

GOOD HEALTH ON ROSE HILL

FOLLOWING years of frustration and repeated requests to GP's surgeries and the Primary Care Trust, residents of Rose Hill are about to see the beginnings of health care services being offered right in the centre of the estate.

OCHA's successful bid to the BIG Lottery Fund highlighted the urgent need for health care services on Rose Hill. The application points out that "the three mile round trip to the nearest GP practice, presents access issues for the elderly, infirm and disabled and travel cost issues for those on low incomes."

The BIG Lottery agreed to fund a five year project enabling OCHA's Rose Hill community team to work with local GPs and NHS to bring a range of services to the estate, reducing the number of times residents have to travel to their GP surgery. Initial discussions have taken place with the Oxfordshire Clinical Commissioning Group, GP's Practice Managers and NHS Practitioners.

LAUNCH

To launch the project the Health Bus will come to The Oval on Friday 24 February 10.00am-3.00pm and will be offering free Health MOTs. This is a 15 minute private consultation with an NHS nurse who will offer blood pressure testing, BMI and weight management advice, diabetes testing, smoking status tests, glucose and cholesterol testing as well as general advice on screening.

Dr Peter von Eichstorff, Oxfordshire Clinical Commissioning Group, said: "This is a great initia-



tive; the Health Bus is a good way to bring services close to where people live. Rose Hill is an area where we know health needs are higher than other parts of Oxford and local residents could benefit from taking advantage of the health services and advice that will be made available."

In order to capture the attention of the younger Rose Hill residents

there will be fruity fun and games from 3.00pm onwards on the Bus and face painters will be ready and waiting to give kids a fruity face. Goody bags for the kids have been sponsored by Sainsburys at Heyford Hill.

Duty Manager Simon Coldwell said: "We are very happy to be given the opportunity to help the Rose Hill Community with their

Health Initiative and help raise awareness of the importance of healthy eating."

Fran Gardner, Rose Hill community worker said: "The Health Bus will come to Rose Hill every month - if residents show an interest and support the project then a wider range of services will be made available and more frequently. This is a real opportunity

for residents' to show that there is a need here for substantial health care services."

For more details:

Phone or text Fran

on 07770 324 277

OCHA Customer Services

Freephone 0800 980 9272

or 01865 773000



CHERYL IS HERE TO HELP!

See what she
can do on
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WHAT A PARTY WE HAD!

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ROSE HILL NEWS

ISSUE 16
MARCH 2012

ROSE HILL NEWS is a not-for-profit newspaper dedicated to providing news and information to the whole Rose Hill community. We are not affiliated to any political party, and we operate an equal opportunities policy. We encourage any resident to get involved in our work.

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www.oxfordshire.gov.uk





Citizen’s Advice

KEEP WARM AND WELL THIS WINTER

ARE you struggling to pay your fuel bill this winter? Are you sure you are getting all the help that’s available?

Oxford Citizen’s Advice Bureau, in partnership with Oxford City Council, is offering quick checks of benefit entitlement to see if you might be able to claim extra support to help you keep on top of payments.

Sessions will be held every Tuesday from 2pm until 4pm until the end of March in Oxford City Council’s Customer Services Centre in St Aldates. This is part of a county wide initiative which was recently awarded £160,000 by the government to help vulnerable residents this winter.

Gill Tishler, Director, Oxford Citizens Advice Bureau said: “Many people are struggling to pay their fuel bills and this is one way we can help.”

Councillor Gill Sanders, who is spearheading a campaign to encourage people to look out for their neighbours in the winter, said: “The service that Oxford CAB is offering within our Customer Services Centre will be able to highlight what benefits people may be entitled to. This could have a massive impact on their

lives and help with costly fuel bills and help to keep them warm in the winter months.”

General help and information is available by calling the Warm Homes Healthy People helpline on 0844 887 0005. There will be someone there to answer your call from 10am until 7pm Monday to Friday.

