

The Sprout



Lighting the beacon for the Diamond Jubilee in 2012

The Newsletter for North Hinksey & Botley

Issue 168 June 2022

The Sprout

The Newsletter for North Hinksey & Botley

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From the Editor

The Jubilee celebrations are coming closer – by the time you read this, they will be just days away. The lighting of the beacon, with all the attendant shenanigans, is scheduled for the evening of 2nd June (p3) and on page 4 you will find details of the Jubilee Festival on Saturday 4th at the new shopping precinct. Our cover shows the beacon being lit in 2012 at the Queen's Diamond Jubilee. Other things to look forward to include the Pop-up cafés at the Pavilion (p29), Sustainable Botley's ambitious Big Bring and Take on 9th July (p15), and the Arts exhibition at St P&P is worth a visit (p17). The Patient Participation Group is continuing to hold the Botley Medical Practice to account (p7), the Brownies have reached 50 (p5), the XVth Scouts have been off on adventures (p33) and the 4th Scouts are holding an exciting Community Fun Day at the Rugby Club on 18th June (p38). Animals get a look-in, with chicks at Botley School (p14), hedgehogs on page 23, and on page 19 we meet Grahame Godby, of the Four Paws Dog Training Club. There's still time to enter your front garden for Botley in Bloom – but only just: applications close on June 6th (p14). All this and more in this month's Sprout. *Happy reading!*

Ag MacKeith



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JUBILEE UPDATE

What is there still to say?

The Jubilee Beacon Party on 2nd June will go ahead on the Louie Memorial Playing Fields, whatever the weather. Let's just hope it's fine. The beer tent, MUGA disco and barbecue are all arranged, starting at 7pm. A Piper will lead us across the field at 9.15, and play us up the hill. The candle lanterns will be there for anyone who wants one, but at your own risk, obviously. The path is narrow and rutted in places, and marshals with torches will show you the way. Wear boots if it's rained. A choir will greet us at the top. The beacon will be lit at 9.45 prompt, our part in the national beacon chain.

Hot chocolate at the pavilion when we come back down.

Here's the recipe for the Jubilee Tart for those who want to make it for their picnics:

You will need a 20cm flan tin, and some shortcrust pastry.

Assemble these for the filling:

- 100g smoked salmon (cd be trimmings) – for Scotland
- 50g leek, thinly sliced – for Wales
- 100g new potatoes – for N Ireland
- 70g cheddar cheese, grated – for England.
- 200ml single cream • 2 large eggs, beaten • tbs chopped parsley

Then:

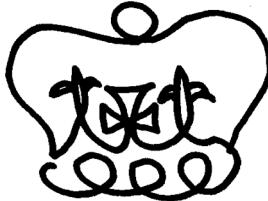
1. Bake blind the pastry case.
2. Boil the potatoes.
3. Soften the leeks for 10 mins in butter.
4. Mix cream, beaten eggs and chopped parsley together.
5. Fill pastry case in this order: salmon, leeks, 50gms grated cheese. Top with a layer of thinly sliced potatoes.
6. Pour the egg and cream mixture gently over the top and sprinkle on the remaining cheese.
7. Bake at 180°C (Gas Mark 4) for 35 mins till set and golden.

Add a cocktail stick with a tiny flag on top, and Bob's your uncle!

Saturday 4th June

The 'West Way Festival' is back

On the Saturday of the Jubilee weekend we will have the first open-air party in the new West Way shopping centre with music, games, competitions and entertainment for everyone. It will run from 2 to 6pm.



There will be a stage on Church Way and more events in the Seacourt Hall, including a local history exhibition and Jubilee cake competition as well as tea and cakes to buy, with proceeds going to the Pavilion fund. Local bands the 'Botley Crüe' and 'Barricane' will be among the performers on the outside stage and we will have singers and martial arts demonstrations from local groups. The Seacourt Bridge will be running an open-air bar.

Local organisations will have stalls and games, there will be a shop window competition for children and – as we go to press – we expect to have a Fire Engine and some classic motorbikes on display. There will be as much bunting as we can string up around the centre and we are encouraging the residents to take part too with a balcony decorating competition.

Please come along to this community celebration. After two years of restrictions it's a great opportunity to kick off the summer with a national and local celebration with your friends, family and neighbours.

Keep an eye out for posters and see our Facebook page for details of how to enter the baking and other competitions: <https://www.facebook.com/BotleyJubilee2022>

Kids' Treasure Hunt

Ten questions about the Queen will be posted in shop windows around the West Way Centre. Please collect all 10 answers and hand in your list, along with your name and phone number at the Missing Bean café by 3rd June. The winner will be announced on 4 June at 4 pm at the Jubilee celebrations. The sweet prize was donated by McColl's.

Photo Exhibition

Send your photos, relating to family history, royalty, or earlier jubilee celebrations to Martin Harris at martin.harris321@gmail.com, as jpgs if possible. But do it very soon if you haven't done it already, or you'll miss the boat!

2nd Botley Brownies Reach Fifty!!

