

Hands on News

December 2011

Newsletter for Barton produced by Barton residents and community workers

Barton Therapy Bash 2011

Well and truly Bashed!

THE Barton Bash Therapy Day was a great success with hundreds of residents enjoying the main Barton community event which usually takes place in June but this year was in November. By Sue Holden.

This year's event was quite unique as we joined both our annual events together and ended up with the Barton Therapy Bash. It almost felt like a twist of fate that we moved from our original date in June when the weather was very "iffy" for most of the time to a glorious sunny 15 degrees in November!

How lucky is that? The whole event was buzzing from the very start – in fact we opened the doors early to let the crowds in. The Bash offers a fantastic opportunity for local people to illustrate their talents and skills, and there was plenty on offer on the day. The day opened with Phil Patrick's Barton Karate group giving a demo and finished with Messy Jam doing what they do best led by Ellisha-Peart. Both these groups were created by local people, and we appreciate their unconditional commitment to community events.

We would like to say a special "thank you" to Ali at the Barton Chippy for his very generous donation towards our raffle as well as Sgt Jim Holmes who spent his last shift in Barton being "pied" by some less than desirable concoction and in the process raising money towards next year's event. Ali has sponsored our events each year, and we are extremely grateful to him for his involvement.

We had a truly fantastic display of art and poems from the pupils at Bayards Hill School using the theme "What makes you happy". Some of the interpretations were remarkable, and again thanks to all the staff at Bayards for



Photograph by John Cairns

making this possible. The Glee Club was outstanding and one of the biggest crowd pullers of the day.

This year saw some wonderful personalised local photography on display that was only possible through the efforts of John and Mezza who could have chosen to go anywhere with their project but who chose to come to Barton.

Even Father Christmas managed to find the time to pop in and say "hello" on his very first visit of the year. He picked up the letters that had been written by local children to take them back to the North Pole in the run up to his busiest time of the year!!

Our community events rely very heavily on sponsorship, and this year we have been lucky enough to attract funding from Oxford City Council, Ocha, Soha, Oxfordshire County Council as well as some brilliant donations from Hasbro, Oxford United Football Club, Oxford Bus Company and Oxford Playhouse to name but a few.

The biggest thank you of the day must sit with our trusty band of volunteers and helpers who, on the day, work tirelessly and without complaint. If you would like to be part of next year's event please let us know so that we can contact you nearer the time. "

The Hands on News Team

Contact: Alan Foulkes

Email: alanbartonnhc@aol.com

Tel: 01865 761987

Contributors: Helen Chama, Patricia Dowdall, Alan Foulkes, Sue Holden, Pauline James, Emmanuel Odwar, Nicci Sawhney, Anna Traff

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**Good news
for Barton's
young people**

**Barton Youth Centre is
refurbished and youth
groups continue.**

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A Merry Christmas from Barton Community Association

The Barton Youth Services Update

REPORT AND INTERVIEW
BY EMMANUEL ODWAR

THE past couple of months haven't been positive ones for Barton young people due to the uncertainty of whether the Barton Provision Service centre (BPS), the service for young people, will continue to be in existence.

There was a risk of the BPS not being able to continue to provide the Youth services that the youth need, but from August, construction work has been on going with the refurbishment of the centre by Oxford City Council. Also, IT facilities will finally be available for use after years of requests from youth workers and young people. The way that youth services are provided though is set to change.

Further information on this story was gathered when Hands on News' Emmanuel Odwar conducted an interview with Kevin Jackson, East Oxford Community Hub worker and Nicky Brodie, East Oxford Community Hub team leader.

EMMANUEL ODWAR: What

is the latest on the Barton Youth Services?

KEVIN JACKSON: The centre has been closed and is being refurbished by the Oxford City Council and it will be completed on Friday 4 November.

NICKY BRODIE: The centre will be an exciting opportunity for Barton and youth provision. Also, the youth provision is provided through the Early Intervention Service (EIS).

