

The Sprout



March – ‘In like a lion...out like a lamb’



The newsletter for North Hinksey & Botley

Issue 115 March 2017



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Contents

3 Roman Road in Raleigh Park	27 Super <i>MAGGOT!!</i>
5 Cumnor Choral	31 Reflections – art exhibition
7 The People’s Power Station	33 Planning Apps
9 Botley School – a father’s tribute	35 Age UK in Botley
17 Farmability	37 Supporting homeless people
19 OFAS – official update	41 Randoms
23 Call on the Chemist - PPG	43 Local Organizations

From the Editor

It's March, and Spring is definitely on the way! In contrast to last month's Sprout, dense with meaty articles giving the lowdown on all the main developments around Botley, this issue has a more creative bent. Our opening article recounts the exciting discovery of a Roman Road in Raleigh Park (p.3) and traces its route towards Wantage. An unexpected treat was an article from a parent at Botley School comparing his daughter's education to his own, greatly to Botley's advantage (p 9); the young author of Superfly has taken up her pen (or possibly laptop) to give us the last part of the trilogy – Son of Superfly, viz. *Super MAGGOT!!* (p27) and there is an account of the latest art exhibition at Ss Peter & Paul's (p31). If you're looking for something to do, volunteers are needed at the farm at Wytham (p17), Over-50s can socialize or sort out their gadgets at the new drop-ins being run by Age UK (p35), there's singing with Cumnor Choral (p5) or registering your solar panels with the People's Power Station. It would be great to see this new website lit up by all the solar arrays on Botley's roofs – currently all it shows are Matthew Arnold and Botley Schools. Then there's useful info from the PPG on when a visit to the Chemist can save queues at the Doctor's (p23), and the Environment Agency has weighed in with the latest on the Flood Alleviation Scheme (p19). Finally, we no longer need to feel helpless in the face of homelessness – on p 37 there's a useful table which shows you who to contact if you know someone who needs assistance (p 37).

Ag MacKeith



Roman road in Raleigh Park

It has long been thought that a Roman road ran through North Hinksey, starting from the 'oxen ford' over the Thames near Osney, and ending near Wantage.

The road ran from the ford behind the Fishes (the causeway on the east side of the stream is on the same line), up Harcourt Hill close to the existing road then continues as tracks through a gap between Hen Wood and Cumnor Hurst on the way to Besselsleigh where it turns



south on the line of the A338. It passes a large Roman complex at Frilford thought to be a ritual site and possibly containing a very early church before disappearing near Wantage. If you put a ruler on the map you can see very straight alignments of roads and bridleways indicating the original line of the Roman road as the map above shows. In particular, there are very straight sections of the bridleway which runs from the top of Harcourt Hill to the Cumnor–Abingdon road.

Best of all, a 150m long section of the Roman road is clearly evident under the turf now the grass has been cut as part of the Wild Oxford improvements of Raleigh Park. The road runs around 20m from and parallel to the current road up Harcourt Hill as far as the Harcourt Hill entrance to Raleigh Park. The agger (raised and metalled curved road surface) with a ditch each side are very distinctive. The hard surface of



the road can be probed under the turf in the middle of the agger. It was usually made with a base of rammed down stones with gravel on top. There are pictures on our website at raleighpark.org.uk

Roman pottery was identified in fields beside the road near Chilswell Lane in the 1920s, and also on the slopes of the Hurst in 2014, so who knows what may yet be discovered?

D R Brown, Secretary, Friends of Raleigh Park.

Cumnor Choral Society

Inaptnly named, as it happens, since nearly all our singing activity takes place in Botley. But with a dynamic musical director, Peter Foster, our only goal is bigger and better, and SS Peter and Paul, Botley, suits our events very well. Have you been to



one of our concerts? Not only will you be entertained by the choir, but by semi and professional soloists and musicians. Included in the ticket price are free refreshments after the concert in the church hall, making it a great social occasion as you mix with friends and performers.

On April 1st 2017, we will be performing a programme of baroque music, including Haydn's Little Organ Mass and Mozart's Vespers. We are going to be accompanied by Oxybaroxy, the baroque orchestra of Oxfordshire's youth music service. This dynamic combination promises to be a sell-out occasion, so book your tickets early from Caroline Cockman on cockman.caroline@gmail.com

We are always looking for new members, and welcomed ten new voices last term. One remarked, 'this is the nicest choir I've ever sung with.' Join us and find out why! Sociable and earnest in our rehearsals, we like to eat out together and all help out on concert nights: everybody has a role to play. If you're tempted to try us out, you can join at any time, even if rehearsals have started. Fear not, there are no auditions! Call me on **01235 533726** or email me on marion.owen@mypostoffice.co.uk I'd love to hear from you!

Marion Owen, chairman



Plugging into the People's Power Station

The Low Carbon Hub has launched the **People's Power Station** to show the collective impact of all of the renewable energy generation in Oxfordshire. The solar PV arrays at Matthew Arnold School and Botley Primary were among the first to be plugged into the online interactive map. The aim is to build up a picture of all the renewable energy across Oxfordshire.

Now they are calling on households, schools and businesses in Oxfordshire to tell them about their installations, so they can track progress towards Oxfordshire's renewable energy future. This is our chance to show the big impact of our own patch. So if you've got solar panels on your house, you can log them via the online form at

www.peoplespowerstation.org

Matthew Arnold School - Science block

48 kW

Total installed capacity

48,293 kWh

Generated to date

19 tonnes

of CO₂ saved every year

41,280 kWh

generated from this installation each year

That's enough power for -

358,957

hours of telly

3

people's share of Oxfordshire's energy needs

One of the goals of our local Neighbourhood Plan, currently in progress, is to make Botley as sustainable as possible. Having existing solar arrays logged on the People's Power Station will make it easier to find the gaps. So do please add your solar PVs and encourage your friends and neighbours to do the same.