Moving with the times from a Brownie “Pack” into a Brownie “Unit” – we are very pleased to report that we made it to our 50th birthday! To celebrate our half century we held a 50th Birthday Party Tea with a Campfire at Beanwood on the afternoon of Saturday, 30th April, in brilliant sunshine. The glorious bluebells were in great abundance in the woodland and birds sang their hearts out as we sat outside the old

Beanwood Cottage under our two gazebos eating a yummy celebration afternoon buffet tea including a bespoke Celebration 50th Birthday Cake.



Party games were played under the yards and yards of bunting put up especially for the event and wide games were played in the acres of open space behind the cottage. Girlguiding celebration party sun hats were worn alongside specially made “Happy 50th Birthday” pin badges that the Brownies had coloured in at the previous meeting. (Snowy Owl is now a whizz on the hefty County badge

machine at turning them into little works of art). The joyful afternoon finished with a traditional Girlguiding Campfire and singsong followed by the toasting of marshmallows.

So, with fingers crossed, here’s to the next fifty years. We would also like to reiterate a huge, huge “Girlguiding Thank-You” to all the brilliant 2nd Botley Brownie Leaders, Brownies, Parents and Supporters – past and present – who have made the last fifty years possible. Everyone has had so much fun along the way and for that – we THANK-YOU!

Lucy Howes



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Botley and Kennington Patients Participation Group

Spring COVID-19 Booster

This is the current position regarding spring booster vaccines. The NHS offers the booster to all those who are 75 or over, those who live in a care home for older people and anyone of 12 and over who has a weakened immune system. You will be contacted by the NHS (not your GP) when you are due a spring booster, usually around six months after your last dose of Covid-19 vaccine.

If you have a severely weakened immune system you need to get your 3rd dose before you get a booster. You can ring 119 free of charge to book an appointment (make sure you have your NHS number to hand).

You may learn about the booster via a text from 'NHSVaccine' inviting you to book an appointment at a larger vaccination centre or pharmacy, sent to the phone number your GP surgery has listed for you. You may also get a letter a few days after.

(N.B. The NHS will never ask you for * bank account or card details * PIN or bank passport * copies of personal documents to prove your identity, such as passport, driving licence, bills or pay slips * If you think you have been a victim of fraud or identity theft, report it to Action Fraud on 0300 123 2040.)

The PPG have organised 22 volunteer car drivers for those patients who have transport problems, to take them to Kassam Stadium for their boosters. If you require a lift please telephone Sylvia, a volunteer and member of our PPG on 07970 626443.

Making a complaint

If you need to make a complaint to the Botley Medical Centre, then you should do so by old-fashioned letter and keep a hard copy of it. That will be better than an email, which we have been told may not get read for some days in some cases.

The letter should be addressed to the Practice Manager.

If you have not had a reply after 48–72 hours, or you are not satisfied with the response you get, then escalate your complaint to the Care Quality Commission and the NHS. The surgery should respond after 48 hours, but they have said to us before that current conditions mean they may take a little longer.

Increasing support for patients

The PPG is working on how its 45 members can develop ways to provide support to the 16,000 patients of the Botley Medical Centre in the Botley and Kennington areas. We would also like to know of any such groups or activities that are already being provided and to make patients aware of the available support.

Here's what we would like to see:

- help with access to services for patients struggling with deafness, loss of eyesight, illiteracy or lack of IT skills;
- walk-in sessions on how to set up WhatsApp, Facebook and other basic skills needed for smartphones, computers and laptops;
- walking, exercise clubs, befriending support, signposts to other social opportunities;
- a practice newsletter;
- health and well-being events;
- support for local carers;
- advice on correct processes for patients;
- self-help groups and support networks, including local mother and baby groups;
- help for patients whose first language is not English;
- signpost or supply of bereavement support service;
- advice about healthy life styles;
- free health & education events including advice and help for new mums, plus education about child health issues;
- opportunities to meet Parish Councils to hear if we can help with anything or explain what we do.

If you are already aware of any initiatives such at these, please email the PPG group via csugden@ocrpl.org

Practice improvements

New Practice Manager The practice have now appointed a new manager, starting in May 2022. He will be responsible for overseeing the day-to-day processes at the practice, including Human Resource management and training for the admin team.

Pharmacy Clerk The new Pharmacy Clerk is in contact with local pharmacies to smooth processes and times for prescriptions. Although still in training, she deals with patients and pharmacies' queries around prescriptions. She will work with the Clinical Pharmacist to process patients' requests so they can reach the pharmacies as soon as

possible. She also deals with all requests from care homes, and is already having an impact. Care homes' requests have been reviewed thoroughly since she started, and a monthly plan has been agreed with all parties involved. She can't be contacted directly, as she is part of the Pharmacist Team and reports to the Lead Pharmacist who is responsible for the smooth running of the prescribing system. If there are any problems please contact the practice by letter, email or phone to let them know.

Lead Nurse A full time Lead Nurse has been appointed, starting in April.

Website improvements A GP Web-Designer has been appointed to help upgrade the Practice website. It is hoped the upgrade will be finalized over the next two months or so.

Further Recruitment The practice are looking to appoint another three GPs so they can offer more services and appointments. (This will be a challenge in view of the national shortage.) In the interim, the practice will continue to use locum GPs and to offer LIVI.

How does the practice handle letters from consultants?