E O: What is the purpose of the Early Intervention Service?

N B: The purpose of the EIS is to provide more staff according to the needs of young people from age zero to nineteen on the estate. Also, it is a family and children orientated service put in place to provide what they want.

E O: Where is the Early Intervention Service based?

N B: The EIS is delivered from the East Oxford Hub.

E O: How will the EIS provide family and parenting support?

N B: Family support will be provided to families that we are working with on a case by case basis.

E O: How often do you intend providing family and parenting support?

N B: The level of support will depend on the needs of individual families.

E O: What do you intend doing for the Barton Community in relation to the Barton Youth Provision?

N B: I intend giving family and parenting support; also to be working closely with the School and Community Centre.

E O: Do you know whether there will be a plan set for how the Barton Provision Service will be operated? If so, what will it be?

N B: We have a timetable of open access services for the East Oxford Early Intervention Hub, other services are being developed flexibly.

E O: When will the Barton Provision Service be opening?

N B: The official launch of the Barton Provision Service will be on Saturday 19th November at the Barton Bash.

E O: What do you feel will be exciting about the new Barton Provision Service?

N B: Barton is a satellite centre for the East Oxford Early Intervention Hub. The re-development of the youth centre building will enable us to provide better opportunities for children and young people. We have a multidisciplinary team of staff who will work together to provide a range of early intervention services for children, young people and their families. We will be accessing other County Council resources such as the Riverside Centre and working closely with community organisations and groups. We will be involving young people in the development of our service offer.



BE PREPARED FOR WINTER



The winter months are here. Sudden extreme weather conditions can have a dramatic affect on everyday life, especially for people who are already vulnerable or elderly, with disability or illness.

Be a good neighbour

Remember to check on elderly and vulnerable people in your street during the winter months as they may need your help.

Stock-up

In case of extreme weather conditions, good items to stock up on are: coffee/tea, sugar, dried or long-life milk, bread (can be frozen), butter/margarine, tins of soup, vegetables and fruit, frozen meals, toilet rolls, pet food, torch and batteries, bottled water and light bulbs. Stocking up now could save you later!

Keep warm

Have plenty of hot food and drinks. Wrap up warm when indoors and outside. Only go outdoors or travel when you really need to.

Check your heating

Keep your home warm. Please check that your heating has been serviced and is working properly.

Take care of your health

Have you had your winter flu jab? Please contact your GP for more information.

For information and advice

Age UK Oxfordshire

www.ageuk.org.uk/oxfordshire **T: 0844 887 0005**

Oxford City Council

www.oxford.gov.uk

T: 01865 249811

Oxfordshire County Council

www.oxfordshire.gov.uk

T: 01865 792422

Emergency Services

Ambulance, Fire, or Police
999 or 121

Non-emergency

Thames Valley Police T: 101
(New number from 14/11/2011)

NHS Direct

www.nhsdirect.nhs.uk

T: 0845 4647

Met Office

www.metoffice.gov.uk

T: 0870 900 0100

24 hour Floodline Service

T: 0845 9881188

Sign up for flood warnings

www.environment-agency.gov.uk

Oxfordshire Affordable Warmth

Network Struggling with your energy bills, for free impartial advice, cavity wall and loft insulation, and grants available

www.usea.org.uk **T: 0800 107 0044**

Energy Saving Trust

Independent home energy advice

www.energysavingtrust.org.uk

T: 0800 512 012

Department of Health (DH)

www.dh.gov.uk

T: 020 7210 4850

Directgov

www.direct.gov.uk



Barton Pavilion is opened!



