

Accessible to All

For many years we have struggled with the fact that the most important rooms at our Centre are on the first floor, but there is no access for those unable to climb stairs or for those with pushchairs.

After many years of campaigning we are delighted that Oxford City Council has provided the funds for a lift, and we expect it to be fully operational in the next week or so.

This makes our building accessible to all members of the community for the first time in over 60 years. Look out for an opening ceremony in the spring.

South Oxford Picture House

Brenda Horwood has lived in South Oxford all her life, and her mother helped found the Centre in the 1930s.

Here Brenda remembers a little-known use of the Centre - as a cinema.

"One night a week..it was film show night. That was on a Thursday. I got permission to leave work early so that I could be down there, and there used to be so many children, and they'd be queuing up Lake Street."

"I used to stand at the top of the stairs by the gate. There used to be another person down the bottom of the first stairs..another one round the corner, and another one on the front door..just to let a few people in at a time."

"Threepence I think they had to pay to watch these films. We'd get a lot of forms..ready for them to sit on. The films we used to show were Charlie Chaplin, Buster Keaton, and all those."

"And then the time came when it was finished, and that was half-past six, quarter to seven, and I used to say to 'em: 'Dick Barton's on in 5 minutes!' And they would scutter out of that Community Centre. I've never seen children run so fast in

their lives. And within 5 minutes the whole street was cleared. It was a wonderful evening."



Christmas Café

South Oxford Community Association invites you to their Christmas Cafe, **4.30-6.30pm on Saturday 11 December.**

The Little Oxford Big Band will be playing again for us, after their great performance last year, and the Oxford Drum Troupe will be entertaining us in the interval.

There will be a raffle and cafe with tea, coffee, cake and mulled wine and mince pies for sale.

Please join us for this fun, free local event, suitable for all the family.

We'd welcome donations of cakes - please drop them off in the office from 1pm on Sat. 11th, or bring them along when you come!



Home Craft Club

Need ideas for Christmas? Fed up with the normal everyday items you find in the shops? Have a liking for doing things yourself? Then the Home Craft club is for you.

If you are interested in knitting, sewing, and needlework, then come along and join us. We have reference books and many templates for the normal crafts you would expect, as well as cards, Christmas gift ideas, and more. If you are doing something that requires a lot of room, e.g. cutting out material, then we have the space as well as an extra pair of hands to help. Want to jazz up a plain t-shirt or top? Then come along for ideas and help.

The cost is free to all members of the South Oxford Community Centre and £1.00 for anyone who has yet to join. Wednesdays 1:30 to 3:00pm Lower hall. Contact Debby Forbes at the Centre for more details: 01865 242666.



TRADITIONAL AIKIDO

The gentle art of self defence: the art of using technique and circular movement to redirect the strength of an attacker without using strength.

Why not come and see what we do? We meet on **Tuesdays, 7.30-9.30pm and Sundays 2.00-4.00pm**. There is no charge for watching, but **£5** per lesson to join in. Both men and women welcome (minimum age 16). No previous arts or fitness training required.

Kendo

Kendo, “The way of the sword” is a traditional Japanese martial art, similar to fencing. Originally created to preserve the sword arts after the need for the samurai declined, it has become a popular martial art and sport in Japan, and is gaining

popularity worldwide. It is a martial art that rewards technical ability, timing and control instead of speed and strength. In tournaments, there are no weight classes, and, in the UK, teams can be and often are mixed.



The Oxford University Kendo Club (OUKC) has started to use the South Oxford Community Centre for its advanced training. A club affiliated to Oxford University, the club welcomes all levels, students and non-students alike. The club regularly does well in national and international tournaments; the most recent triumph was in October 2010, where one of our members took first place in the women's individuals in the British Open.

Practice at the South Oxford Community Centre is on Sundays from 7.30-9.00pm. Although this is only open to practitioners who have progressed far enough to don armour, the club also holds sessions on Mondays (Iffley Road Sports Complex, 9.00-10.30pm) and Saturdays (Cheney School, 2.30pm-4.30pm) which are suitable for beginners.

No previous experience with martial arts or great level of fitness is required for beginners, and anyone over 18 is welcome to join. We have members up to the age of 70; it's a sport one can do for life! No equipment is necessary either; kit is provided with the beginner's course (£60), which lasts a term. A year's membership is £90. The first trial session is free.

For more and latest information, please see the website at <http://users.ox.ac.uk/~kendo>, or find us on Facebook!

5 Rhythms Dance

Chloe de Sousa's 5 Rhythms dance class has been running every Monday night (8-10pm) for about 6 years now. 5 Rhythms is a free-style dance class where we move our bodies to get in touch with what we are feeling, dislodge the week's worries, connect with others and stimulate our endorphins.

It's fun and Chloe plays a fantastic range of music from world to classical to rocking dance anthems. The best thing is that you can't do it wrong (there are no steps to learn) and nobody cares what you look like. Although the class lasts 2 hours not all of it is high-energy, and around thirty diverse people tend to come and shake their stuff – some every week and some just occasionally, with a couple of new people most weeks.

"I love the permission to be me, to dance out whatever I am feeling that day. And it's great to be able to really let loose without going to a late-night club and drinking" says Polly McLean, who helps Chloe organize the class. For more information contact Chloe on chloe@dancingeye.net or call her on 07866 757575. www.bodysong.co.uk



Dog Obedience Training

Experienced Trainer, small classes.
For more information and booking contact Debby,
phone 242666 (9am-12 noon or leave message) or
email enquiries@southoxford.org



Back by Popular Demand!
Playgroup Indulgence Evening,
Sunday 21st November, 7.30-10pm.

