The Sprout



Rockin' around the Covid Christmas Tree

The Newsletter for North Hinksey & Botley

Issue 153 Winter 2020



The Sprout

The Newsletter for North Hinksey & Botley

Directors: Janet Bartlam, Judi Bolder, John Clements, Michael Cockman, Ag MacKeith, Robin Palmer

Editor

Ag MacKeith

South View House, Old Botley, OX2 0JR Tel: 724452 Editor@TheSprout.org.uk

Advertising Manager

Michael Cockman

50, St Paul's Crescent OX2 9AG Tel: 07766 317691 Adverts@TheSprout.org.uk

Deliveries

Bhee Bellew and Robin Cox

15 Seacourt Road, OX2 9LD Tel: 790648 <u>Deliveries@TheSprout.org.uk</u>

Copy Date: Copy by 15th of month preceding publication. Earlier submission is welcome. Later contributions may have to be held over to the next issue.

Advertisements: If you have print-ready advertisements in the correct format the last day for booking advertising is the 10th of the month preceding publication; in all other circumstances more advance notice will be needed. For details about exact sizes, quality requirements, advice on text and help with production, please contact the Advertising Manager.

Advertising rates:

½ page: 1 issue £56; 3 issues £135; 5 issues £182; 10 issues; £308 ¼ page: 1 issue £28; 3 issues £67.50; 5 issues £91; 10 issues; £154 1/8 page: 1 issue £14; 3 issues £33.75; 5 issues £45.50; 10 issues; £77

Subscriptions: If you live outside North Hinksey Parish you can still receive The Sprout on a regular basis. Just take out a postal subscription – only £12 per annum, delivered to your door. Contact: Carol Kramer 01865 243002.

Whilst every effort is made to ensure the accuracy of information printed in this newsletter, mistakes may happen. The Editor and Team apologize unreservedly for any errors that may occur and will do their best to correct them. This publication is not a vehicle of the parish council, and parish councillors working with the Sprout do so in a personal capacity. Opinions expressed are the opinions of the individual contributors.

All concerned in the production and delivery of The Sprout are unpaid volunteers.

The Sprout is printed by Dataprint Ltd, and published by North Hinksey Parish Publications Ltd, (a company limited by guarantee) Registration No. 05609535.

It can also be found online at BotleyHinksey.org.uk

The Sprout Issue 153. Winter 2020

Contents

3 Letters to the Editor 27 CoE Christmas Services

7 Football in the Year of Covid 29 Covid Quiz

13 Farmers Market 33 End of Term Report

15 Kennington Memory Club 35 Oxford Foodbank

17 Taking Winter Pictures 36 Planning Applications

21 Oxford XVth Scouts 37 Carp for Christmas

22 Pull-out Covid help poster 39 Manna from Anna

24 Christmas Hamper 41 Staying Well in Winter

25 Hamper Request Form 42 Randoms

43 Local organizations

From the Editor

We hardly dared hope that Lockdown2 would be lifted in time for the Sprout to go to print, but so it is. Perhaps Christmas will be happening too, after all! Certainly, the Church of England has plans in place for Christmas services (p27), and the XVth Scouts managed to write a report, despite having their fingers firmly crossed (p21). Kennington Memory Club is back in action (p15), though not sure who will dare to come, and the Oxford Foodbank says that the Big Christmas Lunch will go ahead, even if it has to be as a takeaway (p35). The Foodbank, the Community Fridge and the Larder will be combining to provide Christmas hampers for some 80 or more local households feeling the pinch (p24) and we are invited to provide treats and presents. If your family would appreciate some festive cheer in these bleak times, the form is on page 25. There's also a revised version of the pull-out poster with names and addresses for Covid help on page 22. Mike Bartlam has provided a Covid Quiz to lift the spirits (p29) and Chris Andrews has some hints for taking Winter photographs, and a festive special offer (p17). Our next issue will be in February 2021. Happy Christmas, one and all!

Ag MacKeith

Letters to the Editor

Willow Walk Bridge

Please could you kindly print an appeal to your readers/local residents/historians regarding the origins and date, etc., of the 5-arch stone bridge at the south end of Willow Walk in North Hinksey. A Google search only seems to identify the proposed flood plain project. My husband and I enjoyed a lovely walk through there today in the November sunshine, and I am ashamed to admit that when he (a Somerset lad) asked me the above questions, I was unable to tell him, despite having been born in North Hinksey in 1941 and lived there until 1962! I only live in Abingdon now, so not too far away from my origins. Ann Ford (nee Trinder)

Environmental issues

The long report from the Parish Council's Environment & Wellbeing Committee in the November Sprout nevertheless omitted some points that may be of interest to parishioners. The funding for the actions described came out of a whopping inflationary 9.9% increase this last year in the Parish Precept, paid by all, but about which we were not consulted.

With the award-winning and well-staffed Low Carbon West Oxford organisation (www.lowcarbonwestoxford.org.uk) active in the same areas, and on our doorstep, one may question the need to try to duplicate its actions. Many of the objectives have already been listed in the Neighbourhood Plan, which is a part of the planning system. Some of the budget (£3000) paid for the "Botley Green Day" – yet Cumnor and West Oxford residents of Botley contributed nothing towards it, and there was little on show about how to reduce our energy footprint or sustainable alternatives. The Parish Council should be supporting Low Carbon West Oxford, not wasting money in trying to set up a rival organisation.

Given that the need for greater action and involvement to protect the environment is not in dispute, why is our Parish Council spending more than £13,000 in trying to evict the 4th Oxford Scouts, part of an organisation which has respect for nature at the heart of its message to young people, from their Scout Hut on Arnold's Way?

Andrew Pritchard

A letter to 4th Oxford Scouts

In the context of Dr Pritchard's comments above, readers may be interested to read this open letter from the Parish Council to the 4th Oxford Scouts which has also been sent to the Sprout:

"I am writing on behalf of North Hinksey Parish Council to remind Trustees of the offer of a one-year peppercorn rent lease as originally offered on 13th July 2020, with a deadline for signing this lease of 26th November 2020.

We hope that the Scouts do sign that lease, allowing for continued use of the Louie Memorial Playing Fields as your Group headquarters after 31st December 2020.

We would also like to reiterate our offer to meet with Scout representatives to restart discussions towards a mutually acceptable longer-term solution."