Kelvin Thomas, Chairman of Oxford United Football Club who performed the official opening, Cllr Mark Lygo and the committee members of the Phoenix Sports Association which includes Barton United FC and Headington Amateurs FC at the opening of the Pavilion

BARTON COMMUNITY PAVILION

Come along and join us at the start of the Christmas celebrations. The bar will be open from 7.00 p.m on Christmas Eve, and we are also holding a New Year's Eve party starting at 7.00 p.m tickets only £5 each from Ray May Tel No. 07715095161. For both of these functions you will need to be a member so why not join today! Annual fees are single membership £10, Family (up to two adults and two children) £15 and associate (non voting) membership is £5. You can take out your memberships and collect tickets for New Year's Eve from the pavilion on Friday evenings and Sundays. This is a community venue so please make sure you support it. Phoenix Sports Association

Christmas Service and open meal.

The Redeemed Christian Church of God will be holding a Christmas service and open meal on the 25th of December at Barton Neighbourhood Centre. All welcome.

Letter from a Hands on News reader

I was very interested in the article in the September issue of the Hands on News about Gardening by Pauline James. I would agree with her that gardening is very good for a variety of reasons, but I am always disappointed when going around the Barton estate, including Burchester Avenue because it would seem to me that very few people bother with their gardens much at all. I live in Barton Village Road and I love my garden, it gives me great pleasure all the year round and although it can be quite hard work at times, because mine is quite a large garden compared with most on Barton, it is very satisfying to sit quietly and look at what has been achieved. I am not young - into my seventies - and I do have to admit that I get help with hedge cutting etc. However, my neighbour who is in her late eighties has a delightful garden which she still tends almost entirely alone although she too gets help with hedge cutting.

How about a competition for the best garden on Barton - maybe that would get a few more people interested and would benefit the neighbourhood generally?

Vivien Bowyer



An exhibition of photographic portraits of Barton residents taken by professional photographer John Cairns from Headington was launched at the Barton Bash. The show will remain in the Neighbourhood Centre for the next few weeks. John has set out to capture the sense of community in Barton; it is well worth dropping into to see. Above: Portrait of Bill.

Gardening with Pauline

Well folks since my last article I wonder if I have inspired any of you to dig out (pardon the pun) your spades, forks, hoes etc from some dusty corner of the shed and get back to nature in the garden?

If you inspired folks have then Barton will be a brighter place, ablaze with colour come spring; but for those who have not ventured forth into their gardens then it is still not too late! So come on help make Barton a riot of colour with golden daffodils, fragrant narcissi, colourful tulips, pretty

pansies; the list is endless. Did you know that roses and shrubs can also be planted if the ground is not frozen and they are mulched to protect their roots from the harsh weather? So will Barton be a brighter place come spring? It's up to you!

COMPETITION!

Which leads me on to say that Hands on News is going to host a gardening competition (thankyou Mr Bowyer for your letter

and suggestion -- see above) in the spring: more details to follow in the March issue.

*The winter has come, the cold winds blow
The sparkling frost, the drifting snow
But the sun can shine in December too!
And it's never too late to plant you know!*

Put your gardens to bed and look forward to a colourful spring. I wish everyone a Christmas filled with peace and happiness

Pauline James

Barton Saving The Planet

When we use our recycling bins we are already helping to reduce Barton's carbon footprint but "the success of the Low Carbon Barton group, over just a few months, shows that the Barton community is keen to do more" says the group's co-ordinator Rachael Peace.

So far Low Carbon Barton has:

- Project-managed the installation of solar panels at the Barton Neighbourhood Centre. This major project will provide green-energy to the building (carbon savings of 6 tonnes of CO₂).
- Organised the monthly Swapshop, our own local Freecycle event, which saves kilos of really useful items from going to landfill (233 kilos to date).
- Held a Green-Fun day promoting low-carbon projects.
- Placed used-battery recycling buckets at the Barton Neighbourhood Centre.
- Started the Low Carbon Living Programme to assist local households to take practical action and set their own sustainable goals to reduce their carbon footprint. The programme will start early in 2012 so there is still time to sign up.

Currently Low Carbon Barton is involved in

the campaign to save the Barton Nature Park from the Barton West housing development; it has a presence on the Barton and Northway Working Group for the West Barton Housing Development project and on the Barton Regeneration Board.

