Neighbourhood Police Team, and we are investigating the complaint.

Please take note. It is an offence to "set on or urge any dog or other animal to attack, worry or put in fear any person or animal" (Section 28 of the Town Police Clauses Act 1847).

Police work in partnership with Oxford City Council and their Dog Warden. We also work closely with our own Dog Handler. We have previously had to enter properties and remove dogs regarded as being dangerous, and it's our duty to continue to do this where necessary.

Please ensure when you are in the community that your dog – or a dog that is under your control – is kept properly under that control.



Silver Joggers

CHRISTMAS is coming, the goose is getting fat – so goes the old rhyme. But nowadays most of us sit around, watch too much television, and imitate the goose. If you feel a wish – or a need – to get active to help shed those unwanted pounds, or to feel the benefit of increased physical fitness, why not try some gentle jogging?

You don't need to be an athlete! Anyone can start slowly with a mix of walking and gentle jogging, and build up from there. Jogging with a group is also a very sociable activity and plenty of chat goes on while the miles fly past!

There are two jogging groups based in Bury Knowle Park, Headington, catering for complete beginners as well as more experienced runners. They both operate under the City Council's Go Active scheme.

Bury Knowle Joggers meet every Monday evening at 6pm; Silver Joggers meet on Thursday mornings. Silver Joggers was started in 2014 specifically to cater for people of a certain age, for instance those retiring and wanting to take up some activity.

It is described as 'Ideal for the over-50s' although it now has a regular membership of people from the young to the more senior. (One young jogger often comes with baby buggy.) Jogs are led by Keith Frayn and Jeff McIlhinney, both local retired people who are trained running leaders.

Silver Joggers have two runs each week: Thursday morning at 9.30am for those who have run regularly and are comfortable doing 5km at a moderate pace, and at 10.30am for complete beginners and those who want something more gentle.

Many of the people who joined the group not having run before – or not having run for many years – have been able after a few months to complete the 5km ParkRun, and several last year went on to complete the Town and Gown 10km fun run.

■ **Further details are at http://www.silverjoggers.club/ or email silverjoggers@gmail.com – or just turn up any Thursday at 10.30am at the main entrance to Bury Knowle Park (by the toilets) and give it a go.**

A First for Barton Neighbourhood Centre – Lexie's very special day

LAST December the blessing of a baby daughter of Leanne Hurst-May and Hakeem Harris-Foster took place at the Barton Neighbourhood Centre.

Alexis was born 12 September weighing 6lb 4oz in Oxford. Mother Leanne was also born in Barton, Oxford, 21 years ago and was well known to Sue and Barry Holden, as a very young child, when they were in business at Holden's Newsagents. So it was fitting that when Alexis was born and a naming ceremony was organised that we arranged in our community, a service and function for this purpose. The first of its kind at the centre!

It was touch and go whether we could find a venue large enough to host and feed for both families and friends of Alexis. Fortunately, the Neighbourhood Centre main hall was large enough to accommodate and with a large kitchen we were able to put on a lovely warm Caribbean based menu with a Christmas roast dinner alongside.

The hall was decorated with a beautiful white laced lighted back drop, up lights around the room and lovely chair covers with bows to match the theme. A beautiful ballooned table was on display with balloons lettered to Alexis's name, a lovely cake(s) and flowers displayed.

During the day a bar was on hand, kindly supplied and operated by Barton United Football Club with profits going back in to the club.

The service was conducted by Senior Pastor Memory Tapfumaneyi, Newlife covenant church UK, alongside his wife.

The blessing was performed with great professionalism and joyful faces that certainly made us all feel a part of the occasion. The five Godparents, Ollie East, Ryan Murray, Laura Fullick, Dervla Rooney and Molly Hurst were all present and made their promises to treat Alexis as one of their own.

Also present during the ceremony were Leanne's Parents Ray May and Louise Hurst alongside the parent of Hakeem, Krystine P Harris, unfortunately, his father was too poorly to Attend. We were all looking forward to listening to the gospel choir but unfortunately they were unable to perform because of this terrible virus that was going around at the time and this would not have done justice on how beautiful they could sing, unfortunate but at least they were all in attendance. Watching on were about 80 friends and family who agreed the day was a huge success.

Within this family a blessing of its own nature was observed.



Five generations of mothers and daughters were present Great great grandmother, Jean Brown. Great grandmother Lillian Hurst. Grandmother Louise Hurst. Mother Leanne Hurst-May and the youngest, baby Alexis Harris-Foster.