Routine letters from consultants, the hospital, or other health care providers should be processed within five working days of receipt although staff shortages, sickness, etc, may delay things. If follow-up is required, the GP receives the document via email with a request to review and action. Patients will have received a copy of the letter at the same time as the practice. If the letter includes a prescription request, the practice has 14 days to action it. If the need is urgent, the consultant or hospital should prescribe.

If you have received the letter and are concerned that the practice has not yet actioned it, you should get in touch with them either by phone (during non-busy times – after 2pm), by emailing **botleymedicalcentre@nhs.net** or by writing a letter to Botley Medical Centre, Elms Road, Botley, Oxford, OX2 9JS.

Chris Sugden, PPG Secretary

PART TIME RELIEF CARETAKER WORK

Are you interested in occasional local caretaker work? Perhaps you work in a similar role, with flexibility in your schedule? The Parish Council are looking for part-time relief Caretakers to cover holiday and sick leave for the Caretaker for the Louie Memorial Pavilion and playing fields. Full details online at [/northhinksey-pc.gov.uk/](http://northhinksey-pc.gov.uk/) or call the Parish Clerk on 01865 861992.



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Updates from your Vale councillors

Emily Smith and Debby Hallett are your long-serving Vale of White Horse District councillors. We are available to help residents with local issues related to all the council's services. In addition to being your local members, we have other council-wide roles. Debby is Cabinet Member for Corporate Services and

Transformation, which includes the Corporate Plan (what we aim to do in the 2019-23 administration) and the Local Plans and Neighbourhood Plans (how many houses and jobs we need, and where and how to build them). Emily is Leader of the Council at Vale, so basically she is responsible ultimately for everything! (Debby is writing here.)

Emily and I are looking for new and improved ways to stay in touch with local residents. We already send a monthly report to the parish councils, with news, info and project progress that we think would interest councillors and residents. You can see all these reports, dating back to

2011, on my blog:

<http://cllrdebbyhallett.com/district-councillor-reports/> This is my second column for the *Sprout*. I welcome feedback, please let me know what you'd like to hear about.

Emerging Joint Local Plan 2041

On 12th May Vale and South Oxfordshire councils launched our consultation for the new Joint Local Plan 2041. It focuses on the issues facing both Vale of White Horse and South Oxfordshire District Councils, and how we might tackle them. **It will run through 23 June 2022.** The councils agreed to this joint approach in March 2021, because we share ambitions around housing affordability and the climate emergency, and they



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are similar in many ways. Of course there will still be area-specific policies where that makes sense. The plan allows us to outline ways we can address the climate emergency and enhance our natural environment, which both councils are determined to do.

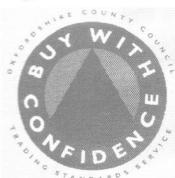
We're really keen for lots of people to take part in creating the Local Plan, especially those who have never so far engaged with the process, and so we're trialing an innovative new, digital approach: we're using software called 'Storymaps'. Through this, users can explore interactive Local Plan content, and answer quick and easy questions about what they think the key issues are that the emerging Joint Local Plan should tackle. For those who want a more traditional approach, we're also providing the option to fill out a single survey via the Joint Local Plan webpage. This is where you can find out all about it: <https://www.whitehorsedc.gov.uk/vale-of-white-horse-district-council/planning-and-development/local-plan-and-planning-policies/local-plan-2041/>

You can contact both of us by email. I am at Debby.Hallett@Whitehorsedc.gov.uk and Emily at Emily.Smith@whitehorsedc.gov.uk

Debby Hallett

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Botley School Early Years

This summer term had a very exciting start in our Early Years Foundation Stage, with the arrival of 10 chickens' eggs. The children have been learning about the life cycle of a hen, and were amazed to watch the chicks hatch over three days. We have been learning how to care for the chicks and the children in our Reception classes wrote instructions. The children spent time watching the chicks, making observational drawings and discussing what they were doing. This activity was an excellent way to use new vocabulary and a great way to reinforce descriptive language.

We have also been busy planning our refurbished EYFS gardens.

After fifteen years it is time for a new, more flexible, space which will be fun, interesting and engaging for our youngest children for many years to come. The children have been contributing ideas about what might go into our new garden, as well as helping us create a video for our crowd funding page. Give online at [crowdfunder.co.uk/p/botley-early-years-playground](https://www.crowdfunder.co.uk/p/botley-early-years-playground) or give cash/cheques to our office at Botley School, Elms Road OX2 9JZ.

Laura Jones ~~~~~

Botley in Bloom

It's not quite too late! Enter your garden in the FRONT GARDEN COMPETITION by 6th June. Email your name and address and your chosen class to editor@thesprout.org.uk

3 Classes: Best; Best for Wildlife; Jubilee Basket or Box

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Saturday July 9th 2022

St Peter and St Paul Church Hall , Botley

**Donations accepted from 10.00 to 11.30
Take away anything you want from 10.30-12.30**

All items must be:

- In a clean, reusable condition
- In a sealed bag or box if with multiple components (eg toys)
- of a size you can carry away on foot

(If your item is too big to carry, bring a photo and your contact details.)