Yours sincerely, Sharon Henley, NHPC Clerk

[As a matter of record, at the time of going to press, 4th Oxford Scouts' response was to refuse to sign the lease, and risk eviction from their hut at the end of this year. It is hard to see what this would achieve for the Parish Council, or for the Scouts, so let us hope good sense will prevail. It is becoming clear that nothing will persuade the Scouts to share the new pavilion proposed by the parish council. But, since the version for which planning approval was granted last year was designed to accommodate their needs, this suggests the whole project will need to be looked at again. It's high time the matter was sorted, as it continues to cost a good deal of time and money, which neither party can afford. The Sprout will be reporting on the whole messy business as soon as things become clearer.]



For all those jobs you can't - or can't be bothered - to do yourself and the big companies aren't interested in.

Carpentry, painting and decorating, replacing light fittings and switches, blinds and curtain rails, replacing taps, and much more

CONTACT: sid@oddsandsids.co.uk 07757 214 301

Football in the Year of Covid

It has been the best of times. It has been occasionally a rather trying time. Embedded into the fabric of Botley and run by a group of dedicated, accredited lovers of football from the area, Botley Boys and Girls Football Club has been able to provide a vital resource to children, giving them the physical activity and companionship that they have

desperately needed in a time of isolation. Community is a word that is very easily used but requires a particular mix of dedication and compromise to deliver. The club stands for that very real community. "The thing about football, the important thing about football, is that it isn't just about football," wrote Terry Pratchett wiselv. although no fan of the game himself.

As it left the first lockdown in July, Botley Boys and Girls FC immediately



recommenced training in groups of six, despite the 2019/20 season being effectively over. The coaches coached for the love of it and because they could see the children in their care desperately needed it. Paying close attention to government guidelines on social distancing, coaches adapted their training sessions to concentrate on shooting and passing into space rather than tackling. The over-riding importance was enabling children to play together in the sun in a constructive, controlled way.

The unique effect of being let out of lockdown meant the 2020/21 season for the club was infused with sheer joy at being able once more to play the game the children love. Of course, the narrative has not

been straightforward for anybody in 2020 and for Botley Boys and Girls FC it has been no different. The downside came in early November when the government suspended all grassroots football, even training amongst children who were at school together. Despite the protests of key voices in the professional game and expressions of sympathy from media figures, all football stopped. We hope that by the time you read this, the season will have begun again, with coaches standing anxiously on the touchlines for the first weekend of games in December, hoping their teams remember how to close down the opposition and play out from the back. It allows us to return to the positive though. The big success – returning slightly later than the other teams – has been the Wildcats. In 2019, The Football Association and SSE (Scottish and Southern Energy) launched an initiative to encourage girls aged from 5 to 11 to get involved in football. Botley is one of only 200 clubs that have established an SSE Wildcats group.

Coach Nick Dunn is in charge of around 20 regulars. "The group of girls has grown beyond our expectations which is fantastic, but also makes training quite challenging, especially given the age variance within the group," he says. Extra volunteers will now help him each week, although the club still seeks a welfare officer dedicated to the girls.

Other teams are also well subscribed, which brings its own pressures. The lockdown gave the senior coaching team under Roy Walsh the opportunity to help establish an U7 side. He and his team were quickly able to build a core of players and familiarise new coaches with the way the club and the Oxford Youth League work. Jason McKinlay has now stepped in to coach the side. "One thing I have learned is patience," he says. "The kids all learn and train at different rates, so we try to buddy up these players to give those with an edge the chance to share and teach." McKinlay also managed to get a shirt sponsor in difficult economic circumstances. NEW AGE ELECTRICAL LTD have sponsored the kit for the team, who wear it with pride.

So, it is all good bar the interruptions? Well, not quite. The Football Association's Level 1 training scheme has been suspended due to Covid-19, so coaches are having to pass on their skills to the relatively uninitiated. Historically, the club has been financially supported by local businesses through sponsorship, but this has been decimated by changing patterns of commerce exacerbated by the virus outbreak and the ensuing lockdown. New support is always desperately sought.

Meanwhile volunteers have been taking stock of their involvement. Brendan Byrne, the club's dedicated, hard-working chairman, will soon be standing down having run the club, Svengali-like for nearly a decade. "Grassroots football is totally dependent on volunteers," he says. "I have been involved with the club in a committee role now for 8 years and it is one of the most rewarding things I have done." Byrne has enabled a whole generation of our children to play football in a safe and fun environment, but now that his own son is close to the upper age limit of the club (to the degree that he's helping out with the coaching of the U6s), Byrne senior feels it is time to hand on to the next generation. In addition, Roy Walsh, the avuncular club secretary, is standing down from 31 December 2020. "I have absolutely loved and enjoyed the last 3 years with the Club," says Walsh; part man, part Toby jug. He will



continue to coach the U9 team.

It is tremendously hard to combine the coaching and the administrative side of the game in an era when the public and professional association are more conscious than ever of the safety and welfare aspects of coaching. Botley Boys and Girls Football Club needs a new era of volunteers from the community, not necessarily motivated by a love of the game pure and simple, but a desire to help a key community resource and the knowledge that better you than nobody. Botley Boys and Girls Football Club has at times this year been the only volunteer-run organisation in our children's lives; a love of football its only real guide. But then, as the man said, "The important thing about football, is that it isn't just about football." clubsecretaryatbotleyfc@gmail.com is the email address for more information.

Tim Abrahams

Botley Farmers Market

To my mind, the best thing to have come out of the new West Way development is Botley's very own Farmers Market. (For the pedants among you, I'm not even going into the apostrophe debate on this one, so am deliberately omitting this pernickety little bit of punctuation.)



If you have yet to discover the market you're in for a good surprise. It started on 3rd October and is held each Saturday from 10.00am until 4.00pm in Church Way at the Library end of the new development, come rain or shine. Mostly rain so far. However, the entrepreneurial stallholders have been organized enough to keep themselves and all their produce dry despite the wettest October on record.

I won't try to list and describe every stall, as I hope you'll enjoy discovering your own favourites. But a quick survey round my family reveals the following top picks (you can tell we're a greedy lot):

Husband – he loves the Natas, i.e. Portuguese custard tarts, stall.

Son – makes a beeline for the Empanadas (chicken, pork, and beef – one of each! Obviously the greediest of us all) and says the pork dumplings from the same stall are amazing.

