

# South Oxford Community Association

NEWSLETTER

Spring 2020

## Community Open Café, Tuesdays 2-4pm Update

From 2-4pm each Tuesday the Lower Hall is transformed into a welcoming and lively café where delicious home-baked cakes and fresh ground coffee donated by Jericho Coffee Traders are served to our community. It's an inter-generational affair, from newborn babies, their parents, carers and families up to our most senior regular who is 85!

We offer for smaller infants a play mat and soft toy area, for younger children a story telling corner, crafts and for older children a card-swap table. There are also quieter spaces for those who just wish to sit, meet neighbours and chat, or play Scrabble and other games. Do join us.

During the café the Hinksey Sculling School, based here at the Centre, have been offering additional Indoor Rowing Training to adults in the community, some with Parkinson's disease.

Local volunteers and participants in the Better Opportunities programme at Activate Learning bake and help run the café.

Contact Sarah [enquiries@southoxford.org](mailto:enquiries@southoxford.org) for more information about the café and about the small baking class running 10-12 Tuesday morning, to produce cakes for the café.



## South Oxford Community Association Annual General Meeting

**11 March 6.00-6.45pm Gill Garratt Room South Oxford Community Centre**

Make sure your membership is renewed by 1 March in order to be able to vote.

## Fun Fit 50

Fun Fit over 50 is an award-winning equipment and body-weight based exercise class. Each hour-long class includes a cycle of exercises to improve muscle strength, balance, coordination, flexibility and fitness. The exercises are simple and easy to learn, and cater for most physical restrictions. It is suitable for all levels.

### Date for your Diary:

### South Oxford Community Forum

**10 March 2020 7pm**

### Your Community – Your Voice!

South Oxford Neighbourhood Forums are organised by the Community Association three times a year to provide residents with a chance to have their say. We cover key local issues: The Flood Relief Scheme, plans for the railway bridge on the Southern Bypass, plans for housing on Rivermead Meadows, graffiti, drug abuse on our streets, and the management of Hinksey Park and Hinksey Pool and our other green spaces.

This is your chance to meet your City Councillors Marie Tidball and Alex Donnelly and our police officers, so come along and join in the discussion.

Minutes of previous meetings may be found at <http://southoxford.org/component/content/article/2-uncategorised/179-neighbourhood-community-forum>.

## Ben Avison (album launch) + Three Idle Women

Sat 7 March, doors open 7:00 pm

This special double bill is the first chance to hear Ben Avison and band perform their hotly anticipated Lovers' Leap album, plus a full set from wonderful songstresses Three Idle Women.

### Three Idle Women

Three Idle Women were forged by a shared love of the Oxford Canal and a fondness for close harmony singing, folk music and stories that are carried through song. [www.threeidlewomen.com/](http://www.threeidlewomen.com/)

### Ben Avison: Lovers' Leap album launch

Ben Avison has been praised for his "beautifully rich voice", "tasty guitar work" and hailed as a "master of many styles". He has toured and recorded internationally with such artists as the Bhundu Boys, Stornoway and on The Moonbeams' Daily Telegraph top folk album of 2015. The album features songs co-written with local artist Martin Beek. [www.benavison.co.uk/](http://www.benavison.co.uk/)

£10 (includes a free drink and 50% off merchandise. Get your tickets here: <https://www.eventbrite.co.uk/e/ben-avison-album-launch-three-idle-women-tickets-89847725967>

## Major New Art Exhibition New Dates: George Bissill Retrospective

21, 22 & 28, 29 March 2020, 2-6pm

The revised dates have been set for a major retrospective of the work of the 'Pitman Painter' George Bissill (1896-1973). Curated by Oxford resident Kate Pattinson, this is a rare chance to see Bissill's socially-engaged paintings and woodcuts. Refreshments available. Many items will be for sale.



Miners repairing bad roof (watercolour on paper)



## Art Workshops

### Building a sketchbook: Ann Spencer

Members make sketchbooks and fill them with drawings, colour analysis, memories and designs which can be enjoyed in their own right, or turned to for future art work. Members can also buy sketchbooks to make their own. As the habit of keeping a sketchbook forms you will find yourself turning to this book more and more as a useful and pleasing addition to your daily life and well-being.

### Watercolour pencil workshops: Jim Robinson

Our watercolour workshops led by local artist Jim Robinson on the second Tuesday of the month are open to all abilities with all materials provided. With a different theme each month, small group activities usually attract about seven or eight people around a small core of regulars. Workshops focus on a specific technique and on putting this into practice. Last year at least one member developed the confidence to exhibit in Art Weeks while others joined more art groups.