We accept: books, DVDs, CDs, clothes and shoes, curtains, bedlinen, etc, complete, boxed and sealed toys and games, household items and kitchenware (e.g. pots, pans, crockery, vases) gardening items (e.g. small spades, plant pots, baskets) and bric-a-brac (e.g. ornaments), small electrical items. We also accept buggies and children's bikes ... and help from volunteers! If you can lend a hand on the day, please contact janet.e.hemingway@gmail.com

We don't accept: sharp objects (e.g. knives and scissors), household paints and other chemicals (e.g. weedkiller), video cassettes and music cassettes, food, cosmetics and toiletries, bicycle and motorcycle helmets, underwear, pillows, duvets, any item that is dirty or broken.

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Tereza Barnard

Botley Arts is pleased to welcome Tereza Barnard who is showing her super-realistic pictures in St Peter's and St Paul's Church from 7 May to the end of June 2022.

The world is speeding up and a lot of things are but a swipe away. However, there are emotions that cannot be read in a split second. With a graduate degree in Psychology, Tereza Barnard (b. 1984) has learnt that hidden, but key, features take time to be observed and reveal themselves. Barnard uses realism, narrative elements, and sometimes abstract features to allow her viewers to slow down, observe the hidden layers, and enter the inner worlds of her sitters as well as her own. In doing so, she hopes they will find beauty, inspiration, but most notably a time for themselves to think. Barnard is a self-taught artist and can take up to three months to finish a painting as she extensively observes the micro expressions of her subjects.



Barnard's work has been featured in publications such as 'Book of NHS Heroes' and 'The Leonardo Guide'. She is a finalist in ModPortrait 2021, ARC 15th Salon and her work has been presented to the jury at Figurativas 2021. More recently she received an honourable mention in the *Blue Review Art Prize*. She has exhibited in galleries across the UK and the United States, recently exhibiting with the Royal Society of British Artists at Mall Galleries

The exhibition is free, but we do ask that you leave a comment in the Comments Book! Church opening hours Mon-Fri 10-4pm, and from 12-

4pm on Saturday and Sunday.

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Meet Grahame Godby

Grahame Godby, who helps run the Four Paws dog training club at Hinksey Heights, had his first dog prescribed to him by his doctor. Grahame was six at the time, with poor eyesight, and his doctor told his mother "this child needs a dog". What a brilliant piece of early social prescribing!

I asked Grahame what he did before he started Four Paws in 2008, and he came out with the most amazing list of jobs. He started as a butcher whilst still in school, and also taught judo in his spare time because "not being able to see well is an actual advantage in judo". Grahame got his black belt, and only retired from judo teaching when he was about 40.



Meanwhile, after giving up being a butcher in the mid-70s, Grahame worked for British Leyland for a short time, at a period when there were lots of strikes. Having always wanted to work with fish, he moved on to work at the Goldfish Bowl on Magdalen Road. He was the quarantine manager there, responsible for checking and treating imported fish. When the Goldfish Bowl closed its wholesale business, Grahame opened up his own fish business, Aqualand, in Windmill Road in Headington. That closed down a few years later because of the increase in business rates.

Grahame then went on to do a range of jobs, including installing kitchens and bathrooms. Most recently, he has been caretaker and health & safety manager at a school. He took partial retirement last year after this amazing portfolio career...

... which brings me on to Four Paws. Grahame got his first rescue German Shepherd – Miss Ellie, named after the character from the television show Dallas – shortly after he got married. To train her, he borrowed books, talked to people, and most importantly watched how Dr Ian Dunbar trained dogs. At the time, Barbara Woodhouse's approach, which focuses on gaining dominance over the dogs by the use of choke collars and sharp commands, was fashionable. Ian Dunbar, instead, promoted reward-based training, where dogs are



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- *Google Review*



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rewarded when they do things right rather than being told off when they do things wrong.

"Ian just amazed me," says Grahame. "His approach is longer-lasting and has stable results. When I went to his first seminar, I was the only man on the four-day course. Men seemed to be good at corrective training [the Barbara Woodhouse approach] and women at reward-based training. I'm pleased that more men are taking up reward-based training now, because it's definitely the best way to train dogs".

Since then, Grahame and his wife have owned seven dogs, of which six have been German Shepherds. The first few he got as puppies through a rescue centre. Then, when he bought his first pedigree dog and took that dog to classes, Grahame found that, through his reading and working with his own dogs, his knowledge was already extensive. He became a dog trainer himself at the club, and then, 14 years ago, helped to set up Four Paws with other like-minded trainers. At first it ran in a horse manège at Weston on the Green, but in 2016 Four Paws moved to Hinksey Heights.

Riki Therivel

PILLOW TALK –
art installation and protest against femicide
at the church of St. Peter & St. Paul, West Way
with a vigil of remembrance for all women killed by men
outside the church on Saturday 25th June at 7.30pm.

Did you know that during 2021 at least 140 women were killed by men in the UK? They ranged in age from teens to nineties and were from all cultural backgrounds.

Violence against women is endemic in the world, and since the deaths of sisters Bibaa Henry and Nicole Smallman in 2020 and Sabina Nessa and Sarah Everard in 2021, voices of women (and men too) have risen in protest against femicide, which is the most extreme form of gender-based violence, and is defined as the 'intentional murder of women because they are women'.