Grandsons – Chocolate stall, especially the beautiful chocolate lollies. Surely everyone must need a chocolate sheep?

Me-I can't get enough of the delicious Hummus (served with walnut halves on top), olives, feta, Turkish delight, baklava, etc to remind me of Greek and Turkish holidays in this time of lockdown.

We regularly buy bread (two bread stalls to choose from), meat (two butchers), lovely fresh produce from the greengrocer as well as samosas and onion bhajis for lunch. I told you we were greedy.



Cat Sitting
Dog Walking
Small Animal Care

Fully Insured DBS Check First Aid Trained

07909 121454 pawzandclaws@outlook.com There's a great plant stall where my eldest grandson and I delight in naming all the plants. I can recommend their white Hellebore called 'Christmas Carol' and want to get more before my neighbour snaps them all up, she came home with an armful this week. They sell eggs too. My Christmas present was recently

purchased from the jewellery stall (I like to pick my own) and it is not only beautiful but handmade. In addition there are stalls selling fresh fish, tasty cheese, cakes, preserves and gin. It's also a great place to pick up a street food snack while you're strolling through, with plenty of choice from Asian to Spanish cuisines.

Why is a Farmers Market so brilliant? I think it's the feel-good factor – not only are you giving vital support to local independent traders but also receiving top-quality goods in return. Extra bonus at the current time is that it's in the open air and possibly the only chance to bump into friends for a quick (masked) chat. See you there! **Viv Smith**

Kennington



Memory Club

Living well with dementia

Can we? Can't we? Will we? Won't we? Re-open that is!

Whenever we post anything about the plans to re-open Kennington Memory Club Day Centre sessions we seem to get overtaken by events. It was all go for the November 12th restart of the sessions when Lockdown2 was announced. Once the small print of what was and wasn't allowed under the new rules had been studied, it appeared that such support group activities could still go ahead. But members, who mostly fall into the extremely vulnerable category, were understandably reluctant to attend, given the recently rising number of Covid 19 cases. So re-opening plans have been shelved once more until circumstances become more favourable and members feel more comfortable about attending the sessions. The Trustees and staff are keen that this should be as soon as possible. The Club website will be kept updated with the situation. Go to www.kenningtonmemoryclub.org.uk to see the latest.

In the meantime, if you would like to know more about the Club for yourself or someone you know or care for, or to put someone's name on the waiting list, please visit the website and contact Helen, the organiser, on 07852 883496.

Isobel Birse

Taking Winter Pictures

There are great opportunities for interesting pictures in winter, as well as the occasional challenge! I remember one years ago in the very cold winter of 1984. I had driven to Bourton on the Water to do one last picture to put in next year's Cotswold Calendar. It was a clear day and I left on gritted roads before dawn in January. Arrived in Bourton, no one about - surprise, surprise! - found the view needed, put camera on tripod and got started. But had to wait ten minutes for the camera to un-fog, the very cold air condensed immediately onto all the surfaces. At last I was able to work for a bit and got something useful, then the camera started acting up! The shutter just refused to work. I turned it on and off – even then a remedy, well before digital – but to no avail. I went back to sit in the car. Thought about it and realised at -20C it was probably the batteries not working, so took them out and tucked them under my arm. Hey presto! Re-inserted, it all worked as long as I operated in ten-minute bursts. Eventually I got all I needed. I hadn't noticed the cold because I was so layered in thermals, ski kit. hats etc.

So, winter tips: If you have one, just occasionally try the discipline of using a tripod. Apart from the advantage of holding the camera steady, it slows you down and maybe makes you think a little longer about the composition

of the view you want to take. If you haven't got a tripod, try resting the camera on a nearby solid surface, post, litter bin, etc. It may compromise the composition, so be aware of your main interest in the picture and be prepared to crop and compose the image on screen, later.

I doubt we shall have such a cold winter this year, in fact I am sure we won't, but do get outside and photograph in such cool as we have



photograph in such cool as we have. The stimulation of a cold, clear morning as the sun rises with frost on the floor and the bright air sharp on your face is priceless. Gloves are probably a good idea too, and dogs don't seem to mind the snow, if we get any (see the photo). If it's just raining and

'Orrible, go into town at dusk, 4pm-ish maybe, and record the balance of the dull blue light of the darkening evening skybalanced by the orange street lights and the bright lights of the shops reflected in the wet pavements.



Our small photographic and publishing business has been very affected by the pandemic. And we think the visitor market will not return until the summer, and even then perhaps only by 50–60%. We do have a bit of stock: Oxford Calendars, books, Cotswolds publications including a brand new set of illustrated playing cards and some lovely floral notelets. You can see them on our web site www.cap-ox.com. If you email me personally on pictures@cap-ox.com or ring my mobile 07850 399143 quoting The Sprout you can have a 20% discount off any of our publications (excluding Limited Edition books) – up until 10th December. And if you are close enough to Botley then we can offer free delivery – in a suitably distanced manner, of course. Chris Andrews



Bo Acupuncture

LicAc MBAcC

Pain, Energy Balance & Cancer Treatment Support at Botley Oxford £17+

acu.tranq@gmail.com

Book online: boacu.simplybook.it

私

07786 397794

Oxford XVth Scouts

Now this article could have taken two forms. It was written in Lockdown #2, when we were back to Zoom meetings online. But by the time you read this, and remaining positive, perhaps we'll be out of lockdown once again. So here goes...

Oh, it's good to be back! After many months of online meetings, the 15th Oxford Cubs and Scouts are back together and meeting face-to-face. Sure, we're wearing masks, and keeping to 2m social distance but as an organisation we've always been as adaptable and resilient as necessary to deliver a programme that builds Skills for Life. Now we can meet up together, we'll find ways to teach first aid from a distance, pioneering projects will involve members building different elements that come together at the end, map skills will be individual so there is nobody to blame if you get lost (or 'taking the scenic route' as we like to say). We'll be doing wide games in the fields and woods around Botley that involve camouflage, sneaking past each other without being seen or heard, treasure hunts and torch games.

In the few weeks we'd been back at the time of writing, we'd already done car repair with the Cubs and a photography challenge round Botley with the Scouts. Hallowe'en saw pumpkin carving, ghost stories and shadow puppet plays. The jamborees and the district events and the county camps may be on hold, but we'll still be working through badges that culminate in the Chief Scout Silver and Gold awards. There are plans for a movie night, a mock UN council based around building your own country, sign language, paper airplanes, and breaking Guinness World Records.