### Life drawing: Martin Beek

Our monthly 'Introduction to Life Drawing' classes, drawing from the nude model, are open to all. Spring sessions 2-5 pm run on 15 February, 14 March and 18 April, tutored by Martin Beek or another professional artist. To book a place contact [enquiries@southoxford.org](mailto:enquiries@southoxford.org)

New Hinksey Arts also hosts weekly professional life drawing/painting sessions, by invitation. Many of the results can be seen at SOCA Art Weeks each May. New Hinksey Arts would love to hear from artists who would like to exhibit at SOCA or be alerted to future art projects.

## Date for your diary: Art Week

16, 17, 23, 24, 25 May 2020

If you are touring local artists' studios during Art Weeks remember to stop at the Community Centre where more than 15 artists' work will be on display and for sale.

## Swift Boxes

Two swift nesting boxes, purchased from the RSBP, will be installed on the eastern wall of the Community Centre Annexe during February. The swift, its scientific name *Apus Apus*, migrates to the UK from Africa. The birds arrive in early May to breed here, before departing south again in late summer. Their numbers are in serious decline, in part because of a loss of breeding sites. The Centre is looking forward to welcoming its first family of this amber-listed species.

## Bring and Share Poetry: Hannah Boyle

We meet every other Friday morning, from 10.30 am to 12 noon at the South Oxford Community Centre, on the ground floor. We share refreshments and ask for £1 donation towards this and use of the room.

At each session we decide on a theme for next time, such as 'Birds', 'Children', 'Homes'. Sometimes themes come round again, but they are just as good to explore each time. We look out for poems on the theme to read aloud and discuss together. Sometimes we bring poems we have written ourselves to share with the group. The group has evolved over time and there are nine of us at present. We enjoy reading a selection of poems aloud at the Community Centre's social events.



## Neighbourhood Planning Forum: Deborah Glass

A group of local residents have initiated a planning forum to formulate a planning vision for the future of South Oxford. A first meeting was held in November 2019. They heard from a former District Council officer responsible for Neighbourhood Planning and from a member of Headington Action the first group to make a Neighbourhood Plan in the city. A steering group has been set up to take this forward. Once formally constituted, they can apply for Government funding. For more information, or to get involved, contact: SouthOxford.NPF@gmail.com

## Kennington Railway Bridge and the Ring Road

Oxfordshire County Council (OCC) and the Environment Agency came to the last Community Forum to talk about the need to replace the A423 Kennington Rail Bridge. Work will start in 2020 and there will be further reports to the Community Forum. The design will take into account work that has to be done for the Oxford Flood Alleviation Scheme.

## Feldenkrais Group

This group meets once a week to investigate and play with the possibilities of human movement. Every week the teacher picks a theme to work on. You get a chance to rest your bones by lying on the floor, and then are led through a series of movement 'puzzles' designed to heighten your awareness of how you move, at the same time suggesting new possibilities in movement. It is ideal for those who have an inkling that fitness is about more than going to the gym.

£11.50/£7.50 per session (full price/conc). Big discount if you book the whole term. If you want to just dip a toe in, come and try for only £5.

South Oxford Community Centre, Lake Street, Oxford, OX1 4RP

Web: [www.southoxford.org](http://www.southoxford.org)

Email: [enquiries@southoxford.org](mailto:enquiries@southoxford.org)