As well as building up a picture of locally owned renewables in the

County, the map is also enabling people to see the 'real time' energy generation from some of the larger installations in our area. These include the community-owned solar PV arrays on our local schools and Osney Lock Hydro. The tables show the power generation from Matthew Arnold and Botley schools. *[Sharp eyes will have noticed some discrepancies – if you know the reason, please share it! Editor]*

Botley School

43 kW

Total installed capacity

33,473 kWh

Generated to date

20 tonnes

of CO₂ saved every year

45,593 kWh

generated from this installation each year

That's enough power for -

506,589

kettles of boiling water

3

people's share of Oxfordshire's energy needs



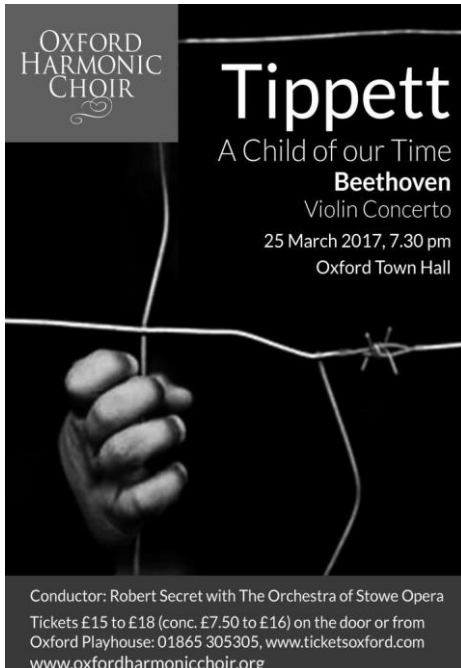
From Inner-City America to Outer Oxford

A father's thoughts about his children's schooling at Botley School

I moved to the UK in 2004, and at the time my only real impressions about the British educational system was whatever I had gleaned from Pink Floyd's *The Wall*, and from various Victorian and Edwardian novels: a suspicion or sense of repression and of blanding young people out, bashing away their creativity and turning them all out the same. So when my children started school in Botley I was naturally curious to see if this culture or theme was true or was holding out and surviving.

My only other reference to go by was my own educational experience which was an extreme contrast to the healthy and supportive environment I've seen at Botley School. How on earth can I begin to explain it?...

Well, first off, my primary school was one of the first primary schools in America to have metal detectors at the gates. It was a very rough inner city school, which had been made progressively worse over decades by underfunding. This caused more problems at the school, which was used to justify more funding cuts, causing more disadvantage, and which resulted in more funding cuts – and so on in a vicious cycle.



OXFORD
HARMONIC
CHOIR

Tippet

A Child of our Time
Beethoven
Violin Concerto
25 March 2017, 7.30 pm
Oxford Town Hall

Conductor: Robert Secret with The Orchestra of Stowe Opera
Tickets £15 to £18 (conc. £7.50 to £16) on the door or from
Oxford Playhouse: 01865 305305, www.ticketsoxford.com
www.oxfordharmonicchoir.org

My primary and middle schools were fairly violent places, and by the time I got to high school there weren't just metal detectors, there were also two, permanently stationed, armed police officers on site. There was no effective bullying or violence policy, and reporting bullying was more likely to land the victim in trouble than the offender.

The principal of my primary school took a pretty unusual and brave decision, which actually improved things considerably. My school began to engage with groups that mainstream America saw as quite radical, even borderline terrorist, groups: The Black Panthers, The Guardian Angels, Universal Zulu



Nation, and I am sure others whose names and deeds I have not remembered as well.

The Guardian Angels were these easily identifiable volunteers in red berets who would ride buses on the school route and essentially did things you'd expect a Police Community Support Officer to do nowadays in the UK.

The Black Panthers were a fairly militant black power group, but they were also the group that pressed for children in America to have the right to a meal at school. This was apparently a very hard fought political struggle, but one that was won long before I started school myself. When I was going to school they were trying to save things they started, such as breakfast clubs to help working parents and healthy lunches for school children, as those programmes were being cut and decimated by the Reagan Administration.

I wasn't aware of all that politicking and fighting for school programmes, but the Black Panthers would come into my school and give away free clothes. I remember once being driven to the dentist by a Black Panther when I had an appointment during school hours. So they were obviously volunteering at my school in many different ways.

Cumnor Choral Society

Oxybaroxy

Oxfordshire's youth Baroque orchestra

Haydn

Little Organ Mass

Missa brevis St Johannis de Deo

Mozart

Vespers

Vesperae solennes de Confessore

Conductor Peter Foster

Saturday 1 April, 2017

7.30pm

SS Peter and Paul, Botley

Tickets

Adult £10, concession £8, child/student £2,
available from Caroline Cockman,
cockman.caroline@gmail.com

Free light refreshments in church hall after concert

But the one group I really remember vividly, and was extremely excited about, was Universal Zulu Nation.

My school felt like a very dangerous place and it felt abandoned. I remember broken windows, leaky roofs, no working air conditioning and no working heating. I remember that a school some miles down the road got money for a spiral staircase and Apple Computers. We didn't get money to fix large holes in the roofs of our "temporary", "portable" classrooms, even when parts of the roof had given up entirely and fallen to the floor in a big squelchy mess of sodden insulation.

So these Universal Zulu Nation guys come into our school and get a big assembly. And they start telling us that if you stab someone, all you proved is that you've got a knife. And they deconstructed how violence always makes the outcome worse for everyone. But most people would leave that as sort of an empty message: no follow up other than "Be nice".

These guys tapped into the frustration and sense of directionlessness, and they continued their message in an amazingly positive way. The children were using violence to compete and assert themselves, so they started a programme to give kids the tools and inspiration to compete against others and improve themselves. This was an after school programme which taught basketball, graffiti art, street dancing, turntablism, rapping, and many other skills which were all directly relevant to what young people were enthusiastic about at that time.

The message was clear: you can be a better artist, you can dance better, you can mix records faster, you can have tighter rhymes, more smooth singing, you can make baskets from further away – there is something you can do better than your peers, or you can compete with just yourself, and you can improve yourself. This message was very important because I'm sure a lot of these kids had never been given any positive reassurance, or told they could achieve anything. There was a positive

and creative force at my school from that day. It didn't make my school perfect. We still had the metal detectors, we still had gangs, we still had violence, but there were a lot of kids who got the message and they started seeking alternatives and being creative.

Whereas before my school only felt like a grim, dangerous, and desolate place – it was now a place where the creative, the surprising, and the delightful was possible. This experience was highly formative. For the rest of my educational career, wherever the Arts programme was at my school, that's where I was. I did



QUIZ NIGHT

Friday 31 March 7pm

Tickets £10/£5

Includes Ruth's famous curry

Available via ParentPay or email

hsa@maschool.org.uk

(Maximum of 6 adults per team)



courses in photography, media production, and did four years of drama at High School. Seeing the positive outcome from unleashing the intense creativity of young people made a life-lasting impact on me

And so....

Let's come back to Botley School.

What can I say about this place in our community?