There is so much planned, and if any of it sounds like something that your child will be interested in then come and join us. Join our 'bubble' and see what Scouting is all about – we have spaces. I'm biased of course but I couldn't recommend it highly enough. If this is what we get up to from a socially distanced and sanitized 2m, imagine the adventures we have on our camping and residential trips, resuming in 2021 we hope! We meet every Friday evening during school term time at Botley Baptist Church. Cubs is for children aged 8–10.5, Scouts aged 10.5 to 14. Email us for more details: XVOxfordScouts@yahoo.co.uk

Tom Freeman

Covid pullout

Covid pullout

Christmas Hamper for 2020 – can you help? Donations wanted

Christmas is around the corner and with the global pandemic it has been a challenging year for many local households. We are providing hampers for households on a low income and are looking to our local community to spread some Christmas cheer.

TAKE ME HOME

Can you donate dried food, Christmas treats and/or wrapped gifts for children or adults (stating appropriate age and sex)

Donations can be dropped off at St Peter and St Pauls Church Hall, Botley on Monday 21st December from 2-5pm or Tuesday 22nd December from 10-4pm. If you cannot drop off at these times please e-mail **sue@botleybridges.org** to arrange an alternative venue and time.

This is a joint venture between the Community Larder, Food for Charities and Botley Bridges Family Support, with a grant from Vale of White Horse District Council and help from lots of volunteers.

Many thanks and a Merry Christmas to you all.

Sue Dowe

Tennis is Good for You

We know how important it is for people to be active, and the role tennis can have in the physical and mental wellbeing of those who play it. If you are facing exceptional and unexpected financial hardship (e.g. due to unemployment) and would like to request assistance with membership fees or coaching for you, or your child, to play tennis at Oxford Sports LTC contact tennis@oxfordsportsltc.org explaining the reason for requiring assistance and what you are applying for. All information is treated in the strictest confidence.

Alastair Barr (Membership Secretary)



Requesting a Christmas Hamper

We are inviting any families on a low income living in the Botley, North Hinksey, Cumnor and West Oxford areas to complete a request form so we can arrange for a lovely Christmas hamper to be ready for you to collect from St Peter and St Paul Church Hall in Elms Parade, Botley on Wednesday 23rd December in the afternoon.

If you can't collect it yourselves, we can deliver it (please make a note on the form below). Fill in some details about your household so we can arrange the most suitable hamper for you all. After December 23rd the information will be deleted in accordance with GDPR. If you can't fill in the form online, tear out this page and hand it in at your child's school.

A hamper contains fresh and dried food and some Christmas treats.

1	First Name		
2	Surname		
3.	Address and post code		
4	Contact number		
5	Number of adults in the household		
6	Age and gender of children in the household (for gifts)		
7	Any specific food requirements – linked to allergies etc		
8	Can you pick up the hamper? Yes or No. (if No we will arrange delivery)		
9.	Any other comment – for example are you completing this form for someone else		

Completed forms can be e-mailed to **sue@botleybridges**.org or handed in to the school or pre-school your children attend. You can also register online for a hamper https://forms.gle/NTEmQVSoiJ2AY1Jp8

Christmas Services at St Peter & Paul, Botley, and St Lawrence, North Hinksey



The pandemic has meant that we are having to find different ways of celebrating Christmas. Numbers are limited at both churches because of social distancing. Although we can't be sure what restrictions will be in place in December, this is what we are currently planning:

Christingle

There will be no Christingle service at church, but do please help us continue to raise funds for the Children's Society. You can hold your own Christingle event at home with your family using materials provided free by the Society. We have also set up a Christingle fund-raising page for donations to the Society at https://www.give.net/NHBChristingle If you would like us to order a set of materials and prayers for you, please let the office know as soon as possible (contact details below). If you want to order them yourself, they are free from the Children's Society website https://shop.childrenssociety.org.uk/christingle.html).

Service to remember those we have loved and lost

Our annual remembrance service will be held on Sunday 13 December at 5.00 pm at St Peter & Paul. If you wish to attend, please contact the office by December 7th to reserve a place, as numbers are limited.

Stations of the Nativity

This seasonal variation of the Stations of the Cross will run from Monday 21 December to Christmas Eve at St Peter & Paul. Pictorial and prayer resources will be available for private reflection during the day ending with a short meditative service at 3pm on Christmas Eve.

'Midnight' Services

Traditional 'midnight mass' will take place at both churches at 11.30 pm on Christmas Eve. Seating is limited so please come in good time.

Please note: These arrangements may have to change depending on government restrictions. To keep up to date, please follow our Facebook page 'SaintsPeterPaulBotley' (where we will be continuing to post our regular prayer and worship resources), or contact Gwen at the office on 01865 242057/email: osneybenefice@outlook.com

John Clements (Rev Clare is back on 3rd December)

COVID Quiz

Botley residents have recently been subjected to forensic questioning about their experiences during Lockdown, Tier 1, Tier 2, "just stay and don't move, etc." Share some of these experiences and perhaps match against your own through our Covid Quiz. Simply tick the answer next to the statements you think researchers encountered most often.

Lockdown Rules

What are the rules of Tier 2?

- a) A lot tougher than Tier 1 or the other way around.
- b) I have to wear a tag.
- c) Isn't it a type of ballet costume.



You have just dusted off your 1,000 piece jigsaw but found one piece missing. Where did you find it?

- a) Under the very last item of heavy furniture you had to move.
- b) In the hoover (full).
- c) In the dog eventually.

Redecorating

How many matchpots did you buy during lockdown?

- a) Six, all the same, just enough for the downstairs loo.
- b) Stopped buying, too many arguments.
- c) Dunno, but the dining room is very colourful.

On-line Shopping

What do you think of Amazon?

- a) I hate it I use it all the time.
- b) A bit hot and steamy.
- c) I wondered why he was so keen to add "Prime" to the account the damn rugby!

"Virtual" Family Gatherings

How has the older generation responded to on-line chats?

- a) "Grandad, just stop poking the screen, it doesn't work any better".
- b) "Thanks for showing us your ceiling."
- c) "Look, we'll just give you a call."