There are several ways to become involved in future Low Carbon Barton projects; for instance: Rachael is looking for local residents who would like to become Environmental Champions, which involves reporting environmental incidents such as dog fouling or fly-tipping to the Council. Champions will be given a dedicated phone so that calls are not charged to their personal phone bills.

One of the easiest ways to become involved is to support the Swapshop on the first Saturday of each month – it's fun and it can save you £££'s

LCB thanks everyone for their support so far and we look forward to a Low Carbon future.

To join Low Carbon Barton or to find out about its projects and events please call Rachael Peace on mob.07969033542; email rayrayfive@yahoo.co or see the Community notice boards at the Neighbourhood Centre.

BARTON SWAPSHOP

Low Carbon Barton runs a monthly cashless swapshop at the Neighbourhood Centre.

Come along on the first Saturday of every month and see what great stuff you could have FOR FREE!

People donate unwanted goods such as clothes, toys, household items, books, DVDs etc. You can bring stuff, take stuff or bring and take stuff, all totally free!

Our next swap is on Saturday 3rd December from 10.30am to 12.30pm.

For more information please contact Rachael on 07969033542 or email rayrayfive@yahoo.co.uk

Come ring a bell

Christmas is coming and church bells will be ringing! Do you like the sound of church bells? And if so then why not try your hands at ringing them . . . one at a time that is!

So come on all you would be ringers and join us (we are a friendly bunch and it's free), on Tuesday evenings at 7:30 pm, for more info e-mail the training officer at:paulclucas@hotmail.co.uk

The Twelve Days of Christmas

The Meaning Behind The Song

THE twelve days of Christmas are the twelve days between Christmas Day, 25 Dec, the birth of Jesus, and the Epiphany, 6 Jan, the day Christians celebrate the arrival of the Magi (Wise Men) and the revelation of Christ as the light of the world.

The Christmas song, "The Twelve Days of Christmas" may sound silly and contrived to many of us. But it actually had its origins in religious symbolism - and with a serious purpose.

It dates from a time of religious persecution. The song, "The Twelve Days of Christmas," was written as a kind of secret catechism that could sing in public without fear of arrest - a learning or memory aid to Christians in fact.

The song can be taken at two levels of interpretation - the surface meaning, or the hidden meaning known only to the Christians involved. Each element is a code word for a religious truth.

1. The partridge in a pear tree is Jesus.
2. The two turtledoves are the Old and New Testaments.
3. Three French hens stand for faith, hope and love.
4. The four calling birds are the four Gospels.
5. The five gold rings recall the Hebrew

Torah (Law), or the Pentateuch, the first five books of the Old Testament.

6. The six geese a-laying stand for the six days of creation.
7. The seven swans a-swimming represent the seven gifts of the Holy Spirit.
8. The eight maids a-milking are the eight Beatitudes.
9. Nine ladies dancing are the nine fruits of the Holy Spirit.
10. The ten lords a-leaping are the Ten Commandments.
11. Eleven pipers piping represent the eleven faithful Apostles.
12. Twelve drummers drumming symbolize the twelve points of doctrine in the Apostles Creed.

If you think Jesus being symbolized as a partridge in a pear tree sounds blasphemous, remember:

"Jerusalem! Jerusalem! How often would I have sheltered thee under my wings, as a hen does her chicks, but thou wouldst not have it so." (Luke 13:34 and Matthew 23:34)

The "true love" in the song refers to God Himself.

The "me" receiving the gifts is every Christian.

So that "silly" song we sing at Christmas time has more meaning than we thought.