Stalls, treatments, raffle and bar.

Come and enjoy a relaxing social evening with friends in aid of Lake Street Playgroup.

Entry £5, including a complimentary glass of wine. Tickets available in advance from Playgroup (727939) or limited supply on the door.



Youngstar

Youngstar TV & Film School nurtures talented young actors aged 8-20 years wishing to act in TV and film.

After continued success, Youngstar have opened at South Oxford Community Centre. Each week the Centre becomes a mobile TV studio, and students are filmed and taught screen acting, working towards a film project each term. The films and videos produced are screened annually at the Phoenix Cinema in a grand Hollywood premier. Classes are run by local professional actors and TV directors, backed up by a professional camera crew. All are CRB checked and are experienced in working with youngsters.

Youngstar are renowned in the industry as one of the best acting schools in the country for those wishing to act in TV dramas. Everyone that attends will have access to one of the top agents for children in the country (at no extra cost) with fantastic opportunities to gain major parts (not extras work!). Students are currently in such films as Nanny McPhee, and in TV programmes and major TV commercials.

Classes are Saturdays 1-2.30pm (8-12 years),
2.30-4.00pm (13-18 years). Cost is £35/month, or
£150 for a 12 week term.

Call 023 80 477717 to book your free trial today,
or see our website: www.youngstar.tv

Shudokan Aikido

Looking to get fit? Meet new people? Learn to some self-defence? Or are you simply looking for a new way to keep the kids entertained? If so, maybe you should try Aikido.

Aikido is a Japanese martial art developed in the late 1930's by Morihei Ueshiba and is an effective method of self-defence, based on redirecting the force of an attack into the ground or back at the attacker, culminating in a lock or throw.

Unlike other martial arts, Aikido has no competitions and aims to immobilize an attacker, causing no injury, whilst maintaining the practitioner's own safety.

The Shudokan Aikido Club doesn't only teach adults, it also runs a class for kids aged 5-12, where they are taught to develop physical fitness and self-discipline, and also learn life skills to deal with pertinent issues such as bullying and stranger danger.

Aikido can be learned by anyone, as it focuses on posture and stance rather than strength and fitness, which makes it ideal for people of a small build.

Classes at the Community Centre are:
Children – Thursday 5.00-6.00pm
Adults – Thursday 7.30- 9.30pm

For more info on Aikido visit www.shudokan-oxford.co.uk or contact Richard Watts directly on 01865 750650 or by email info@aikidooxford.co.uk

Do you have a few hours to spare?
Would you like to meet new people?

The Community Centre is currently looking for relief and permanent caretakers/cleaners. Ideal for someone who would like a few hours' work to fit around other commitments.

Contact Debby Forbes
01865 242666

South Oxford Community Centre Christmas Bingo



**Wednesday
15th December
2pm to 4pm
Contact Debby Forbes
01865 242666**

No room for a party?

Can't face the thought of a herd of small children running riot in your living room? Let them do it at the Community Centre!

Our lower hall (pictured **above**) (below) has lots of space for running around, together with access to our yard and the park. There are plenty of tables and chairs, and a kitchen area with a good stock of child-friendly plates and cups.

A 2 hour party will cost from £20, plus any setting up time you require. Get in touch if you'd like to make a booking or find out more.



Gamblers Anonymous

Gamblers Anonymous - or GA for short - is a fellowship of men and women who join together to do something about their gambling problem, and to help others do the same. The only requirement for membership is a desire to stop gambling.

Those two sentences appear at the top of virtually every publication you are ever likely to see from GA. What this completely voluntary organisation doesn't say - because it is a little too modest - is that it has helped hundreds of thousands of gambling addicts and their families lead a better life. Walking through the doors of GA in Oxford is the first step towards turning your life around.

Of course there is no quick-fix but one thing is for sure - you are not alone any more. Through GA you will meet new friends who know exactly what you are going through and will be there for you through thick and thin. We don't discriminate - you can be any colour or creed or of any sexual orientation. All we want to do is help you to help yourself.

And if you want proof that you can turn your life around all you have to do is look around you. There are many of us who quit gambling thanks to GA and chose not to walk away because people like you need the help that we were once given ourselves.

Typically our new friends come to us when they have tried and failed everything else to try and kick the lethal habit that is gambling. In most cases they have lost their own self respect - almost convincing themselves that they are not worth saving.

Odd as it may seem, the most common sound you will hear from Room No.2 in the Centre in Lake Street every Tuesday night from 7.30pm to 9pm is laughter. It is a cliché, but it really is the best cure for recovering from life's ills. We learn to laugh at ourselves again and also enjoy each other's company as we jointly support one another in our struggle to lead a better life.

Of course some members will not be free of the debts that came from their addiction for some while to come - but once they decide to stop gambling they really do see light at the end of the

tunnel.

In contrast to most clubs there are no fees for membership - just a voluntary contribution towards room rental of £2 a week. If you believe you have a problem with gambling all we ask is that you come along one week and give it a try.

Comments & Feedback

We very much welcome comments and feedback about the centre and its facilities. It's also useful to hear about activities that you would like to see happening here.

If you have comments (however brief!) please drop them through the door of the centre, marked for the attention of the Administrator. You can also phone us or e-mail us, using the details at the top of the newsletter. Thank you.


JU JITSU
SELF DEFENCE South
Oxford Community Centre

**Wednesday for
beginners**

8pm - 10pm

Get fit, develop street defence skills, or
progress to any style of Martial Arts

15yrs and over

Cost: £3 per session

members@atado.co.uk

Contact: David 07881 – 520203