Other initiatives include:

- Top tips on how to stay warm and healthy and where to get extra help will be shared with hundreds of local groups across the city and county over the next few months, ensuring that more people are reminded to wrap up warm, eat well and get advice on saving money on fuel bills.
- Offer of free interactive talks for social groups on how to keep fuel bills under control while keeping warm and well over winter. For more information and to book a slot for your group, please email dale.hoyland@usea.org.uk or telephone 01993 894 834.
- Oxford’s Home Improvement Agency and similar organisations in other districts will be able to do a bit more work to help draught proof hard to heat homes.

- Oxfordshire Community Foundation will be expanding its ‘Surviving Winter Campaign’ offering financial support to nominated individuals who are on low incomes or having to use a high proportion of their income on heating bills.
- Energy awareness sessions explaining how to get the best out of your energy supplier. If you are interested in receiving training to share this information more widely in your community, please e-mail nicolag.oxcab@gmail.com.

Last year, in the UK as a whole, 25,700 more people died throughout the winter months than equivalent periods during the rest of the year, a toll higher than the number of people killed in road traffic accidents each year, and many more were hospitalised with problems attributable to, or exacerbated by cold temperatures.

Those most at risk include the elderly and the very young, those with long term health conditions, especially heart or lung conditions and the disabled.

A helping hand for dads

By Michael Klimes

IT’S not just mothers who need support with their parenting, and every Saturday Rafael Borja, known locally as Rafa, helps fathers and children come together at the Rose Hill and Littlemore Children’s Centre in a scheme called Saturdads.

Rafa is a Senior Children’s Care Worker and the scheme he organises takes place from 10am to 1.30pm. The youngest dads who attend the project can be 17,

while the oldest can be 57. The make-up of the groups who attend is diverse.

Rafa said: “We have fathers from Pakistan, Turkey, Russia and the Czech Republic who come here.”

The aim of the scheme is to help the children communicate, develop and bond with their fathers, who may live separately from their mothers or are absent for other reasons such as work.

“We try to have a major activity each time,” Rafa explained. He

tries to organise 50 sessions each year which are mainly directed at five to nine-year-old children.

The children write, build and paint but they can also do other things as well. “We have an amazing sandpit, really good variety of push bicycles and toys. If a family wants to come they can come all together. We have great facilities,” said Rafa.

Rafa said his main target “is to engage with young people. The priority is the younger dads”.

He loves his job. “The best part

of my job is to see the children grow up, develop and see the relationship change with their dads. Some dads initially have no connection but you see how they change their relationship with their children. This is the best thing”.

For those who want to get in contact with Rafael Borja about Saturdads, they can email him at Rafael.borja@oxfordshire.gov.uk or call at 01865 716739. He also offers one-to-one family sessions as well.

TRANSLATIONS AND LARGE PRINT

If you would like to have any part of Rose Hill News explained or translated, or you need to read it in a different format such as large print, please contact Fran on 07770 324277 or email fran.gardner@ocha.org.uk

Kama ungependa sehemu yoyote ifafanuliwe au kutafsiriwa, au liwe katika umbizo tofauti kama vile chapa kubwa, au katika kanda ya kusikiliza, tafadhali wasiliana na sisi kwenye nambari ya simu 0800 980 9272 ili kujadili mahitaji yako.

यदि यसको कुनै अंश व्याख्या गर्नु परेमा वा अनुवाद गर्नु परेमा, वा फरक फर्म्याटमा वा अडियो टेपमा चाहिएमा कृपया तपाईंलाई के चाहिएको हो सो सम्बन्धमा कुरा गर्नु परेमा 0800 980 9272 मा सम्पर्क खान्नुहोला ।

اگر آپ کو اس کے کسی بھی حصے کو سمجھنے کے لیے مدد چاہئے یا اس کا ترجمہ درکار ہو تو برائے مہربانی اپنی ضرورتوں کے بارے میں بتانے کے لیے نمبر 0800 980 9272 سے رابطہ کریں۔

Ako biste željeli objašnjenje ili prijevod nekog dijela, ili drugačiji format, kao što je izdanje sa većim slovima ili na zvučnoj traci, molimo vas, nazovite nas na 0800 980 9272 i priopćite nam vaše potrebe.