Pauline James

RECIPE: CHOCOLATE CAKE IN A CUP/MUG

It's that time in the afternoon when you fancy some chocolate or a nice fresh cake, or that time of evening when a friend turns up for dinner and there is nothing for pudding – an instant desert and you can change it to suit your taste – milk can be swapped for apple juice and/or cocoa can be swapped for drinking chocolate. *Serves: 1*

Ingredients

- 4 tablespoons flour
- 2 tablespoons sugar
- 2 tablespoons cocoa
- 1 egg
- 3 tablespoons milk
- 3 tablespoons butter or oil
- ¼ teaspoon vanilla (or peppermint) extract
- 1 tablespoon choc chips
- 1 large mug

Preparation method

Prep: 10 mins | Cook: 3 mins

1. Add dry ingredients to the mug, and mix well.
2. Crack an egg and add it to your mug. Be sure to mix it well to avoid any pockets of flour in the corners. Pour in the milk and oil and mix well. Add the vanilla extract.
3. Pop your mug into the microwave & zap for 3 minutes on maximum power (1000watt). Wait until the cake stops rising, and sets in the mug.
4. If necessary, run a knife around the sides of the mug, and tip the still warm cake out of the mug and onto a saucer. **ENJOY!**

Barton bucks the trend

Despite the national gloom a year of many positives for Barton



The new playground behind Underhill Circus

2011 has been a good year for Barton. The new Pavilion is now up and running, and is a great resource for local football teams and the community generally. Youth facilities at Barton Neighbourhood Centre have been totally revamped and refurbished together with a new and exciting playground which has been

built behind the Neighbourhood Centre by the brook.

However, there have been losses. Play Barton, which provided play activities for young people on the estate over the last year or so, came to the end of its funding. This has partially been replaced by a new weekly activities club at the Neighbourhood Centre that will operate on Mondays. A weekly after school club has been piloted to support young people's learning, and takes place on Tuesdays in Eatwellscafé.

Youth services from the County Council, which have been cut in other communities, are to continue in Barton with both the weekly open session and the girls group going from strength to strength.

Other positives include the development of more adult learning courses in Barton and the team of resident Community Champions who are driving forward learning in the community. The new Barton Job Club is offering residents support back into work within an informal environment. Low Carbon Barton has co-ordinated the installation of solar panels on

the Neighbourhood Centre and is encouraging low carbon lifestyles within the community.

We managed to secure, against all the odds, match funding to replace our minibus, and we are looking forward to taking delivery of our new bus any time soon.

There is some local concern about how the new Barton West development might affect the area, and the City Council will be announcing their proposals in January when further consultation will take place. We will work towards getting the best deal for the residents of Barton.

All in all it has been a very good year with more positives than negatives.

Following the sad loss of Jean Stevenson back in January this year Christine Gerkin has taken on the role as President of Barton Community Association. Christine has served the community well over many years, and long may she continue to do so.

We are still looking to enhance our current board of trustees so if you feel you have something to offer, want to take on an active role and care about Barton and the people who live there give us a call for an informal chat and further information. (01865 761987 or 07866460446)

May we take this opportunity to wish all our readers a Merry Christmas and a Happy New Year for 2012

Barton Leisure Centre

Not visited the centre since the re-development? Visit us and have a look around the state of the art 45 station gym with redeveloped changing areas. Not to forget about the crisp clear waters of the swimming pool and the array of activities held in the studio.

New Fitness Classes

Recently many new exercise classes have been added to our programme. Why not come and try our exciting fun new classes taught by qualified instructors including 'Step' and 'Zumba'. January 2012 will also see the exciting introduction of 'Aqua Zumba' in the pool.

Table Tennis

Table Tennis has arrived at Barton Leisure Centre, why not book a table on

a Monday, Thursday or Sunday and challenge your friends and family. Table Tennis coaching will also be available in 2012.

Swim School

We run many different swimming lessons for all ages and abilities with the participants able to achieve success in their learning to swim journey. The programme has great variety, from beginners learning to swim to playing water polo.

We also offer many affordable tailored memberships to suit your needs.

For more information phone 01865 467290 and speak to one of the team, or visit us for a look around, we are located on Wayneflete Road.