Reading

So what has it been like to uncover all those unread classics that you promised yourself to read?

- a Never realised Dickens was so boring.
- b Perhaps I am a bit old now for the Famous Five.
- c So that's what happened to all my pressed flowers.

Revisiting neglected parts of the house

And what did you find up in the loft?

- a Now I know where I stored all those apples/home-made wine.
- b So that's where the builders put all their rubbish!
- c So that's why the house was so cold!

New world of exercise

What has it been like to get back to walking and cycling?



"Oh, granddad! That sweater is 50 you!"

- a Good heavens, was my bike always that heavy.
- b Now, look here Fitbit, what do you mean I haven't done 10,000 steps yet, surely hills count double?
- c That's it! I'm not getting soaked any more.

Answers in next month's edition but because of the all too fashionable possibility of vote rigging, fraud, miscounts or general cheating, no prizes will be awarded.

Happy Christmas, possibly!

Mike Bartlam

Kennington Plastering Limited

All types of plastering and rendering Heritage and listed building work 25 years experience

Please call Kevin: 01865 326000 or 07831 709687 kfplastering@yahoo.co.uk

Botley School News

This term at Botley we have been marking Remembrance and Children in Need, both of which gave us a chance to come together once again as a school with the help of modern technology.

For Remembrance, each class completed activities following class input, whether making and understanding the significance of a Remembrance Wreath, or discussing what the term 'sacrifice' actually means. We marked the 11th hour with a special whole school assembly on Microsoft TEAMs and linked to



the BBC broadcast to join the nation in standing for the two minutes' silence. It is wonderful that technology not only allows us to come together as a school during this period of greater restrictions, but also to come together with the wider community and understand that it stretches across the country and the world.

We followed Remembrance Day with dressing up in spotty clothes to raise funds for Children in Need on World Kindness Day. Normally we would hold bake sales and other fundraising ventures on this day, however, the community gave generously for the mufti day instead and can be proud of the achievement and spirit with which they raised the funds for good causes.

Coming up we will be marking National Anti-Bullying Week, joining in a virtual lantern parade to mark the festivals of light and then turning our minds to Christmas at the end of term. The restrictions do make school life more challenging, but we are determined to keep as many of our annual festivals going in new formats as we can, and to keep our community together as we head into the winter months.

We are also looking at extending our school community: now is the time for parents to apply for Reception school places for September 2021. Our Early Years team have been busy creating a new web page for parents of new starters (see 'reception-new-starters' on the school website botleyschool.org.uk) and we held our first virtual Open Events in November. We will be advertising more of these events in December and into January ahead of the January 15th deadline, so please look out for the adverts with the dates.

Mrs Jo Reid, Headteacher

Oxford Food Bank - keeping up the good work!

When the UK entered its second lockdown, staff and volunteers at Oxford Food Bank got to work to ensure that food does not go to waste when non-essential shops and restaurants are forced to close.

"It has been a strange year for food surplus," explains manager Cathy Howard. "When non-essential shops were ordered to close in March we collected *five tons* of non-perishable goodies from TKMaxx stores, from Easter eggs and glittery marshmallows to olive oil and saffron!"

"Then more recently, as cinemas, theatres, vending machine suppliers and other leisure outlets reduced or closed their operations, we have received many donations of crisps, fizzy drinks, jelly sweets, fudge and chocolate raisins. We've been very grateful to the Ashmolean gift shop, Oxford Playhouse, The New Theatre and David Lloyd gym, amongst many others. Health-conscious volunteers sometimes turn up their noses at sugary junk, but food has emotional value as well as nutritious, and these treats have helped to make a lot of people happy in difficult times."

Oxford Food Bank is well supplied with fresh fruit and vegetables thanks to recent deliveries from pubs and restaurants including The Trout, The Barley Mow at Clifton Hampden, The Bear and Ragged Staff in Cumnor and the King's Arms in Sandford on Thames. The sudden announcement of a second lockdown in November took many professional kitchens by surprise, leaving surplus fresh fruit and veg in need of a home.

2020 has also been a strange year for the Food Bank's 100+ charities as well, with many organisations changing their pattern of food distribution to allow for Covid safety. Oxford Food Bank administrator, Emma Tinker, explains, "Some charities that used to serve a regular sit-down lunch to people crowded around small tables have realised that this just won't work now. So they have started cooking food to serve as takeaways, or putting together bags of food to deliver to people at home. We've also seen more charities coming to us, as groups like community fridges have stepped up their operations to support the wider community. People who were financially stable a year ago are suddenly struggling, and many of our charities have adapted very fast to cope with that."

Meanwhile, plans for Christmas continue to evolve. For several years the Oxford Food Bank has supported the Oxford Christmas Lunch,

whose lead organiser, Sara Strong (also an OFB volunteer), told us: "with our venue the King's Centre mothballed, we can't hold our usual Christmas Day lunch, which in 2019 was attended by over 600 guests and volunteers. So for 2020 we're organising a Christmas Day lunch delivery to anyone in Oxfordshire who's going to be alone, in food poverty or in any other way in need. We'll once again be cooking with food from Oxford Food Bank that would otherwise have gone to waste, and passing on additional fresh ingredients for recipients to enjoy at home.

Oxford Food Bank often has a sudden last-minute influx of food ingredients as supermarkets close for the Christmas Break, but many charities also close for the holiday and so can't use the surplus. Oxford Christmas Lunch works with Oxford Food Bank, the King's Centre and other local businesses to cook the food and get it to those who need it most." "We're still here," says volunteer Jude Carroll. "As long as there's food surplus coming from anywhere, we'll carry on finding somewhere for it to go." To find out more, visit https://oxfordfoodbank.org/

Cathy Howard

LOCAL PLANNING APPLICATIONS

P20/V2554/HH	28 Hurst Rise Rd. Demolish rear sitting area & erect single storey rear extension + loft conversion.	5 October
P20/V2687/HH	6 Hazel Rd. Single storey rear extension.	16 October
P20/V2753/LDP	32 Lime Rd. Lawful Development Certificate for change of use from single dwelling to small HMO.	23 October
P20/V2759/HH	21 & 22 Hawthorn Close. Single storey rear extension to create large kitchen diner at both properties.	26 October
P20/V2762/T28	32A Lime Rd. Installation of 1 x 8m wooden pole (6.2m above ground).	26 October
P20/V2700/FUL	Land Adjacent to Matthew Arnold School. Convert existing barn with extension to single family dwelling.	27 October
P20/V2832/HH	42 North Hinksey Lane. Two storey side extension and loft conversion.	3 November
P20/V2845/A	Botley Centre West Way 1 x internally illuminated fascia sign.	6 November

Waiter, waiter, there's a big fish in my tub!