Laura Fullick who is studying photography at Falmouth University was able to supply the beautiful photos of the day which will be cherished for years to come.

May we thank all those that were involved in the organising, preparation and hosting of this wonderful occasion. We send our gratitude to all those not mentioned and to those that were involved or just wanted to be there for Alexis. Finally, Many thanks to Leanne and Hakeem, for being such wonderful hosts on the day.

Update on the New Sports Facilities at the Barton Park development

IN NOVEMBER 2016 planning permission was granted for the brand new sports pavilion designed by award-wining architect David Morley Architects.

Alongside the pavilion, a new adult pitch, an all-weather 3G pitch, a multi-use games area, and new parking facilities will also be delivered as part of sports facilities which will be available for all existing and new residents to use.

These will replace the previous prefabricated facilities that existed since 2011 on the Barton Village Road site. After Barton Oxford LLP achieved planning, the next stage is to select a building contractor.

During this time the sports clubs Barton United and Headington Amateurs have been relocated off



site for the current season while infrastructure work progresses on site. Due to difficult ground conditions that exist on the site, the weather dependent nature of the works and the need to ensure the proper establishment of the sports pitch grass, the clubs will need to remain at their off-site locations for a further season, until mid-2018.

BOLLP and Oxford City Council recognise that this second season off site does cause some significant issues for the clubs and therefore are working hard with OCC Active Communities Team and Phoenix Sports Association to mitigate the impact of these.

■ **To find out more information about Barton Park, please visit www.bartonparkoxford.com**

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Barton Leisure Centre
Waynflete Road, Barton, Oxford, OX3 8GA
Tel: 0344 8933 222

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www.fusion-lifestyle.com/centres/Barton_Leisure_Centre
for more information

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

*8years+

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Pexmas

WE'RE a small arts and community engagement company called Pexmas, and we're delighted to be working with Grosvenor and Oxford City Council to consult on the Public Artwork programme as part of the new Barton Park development. Sarah and Sven who are leading the project, came to meet you at the Barton Bash in October. We had such a fantastic day meeting local residents, finding out what kind of artworks you like, and hearing all about Barton life.

Most of you told us that you like the idea of a sculpture that is also useful; that you'd like something that can be appreciated by all the generations; and something which encourages people to be in the green spaces. We also really enjoyed making a mini sculpture with your little ones, and our rubber duck chandelier is hanging out at the community centre for you all to enjoy.

It's really important to us that as many people as possible get to have their say about the artwork before it's made, so if anyone would like to share their favourite artwork with us, tell us about where they think we should put the final artwork or is interested in getting more involved in the process, we'd love to hear from you! We're using your feedback to contribute to a strategy document for the project which will be available to read in the coming months on the website.

■ **In the meantime, do email info@pexmas.com with your thoughts, or if you'd like to be added to our mailing list for artwork updates, and we hope to see you soon!**



Every Step Counts

- There are still spaces available at two popular Zumba sessions at the Neighbourhood Centre. Zumba is on a Thursday at 6.30–7.30pm and Zumba Gold on a Monday at 11am–12noon.
- The Sport and Physical Activity Team are bringing the Every Step Counts Project to Barton. This is a 12 week walking programme designed to encourage those who don't currently walk into walking. All participants are given a pedometer to help them monitor their steps and are supported by a qualified walk leader. These sessions start on Monday 6 March and run every Monday at 9.30am. Meeting point is at the Neighbourhood Centre. Please feel free to join anytime.
- Through the Barton Healthy New Town Project we have received some funding to deliver new activities in Barton. Therefore we have:
- Beginner Buggy Friendly Bootcamp Sessions with Regiment Fitness Starting on Thursday 23 February, 11–12noon (£5 for six sessions). Sessions held at the back of the Neighbourhood Centre.
- A six week 'Learn to Nordic Walk' course starting on Tuesday 14 February, 10–11am (£5 for six sessions). Sessions meet at the back of the Neighbourhood Centre.