Mosaic at the Roundabout Centre

There will be a course making a Mosaic provided by the WEA at the Roundabout Centre, starting the 23 March over eight sessions. For more details contact Emma Carney on: ecarney@wea.org.uk or mobile 07770641359.

The Donut Man will be one of the most memorable and fruitful events of the year!

The Donut Man: is coming this Christmas

A Highlight of your Child's Journey with Jesus Christ



Bob Evans - The Donut Man - along with his sidekick, Duncan (The Donut) - will teach your child about the love of Jesus through song, dance and interactive stories.

A concert with The Donut Man is an event you don't want to miss! Bring the whole family and find out why "Life without Jesus is like a donut, 'cause there's a hole in the middle of your heart!"

"He makes me want to be a kid again."
Mother of the
"He is a great gift to the Church."
Wales of Wales
"His ability to connect with young children is superb."
Mother of three

DATE LOCATION TIME

Sat. 10 Dec. 2011

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

Event From: 4.00 - 5.30pm
(Gates Open: 3.00pm)

Entry is free but Registration is Required for adequate planning. Send names of adult and children attending to 07466721915 or email admin@oxrcocg.org.uk

Slimming World



the club
with the
big heart!

Read our stories at www.slimmingworld.com

WEDNESDAYS

Headington

Headington Community Centre
Gladstone Road
at 5.15 or 7pm

For further information call
Hayley 07944389751

0844 897 8000
www.slimmingworld.com



SAVE
up to
£5
FREE
online
support

A seasonal recipe from Slimming World

Mince tarts Vegetarian

Ready in 45 minutes plus resting Makes 32

low calorie cooking spray
227g/8oz plain flour

a pinch of salt
113g/4oz butter or margarine, cut
into small cubes
16 level tbsp mincemeat
1 level tsp icing sugar, to dust



1. Preheat the oven to 190°C/ Gas 5. Lightly spray some bun tins with low calorie cooking spray.
2. Make the pastry. Sift the flour and salt into a mixing bowl. Add the fat and gently rub it in with your fingertips. Add sufficient cold water to mix to a ball that leaves the sides of the bowl clean. Rest in the fridge for 30 minutes.
3. Roll out the pastry thinly on a lightly floured surface. Cut out 32 rounds with a 7.5cm/3 inch fluted cutter. Use to line the prepared bun tins.
4. Divide the mincemeat between the pastry cases. Roll out the remaining pastry trimmings and make some little stars with a star cutter. Use to decorate the tops of the tarts.
5. Bake in the oven for about 15 minutes, until the pastry is crisp and lightly coloured. Cool on a wire rack and dust lightly with the icing sugar.

Taken from Slimming World's Christmas made Extra Easy recipe book.

Photo: Gareth Morgans

Need help giving up smoking?



With your local
NHS Stop Smoking Service

FREE advice and support
in Oxfordshire
for smokers who want to quit

0845 40 80 300

Oxfordshire Smoking Advice Service
Supporting people through the process of quitting



Wondercakes



Please visit www.wondercakes.net to see my latest cake creations, or ring Justine on 07942152271 so that we can discuss a unique design for your birthday, wedding, christening or any other special occasion. Alternatively email justine@wondercakes.net.

The Barton Learning Fayre

A report on the Fayre by Helen Chama, a Barton Community Champion.



Resident Ann Marie Browne by the Community Champion display

THE Barton Learning Partnership organised a hugely successful Learning Fayre on the 17th September, 2011 from 10.00am-2.00pm at Barton Neighbourhood Centre which attracted many people from all walks of life. The aim was to increase awareness of the courses that are and will soon be available to the Barton community, and to find out what courses people would want to see happen. There was also the chance for people to find out how they could get support to go back for work, volunteer in the community, and even to progress to start their own business.

All the major learning institutions were at hand to provide information on what was on offer from them. The organisations present were Ruskin College, Oxford and Cherwell Valley College, Brookes University, Oxfordshire County council /Family Learning, Workers Education Association (WEA), the Barton Job club- currently meeting every Wednesday night, and the Job Centre Plus.