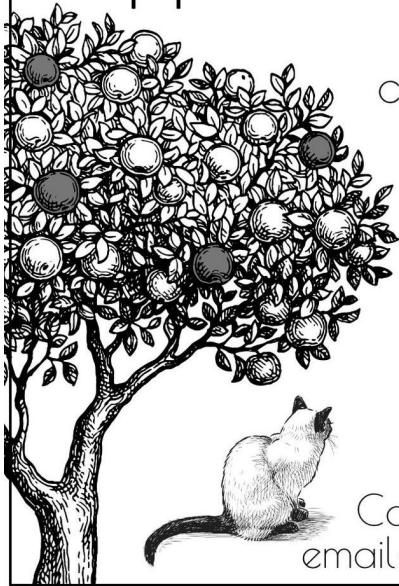
In her installation, *Pillow Talk*, local artist Alice Brookes gives expression to the pain and outrage experienced by families who experience domestic violence, as well as encouraging us all to speak up for women and children at risk in abusive relationships.

Join us to honour the memories of women who have died in this way, to listen to invited speakers (TBC) and to share a glass of wine.

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Botley's Hedgehog Highway

Hedgehog Awareness Week is organised every May by the British Hedgehog Preservation Society (BHPS), who remind us once again that the best thing we can do for hedgehog conservation is to ensure that our gardens have permeable boundaries. A 15cm square hole in a garden fence or gate can make all the difference. It ensures that hedgehogs can roam sufficiently far to forage for food and find mates. Insufficient roaming distances force hedgehogs into busy roads or lead to unsustainable inter-breeding amongst isolated populations.

Conducted annually for a decade, the most recent 'State of Britain's Hedgehogs' report has noted encouraging signs that these 'hedgehog highways' between gardens may be having an impact in reversing the national decline in hedgehog numbers.

As a local BHPS member, I'm thus once again encouraging local residents to add to the Botley hedgehog highway, particularly in areas where new fences may have recently gone up or where solid side gates have been installed at the side of properties. As in previous years, I also have five Hedgehog Highway signs to give away to the first five *Sprout* readers who create a new hedgehog access point and email a photo to roger.dalrymple@spc.oxon.org.

Thank you for your efforts to support our local hedgehog population.

Roger Dalrymple



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Osney Supercharge

Botley householders may be interested to know that a group of households and businesses on Osney Island have signed up to generate and store their own electricity as part of a government-backed project called Local Energy Oxfordshire: <https://project-leo.co.uk/>. The project is exploring the potential of local generation to create extra capacity on the local electricity network, cut carbon emissions, and reduce energy bills.

In the coming decades there will be a huge shift to using electric cars, and electric heating for homes and businesses. This will create increased demand and stress on the electricity network. We need to find ways to generate green electricity at community level, and to spread use of power throughout the day, to help the network handle this new level of demand.

Osney Island is one of six neighbourhood projects taking part in Project LEO. The local community is already active in trying to reduce its carbon emissions. There is the famous 50kW hydro generation scheme, with 9kW of solar panels on the roof, owned by Osney Lock Hydro Limited, a community benefit company. There are also solar installations on some Osney rooftops, nearby at the community centre and on the university estate. Several households have already switched to using eVs, and an electric club car is being sought.

Properties taking part in Osney Supercharge are having solar PV roof panels installed, along with batteries to store the power these generate. The project will collect data on how much power each house generates and how much it uses. It will work out the impact this has on reducing demand on the network and the potential for cutting energy supply costs. Households will either pay for the kit themselves, or Low Carbon Hub (a Project LEO partner) will own the kit and sell the electricity it generates back to the homeowner.

By the end of the project, we hope that

- We will have a clearer picture of our electricity consumption, and how we can use local generation and storage to manage demand.
- Residents will have greater understanding of the different ways they as individuals, and collectively, can move to zero emissions for their homes and transport, and will be more able to influence how that happens.

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- Osney Lock Hydro's generation will be increased by automating river flow at the weir.
- The business case for adding battery storage to the local electricity network will have been assessed.
- The community will have trialled different electric vehicles, including e-bikes, and different ways of owning or accessing them.
- Residents' electric vehicles (privately owned or a car club) will be powered by local renewable energy, or steps to achieve this will have been identified.
- The electric fleet used by the Environment Agency depot on Swan Street will be powered using green electricity from the hydro.

Simon Collings

LOCAL PLANNING APPLICATIONS

<u>P22/V0082/FUL</u>	Land adjacent to 16 Yarnells Road. New dwelling with amended roof design to that previously approved under P17/V00205/FUL.	8 April <i>Target Decision Date: 3 June</i>
<u>P22/V0923/PDH</u>	43 Montagu Rd. Single storey rear extension. Depth 5m Height 2.95m.	11 April <i>TDD: 23 May</i>
<u>P22/V1052/HH</u>	11 Cumnor Rise Rd. Single storey rear/side extension, replacing existing extension.	27 April <i>TDD: 22 June</i>
<u>P22/V1052/HH</u>	51 Yarnells Hill. Extension to existing small brick outbuilding to rear with new entrance.	28 April <i>TDD: 23 June</i>
<u>P22/V1064/HH</u>	3 Toynbee Close. Single storey rear extension. (P21/V3169/HH again)	28 April <i>TDD: 23 June</i>
<u>P22/V1070/PDH</u>	71 Arthray Rd. Single storey rear extension: Depth 6m Height 3m Height to eaves 2.9m.	29 April <i>TDD: 10 June</i>
<u>P22/V1077/HH</u>	127 Southern Bypass. Garage to habitable room and single storey extensions to front and rear.	3 May <i>TDD: 28 June</i>



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Sunny Sundays on the Field

The Pop-up Café in the Louie Memorial Pavilion has now been going for six years (give or take a few lockdowns). It's been a great way for local people to meet up on warm Sunday afternoons for a cup of tea, a piece of cake, some uplifting music and to give the kids a chance to run around.