I've attended assemblies, nativity plays, discos, open days, world food festivals, and sports days. Seeing young people active and doing so much in so many different arenas, and all sharing this positive, healthy environment together – it's amazing!

The atmosphere, teaching and culture of Botley School have deeply impressed me.

The children I've met at Botley School have all expressed themselves as thoughtful, considerate, and kind people. And you can tell that they are very happy and feel very supported and cared for at their school.

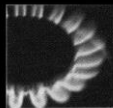
For me it's uplifting to see a school experience that works, and to get a glimpse of what that sort of school looks like.

When I started going to the assemblies, I was privileged to see how the students were always coming up with amazing visualizations and expressions of what they were learning and discussing in class. In all honesty I think I was even more proud and excited than my daughter herself was when she was presented with a Blue Peter badge in front of her school. I think it's wonderful that children have a platform to share their achievements with their peers; I have witnessed many children get awards in martial arts, ballet, swimming, piano – to name a few examples.

The creativity and fun from students (and teachers!) at Botley School has brought back a lot of good memories for me and created many more.

Charles Daniels

S.D. Gas Services & Plumbing



Stuart Dunham
3 Simpsons Way, Kennington
sdunham80@gmail.com
07823 882152

Could you help us at FarmAbility?

FarmAbility is a place where adults with autism and learning disabilities can take part in meaningful activities that improve their well-being and increase their independence, enabling them to participate better in their own communities. It is a programme run by the charity, the Farm Inspiration Trust, whose vision is to change the lives of adults and children through real experiences on working farms. We call our clients 'co-farmers', and they engage in a range of useful work: collecting the eggs, looking after the horses, walking the dogs, cooking and gardening.

Each week, around 30 'co-farmers' come and help with grading and packaging the eggs, growing vegetables and cooking lunch with them, feeding and grooming the horses and doing crafts. Activity sessions are facilitated by four part-time staff, supported by dedicated volunteers with useful skills to share. Other volunteers support the management team and trustees with skills like book-keeping, administration, social media and fundraising.

We are very grateful to our volunteers and our co-farmers love having them around and make them feel like part of the FarmAbility family. As we expand our programme, we would welcome the support of more volunteers.



Could you help us? At the moment, we are looking for people with cooking skills, who could turn our produce into soup/salad lunches. If this sounds like you, please contact Sarah (sarah@farm-ability.org.uk) and arrange to come along for a visit and discuss your skills.

Clare Farley



Flood Alleviation Scheme – Official Update

The Environment Agency, keen that we should be thoroughly well-informed, have sent us this up-date: As many of you will be aware, the Oxford Flood Alleviation Scheme aims to reduce flood risk to properties across the city, from Botley Road at the top end of the scheme, down to Old Abingdon Road (*by Redbridge*) at the bottom end of the scheme. It also has several other benefits including reducing the risk of flooding to major transport routes in and out of the city, and protecting electricity substations, broadband internet supply, schools and businesses.

The scheme will work by creating more space in the existing floodplain for flood water, moving it away from the built-up areas of the city. To do this we will create a new channel, which will consist of a narrow, deep section of river in the middle which will always carry water, and a wider, shallower section next to it, which will fill up during a flood. This is known as a two-stage channel. Flood water will not move any more quickly than it does now and flood risk downstream of the city will stay the same.

The scheme is being developed in partnership by Oxfordshire County Council, Oxford City Council, Vale of White Horse District Council, Thames Water, Oxfordshire Local Enterprise Partnership, University of Oxford, local flood group Oxford Flood Alliance, the Thames Regional Flood and Coastal Committee, and the Environment Agency. They have been working on it together since 2014.

We are now at the stage of finalising the design of the scheme. It's been a long journey to get to this point, and we have worked with landowners, the public and individuals through various stages of the project. The route was determined in early 2016, following consultation with landowners and then the wider public on various technically designed and modelled options. We needed to find a route which would reduce flood risk effectively, which was economically viable, safe to construct, and which minimised impact on both landowners and the wider community. We have now settled on the route and it can be seen on the map on our website: www.gov.uk/government/collections/reducing-flood-risk-in-oxford-and-abingdon .

The landowners, who will obviously be most affected by the scheme, have been heavily consulted. We have tweaked the route and altered the design in various areas to try and suit their needs and to minimise the impact on their land, whilst still designing an effective scheme. We will continue to work with them to try and resolve some of the issues around



how the land can be used once the scheme is in place. One of the main topics of discussion is around the fencing which currently runs east-west across the fields in the scheme area. We can't replace this like for like after the scheme, as the fences would act as barriers during a flood, collecting debris and causing flood risk to increase elsewhere. We are currently working with the landowners, looking at options for different styles of fencing which could be used instead.

The current route through Botley and North Hinksey travels from north of Botley Road, where it will draw water under Botley Road, down the existing Seacourt Stream which we will widen in places, and through a two-stage channel on Hinksey Meadow (*i.e., the Preservation Trust meadow across the Seacourt Stream from North Hinksey Lane*). Here the route will continue to travel along the west of the meadow until just before Willow Walk, when the new channel will split from the Seacourt Stream. We will need to remove some of the trees on the Eastern bank of the river, in order to keep the channel as close to the edge of the meadow as possible, protecting the rare MG4 grassland. At Willow Walk, we will be putting in a bridge where the current culverts are, to cross a new wider channel. We know that Willow Walk is a well-used and loved path from North Hinksey into the city, therefore the design of the bridge here will be part of the public consultation in May this year.

In the coming weeks, we will be getting in touch with residents in North Hinksey, as well as the schools whose pupils we know use Willow Walk to hear their views on the details of the proposals. The public consultation will run from 5 May to 6 June, and will be an opportunity for all local residents and anyone interested to get a further update on the scheme, as well as providing feedback on some of the specific details. All the information will be available online as well as an online response form, and in addition we will hold a series of public events, in venues close to the scheme area:

- 2–8pm 11 May – West Oxford Community Centre, OX2 0BT
- 2–8pm 12 May – South Oxford Community Centre, OX1 4RP

We hope to see many of you at these events. In the meantime, to find out more about the scheme, you can visit our webpage (see above), see our Facebook page www.facebook.com/oxfordscheme/ or follow us on twitter <https://twitter.com/OxfordFAS>. Or you can email your questions to us on oxfordscheme@environment-agency.gov.uk

Laura Littleton



Call On the Chemist

Hardly a day goes by without something in the media about increasing pressure on GP surgeries and hospitals. Here we are in the cold early months of 2017, with *NHS Crisis* on every front page, it seems. In thinking about this 'crisis', I was reminded of a particular experience I'd had: A few years ago, I was prescribed medication (drops) for an eye condition, medication of an essential nature, to be taken daily. We were just about to go on holiday, travelling by plane.