ਜੇ ਤੁਸੀਂ ਇਹਦੇ ਕਿਸੇ ਹਿੱਸੇ ਦਾ ਮਤਲਬ ਸਮਝਣਾ, ਜਾਂ ਇਹਦਾ ਤਰਜਮਾ ਅਪਣੀ ਥੋਲੀ ਵਿਚ ਕਰਵਾਉਣਾ, ਜਾਂ ਇਹ ਰਸਾਲਾ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਲਿਖਾ ਜਾਵੇ ਤਾਂ - ਜਿਵੇਂ ਵੱਡੇ ਅੱਖਰਾਂ ਵਿਚ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ 'ਤੇ - ਤਾਂ ਤੁਸੀਂ ਅਪਣੀਆਂ ਲੋੜਾਂ ਬਾਰੇ ਦੱਸਣ ਲਈ ਫ਼ੋਨ ਨੰਬਰ 0800 980 9272 'ਤੇ ਸਾਡੇ ਨਾਲ਼ ਗੱਲ ਕਰੋ।

আপনি যদি এর কোন অংশের ব্যাখ্যা অথবা অনুবাদ চান, অথবা বড়ো ছাপার অক্ষর, অথবা অডিও টেপের মতো অন্য কোন ভাষাতে চান তাহলে আপনার প্রয়োজনীয়তা আলোচনা করার জন্যে অনুগ্রহ করে 0800 980 9272 নম্বর ফোনে আমাদের সঙ্গে যোগাযোগ করুন।

A BIG THANKYOU TO ROSE HILL FROM THE SALVATION ARMY

LIN Phillips, Community Warden at the Salvation Army wishes to give a big “thank you” to all the people in Rose Hill who generously donated gifts to the Salvation Army Christmas Appeal.

Deserving special thanks are Reverend Steven and his wife Gill who organised the collection.

The number of people in need had risen significantly this year, according to Captain Mark of the Salvation Army, who adds that the presents were enormously appreciated by those who received them.

A prosperous New Year to all from the Salvation Army.

اخبار روز هیل – صحيفة المجتمع المحلي الخاصة بـ روز هیل

MEET THE NEW TEAM!



THE new BIG Lottery funded Rose Hill Community Regeneration project is officially up and running. And here's the new team! Volunteer Co-ordinator Ali Hall (*left*), Community Worker Fran Gardner (*centre*) and Administrator Asha Rogers (*right*).

The project will benefit hundreds of residents of Rose Hill by helping them to get involved with their community and offering new activities and events to enjoy. Included in the project are Rose Hill Junior Youth Club, Rose Hill News, a Cultural Food Programme, and a much needed Health Care Initiative which launches on 24 February.

Ali Hall is based in the Rose Hill Children's Centre and would be delighted to speak to anyone who might like to know more about the project.

The team can be contacted by phone or text:

Ali Hall – 07768 600 935

Fran Gardner – 07770 324 277

Asha Rogers – 01865 782591

Volunteer on the Lottery project – it's a great opportunity!

COME and be a part of the new Rose Hill Lottery project as a volunteer. Volunteering is a great way to learn new skills, develop your confidence, get free training and add extra work based experience to your CV – making you much more interesting to employers. You are also giving something back to your community.

You can volunteer once a week, once a month or just occasionally – you don't have to commit to a regular weekly session.

If you would like to have a chat about Volunteering - call or text Ali Hall on 07768 600 935

Volunteering vacancies that we currently wish to fill are:

Rose Hill News Distribution Manager

Needed every two months to help distribute the bulk deliveries of the newspaper to shops and businesses. Car required, mileage and expenses paid

Rose Hill Junior Youth Club – weekly fruit preparation for the children

We need someone to prepare two platters of fruit every Thursday

afternoon for the children attending the club. Fruit provided. Free Food Hygiene training available if required

Community Events organisers

Opportunity to be part of the planning and delivery of the big community events which are happening on Rose Hill. Great way to gain organising experience

Community Translators (Nepalese, Bengali, Urdu, Polish, Pushtu, Punjabi, Swahili, Arabic, Somali)

Help us to get information out to the different communities living on Rose Hill by being a community translator

Community Graphic designer

Help us to produce flyers, leaflets and posters to promote the events and activities for the project. If you have an interest in design this could be a great opportunity to gain experience

Community Sewing or Knitting teachers

We want to get more people sewing and knitting on Rose Hill. Could you help by teaching the basics to a small group? Expenses paid, materials supplied

NOMINATE YOUR LOCAL HERO

DO you know someone who deserves recognition for their voluntary work or for carrying out services to the community and local people in Oxford?