More recently, the Pavilion Trust have invited

individuals and groups to run it themselves and raise money for a cause close to their heart. This allowed new people to take part in the operation, and allowed the pavilion, although old and dilapidated, to keep on doing what it does best: provide a meeting place for the local community. When we put the call out for people to run the event this year, we quickly found every Sunday had been taken, bar one at the end of August. A wide range of groups will be running the Café, all raising money for excellent causes. Here is the schedule:

12 June	Support Ukrainians in Oxford
19 June	Botley Boys and Girls football club
26.June	Cradle (pregnancy-loss charity)
3 July	One-Eighty (young people's mental health charity)
10 July	FOBS – Botley School PTA
17July	Botley Bikers (food for people without homes)
24 July	Nature Trail volunteers
31 July	Prostate Cancer
7 August	Scout World Jamboree
14 August	Botley Bridges
21 August	<i>Free for booking at the moment</i>
28 August	Skatepark
4 Sept	Last Café of 2022, Louie Memorial Pavilion Trust AGM

If you have any questions or would like to help please contact the trustees at louiememorialpavilion@gmail.com And do come along and enjoy a Sunday afternoon with local friends in the sunshine.

Sundays, 3–5pm at the Louie Memorial Pavilion – put it in your diaries!



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Talking Therapy Can Change your Life – Here's How!

Mental health awareness week took place last month – did you know that one in four of us is experiencing mental health difficulties at any one time? If we want to enjoy our lives we need to pay attention to our mental health and look after ourselves.

We're only here for a bit, and yet one of the hardest things is for us to live our lives to the full, seize the day and all that. Life is often challenging, and it is all too easy to find ourselves feeling stressed, tied to a hamster-wheel that can be relentless and overwhelming. As well as the usual life-challenges, we are frequently faced with the unexpected: a pandemic, bereavement, ill health, relationship breakdown, cost of living concerns and so on. When the going gets tough, it is useful to develop ways to help you navigate your circumstances whatever the individual challenges.

Evidence-based talking therapies such as Cognitive Behavioural Therapy (CBT), Interpersonal Psychotherapy (IPT) and Eye Movement Desensitisation and Reprocessing Therapy (EMDR) can teach you tools and strategies that are helpful when things are difficult. These talking therapies help you to make sense of what is happening to you and see how the way you react to things now, stems from your past experience.

Working with a therapist you can learn skills that enable you to live your life more helpfully: letting go of past hurts and regrets as well as learning not to think ahead and worry too much about challenges that may or may not be around the corner.

A wide range of difficulties can be worked on, including anxiety, stress, low mood, depression, self-criticism, low self-esteem, relationship difficulties, perfectionism, procrastination, assertiveness, trauma, complex grief, health anxiety and social anxiety. Individual therapy may also include techniques from a range of approaches such as Mindfulness, Acceptance and Commitment Therapy (ACT) and Compassion Focused Therapy (CFT).

“You can't stop the waves,” as Jon Kabat-Zinn put it, “but you can learn to surf.”

Anyone and everyone can learn something to help them live their lives in the way they want to, surfing the waves and becoming the person they want to be. For more information on how evidence-based talking therapy could help you, contact me on esther@cbt-oxford.co.uk or call 07774 687872. I work in the NHS and as a private clinician, trainer and clinical supervisor.

Esther McNeile Jones

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Worth the Wait

After two years in the planning stage 12 Scouts and four Leaders from the 15th Oxford Scouts finally embarked on the much delayed Spring Camp over the Early May Bank Holiday. The setting was The Burrow, a wonderful bunkhouse with retractable roof set into the hillside at Biblins Campsite in the Wye Valley. Arriving on Friday evening to the now almost traditional first night tea of hot dogs, this was for some their first night away from home, and for many an event that had been much anticipated as Scouting returns to normality. Games in the dark, a roaring campfire and outdoor experiences are all very much at the heart of Scouting with the 15th, and were very much evident throughout the camp.

The undoubtedly highlight was the Saturday afternoon, spent canoeing on the River Wye. Activities such as this aren't always accessible to Scouts, so the opportunity to paddle up and down the River for a few hours was fantastic. The river exploration was accompanied by canoe-based games of tag, river netball, sprint races and some perilous standing up (I'm sure some Scouts secretly wanted to fall in – the weather was glorious!).

As all dried off, and the Leaders at least realized how much they ached from the physical recreation, map work was the order of the day, in preparation for Sunday's hike up Symonds Yat. Thankfully the weather was cooler on Sunday, but

all those who know the area well will appreciate just how much of an incline it is. With typical Scout spirit everyone used their map reading, navigational skills and camaraderie to make it up to a viewpoint that really is worth the walk. No peregrine falcons were seen on the day, but an ice cream or two was spotted after the walk down, to round off the camp.