■ **For more information on any of these programmes please contact Emma Collins, ecollins@oxford.gov.uk**

RECIPE CORNER

Cider Thighs

Serves 3

ingredients
6 large chicken thighs – skin removed
100 g mushrooms – ideally chestnut mushrooms but use what you have
2 medium onions
2 large baking potatoes – or equivalent smaller potatoes
Fresh chopped rosemary leaves or teaspoon dried herbs
2 bay leaves – if you have them
750 ml English dry cider
Salt and pepper
Cooking oil

Method
You will need a large shallow pan or a frying pan plus a medium saucepan.
In the shallow pan fry the thighs in a little oil to seal and lightly brown.
Halve the mushrooms and add to the pan.
Peel and roughly chop the onions and add to the pan.
Peel and cut the potatoes into chunks (as if for roasting) and tuck them into the pan.
NB At this point, if your frying pan is not large enough, you could transfer everything to a saucepan .
Add the herbs and bay leaves.
Add salt and a good grinding of pepper.
Pour in the cider and bring to the boil. Turn down heat and simmer for 40 minutes to an hour until the potatoes are cooked.
Before serving crush about half the potatoes into the sauce.
Serve in a bowl with a side of green vegetable or salad.



Sunday 23 April
10am to 4pm
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 23 April as part of national Drive It Day 2017. This is free of charge for everyone to come along to.

The newly refurbished exhibition 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 Cowley built. 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 – tanyafield@supanet.com or 07929 868284

Hope to see you there!

POETRY PLEASE!

By **Dan Gee**

ONCE upon a time, and in fact every year that I can remember I've begun it with a list of worthy resolutions ranging from the mundane to the outright noble.

20 plus years ago some friends visiting me from Japan came across my New Year's list, and laughed. "Stop biting nails..." ahahaha. "Exercise daily..." ahahaha. And on it went; everything was funny to them. Maybe it wasn't Confucian enough.

But I wasn't put off the process, nor repeating the same resolutions – let's say, "good habits die hard." This year there is just one, and it's not doing too well already; it's languishing. It reads: "read a book a week."

Three weeks in and I'm on the same book, but it's quite thick and a chore to read, so shall I be absolved? I can catch up, particularly when travelling; airports are great places to read and miss planes, indeed. But it's certainly good to begin the year with a good poem – how about this one?

A chance discovery today, and full of thought about the written ephemera of the year and perhaps more, but with lingering echoes of the things meant to be done. I hope you'll like this poem by Naomi Shihab Nye

Burning the Old Year

Letters swallow themselves in seconds.
Notes friends tied to the doorknob,
transparent scarlet paper,
sizzle like moth wings,
marry the air.

So much of any year is flammable,
lists of vegetables, partial poems.
Orange swirling flame of days,
so little is a stone.

Where there was something
and suddenly isn't,
an absence shouts, celebrates,
leaves a space.
I begin again with the smallest numbers.

Quick dance, shuffle of losses and leaves,
only the things I didn't do
crackle after the blazing dies.

BILL DIBBER'S GARDENING CORNER



Sow and grow

BILL DIBBER has taken some time out of his busy allotment schedule to share some tips on what to sow and grow in March.

Spring is in the air and it's time to get back out in the garden! This edition features that household favourite, the tomato.

Taking on average 16-20 weeks to grow to harvest, you will need organic seeds, stakes, twine and tomato feed. Grow roughly 3-4 plants per person in the household to keep you all in fresh supply.

Other vegetable families you can grow them with include aubergine and potato. One favourite is Gardener's delight, the clues in the name! Here's how to do it:



- Plant: Sow seed 0.1cm deep in pots. Re-pot if needed. Harden off and transplant 30-45cm apart when first flowers open. Choose fertile soil and sunny sheltered site
- Grow: Keep soil moist. Use tomato feed. Tie main stem to a stake. Remove side shoots from cordons (not bushes). Cut off yellowing leaves and those shading lower 'trusses' of fruit
- Eat: Remove growing tip after four trusses set. Pick when fully coloured. Ripen green tomatoes at end of season indoors or protect plants from frost with horticultural fleece

Plant outdoors in April and then plant out or transplant in May/June for a harvest in August or September.

Tomatoes are rich in Vitamins A and C and so will help you to stay healthy as well as being tasty!

Environmental Development

Home Improvement Agency

Contact us

visit: www.oxford.gov.uk/homeimprovement
E: environment@oxford.gov.uk

T: 01865 252788

If you need a translation, a larger print version or a copy of this publication in another format, please contact us.