As we were packing, I realized that the medication's label stipulated that it always be kept in cold conditions, in a fridge, if possible. You can imagine the problems that presented, and I wondered if before flying I would have to consult my GP. But first I turned to our local pharmacy, in hopes that the pharmacist could advise. I was not disappointed: she confirmed the controlled temperature necessity, but also was able to suggest practical ways of safely transporting the drops. End of worry and no need to go to the GP.

So, back to today's 'crisis.' I wondered in what other ways a pharmacist could be the first port of call? I had a long and revealing conversation with our local pharmacist, who said that every year, there are more and more directives from the NHS expanding the role of the pharmacy, in order to help relieve pressure on GP surgeries. Here's a partial list: *Flu Jabs; Diabetes Tests**; Smoking Cessation Therapy; Cutting Down on Alcohol Consumption; Advice on Safe Sex; Emergency Contraception; Travel Vaccines; Queries about Medication being taken (e.g., side effects; allergic reactions; can it be combined with other medication, etc.); Repeat Prescriptions; Blood Pressure Testing**; Cholesterol Checks***

******(patients should report results of such tests to their GP)

She told me that a pharmacist is qualified to suggest treatment, to suggest measures, and to sell medication provided it is **not** prescription only, i.e., if it can be bought over the counter (even if sometimes prescribed by a GP). She said, too, that the pharmacist is able (and keen) to conduct annual medication reviews, for people taking more than 1 type of medication for chronic conditions, or on high-risk medication. Such a



review is initiated by the pharmacist, having been flagged up on a computer file held for each such patient. To my raised eyebrows on that last statement, she assured me that such files are accessible only to staff at that particular chemist's. Naturally, there is no obligation on patients who prefer not to have such a review. It is important that a patient does not confuse such a medication review with the one with their GP.

And what about other possible roles for pharmacists? When could we approach them first, before going to the GP surgery? "In a lot of cases," replied the pharmacist – for example: *with almost any sort of pain; for eye infections; allergies; indigestion and related symptoms; coughs and colds*. Obviously, there are certain areas in which the pharmacist immediately suggests that you consult a GP. But, "We get trained for so many years, and are here to help," she emphasised, adding that the ancillary staff also are qualified to advise on minor complaints. I learnt that the general staff at a pharmacy are more than conventional sales assistants; they all get basic clinical training as Health Care Assistants.

In the words of this particular pharmacist, "One of my main roles is to relieve the pressure on doctors, to give doctors more time for essential medical work." And here's what Dr Keith Ridge, NHS Chief Pharmaceutical Officer, recently had to say: "Everyone agrees that community pharmacy is being held back by outdated working practices and an old-fashioned view of the pharmacist as someone who simply dispenses medicines at the back of the shop, rather than as a trained clinical professional who provides specialist advice to patients and doctors from a professionally-orientated clinical environment. We want to work with the profession to change that and, rather than increasing the burden on GPs, the aim is to allow community pharmacists to take a greater NHS role in helping patients." While there ARE many times when ultimately it is the doctor you need to see, I came away with a clear message: If you, as a patient, are unsure, try the pharmacist first.

Ruth Cameron (for Botley Medical Centre Patient Participation Group)

[Note: Now that Kennington Surgery has had to close, the Botley Medical Practice has stepped in to fill the gap. They have already recruited one new GP and are interviewing others, as well as another Advanced Nurse Practitioner. These will be working at Kennington when the new arrangements take over in April. The PPG supports this initiative. Editor]



Super MAGGOT!!!!

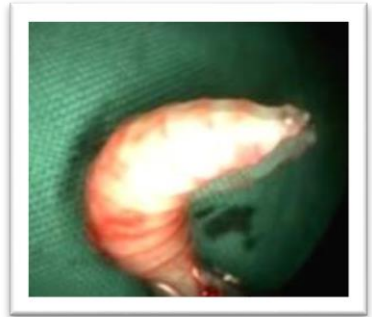
Once in a faraway land Superfly was prowling around looking for scraps .when he saw another fly looking for scraps. It was a female and Superfly went absolutely **Bonkers !**

"You are the Lady of my Dreams", said Superfly, "Do you want to marry me?"

"I know you! You're Superfly the King! Of course I will!" she gasped.

Four years passed and the wife was going to have a baby boy. Soon the baby was born and Superfly's wife called him Max. Did you know baby flies are Maggots?

This is Max when he was born.



One bright sunny day Dad and Mum flew out to get some food at the fish and chip shop. *But oh what a mistake that was!* The old man, their enemy from before, was the owner of the shop! They tried to dodge his terrifying electric net, but this time the man had help from an enormous spider. As the parents backed away they got tangled into the sticky web. If Max didn't arrive soon his mum and dad would get eaten by the fanged Spider who was already wrapping them up for dinner!

Meanwhile back at home Max had discovered that his parents had gone out, but they had been gone for nearly an hour! He set off to look for them. He knew he would have to have super powers to get into town (due to SLOW MAGGOTS!!!). So he went to the swamp, hoping to also have magical powers. Unfortunately it was all dried up! How was he going to help his parents now? Suddenly a bright light flashed in his head. He saw pictures – his parents were in danger. A man was holding a knife and chopping up fish. Max realized this was his super power, and the place he should go to was the smelly fish and chip shop down the road. This time he saw words that said **YOUR PARENTS ARE IN TROUBLE.**

Suddenly he had a brainwave. The Man was scared of wasps! He could phone Winnie, Wonka, Wilber and Willobe, the Wasps, to



frighten him. So he would have enough time to unwrap his mum and dad from the sticky web. Max phoned his mates and dashed to the fish and chip shop, hoping he was not too late.

When they got there the man was holding a large kitchen knife and swinging it around, wildly. "You're done for Superfly!" he yelled. "*Not so fast!*" came a voice. "Who said that?" demanded the man. Max secretly told the wasps to throw the villain. "*ARRRRGH*" shouted the poor man who was being shook around by the super strong wasps. Soon the wasps let go and the silly man was shot to Mexico in half a second.