There are plenty more adventures like this planned for both the 15th Oxford Cubs and Scouts this year, and we are always happy to welcome more young people aged 8–18 to experience them with us. For more info (or to become an adult volunteer) email us at xvoxfordscouts@yahoo.co.uk or search for our website on Google.

Tom Freeman



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Randoms

No Messy Church in June

The next Messy Church at St. Peter and St. Paul will be Saturday 2nd July 4–6pm. There will be no Messy Church in June, as previously advertised.

West Oxford U3A: June Talks

We meet on the second and fourth Mondays of the month, at Dean Court Community Centre, Pinnocks Way, starting at 2.30pm and finishing with tea and biscuits. Our talks this month are:

13th June: "Inside the World of a Film and TV Extra" by Peter Hague Until a couple of years ago, Peter Hague combined the role of professional drummer with his work in film and TV studios. In this talk Peter will explain what happens on a typical day as far as "Extras" are concerned, which – he says – gives rise to more than a few anecdotes. We look forward to learning more!

27th June: "An Heir and a Spare" by Graham Horn – Graham is a highly experienced and qualified Blue Badge Tourist Guide and tour leader. He also finds time to research family histories, often of the aristocracy, which provide him with material for his talks.

No talks in July and August, but we'll be back on 12th September, with an illustrated talk from wildlife photographer David Bailey. Our walking group will be exploring the County, while our craft, gardening and reading groups will hold sessions during June. Do get in touch if you'd like to attend our meetings; visitors are always welcome."

Coaching Opportunity

Botley Boys and Girls Football Club, based between the Fogwell Rd pitch in Dean Court and Louie Memorial upper field, is on the hunt for a new coach for one of its teams. Could this be you?!

The U11s (soon to be U12s) are a great bunch of kids and would love to continue playing in the league. However, their current coach is standing down and we need someone to take the reins in this voluntary position. You'd have the support of a determined group of parents and carers, who would welcome you with open arms and do everything to help you settle into the role.

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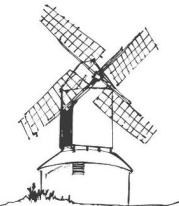
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If you think this could be you, or if you know someone who might fit the bill, please contact the Club Secretary, Terri Matthews, on clubsecretarybbgfc@gmail.com to discuss further.

Botley W.I.

Botley WI's Centenary Extension project was opened on Saturday 14th May by the Deputy Lord Lieutenant of Oxfordshire, Lady Baker (*seen here cutting the tape*). It was the completion of a long planned improvement to the hall, which we hope will be our legacy for our second hundred years.

On 7th June 7:30 pm our speaker, Gillian Walnes Perry, will tell us about the Great Wall of China. Our group will also hold a Race Night on 17th June. We have a new programme of activities to look forward to for the forthcoming year.



Home Library Service

If you (or someone you know) are finding it difficult to get to the library, the Home Library Service can help! It is completely free and delivers books and other library materials to hundreds of people across the county. Friendly volunteers choose items you like and visit every three weeks to deliver and collect them.

The service is run by the County Council and is open to people who struggle to physically visit a library. It's also available on a short-term basis after illness or hospitalisation, and to people with caring responsibilities. It's easy to register – simply call your local library or the Home Library Service on 01865 810259 or email homelibraryservice@oxfordshire.gov.uk

Kennington Memory Club

Kennington Memory Club's Day Centre for people with dementia prides itself on the service it provides to those who attend – our members. With three staff, assisted by a band of volunteers, the sessions run very smoothly. This is a very good staff to member ratio and ensures that the support given to our members is the very best. Personal care can be provided as needed and the varying individual needs of members can be met. Activities are tailored to the interests of those present. Sometimes a member will just want to sit and chat and not join in with what others are doing at that time. That's OK too, as there will always be a member of staff or a volunteer available and happy to do just that. At the end of the day, the members go home content and relaxed and their carers have had the bonus of a few hours free from their responsibilities.

If you know of anyone who would like more information about the Club's Day Centre, please suggest a phone call to our Organiser, Helen, on 07852 883496 or direct them to our website. It's not just for people in Kennington, but from a much wider area, taking in Abingdon, Botley, Cumnor, Radley, and Wootton. www.kenningtonmemoryclub.org.uk

4th Oxford Scout Group community funday

4th Oxford Scout Group are organising a community funday on Saturday 18th June, for all ages, from 1-5pm at Oxford Rugby Club in North Hinksey – please come and enjoy. Activities include: a 7m climbing tower, archery from Oxford Archers, football fun from Cumnor Minors, introductions to tennis with the Oxford Sports Lawn Tennis Club, pony riding, bouncy castle and an obstacle course, plus lots more activities to have a go at. Try out Oxfordshire Girl Guides' high rope bridge, and try to build a smaller version of your own. Oxford Rugby Club will provide food from their kitchen, open their bar and provide touch rugby. Radio Cherwell are running the sound system. An amateur radio station will be part of the Oxford/Bonn link 75th anniversary festivities.