If your household is anything like ours, the holiday period at the end of December 2020 will be somewhat different: downright subdued. As our customary invasion by six family members from Prague sadly won't be happening this year, I thought I'd brighten the gap with an

account of what it would be like if we were all together over there.

First of all, the dates: Christmas Eve is the Main Event. For most of December 24th. restraint is the keynote. According to legend, if you fast all day, a golden pig - a good omen for the year to come will visit the home in the evening. Although few are that strict these days, many do eat a light, meatless lunch. By evening, however, it is time for the most festive dinner of The first course is a the year. particular and filling fish soup necessitating – as I know to my cost exacting preparation. This is



followed by the traditional main dish: carp fried in breadcrumbs, with potato salad. Now therein lies a tale.

Since the 15th Century, carp breeding has been a significant feature of the South Bohemian economy. In the run-up to Christmas, local markets all over the Czech lands stock large live carp in big vats. Traditionally, you took your carp home live, keeping it in the bathtub until the 24th, when it met its fate (any query I broached about what effect this might have had on bathing habits invariably was met with a discreet smirk). I have it on good authority that the capital's residents no longer observe, but that the practice of sharing your tub with a big fish *does* continue in the provinces.

One interesting footnote to this practice – so different from our own – is that the reason Czechs give for choosing carp is "because it wasn't considered to be meat. Christmas Eve in our country is still considered to be part of a fasting period. So carp is one of the dishes that are allowed...It was cheap; it was available to the poorer parts of society. Noble folk used to consume poultry, wild game and

so on. Carp was eaten by monks and nuns in monasteries and also by peasants...to eat fish was not to break the fast, and virtually every Czech family could afford to serve carp."

Exchanging gifts, too, is the province of the 24th, with everyone hoping all the while to catch a glimpse of the golden pig.

We've found that generally even the youngest, most modern, Czechs enthusiastically keep all these Christmas Eve traditions ... though on the 25th – in a more laid-back atmosphere – they do also enjoy a copious family meal featuring a large roast bird. Hence, like us, by Christmas evening everyone is replete, if not groaning ... though possibly still peeping behind the curtains in search of that elusive pig.

Of course, Carp at Christmas is not unique to the Czech Republic and Slovakia. It's also traditional in Poland, and possibly other Slavic areas, too. So it would be interesting to hear details from any of the many Poles and people of Polish descent people in our area.

Ruth Cameron



Oxford

01865 511444 oxford@ carterjonas.co.uk

Carter Jonas

STEVE MONCUR

BUILDING AND ROOFING

Extensions Alterations Guttering Block Paving Drives Patios

Ask for a free quote! Work available for viewing

21 Simpsons Way, Kennington, Oxford, OX1 5RZ 01865 326702 mobile 07778 912363



Manna from Anna

This kind and modest woman has had the most amazing variety of jobs: data researcher for a magazine; auxiliary midwife; Bishops (pre-Budgens and pre-Coop); youth worker and then manager of a charity; on the 111 non-emergency hotline; florist... and now Anna Antell runs the Manna Café in the new shopping precinct, where she puts her previous experience to good use, providing much more than cups of tea and slices of cake.

Like her café, Anna is a true local. She was born in Oxford, moved to Botley when she was eight years old, and went to Botley primary school and Matthew Arnold. Two of Anna's daughters – Megan and India – grew up locally and now work at the café.

Recently Anna completed a celebrant's course, and this year she officiated at her first wedding ceremony in the West Way roof terrace room.



The idea of having a café linked to the Baptist Church started about ten years ago. Anna's family has been very involved with the church, and the minister asked whether she would be interested in running the café. The idea was that the church would provide the space for a café rent-free until the café was doing well enough to pay rent. The café started in August 2018 with furniture collected from car boot sales and a menu that focuses on affordable comfort food: soup, potatoes, shepherd's pie, Greek food, sourdough toast...

Then came the redevelopment of West Way and a temporary move to the Grant Thornton building, then another move to the café's current position next to the new Seacourt Hall. Then there was Lockdown 1, then Lockdown 2. It is a testament to Anna's determination that the Manna Café still exists, although at the time of writing it was only doing a take-away service due to lockdown restrictions.

Anna's philosophy is that the cafe should look after everyone, not just the people who come every day for lunch and some company. So she takes breakfast and soup to Field House, and offered free food to children missing free school meals during half-term. She has also teamed up with Food for Charities to provide food parcels to people in need.

Much of what she does at the café involves listening to people and acting like an agony aunt. Anna understands what it's like to be ill: she is a breast cancer survivor. She also knows what it's like to be poor: the café had not been going for long enough for her to go onto the furlough scheme during the first lockdown. So she did a lot of crafting: for instance she made 250 crochet rainbows!

The Botley Notice Board gives an indication of just how much Anna and the Manna Café are valued. Here is a sample comment:

"Dear Anna-Manna Cafe! I just wanted to write a little note to tell you just how fabulous you and your staff have been. Especially during the Covid period! You ... have gone out of your way to help and support people within the Botley community.



When I walk past I see your regulars in the cafe, chatting and smiling. You bring light to their day and help the vunerables from feeling lonely and isolated. Thank you to you and the team for providing this valuable service within the Botley community."

The photo shows Anna holding a picture made for her as a thank you.

Riki Therivel

Erratum

Apologies for calling the Combined Sewage Overflow an 'Outfall' in last month's article on Sewage. It looked so right at the time! Ed.

Keeping Well This Winter

Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.

You can get help and advice from:

- a) a pharmacy pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- b) your GP you may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to
- c) NHS 111 go to **111.nhs.uk** or call 111 if you have an urgent medical problem and you're not sure what to do.

The poster on page 22 has all the contacts you need for local help.

Get a flu vaccine

Flu will often get better on its own, but it can make some people seriously ill. It's important to get the flu vaccine if you're advised to. It's offered every year on the NHS to help protect people at risk of flu and its complications. If you're 65 or over, you are also eligible for the **pneumococcal vaccine**, which will help protect you from pneumonia.