The Lord Mayor of Oxford, Councillor Elise Benjamin, is urging people to nominate such individuals to receive a Certificate of Honour. Nominees do not have to live in Oxford, but the service and support they provide must be carried out within the City, over a substantial period of time, and be of significant benefit to the community. We are again joining forces with The Oxford Rotary Club in organising the award.

The Lord Mayor of Oxford, Councillor Elise Benjamin, says: "It is important to show appreciation to volunteers who, through their actions, make such a valuable contribution to their community and to Oxford as a whole."

"If you know anyone who you believe deserves such an award, please contact Anj Parmar, Civic Office Holders' PA at the Town Hall on 01865 252414."

Forms should be returned by Friday 30 March, 2012. The winners will be announced at a later date.

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ruskin college
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Postgraduate study in:

- Trade Union Studies
- Women's Studies

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www.ruskin.ac.uk

Recycle more and help your local school!

www.oxford.gov.uk



We'd like to say a big thank you everyone who has taken part in the recycle for Rose Hill campaign. During the last seven weeks recycling has increased from 42.37% to 44.48%.

Can you help us reach 45%?

The recycling team have been working in Rose Hill to help make it is easier for you to recycle. If every household can increase the amount recycled, Rose Hill School and the Childrens centre will receive new play equipment.

What have the recycling team been doing?

- Helping residents reduce what is thrown away – landfill has reduced by almost 10 tonnes over the past seven weeks!
- Delivered large recycling bins to help large households recycle even more - recycling has increased by almost nine tonnes in seven weeks!
- Provided residents with food waste caddies.
- Advising residents on what can be recycled.

How you can help?

- Use your blue recycling bin, food waste caddy and the garden waste scheme to *recycle more!*
- If you have lots of excess recycling, large households maybe entitled to a large recycling bin.
- Use your food caddies for a weekly collection of food waste. If you've run out of compostable liners, line your caddy with newspaper.
- Let us know if you can reduce the amount of green wheeled bins you have.
- Sign up to the garden waste scheme to recycle all your garden waste

For more information on recycling and waste please log onto:

www.oxford.gov.uk/recycling

or email: recycling@oxford.gov.uk

or call: 01865 249811

What goes in your recycling bin?

YES PLEASE

Collected fortnightly

- newspapers & magazines
- mixed glass bottles & jars
- plastic bottles
- cardboard
- mixed paper & card
- aerosols
- cartons
- household plastic packaging
- food tins & drink cans
- telephone directories

Food waste recycling

YES PLEASE

Collected weekly

- meat & bones
- dairy
- tea & coffee grounds
- bread & pastries
- fish
- fruit & vegetables

Line caddies with 100% corn-starch compostable bags or wrap food in a sheet of newspaper

DO YOU NEED A CADDY? Please call you the recycling team for a FREE caddy on 01865 249811 or email recycling@oxford.gov.uk

 **recycle for Oxford**

CHERYL IS HERE TO HELP!

By Michael Klimes

CHERYL SNUDDEN has been appointed as a Neighbourhood Locality Officer by Oxford City Council's Communities and Neighbourhood team.

She started work in early January and will be working alongside the community association and community centre to help residents in Rose Hill. The 43-year-old joins Oxford from the Isle of Wight where she began her career as a volunteer in Pan, part of Newport. For the last six years she has worked at Pan Neighbourhood Partnership which is part of Isle of Wight Council.

She says the best thing about her job is "meeting people and helping them if I can."

Recently, she attended a coffee morning at Alice and Margaret House. She said: "Everyone seems very proud of the area they live in and there is a very strong sense of community from the residents."

Cheryl is looking forward to working in the area. She added: "I hope people get in contact with any ideas or suggestions for things they want to take forward in their community."

If residents want to raise any issues with Cheryl, find out what she does or suggest a project, they can email her at communities@oxford.gov.uk or call her on 07833404411



OBITUARY

Grace White

GRACE WHITE, a much-loved face of the Rose Hill community has passed away at the age of 90.