Max suddenly saw more pictures! The man had rushed to get on a plane in Mexico and was hurrying back! Max told the wasps to block the door. But wait! – the man held a plastic bottle which said

*WASP KILLER THIS STUFF IS GREAT TO KILL WASPS WHEN YOUR HOUSE IS FULL OF THEM! **WARNING: KEEP AWAY FROM KIDS!***

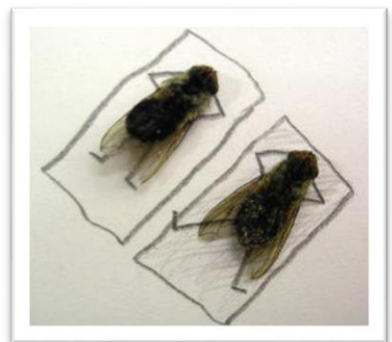
Max rushed to tell the wasps but it was too late. The air now stank of WASP KILLER. The man rushed forward and looked around. He couldn't see Max but Max could see him. Max felt sorry for the wasps and it was all his fault.

The man suddenly spotted him and approached. He had another bottle that the little maggot had not noticed at all. It was *MAGGOT KILLER*. Just as the evil man was about to spray, his phone rang. It was his strict Granny. Max took the bottle and swapped it for an empty one. When the man had finished talking to his Gran, he tried spraying it but the bottle being old was too stiff to spray! When he was trying to spray it, Max got his mum and dad from the web. The good Spider helped unwrap the mum and dad a bit and said "I don't like the old man. I was pretending that I like to eat flies. But they're revolting. I prefer fish and chips!"

The family managed to escape. There was a party given to Max for saving his father, Superfly, and his mother. Now Max is mostly called ***SUPER MAGGOT!***

By Leah Detheridge, aged 8

This is the wife and Superfly sunbathing!



Reflections

Botley Arts are pleased to present an exhibition of paintings by local artist, Jenny Holloway, who was born and educated, and still lives in Botley.

"Some show one boat, some contain two boats and in a number of pictures there is no boat at all. You can see the far bank across a stretch of water;

possibly a river,

possibly a lake. What

you see is entirely up to you. The idea

is that the boat is

waiting for you to go

aboard.

When aboard you have the

following

options: you may go to the left or you may go to the right or may decide to go forward to explore what is on the far bank. It is all in your head. However, what you are not allowed to do is turn the boat around and go back. Never go back; always have the bows of your boat pointing to the future."



Jenny was born in the very cold December of 1947. At school age she attended Botley Primary School, followed by Matthew Arnold (when it was called a Secondary Modern). Jenny's working life has been in the National Health Service at various Oxford Hospitals. She was married in St Lawrence's Church North Hinksey, and continues to live happily in Botley.

The exhibition is open from Sunday 5 March 2017 to Friday 5th May 2017. St Peter and St Paul's Church is open daily until 5pm. Admission is free (and please do sign the visitor's book). For further information, or to enquire about exhibiting art work, please contact me on 07891 905165 or email jennie@talk21.com

Jennie Hopkins



LOCAL PLANNING APPLICATIONS

P16/V3173/FUL	62A West Way. Conversion of attic into flat, reform roof, add dormers, form 3rd parking space and widen access. <i>Target decision date 10 March</i>	13 January
P17/V0094/LDP	27 Cope Close. Conversion of garage to ancillary living accommodation.	16 January TDD: 16 Mar
P17/V0151/HH	29 Laburnum Road. Single storey rear extension.	20 January TDD: 17 Mar
P17/V0164/LDP	36 Poplar Road. Loft conversion and single storey extension.	25 January TDD: 25 Mar
P17/V0205/FUL	Land adjoining no 16 Yarnells Road. Erect 3-bed bungalow & access drive.	26 January TDD: 23 Mar
P17/V0172/HH	73 Laburnum Road. Erection of rear single storey extension.	31 January TDD 28Mar
P17/V0338/HH	1 Maple Close. 2 Storey side extension	10 Feb TDD: 7 Apr

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## DP CLEANING

**phone: 07890 332849**

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## Age UK Oxfordshire, at home in Botley

We would like to take this opportunity to introduce ourselves to you. Mandy and Sonia are your local information workers covering the Vale area,



working for Age UK Oxfordshire. We offer a wealth of information and advice, ranging from benefits advice to help around the house or local social opportunities. We can offer a home visit and we do arranged talks to groups about Age UK Oxfordshire and the services we provide. We are a large charity with lots of services to help.

We have different activities and exercise groups running within Botley and would like to highlight a couple of new or changed groups for you. Please do come along and support these groups, and say hello to Mandy and Sonia. First, a NEW Coffee morning taking place at Field House in the lounge, which is open to both residents and non-residents:

### **NEW – Drop in to Field House, West Way, Botley**

1st Thursday of the month, 10 – 11.30am, starting **on 2nd February 2017**

There is a charge of £1 for tea/coffee and biscuits. This is an opportunity to socialise and to make new friends, and we will be running occasional activities for those who would like to try something new.

### **Drop in to Barclays Bank, next to Ss Peter and Paul's Church**

2nd and 4th Tuesdays of a month – 10am-12pm. At these FREE sessions for the over-50s, Age UK Oxfordshire will be providing help, tips and tuition on using laptops, tablets and mobile phones. Our friendly volunteer will be there to guide you towards getting the most out of these 21st Century gadgets. Phone Stephen for more information on 07827 235450

If you need any further information about these new events or anything else that we might be able to help you with, then please do not hesitate to contact us. Our details are: Mandy Richens – 07827 235429, email: [amandarichens@ageukoxfordshire.org.uk](mailto:amandarichens@ageukoxfordshire.org.uk) and Sonia Robinson – 07827 235414, email: [soniarobinson@ageukoxfordshire.org.uk](mailto:soniarobinson@ageukoxfordshire.org.uk)



## Supporting People who are Homeless

The number of rough sleepers in Oxford increased by 50% in the year to November 2015. The council has completed its November 2016 rough sleeper count, but the figures aren't available yet: there is every indication that the number of rough sleepers will have increased again sharply, in part because of the closure of one of Oxford's three hostels last February. Simon House, the second of the three Hostels, is due to close shortly alongside other homeless services, leaving only O'Hanlon House. So you may well see more homeless people in the future, either sleeping rough or 'sofa surfing' with friends and family.

The best way of helping homeless people is to donate money to existing homeless services like Oxford Homeless Pathways (OxHoP). There are also many possibilities for volunteering, both with OxHoP and with the other charities listed below. However if you are aware of someone specific who needs help, here is some advice.