Tel: 01865 242666

South Oxford Community Association is a registered charity No. 304351



# REGULAR USERS

DAY	ACTIVITY	ROOM	TIME	CONTACT NAME	CONTACT INFO
MONDAY	TEMPUS TE (PILATES)	THE GILL GARRATT ROOM	9.30-11.30am	William Bourne-Taylor	07864 649720
	GAMES MONDAYS November to Easter	THE GILL GARRATT ROOM	2.00-4.00pm	Debby or Sarah	01865 242666
	FELDENKRAIS METHOD (starting 20th January 2020)	DOJO	5.45-6.45pm	Ed Woodall	ed@asenceofmovement.com
	SEWING AND PATTERN CUTTING CLASSES (term time)	ROOM 3	6.30-9.00pm	Chris Eady	01865 245793
	FORREST YOGA	THE B. HORWOOD ROOM	6.30-8.00pm	Hinny Vass	
	KUNG FU ACADEMY	THE GILL GARRATT ROOM	6.30-9.30pm	Alex Dower-Musnicki	07771 658605
	5 RHYTHMS DANCE	MAIN HALL	8.00-10.00pm		
	JIU JITSU (self defence)	DOJO	8.00-10.00pm	David Rogers	07881 520203
	COMMUNITY CAFE	THE B. HORWOOD ROOM	2.00-4.00pm	Debby or Sarah	01865 242666
	REEBOOT KARATE	MAIN HALL	4.00-5.30pm	Joby Wilson	07572 885357
TUESDAY	CREATION THEATRE CHILDRENS DRAMA CLUB (term time)	THE GILL GARRATT ROOM	4.30-6.30pm	Via the Box Office	01865 766266
	WING CHUN KUNG FU	THE B. HORWOOD ROOM	5.00-9.30 pm	Dace Bogdane	07846 371611
	AIKIDO	DOJO	7.30-9.30pm	Scott Lacey	07719 550672
	GAMBLERS ANON.	THE GILL GARRATT ROOM	7.30-9.00pm		gamblingcentre@outlook.com
	SOUTH OXFORD WI (3rd week)	MAIN HALL	8.00-10.00pm		southoxfordwi@gmail.com
	BINGO	THE GILL GARRATT ROOM	2.00-4.00pm	Debby or Sarah	01865 242666
	OXFORD CITY SCHOOL OF DANCE (term time)	MAIN HALL	3.30-6.50pm	Laura Addison	07913 148332
	OXFORD CITY SCHOOL OF DANCE (term time)	THE GILL GARRATT ROOM	6.50-7.50pm	Laura Addison	07913 148332
	OXON DRAMA (term time)	THE B. HORWOOD ROOM	7.00-10.00pm	Rachel Brady	07473 962662
	KRIPALU YOGA	MAIN HALL	7.00-8.30pm	Julie Bothilo-Lee	www.sanctuarygrace.com/
WEDNESDAY	JIU JITSU (self defence)	DO JO	8.00-10.00pm	David Rogers	07881 520203
	FUN FIT OVER 50'S (starting 6th February 2020)	THE GILL GARRATT ROOM	9.00-10.00am	Carl Davis	carl@livingfitness.co.uk
	YOGA—POSTURE WITH JO (term time)	MAIN HALL	10.00-11.15am	Jo Kuszmar	07723 027359
	STITCH and CHAT	THE GILL GARRATT ROOM	2.00-4.00pm	Debby or Sarah	01865 242666
	TAC-AU-TAC DANCE (Term time)	MAIN HALL	5.15-6.45 pm	Joelle Pappas	01865 251643
	CHILDREN'S AIKIDO [KOU SHINKAN] [4-7]	THE GILL GARRATT ROOM	5.00-6.00pm	Richard Watts	07773 982719
	CHILDREN'S AIKIDO [KOU SHINKAN] [7-11] [10+]	DOJO	5.00-7.00pm		
	WING CHUN KUNG FU	THE B. HORWOOD ROOM	5.00-9.30pm	Dace Bogdane	07846 371611
	PILATES	MAIN HALL	7.00-8.00pm	Beverly Chandler	07771 682467
	AFRICAN DRUMMING	MAIN HALL	8.15-10.15pm		enquiries@oxforddrumtroupe.org.uk
THURSDAY	AIKIDO (KOU SHINKAN)	DOJO	7.30-9.30 pm	Richard Watts	07773 982719
	BRING AND SHARE POETRY GROUP (fortnightly)	THE B. HORWOOD ROOM	10.30-12.00pm	Hannah Boyle	hannah-boyle@outlook.com
	SCARAVELLI INSPIRED YOGA (term time)	MAIN HALL	10.30-11.45am	Cathie Scotting	catherine.scotting@gmail.com
	AIKIDO	DOJO	8.00-10.00 pm	Scott Lacey	07719 550672
	SCULLING		8.00-2.00pm	John Broadhurst	01865 594952
	SEWING AND PATTERN CUTTING CLASSES (monthly)	THE GILL GARRATT ROOM	9.00-4.00pm	Chris Eady	01865 245793
	KARATE	MAIN HALL	9.00-11.30am	Joby Wilson	07572 885357
	KRIPALU YOGA (1st Sunday of month the G/Garratt room)	MAIN HALL	11.00-12.30 pm	Julie Bothilo-Lee	www.sanctuarygrace.com/
	FARMERS MARKET	THE B. HORWOOD ROOM	9.30-12.00pm		southoxfordfarmermarket@gmail.com
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