You can download a copy of this leaflet from www.oxford.gov.uk

Translations available

অনুবাদের ব্যবস্থা আছে Bengali
提供有翻譯本 Cantonese
तरजमे उपलब्ध हैं Hindi
ਤਰਜਮੇ ਮਿਲ ਸਕਦੇ ਹਨ Punjabi
ترجمہ دستیاب ہے Urdu

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Environmental Development

Home Improvement Agency

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Small Repairs Service

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Give your family a Healthy Start!

HEALTHY Start Vouchers, what are they? As part of a national government scheme they are FREE vouchers that can be used to buy fruit and vegetables, milk and infant formula.

Women and families with children who get Healthy Start Vouchers also get vitamin coupons to swap for free Healthy Start vitamins. Healthy Start vitamins are specifically designed for pregnant and breastfeeding women and growing children.



Who can use them?

- Pregnant women get one Healthy Start Voucher a week worth £3.10
- Parents/carers of children aged over one and under four get one voucher a week worth £3.10.
- Parents/carers of babies under the age of one get two vouchers a week worth a total of £6.20.

£3.10 or £6.20 a week may not sound like a lot, but, £6.20 a week over a year adds up to £322.40 and £3.10 a week over a year adds up to £161.20 – that's the same value as an annual phone contract.

How do I know I can use them?

Women who are at least ten weeks pregnant, or families with children under the age of four, qualify as part of the Healthy Start scheme if:

- They are on Income Support or
- Income Based Jobseeker's Allowance or
- Income Related Employment and Support Allowance or
- Child Tax Credit (but not Working Tax Credit unless the family is receiving Working Tax Credit run-on) and has an annual income of £16,190 or less (2014/15)
- Pregnant Women or Mothers under the age of 18

Where do I sign up?

- Complete the form on the website, download a blank copy or email a copy to yourself at: www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply
- Ask your Midwife or Health Visitor for a paper copy of the application form
- Call the Healthy Start Issuing Unit on 0345 607 6823 and ask them to send you an application form in the post

Where can I find more information?

- Ask your Midwife or Health Visitor
- Visit the Healthy Start Website: www.healthystart.nhs.uk
- Call the Healthy Start Issuing Unit: 0345 607 6823
- Email the Healthy Start Issuing Unit: helpline@tiu.org.uk

Make the most of this free resource and give your children a Healthy Start!

PROVERBS – WHAT DO THEY MEAN?

"A Bird In The Hand Is Worth Two In The Bush"

it's better to have a lesser but certain advantage than the possibility of a greater one that may come to nothing.

This goes back to medieval falconry where a bird of prey, such as a falcon, in the hand was a very valuable asset and certainly worth far more than the two in the bush (the prey).

"Raining cats and dogs"

This one refers to very heavy rainfall and where back in the day cats and dogs would climb onto the thatched roofs to try and keep warm by laying on the straw of the thatch. That is until the rains came down and washed the animals back down to the ground.

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 Rd, 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

Chemist
01865 763106
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
Oxford City Council
01865 249811
Oxford City Council Out Of Hours
01865 252900
Rt.Hon. Andrew Smith
02072 195102
Samaritans
08457 909090

USEFUL INFORMATION

City Council Tax Team
01865 249811
Free collection of up to three bulky items
0800 227 676
Furniture Recycling
01865 763698
Social Services
08450 507 666
Residents Parking Permits
08456 344 466
Planning Application Updates
You can now find live updates to plans in the local area using the website http://ox.planningtracker.co.uk

SERVICES

Barton Community Association
01865 761987
Christians Against Poverty
0800 3280006 (*Free service*)
Leisure Centre
01865 467290
Barton Pavilion
01865 452616
St Mary's Church
01865 761886
Oxford Mail
01865 425262
First Homecare
01865 744174
Barton Advice Centre
01865 744152
Getting Heard
0300 3435718
(*Oxfordshire Advocacy*)
Roundabout Family Centre
01865 764952
Police – Emergency
999
Police – non emergency
101
Recycling and Waste information
01865 249811

COUNCILS/COUNCILLORS/MP

Andrew Smith MP
01865 595790
Oxford City Council
01865 249811
Oxfordshire County Council
01865 792422
Cllr Van Coulter
07767 496409
Cllr Glynis Phillips
07929 659902
Cllr Mike Rowley
07827 532445

Why not zumba your way to fitness?

OUR Zumba Thursday night sessions with George Martini are going from strength to strength with new members joining every week.
The sessions run term time only between 6.30pm–7.30pm at Barton Neighbourhood Centre. The cost is £5 for six sessions, and this means that if you miss a week you don't lose out because your sessions are only counted by those you attend.