**Please ensure your own safety first:** many homeless people have mental health problems, many have been to prison, and many take drugs which make them act chaotically. It is probably better to signpost them to specialist services rather than get involved directly. Below is information about these services.

| <b>If you are concerned about...</b>                           | <b>... then</b>                                                                           | <b>Further information</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|----------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Somebody <b>sleeping rough</b> within the Oxford City boundary | contact the Oxford Street Population Outreach Team ( <b>Oxford SPOT</b> ) on 01865 304611 | Both SPOT and COS will need detailed information about where the person is sleeping, and ideally also their name and mobile phone number.<br><br>Local authorities can only help homeless people who fulfil criteria related to their legal status in the UK, and whether they are vulnerable, in priority need, intentionally homeless, and have a local connection (each of these terms has a specific meaning in law). So it is quite possible that the local authority may not be able to help someone sleeping rough. |
| Somebody sleeping rough in other parts of Oxfordshire          | Contact the 'COS team' at <b>Connection Support</b> on 01865 711267                       | When it is very cold out, rough sleepers may be able to sleep on the floor at                                                                                                                                                                                                                                                                                                                                                                                                                                              |



| If you are concerned about...        | ... then                                                                                                                                      | Further information                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                      |                                                                                                                                               | <p>O'Hanlon House (the homeless shelter) even if they do not meet the above criteria.</p> <p>Some rough sleepers may not want to follow the 'homeless pathway' offered to them by the local authority, which typically involves a stay at O'Hanlon House. For instance they may have enemies at O'Hanlon House; or they may want to stay off drugs, which may be more difficult to do at O'Hanlon House. This might limit what the local authority can do for them.</p> |
| Somebody needing <b>food</b>         | <p>send them to the <b>Gatehouse</b>, 10 Woodstock Rd, OX2 6HT, 01865 792999</p>                                                              | <p>Open Mon-Fri 5-7pm and Sun 4-6pm. Serves free soup, sandwiches, and hot drinks.</p>                                                                                                                                                                                                                                                                                                                                                                                  |
|                                      | <p>... or <b>Steppin' Stones</b> / The Porch, 139 Magdalen Rd, OX4 1RL, 01865 251798</p>                                                      | <p>Open for lunch Mon-Sat 12:30-2pm and dinner Mon-Sat 4:30-6pm. People first need to become 'members' of Steppin' Stones for £1.</p>                                                                                                                                                                                                                                                                                                                                   |
|                                      | <p>... or <b>O'Hanlon House</b>, Luther Street OX1 1LU, 01865 304600</p>                                                                      | <p>Provide lunch 12:30-1:30pm to people who have been 'verified' – the person should go to O'Hanlon House to do this.</p>                                                                                                                                                                                                                                                                                                                                               |
|                                      | <p>You can also suggest that the person get a food bank voucher from their doctor, social worker, Job Centre, Citizens Advice Bureau etc.</p> | <p>Once they have a voucher, they can bring it to the Community Emergency Foodbank is at St. Francis Church, Hollow Way, OX3 7JP. It is open Tue and Fri, 12-2pm. The food is mostly non-perishable and lasts about a week. The person can only get this three times per year.</p>                                                                                                                                                                                      |
| Somebody needing <b>medical help</b> | <p>Send or take them to <b>Luther Street Medical</b></p>                                                                                      | <p>Luther Street is specifically for homeless people, who are not accepted at NHS surgeries because they don't</p>                                                                                                                                                                                                                                                                                                                                                      |



| <b>If you are concerned about...</b>                                                       | <b>... then</b>                                                                        | <b>Further information</b>                                                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                            | <b>Centre</b> , Luther Street OX1 1LU, 01865 726008                                    | have a permanent address. It is first-come-first-served Mon-Fri 9am-12:30pm, with booked appointments in the afternoon. The practice specializes in addiction, mental health and other health problems of homeless people.                                 |
| Somebody needing to <b>shower or wash their clothes</b>                                    | send them to Steppin' Stones/The Porch, as above                                       | Costs £1.50 for a shower, £1.50 for washing clothes                                                                                                                                                                                                        |
|                                                                                            | ... or O'Hanlon House, as above                                                        | The person would need to be 'verified' by O'Hanlon House first, but then shower and clothes washing is free                                                                                                                                                |
| Somebody needing <b>clothes</b>                                                            | Steppin' Stones, O'Hanlon House or Gatehouse                                           | They all have clothes stores from which people can take clothes for free                                                                                                                                                                                   |
| Somebody who wants to come off a <b>drug or alcohol addiction</b>                          | send them to <b>Turning Point</b> , 27-29 Rectory Road, OX4 1DU, 01865 261690          | Many homeless people use drugs or alcohol to cope with the unpleasantness of homelessness. You may want to volunteer to go with them, as trying to kick a habit is a major step in someone's life and they might want support.                             |
| Somebody wanting to <b>get support, learn new skills</b> or fill their time constructively | send them to <b>Crisis</b> , Old Fire Station, 40 George Street, OX1 2AQ, 01865 263900 | Crisis offers a wide range of free activities and training, including IT, CSCS (construction site safety), arts, drama, 'build a bike' etc. It is very highly regarded.                                                                                    |
|                                                                                            | ... or Stepping Stones, as above                                                       | SS also offer activities and support. They have allotments at Elder Stubbs                                                                                                                                                                                 |
|                                                                                            | ... or O'Hanlon House, as above                                                        | O'HH offers support and activities, once a person has been 'verified'                                                                                                                                                                                      |
|                                                                                            | ... or <b>Aspire</b> , St. Thomas School, Osney Lane OX1 1NP, 01865 204450             | Aspire focus on getting people back into employment. People first need to fill in an application form and be accepted into Aspire's programme. For many homeless people this may be too challenging at first, and Crisis might be a better starting point. |



# **Randoms**

## **Annual Parish Meeting, 16th March**

This annual event is our chance to tell North Hinksey Parish Council what a terrific job they are doing! Send any questions to the clerk a few days ahead of the meeting via the NHPC website, so they have time to research the reply. *Be There or Miss Out!*

## **Seacourt Hall latest**

As a result of the delays in starting works on the Botley Centre redevelopment, Seacourt Hall Management Committee are now taking bookings until at least June. They will inform regular users and parishioners of the moving date as soon as that has been fixed.

## **News from Botley WI**

In February Mike Payne told us the "Story of a very special memorial window" to Burma Star veterans on the Isle of Wight. Our next meeting will be on Tuesday 7 March when the speaker, Liz Woolley, will tell us about "Beer, sausages and marmalade." The Walking group will meet at Osney Bridge 10:00 on 16 March to follow the river to Iffley. Craft evening on 21 March will progress our new banner. Book group is on 22 March.