The aim is to make people aware of the courses that may be available to them and help them jump start their careers or see what suits them and tailor make them to suit each individual.

Some members of the community have already benefitted from the courses like community journalism, IT courses, community champions, and some have progressed further onto other courses. I started as a learner on the community journalism course and I am now a Community Champion, contribute some articles to the Hands on News and I am pursuing a Business Administration Course at the Blackbird Leys Centre.

At the last Learning Fayre between 30-40 people signed up for various courses. The response has been so overwhelming that a second Learning Fayre is scheduled to take place on 14th January, 2012. Please look out for our flyers for more details.

The benefits of signing up for courses, and especially becoming joining a Community Champion, are that it increases confidence,

gives a sense of pride in what you do, while at the same time you can help out in the community using the knowledge and experience gained so that you can contribute to the well-being of our community.

If you are interested in becoming a Community Champion please contact Alan Foulkes at Barton Community Association on 07772466041 or email: alanbartonnhc@aol.com

A chance to improve reading and writing skills

RUSKIN COLLEGE are providing a free course for anyone that wants to improve their reading and writing. It is taking place at the Roundabout Centre and there is a crèche available. Ruskin will also be running a course for anyone that wants to brush up on their everyday maths, starting in January.

Contact the Roundabout Centre for details on 764952, or email Margaret.smith@oxfordshire.gov.uk

New Year Learning Fayre

Following the success of the September Learning Fayre there will be a second Learning Fayre in January

The second Barton Learning Fayre promises to be another enjoyable event.

It will be a chance to enjoy free taster sessions in DIY, science, and health and beauty and to sign up to courses that will be beginning in Barton later in January.

Courses will include computer courses, improving reading and writing, First Aid, DIY developing maths skills and work related courses such as health and safety on building sites.

The second Barton Learning Fayre will be on Saturday 14 January from 10am to 1pm at Barton Neighbourhood Centre. *For more details please contact Alan Foulkes, Barton Community Association on 07772466041*

Calling all Barton residents

Come and get active with our fantastic classes at the Barton Neighbourhood Centre.

GO Active and Barton Community Association have teamed up to bring you a selection of exercise sessions to get you fit for Christmas and to then help you burn off that Christmas pudding afterwards! Classes are approx £3 per session and suitable for all adults of any ability. There is no need to book; simply turn up on the night and enjoy!

- Yoga – Mondays, 6-7pm
- Zumba – Tuesdays, 7.30-8.15pm
- Bollywood – Saturdays, 10-11am

Details correct at time of print, but are subject to change so please contact Vicki Galvin, GO Active Coordinator for up to date information on 01865 252720 or vgalvin@oxford.gov.uk or alternatively check out these and other activities on the GO Active website www.getoxfordshireactive.org

Are you curious to know more about healthy living?



HENRY
HEALTH EXERCISE NUTRITION FOR THE REALLY YOUNG

Do you worry about how to get your children to eat vegetables?

Let's Get Healthy with HENRY

Come and join us!

Venue: The Roundabout Centre
Dates: 8 weeks starting on the 27th January 2012
Please contact:
Liz Marshall (07818402719) Rachel Loh (01865764952)

Tuesday Stay and Play By Nicci Sawhney

A great place to come to for you and your child



Nicci and children at the Stay and Play

EVERY Tuesday morning, Barton Neighbourhood Centre is home to a Roundabout Centre satellite stay and play session. A smaller group in a smaller setting – what is it that sets this session apart?

Apart from access to all the facilities that Barton Neighbourhood Centre provides (including the delicious temptations at Eatwells Community Cafe), the stay and play session, that takes place next to Eatwells, provides a service to those families who perhaps are unable to access the Roundabout Centre or who may enjoy a more quiet setting.