Keep your home warm

Follow these tips to keep you and your family warm and well at home: if you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C. Have at least one hot meal a day – eating regularly helps keep you warm. Have hot drinks regularly. Draw curtains at dusk and keep doors closed to block out draughts, and get your heating system checked regularly by a qualified professional. Put babies to sleep in rooms heated to between 16C and 20C. Citizens Advice can help you if you're struggling with heating costs.

Look in on vulnerable neighbours and relatives

Check on older neighbours and relatives, especially if they have breathing (respiratory) problems, to make sure they: are safe and well and warm enough, especially at night. Have they got stocks of food and medicines so they do not need to go out during very cold weather? If worried, get local help via our Covid poster (p22). If you're concerned that someone has hypothermia, contact NHS 111. Sourced from the NHS website by the Botley and Kennington Patients Participation Group.

Randoms

Thank you from the Botley community fridge

THANK YOU! to all the wonderful people who have been donating food at the Coop, which goes to Food for Charities / Botley Community Fridge. We deliver about one third of it to people experiencing homelessness: they particularly like chocolate-flavoured cereal, fish, anything with meat in it, and toiletries (anything except shower gel which we have loads of). Another third goes into parcels for people in need, some local and some in east Oxford. Some parcel recipients have small children, others have special dietary requirements, so each parcel gets packed specifically for that household, but biscuits are always a favourite. The last third gets put onto the 'in need' shelving at the community fridge, and into food parcels that are given out at the Manna Café, so that none of our neighbours has to go hungry. Additional food for all this comes from the Oxford Food Bank, surplus non-perishables from the Community Larder (the Community Fridge gives its surplus fresh food to the larder), Oxford Mutual Aid and other donations. We are very lucky to have such a supportive local community and a good network of food organisations in Oxford. If you or anybody you know parcel, please fill food the in https://forms.gle/TvjuHd78HRgjxNYW9 and the Larder or Fridge will get one to you. Riki Therivel

Greening the Planet - tree planting on 6th December

Botley, like everywhere else, has a part to play if we are to pull back from the worst effects of climate change. An easy win is to plant trees, wherever and whenever we can. Cllr Chris Church is leading a session planting some woodland trees around the edges of the rugby ground at the end of North Hinksey Lane. Everyone is welcome to join in, so if you want to help, contact Chris on chrischurch@cooptel.net, or just turn up, spade in hand, at the Rugby Ground on Sunday at noon. See you there!

University of the 3rd Age

Talks are on Zoom for the duration. None in December, but in January 'The Art of WW2' on 11th, and 'the Salt Routes' on 25th. Details on www.westoxfordu3a.org.uk, where you can find out about all the other things they do. If you're not a member, it only costs £5 from January to September 2021, so it's definitely worth joining.

Hugh Manson

Organizations: If your organization is not listed here, please send details to editor@thesprout.org.uk or telephone 724452 for inclusion.				
1st Botley Brownies Girls aged 7–10	Dean Court Community Centre Thur 6–7.30 Jean Metson, firstbotleybrownies@gmail.com			
2nd Botley Brownies Girls aged 7–10	Rosary Room, Yarnells Hill. Tues 6:15-7:45 Alison Griffin 2ndbotleybrownies@outlook.com			
4th Oxford Scout Group Beavers, Cub Scouts, Scouts	Scout Hall, Arnolds Way; mail@thefourth.org.uk Website: http://www.thefourth.org.uk/			
15th Oxford Scout Group Boys and girls welcome	Fridays, Cubs 6.30-8, Scouts 8-9.30, 1 Church Way, Botley Amy Cusden (Cubs) 07887 654386, Tom Freeman (Scouts) 07837 623768 xvoxfordscouts@yahoo.co.uk			
Baby & Toddler Group	Tues/Thurs 9.15–11, SS Peter & Paul Church Hall			
Badminton Club	Thurs 7-8pm at Matthew Arnold Sports Hall. Garry Clark 0777 3559 314 garryclark13@gmail.com			
BikeSafe. B4044 community path campaign	Wants to connect Botley to Eynsham. Meets every 6-8 weeks. Contact via website B4044path.org			
Books on Wheels R.V.S.	Free Library Service for housebound Ox. 248142			
Botley Boys & Girls F.C. Football teams from ages 8-16	Jason Barley Ox. 242926 jbarley1@sky.com or Brendan Byrne 792531 brendan.byrne999@gmail.com			
Botley Community Larder	Thursdays, 3.30 to 5.30 at St P&P Church Hall, West Way, contact us via Facebook or email botleylarder@gmail.com			
Botley Health Walks	Wednesday 9.30am. Contact Briony on Ox 246497			
Botley Library	01865 248142. Open till 7 on Friday and 1pm on Sat, otherwise 9.30 to 5.30 (closed Wednesdays).			
Botley Seniors Lunch Club	Every other Thursday. Seacourt Hall. Viv Smith 01865 241539 or Jackie Warner 01865 721386			
Botley Singers	Thur 7.30, St Andrew's Church, Dean Court. Angela Astley-Penny Ox.242189 angastpen@aol.com			
Cumnor Choral Society	Rehearsals Friday 7.45 to 9.45 pm John May 07795 054142 or www.cumnorchoralsociety.wordpress.com			
Cumnor Chess Club	Thurs 7–9pm Cumnor Old School. Steven Bennett 862788 www.cumnorchessclub.co.uk			
Cumnor & District Historical Society	Last Monday of the month 7.30-9.00 Cumnor Old School. 01865 724808			
Cumnor Gardening Club	http://cumnorgardens.org.uk/_or phone 01865 721026			
Harmony InSpires, Ladies' Acappella Singing Group	Wed 7.30 at Appleton village hall. C. Casson 01235 831352 or harmonyinspires@hotmail.co.uk			
Hill End Volunteer Team	Contact: David Millin on david.millin@hill-end.org, call 863510 or visit www.hillend-oec.co.uk			
Let's Sing! – singing group	Weds 2pm, WOCC, Emily 07969 522368 or email emformusic@outlook.com			
Morris Dancing – Cry Havoc	Barbara Brett 249599 or bag@cryhavoc.org.uk			