## **Want to live on a boat?**

There's a Residential Mooring available to rent at Swinford, between Eynsham and Pinkhill locks, near the toll bridge. To know more, contact Megan on 01865 269172, quoting "OPT Swinford Mooring" There is also a non-residential mooring slot at Godstow. Phone the same number, but quote 'OPT Godstow Mooring'.

## **NHHS offers a fun day out**

N. Hinksey Horticultural Society is going to the MALVERN SPRING FESTIVAL on Sunday 14th May. The cost will be £25pp [this includes entry & coach fares] Leaving the Seacourt Bridge bus stop at 8 30 am We plan to be home no later than 6 30pm. This is a fantastic day out for all the Family. If you have never been it is worth a day out. Not all of it is Horticultural, there are lots of other things to see . Contact me ANN DYKES by Phone Ox 251821 Please leave a contact no. Email [anndykes1@outlook.com](mailto:anndykes1@outlook.com) Or if you see me just ask. And do it S.A.P. to Book YOUR Place. Hope to hear from you soon Ann.



## Mum and Baby Yoga

Dean Court Community Centre, Mondays at 10.30. Suitable for babies from six weeks to pre crawling Email [yogawithjacqueline@hotmail.com](mailto:yogawithjacqueline@hotmail.com) or <https://yogawithjacqueline.co.uk>.

## Willow Walk

Those who have noticed tree works along Willow Walk will be reassured to learn that the City Council's tree people are up to nothing more than managing the decline of these 'single aged over mature willows with noted defects' and keeping passers by safe from falling branches.

They have highlighted places along the footpath that will provide good opportunities for replanting trees for next year (Nov-Mar), and left some willow staves driven into the ground which will hopefully regrow and form new trees.

They have also left habitat piles along the verges using wood produced from the works to provide foraging and habitat for woodpeckers and other wildlife. They would also like to put up bird and bat boxes in the trees but this will depend on whether they can get funding and also on finding volunteers to help construct them perhaps linked to this summer's Wildlife Trust's "Oxford Festival of Nature".



**Peter England**  
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|                                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
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| <b>Philip Joyce BSc (Hons) DipPodM MChS</b><br><b>REGISTERED PODIATRIST</b><br><small>THE HEALTH &amp; CARE PROFESSIONS COUNCIL<br/>THE ONLY REGISTRATION RECOGNISED BY THE NHS</small> |



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*Organizations: If your organization is not listed here, please send details to [editor@thesprout.org.uk](mailto:editor@thesprout.org.uk) or telephone 724452 for inclusion in future issues.*  
*telephone 724452 for inclusion in future issues.*

|                                                                      |                                                                                                                                                                                                     |
|----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1st Botley Brownies</b><br>Girls aged 7–10                        | Dean Court Community Centre Thur 6–7.30 Fiona Wheeler, <a href="mailto:firstbotleybrownies@gmail.com">firstbotleybrownies@gmail.com</a>                                                             |
| <b>2nd Botley Brownies</b><br>Girls aged 7–10                        | Rosary Room, Yarnells Hill. Tues 6 -7.30 : Alison Griffin 01865 379247                                                                                                                              |
| <b>4th Oxford Scout Group</b><br>Beavers, Cub Scouts, Scouts         | Scout Hall, Arnolds Way; <a href="mailto:mail@thefourth.org.uk">mail@thefourth.org.uk</a><br>Website: <a href="http://www.thefourth.org.uk/">http://www.thefourth.org.uk/</a>                       |
| <b>15th Oxford Scout Group</b><br>Boys and girls welcome             | Meet Fridays, Botley Baptist Hall Contact: Julie Tatham 01865 863074 or Amy Cusden 07887 654386                                                                                                     |
| <b>Badminton Club</b>                                                | Thurs 7-8pm at Matthew Arnold Sports Hall. Gary Clark 0777 3559 314 <a href="mailto:garryclark13@gmail.com">garryclark13@gmail.com</a>                                                              |
| <b>Books on Wheels</b> R.V.S.                                        | Free Library Service for housebound Ox. 248142                                                                                                                                                      |
| <b>Botley Baby &amp; Toddler Group</b>                               | Tuesdays and Thursdays 9.15–11am, SS Peter & Paul Church Hall                                                                                                                                       |
| <b>Botley Boys &amp; Girls F.C.</b><br>Football teams from ages 8-16 | Jason Barley Ox. 242926 <a href="mailto:jbarley1@sky.com">jbarley1@sky.com</a> or<br>Brendan Byrne Ox.792531 <a href="mailto:bb@bridewellconsulting.com">bb@bridewellconsulting.com</a>             |
| <b>Botley Health Walks</b>                                           | Wednesday 9.30 a.m Contact: Briony 246497                                                                                                                                                           |
| <b>Botley Library</b>                                                | 01865 248142. Open till 7 on Friday and 1pm on Sat, otherwise 9.30 to 5.30 (closed Wednesdays).                                                                                                     |
| <b>Botley Singers</b>                                                | Thur 7.30, Botley Baptist Church. Angela Astley-Penny Ox.242189 <a href="mailto:angastpen@aol.com">angastpen@aol.com</a>                                                                            |
| <b>Chair-based Exercise Class</b>                                    | Tuesdays 10.30 – 11.30 a.m. Seacourt Hall Contact Lizzie, Oxon Age UK, 07785 425601                                                                                                                 |
| <b>Cumnor Choral Society</b>                                         | Friday 7.30 to 9.30 pm Contact: 01235 533726 or 07552 786127 or <a href="http://www.cumnorchoral.co.uk">www.cumnorchoral.co.uk</a>                                                                  |
| <b>Cumnor Chess Club</b>                                             | Thurs 7–9pm Cumnor Old School. Steven Bennett 862788 <a href="http://www.cumnorchessclub.co.uk">www.cumnorchessclub.co.uk</a>                                                                       |
| <b>Cumnor &amp; District Historical Society</b>                      | Last Monday of the month 7.30-9.00 Cumnor Old School. 01865 724808                                                                                                                                  |
| <b>Cumnor Gardening Club</b>                                         | Details on website at <a href="http://cumnorgardens.org.uk/">http://cumnorgardens.org.uk/</a> or phone Chirs Impey, 01865 721026                                                                    |
| <b>Fit Steps – exercise based on dance</b>                           | Friday 6–7pm, Seacourt Hall. Email Rosalie on <a href="mailto:rosalie.crane@btinternet.com">rosalie.crane@btinternet.com</a>                                                                        |
| <b>Harmony InSpires, Ladies' Acappella Singing Group</b>             | Wed 7.30 at Appleton village hall. C. Casson 01235 831352 or <a href="mailto:harmonyinspires@hotmail.co.uk">harmonyinspires@hotmail.co.uk</a>                                                       |
| <b>Hill End Volunteer Team</b>                                       | Contact: David Millin on <a href="mailto:hill.end@oxfordshire.gov.uk">hill.end@oxfordshire.gov.uk</a> , call 01865-863510 or visit <a href="http://www.hillend-oec.co.uk">www.hillend-oec.co.uk</a> |
| <b>Let's Sing! – singing group</b>                                   | Weds 2pm, WOCC, details Emily 07969 522368 or email <a href="mailto:emformusic@outlook.com">emformusic@outlook.com</a>                                                                              |
| <b>Morris Dancing – Cry Havoc</b>                                    | Barbara Brett 249599 or <a href="mailto:bag@cryhavoc.org.uk">bag@cryhavoc.org.uk</a>                                                                                                                |
| <b>N Hinksey after school club</b>                                   | Mon–Thurs 3–6pm Contact: Oxford 794287                                                                                                                                                              |