The planned sessions offer a variety of activities for children and their carers to experience and provide an opportunity to play together in a social setting. These activities take place in a warm and user friendly environment where children, parents and carers can feel comfortable and relax a little with a cup of tea or juice and some fruit at snack time.

Those who frequent the session regularly have said, “As a male primary carer, I initially found

this group less intimidating to be around, as it is much smaller in size to sessions held at other venues.” (John Cavandish). Others find that the Stay and Play helps to facilitate learning, one parent said, “My child has learned more about sharing and is starting to form friendships with the other children that come to play. My child feels safe here and there is a real element of trust with other parents, staff and volunteers.”

Stay and Play often includes story time, creative play, impromptu singing sessions and, if she’s in the area Health Visitor Liz Marshall sometimes comes in to say ‘hello’. Activities and toys are available for a range of ages, from small babies to toddlers and pre-schoolers, plus play for school age children (up to age 7) during the school holidays.

Come and visit Tuesdays Stay and Play at Barton Neighbourhood Centre, 9.30-11.30, where you can “relax with a hot drink after the stress of the morning school run and set aside some time to play”.

Group Coach Holidays

We have been approached by a local coach company offering holidays to include all transport and accommodation for groups. Once booked these holidays can be paid for on a weekly basis so that there is no large one-off payment to face, and most of the holidays are based at seaside resorts. Please let us know if you would be interested in joining one of these holidays throughout 2012, and we will obtain further details on your behalf. **Please contact Sharon on 01865 761987**

Milton Keynes Shopping Centre and Outdoor Market

Coach trip on Sat 10 December leaving Barton at 9.00am and returning by 6.00pm. **Tickets £8 per person available from Sue Holden 07866460446**

Jitsu Club

Oxford Jitsu Club was opened with the help of The National Lottery and has been running in Barton for almost a year. We are passionate about bringing this subtle yet effective martial art to the community. With the opportunity to get fit, meet new people and gain in self confidence Jitsu is about far more than just learning how to defend yourself. Our instructor, Natalie, has been training for over 10 years and is convinced that Jitsu can be enjoyed by anyone and everyone who puts their mind to it.

Came along any Thursday for a free trial session! For more information please contact: Oxfordjitsu@gmail.com

Don't forget the police!

'Have Your Say' drop in sessions on Tuesday afternoons at the Neighbourhood Centre between 1.30pm – 3.00pm. If you have any problems or just want to talk to your local police team come along and pay them a visit. This service will be expanding to include other venues in the near future. Further details will be available shortly.

YOUR LOCAL COUNCILLORS

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

Cllrs:	Roz Smith:	01865 750731
		or 07584 257156
	Van Coulter:	07910 817313
	Mike Rowley:	07510 099028
	Liz Brighouse:	01865 766995

Hands on News is funded by OCC, OCHA and BCA

BARTON WONDERLAND

Christmas

WELCOME ALL BARTON RESIDENTS TO FUN AND CHRISTMAS CHEER-MONDAY 19 DECEMBER AT THE UNDERHILL CIRCUS.

Over the coming weeks the previously empty shop unit will be used as a workshop for residents to get involved with the big day, it will then be transformed into a Santa's grotto ready for the Christmas cheer to start!

Already Barton residents have been getting crafts ready but there are many more to be made! Unemployed or looking for voluntary work to Christmas? Join us on Wednesdays 6-8 pm at Barton Community Centre.

Job Club: Barton

With support from Barton Neighbourhood Centre

What to look forward to on the 19 December

- Santa's Grotto
- Christmas Music
- Children's Fancy Dress Parade
- Mince Pies
- Fun for the family!

The weekly Job Club at Barton Community Centre is for people of all ages and background, regardless of skills and abilities who are seeking a worthwhile work environment. The informal meetings include group participation, personal support and advice, training, job search ideas, fun and lots more!

Get in touch, call or text Job Club: Barton on 07907 045204 www.bartonjobclub.org.uk / info@bartonjobclub.org.uk