Saturdads

This Saturday session for Dads and their young children is starting again on 11th June, 11-12 noon at Botley Bridges in Elms Road, and on the first Saturday of the month thereafter. Just drop in – there's no need to book. Further info from coordinator@botleybridges.org

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	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, Pavilion, Fogwell Rd. 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
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	Brendan Byrne 792531 brendan.byrne999@gmail.com
Botley Community Larder	Thursdays, 3.30 to 5.30 at St P&P Church Hall, West Way, Facebook or email botleylarder@gmail.com
Botley and Kennington Patients Participation Group	Second Tuesday in the Month, early evening. Contact csugden@ocrpl.org
Botley Library	07922 849680. Open till 7 on Friday and 1pm on Sat, otherwise 9.30 to 5.30 (closed Wednesdays).
Botley Seniors Lunch Club	Alternate Thursdays. Seacourt Hall. Jackie Warner Ox.721386
Cumnor Choral Society	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 01993 684494 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
Lawn Tennis Club, N Hinksey	Family club Email: Tennis@OxfordSportsLTC.org
West Oxford Singing Circle	Weds 2–3pm, WOCC, Emily 07969 522368 or see www.emilyschoirs.co.uk
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 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	clerk@northhinksey-pc.gov.uk
N Hinksey Youth Club	Weds at LM pavilion, Daz: 07791 212866 or F'book
Oxford Flood Alliance	R Thurston 01865 723663 or 07973 292035
Oxford Flower Arranging Club	4th Thursday Cumnor. Dympna Walker: Ox 865259
Oxford Harmony	Wednesdays 7.30 – 9.30 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@ntiworld.com Seniors, training etc jbrodley@chandlings.org.uk .
Raleigh Park, Friends of	raleighpark@raleighpark.org.uk
Seacourt Hall Management Committee	Contact Lottie White, 07452 960100, or see https://www.seacourthall.org.uk
Shotokan Karate Club	6+ WOCC twice weekly Martyn King 07836 646450
Stagecoach Botley	Seacourt Hall, Saturdays 9:00am–3pm Performing Arts for 4-16 yr-olds Oxf 590510 or 01235 390810
Well-Being Walks, Botley	2nd & 4th Saturdays 9.50 Louie Memorial Field car park, Arnolds Way. Ashley 07717 714477
West Oxford Bowls Club	Dave Ellerker 07931 603801 wobc.membership@gmail.com
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)	Alison Jenner 07598 251161 alisonjenner@yahoo.com
Weight Watchers	Thursdays 6pm at SS Peter & Paul Church Hall Banso tel: 07779 253899 bansob@aol.com

Baptist Hall 1 Church Way	Contact: Diane Melchert 01865 243664 botleybaptistchurch@gmail.com
The Rosary Room Yarnells Hill, Elms Rise	Contact Maria Brown, Tel: 01865 247986.
SS Peter & Paul Church Hall, West Way, Botley	Contact: 01865 242057 or osneybenefice@outlook.com .
Women's Institute Hall, North Hinksey Lane	Contact: Val Warner Tel. 01865 245273
Seacourt Hall, 3 Church Way	Contact: Lottie White on 07452 960100, or email admin@seacourthall.org.uk
Pavilion, Arnold's Way, Elms Rise, Botley	Contact: Darren Blase 241254 louiememorialpavilion@gmail.com
Oxford Rugby Club, North Hinksey Village	Contact:.. Mary Bagnall 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, 5th Sunday 11.30am Holy Communion
 3rd Sunday 11.30am Matins

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

Sundays 9.30am Holy Communion
 Wednesdays 10.30am Holy Communion in Chapel of Holy Spirit
 1st Saturday each month, 4–5.30pm Messy Church for children and carers
 Rev Clare Sykes, Tel. 01865 242345 or revclare@btinternet.com
See table above for Church Hall enquiries.

Our Lady of the Rosary, Roman Catholic, Yarnells Hill

Saturday 6.30pm Mass
 Sunday 9.15am Mass
 Fr Daniel Lloyd 07584 323915 dlloyd@portsmouthdiocese.org.uk.

Botley Baptist Church, 1 Church Way

Sunday Service 11 am.
 Wednesday Zoom Bible Study 7.30pm
 Choir practice Thursday 2pm
 Diane Melchert **07742 662668** 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

What's On

June

- Thur 2nd** 7pm, Louie Memorial Fields, Jubilee Party, 9.45pm
Lighting the Beacon
- Sat 4th** 2–6pm, West Way Jubilee Festival
- Mon 6th** Entry deadline for Botley in Bloom (email editor@thesprout.org.uk)
- Thur 9th** 12.30pm, Seacourt Hall, Seniors Lunch Club. Also on 16th and 23rd
- Sun 12th** 3–5pm, LM Pavilion, first Pop-up Café in support of Ukrainians in Oxford
- Mon 13th** 2.30pm, Dean Court Community Centre, U3A talk about being a Film Extra by Peter Hague
- Sat 18th** 1–5pm, Rugby Grounds, North Hinksey, 4th Oxford Scouts Community Fun Day
- Sat 25th** 7.30pm, at Ss Peter and Paul Church, Pillow talk – art installation and protest against femicide
- Mon 27th** 2.30pm, Dean Court Community Centre, U3A talk: 'An Heir and a Spare' by Graham Horn

July

- Sat 2nd** 4–6pm, Ss Peter and Paul Church, next Messy Church for children
- Sat 9th** 10.30–12.30, Ss Peter and Paul Church Hall, Great Botley Bring & Take