North Hinksey Preschool and Childcare clubs	Mon–Fri 7.45am–6.00 pm. Tel 794287 or email nhps.manager1@gmail.com	
N Hinksey Art Group	Weds 10 – 12.00 W.I. Hall Tel: Christina 07931 707997	
N Hinksey Bellringers	Contact: Ray Rook 01865 241451	
N Hinksey Conservation Volunteers	Meets at weekends Contact Voirrey Carr 07798743121 voirreyc@aol.com	
N Hinksey, Friends of	Annual Cricket Match & Walk. Douglas Bond 791213.	
N Hinksey Parish Council	Sharon Henley, clerk@northhinksey-pc.gov.uk	
N Hinksey Youth Club	Weds at LM pavilion, Daz on 07791 212866 or see F'book	
Oxford Flood Alliance	R Thurston 01865 723663 or 07973 292035	
Oxford Flower Arranging Club	4th Thursday Cumnor. Dympna Walker: 01865 865259	
Oxford Harmony Men's Acap- pella singing group	Meets Wednesdays 7.45 pm at Seacourt Hall, Contact pro@oxfordharmony.co.uk	
Oxford Otters	Swimming for people with disabilities. Sundays, twice monthly. Contact: Alan Cusden 723420	
Oxford Rugby Club	Boys and girls from 5, kevin.honner@ntlworld.com Seniors, training etc jbrodley@chandlings.org.uk.	
Oxford Sports Lawn Tennis Club, N Hinksey	Family club: Melanie Riste 848658 melanie_riste@hotmail.com	
Raleigh Park, Friends of	raleighpark@raleighpark.org.uk	
Saturdads at Botley Bridges	Fun activities and trips for Dads and under 5's 10 am-noon 1st Sat of month. Tel: 243955	
Seacourt Hall Management Committee	Michael Cockman 07766 317691 michael.cockman@gmail.com.	
Shotokan Karate Club	6+ WOCC twice weekly Martyn King 07836 646450	
Walking for Health	2nd & 4th Saturdays 9.50 Louie Memorial Field car park, Arnolds Way. Alan 07941 610913	
West Oxford Bowls Club	Contact details on www.westoxfordbowlsclub.co.uk	
West Oxford Taekwon Do Club	Mon, Thurs 6.30-8pm, MA gym, contact Chris Hall 01865 570291 www.wotkd.co.uk	
West Oxford U3A	(Uni of the 3rd Age) http://westoxfordu3a.org.uk/	
West Way Day Centre	Mon & Fri 10–3pm, Field House, 07740 611971. oxfordshirehub@royalvoluntaryservice.org.uk	
Women's Institute (Botley)	Liz Manson, 244175 or liz.manson@virginmedia.com	
Weight Watchers	Thursdays 6pm at SS Peter & Paul Church Hall Banso tel: 07779 253899 bansob@aol.com	

Halls for Hire

Botley Baptist Hall	Contact: Rev Kalyan Das
West Way Place	Tel. 07841 867967
The Rosary Room	Contact Maria Brown,
Yarnells Hill, Elms Rise	Tel: 01865 247986.
SS Peter & Paul Church	Contact: 07946 463741 or
Hall, West Way, Botley	osneybenefice@outlook.com
Women's Institute Hall,	Contact: Val Warner
North Hinksey Lane	Tel. 01865 245273
Seacourt Hall, West	Contact: Lottie White on 07452 960100,
Way Place, Botley	or email admin@seacourthall.org.uk
Pavilion, Arnold's Way,	Contact: Darren Blase 241254
Elms Rise, Botley	louiememorialpavilion@gmail.com
Oxford Rugby Club,	Contact:. Mary Bagnall
North Hinksey Village	mary.bagnall1@btinternet.com.

North Hinksey & Botley Churches Times of Services (once resumed) and Contacts

St. Lawrence, Church of England, North Hinksey Lane

1st, 2nd, 4th Sunday, Sung Eucharist 11.30 a.m. 3rd Sunday, Matins 11.30 am

St. Peter and St. Paul, Church of England, West Way

2nd Saturday each Month, 4–6pm Messy Church for children and their carers 1st Sunday of the Month, 9.30am All Age service of Holy Communion

All other Sundays, 9.30am Holy Communion with activities for children

Every Wednesday, 10.30am Holy Communion at Field House

Rev Clare Sykes, Tel. 01865 242345 or revclare@btinternet.com

Our Lady of the Rosary Church, Roman Catholic, Yarnells Hill

Saturday 6.30 pm. Mass Sunday 9.15 am Mass

Fr Daniel Lloyd. 07584 323915 dlloyd@portsmouthdiocese.org.uk.

Botley Baptist Church, West Way Place

Sunday Service 10.30 am.
Mid Week House Group 8.00 p.m.
Family Worship Service 5-6pm on Saturday

Rev Kalyan Das 07841 867967 www.botleybaptistchurch.org

Calvary Chapel

Sunday services held at Botley School 10.30-12 noon

Pastor Philip Vickery 01865 864498

calvarychapeloxford@yahoo.co.uk; www.calvarychapeloxford.org.uk

Sprout Winter 2020

Sunday 6th December, tree planting on the Rugby Grounds at 12 noon.

Some useful phone numbers

See North Hinksey Parish Council website for a comprehensive list of all the local support groups currently in operation, as well as advice on asking for help and looking to volunteer. It's at https://northhinksey-pc.gov.uk/covid-19-community-hub/ If you have something to add, please email the website manager Councillor Lorna Berrett on Iberrett.nhpc@gmail.com. All your local parish councillors' contact details are on the website too, so if you need help, you can ask any of them and they will rally round.

Church contact details are on the inside back cover.

Oxford Hub's email is: hello@oxfordtogether.org

Phone: 07957 105129 (9-5pm Mon-Fri)

Citizens Advice Adviceline on 0300 3309 042

Woodlands Pharmacy: 01865 242649

Lloyds Pharmacy: 01865 247023

Age UK Oxfordshire offers a new telephone support line for older people. Leave a message on 01865 411288 and they will call you back.

Nextdoor North Hinksey is a local chatroom full of help and advice. Anyone already on it can invite you to join, or contact the *Sprout*

Finally, two handy Facebook pages:
The Botley Notice Board (OXON)
and Oxford Covid-19 Mutual Aid group

and see centre pages for a pull out poster of useful addresses