|                                                      |                                                                                                                                                                                                                                                    |
|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>N Hinksey Art Group</b>                           | Weds 10 – 12.00 W.I. Hall Tel: Christina 07931 707997                                                                                                                                                                                              |
| <b>N Hinksey Bellringers</b>                         | Contact: Ray Rook 01865 241451                                                                                                                                                                                                                     |
| <b>N Hinksey Conservation Volunteers</b>             | Meets at weekends. Contact Voirrey Carr 07798743121 <a href="mailto:voirreyc@aol.com">voirreyc@aol.com</a>                                                                                                                                         |
| <b>N Hinksey, Friends of</b>                         | Annual Cricket Match & Walk. Douglas Bond 791213.                                                                                                                                                                                                  |
| <b>N Hinksey Horticultural Society</b>               | Contact: Ann Dykes 01865 251821 <a href="mailto:anndykes@hotmail.com">anndykes@hotmail.com</a>                                                                                                                                                     |
| <b>N Hinksey Parish Council</b>                      | Alan Stone 01865 861992 <a href="mailto:nhpcclerk@msn.com">nhpcclerk@msn.com</a>                                                                                                                                                                   |
| <b>N Hinksey Youth Club</b>                          | Wednesdays at Arnold's Way pavilion, call Daz on 07791 212866 or see Facebook                                                                                                                                                                      |
| <b>Over Sixties Lunch Club</b>                       | Fortnightly on Thursdays. Seacourt Hall. Marina Bennett 01865 242312                                                                                                                                                                               |
| <b>Oxford Archers</b>                                | Archery from beginner to World Champion <a href="mailto:treasurer@oxford-archers.org">treasurer@oxford-archers.org</a>                                                                                                                             |
| <b>Oxford Flood Alliance</b>                         | R Thurston 01865 723663 or 07973 292035                                                                                                                                                                                                            |
| <b>Oxford Flower Arrangement Club</b>                | 4th Thursday Cumnor. Dympna Walker : 01865 865259                                                                                                                                                                                                  |
| <b>Oxford Otters</b>                                 | Swimming for people with disabilities. Sundays, twice monthly. Contact: Alan Cusden 723420                                                                                                                                                         |
| <b>Oxford Rugby Club</b>                             | Boys and girls from 5–19 years. Contact Kevin Honner 438655, <a href="mailto:kevin.honner@ntlworld.com">kevin.honner@ntlworld.com</a> For Seniors, training and Touch Rugby <a href="mailto:jamesy1976@hotmail.co.uk">jamesy1976@hotmail.co.uk</a> |
| <b>Oxford Sports Lawn Tennis Club, N Hinksey</b>     | Family club: Melanie Riste 848658 or <a href="mailto:melanie_riste@hotmail.com">melanie_riste@hotmail.com</a>                                                                                                                                      |
| <b>Parkinson's Disease Soc</b>                       | Contacts: Julie and John Tailor 01865 763394.                                                                                                                                                                                                      |
| <b>Raleigh Park, Friends of</b>                      | David Brown <a href="mailto:raleighpark@raleighpark.org.uk">raleighpark@raleighpark.org.uk</a>                                                                                                                                                     |
| <b>Royal Voluntary Service (West Way Day Centre)</b> | Mon & Fri 10–3pm, Field House, 07740 611971. <a href="mailto:oxfordshirehub@royalvoluntaryservice.org.uk">oxfordshirehub@royalvoluntaryservice.org.uk</a>                                                                                          |
| <b>Saturdays Elms Rd Children's Centre</b>           | Fun activities and trips for Dads and under 5's 10 am–noon 1st Sat of month. Tel: 243955                                                                                                                                                           |
| <b>Shotokan Karate club</b>                          | 6+ WOCC twice weekly Martyn King 07836 646450                                                                                                                                                                                                      |
| <b>St Andrew's playgroup</b>                         | Friday mornings during term time at St Andrew's Church, Orchard Rd <a href="mailto:standrewsplaytime@gmail.com">standrewsplaytime@gmail.com</a> .                                                                                                  |
| <b>Weight Watchers</b>                               | Thursdays 6pm at SS Peter & Paul Church Hall Banso el: 07779 253899 <a href="mailto:bansob@aol.com">bansob@aol.com</a>                                                                                                                             |
| <b>West Oxford Bowls Club</b>                        | Contact: Marion Bostock 436277                                                                                                                                                                                                                     |
| <b>West Oxford Taekwon Do Club</b>                   | Mon, Thurs 6.30-8pm, MA gym, contact Chris Hall 07815 899698 <a href="http://www.wotkd.co.uk">www.wotkd.co.uk</a>                                                                                                                                  |
| <b>West Oxford U3A</b>                               | (Uni of the 3rd Age) Elizabeth Stevens, 739252                                                                                                                                                                                                     |
| <b>Which Craft?</b>                                  | Pavilion, Arnold's way, third Monday, contact <a href="mailto:whichcraft.botley@yahoo.co.uk">whichcraft.botley@yahoo.co.uk</a>                                                                                                                     |
| <b>Women's Institute (Botley)</b>                    | Monthly, 1st Tuesday: Liz Manson, tel. 244175 or email <a href="mailto:liz.manson@virginmedia.com">liz.manson@virginmedia.com</a>                                                                                                                  |