So, if for any reason you are unable to attend one week you don't get charged. The age range of those attending is vast, and most people join as a means to keeping fit, but after a very short time people admit they turn up because of the fun element and the friendliness of the group so keeping fit as well is the bonus!

Some people bring their partners along with them to join in whilst others choose to have an hour of quality time on their own – whatever best suits you is fine by us.

The sessions have been running now since September 2016, and although Barton Community Association will be subsidising future sessions we need to make sure we continue to attract new members to keep it sustainable so if you know of anyone you think might benefit from an hour of Zumba each Thursday evening then come along on Thursdays at 6.30pm.

Any new members are advised to turn up about 15 minutes earlier just so registration forms can be filled in before the class commences. All participants are required to be a member of the Association and this cost is just £1 per year.

When your first payment for sessions is expiring you will be reminded that subs are due to be renewed. So, Thursday nights is South American Rhythm Night at Barton – why not come along and give it a try and don't forget your bottle of water!

Fun zumba for children

Just so the kids don't feel left out why not bring them along to their very own sessions on Monday afternoons at 4pm–4.45pm at Barton Neighbourhood Centre. Each child will need to complete a registration form on their first visit and the sessions are term time only. But that's not all – all the sessions are absolutely FREE to everyone between the ages of 7–12 years old. This is a great fun way to get kids into the habit of taking regular exercise, but the big difference here is that its total FUN!

Children don't need to be natural dancers or be able to follow music, it's just a great exercise regime carried out to the rhythm of music. So what's stopping you, what's not to like?

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

Oxford Brookes BabyLab

OXFORD BROOKES UNIVERSITY

little people leave large footprints

Learning a language is difficult, yet babies are able to do it so quickly and easily! Have you ever wondered how this is possible? Well, at the Brookes Babylab, we are searching for the answer to this question every day.

The Brookes Babylab runs language observations to understand how babies learn. We are always looking for children ages 0-5 to participate. It's a fun and interesting way to spend an hour or so, while also contributing to science!

We are now looking for babies between 0 and 6 months old who hear English only. Babies will be looking at images on a screen and hearing sounds, while safely on your lap. The activity generally lasts 5-10 minutes. A whole visit lasts around 1 hour. All of your child's details will be kept confidential as names will not be used in any published findings.

This study requires you to come to the Babylab 4 separate times and we will give you £60 to compensate for your time and travel costs.

Four one hour long appointments	£60 Compensation	Friendly comfy place	Fun activities

"An entertaining morning out for my toddler. Fascinated and proud to see my little girl following what was on the screen. It appears she knows a lot more than we think!!"

Rebecca mum of a 14-month-old girl

If you are interested in your child taking part or want more information, please contact us:

01 865 48 36 76
babylab@brookes.ac.uk
www.brookes.ac.uk/babylab
Oxford Brookes University Babylab
@BrookesBabyLab



Help needed to explore experience of moving around the local area and links to health and wellbeing

THIS Spring sees the start of a project led by Oxford Brookes University to understand residents' experiences of moving around their local area and the impact this may have on health and wellbeing. The 'Healthy Urban Mobility' (HUM) research project will directly involve residents in Barton, Rose Hill and Horspath Estate.

The project will include a door-to-door survey to gauge people's views about the quality of their neighbourhood and how this supports or hinders them getting around.

Next there will be the chance for residents to talk in more detail about their experience of moving around their local area over the years and how this may have changed. Finally, researchers from Brookes will accompany residents on local journeys to learn first-hand about the experience of moving around the neighbourhood and wider area.

The project will also involve a series of community events to bring together different members of the community to look at how the neighbourhood could be better designed to support healthy ways of getting around.

Information from the survey, interviews and accompanied journeys will feed into these discussions. You can get involved in the following ways:

- By applying to become part of a team of paid community researchers. This will involve administering the door-to-door survey during March through to October. You will receive training, a living wage and a free Android Tablet.
- Taking part in the research yourself!
- Getting involved in the community events.

■ **For more details visit www.hum-mus.org**
call 07960 712609 or email Ben Spencer bspencer@brookes.ac.uk

Football Players Wanted

Players wanted for under 9 boys and under 10 girls football teams.

If you are interested, please contact Jan Rose 01865 452616 at Barton United FC