Originally hailing from the coastal town of Skinningrove, close to the North York Moors in the North-East, Grace moved to Oxford in 1948 at the age of 27. She has lived on Rose Hill ever since, making her one of Rose Hill's longest-serving residents.

A real community person, Grace loved to get involved with all sorts of activities taking place on Rose Hill, including coffee mornings at Alice and Margaret House, day trips and playing Bingo with other residents.

She was also a member of Silver Threads for many years, and had a reputation for making many friends and being a great supporter of the club's activities.

Grace married her husband Fred (known as the "joker") – another familiar face at Rose Hill – in 1942. Fred and Grace celebrated an amazing 69 years together on 25 March 2011, and have only narrowly missed out on their Platinum 70 year anniversary. Family was very important to Grace, who was the mother of two children, grandmother to three and great-grandmother to seven.

Grace is survived by husband Fred, son Derek and daughter Carol, grandchildren Jacqueline, Karen and Ian and great-grandchildren Catherine, Vanessa, Natalie, Shona, Finty, Ethan and Leah.

She will be fondly remembered by all who knew her.



Children's Centre News

Rose Hill Children's Centre Activities

Monday Fun Day

1.00pm – 3.00pm every Monday afternoon. Come along and have fun with your children in a family friendly environment, filled with enjoyable activities. We cook, bake and paint with the children and have fun getting to know all the other Mums and Dads.

Everyone is welcome to this session in the Playroom. No need to book – just drop in to Reception

Time for Peep

Every Friday morning, 10.00am – 11.30am. Come along on Friday mornings and enjoy some time with other parents whilst the children play. We have lots of toys, games and books to amuse them as well as organised activities. Join in the singalong with your children and watch their lovely faces light up.

Everyone is very welcome. No need to book – just drop into Reception

Somosa and Pakora Sale

Rose Hill Children's Centre
Thursday 15 March at 2.45pm.

Come along and taste these delicious starters, cooked by the HEERA Asian Women's Group

Give your family a real treat for tea!

Heera Asian Women's Group

Group leaders Hafsa Akkas and Homayra Bibi.



Photo by Kasia Bus

THE group meets every Thursday 1.00pm – 3.00pm at the Rose Hill Children's Centre (term time only). This Asian women's group gets together weekly to socialise and enjoy lots of fun activities such as cooking, glass painting and jewellery making. The emphasis is on learning new skills, getting advice and support from other Asian women and increasing your self confidence even if you speak little or no English.

Just drop in to reception and ask for Hafsa or Homayra or phone 01865 716739

Rose Hill and Littlemore Children's Centre The Oval, Rose Hill, Oxford OX4 4UY ☎ 01865 716739 www.rosehill-littlemore.childrencentre.org

Rose Hill Neighbourhood Police Team Update

Working to make Rose Hill safer

ROSE HILL'S resident Neighbourhood Police team is working hard to make the estate a safer place for all, by reducing crime and Anti Social Behaviour on the estate. Here is the latest news from the team!

MARK YOUR BIKE

High on the Neighbourhood Policing priorities is preventing bike theft.

The team are taking action with a "Mark Your Bike" campaign, which is taking to the streets!

Beginning at Sainsbury's Heyford Hill on Saturday 18 February, the campaign will visit the Oval at Rose Hill on Sunday 19 February.

Residents can visit the team from 12–5pm to get their bike marked and quiz the experts for other bike security tips.

HAVE YOUR SAY

Why not Have Your Say by coming along to one of the Neighbourhood Policing meetings this New Year? Share your concerns, ask questions and meet your local PCs and PCSOs on Wednesday 29 February, from 7–8pm at the Oval and on Wednesday 28 March 6–7pm at Sainsbury's Heyford Hill.

OTHER NEWS

In other good news, the team have made important headway in tackling drug crime and theft on Rose Hill. Thanks to a warrant carried out by officers on Rose Hill, a 54 year old, grandmother-of-two has been sentenced to 18 weeks in jail for being in possession of class A drugs with intent to supply, and a 20 year old male charged with possession

and intent to supply after another warrant. The police have also recovered up to £25,000 worth of stolen goods from a property in Littlemore, while a man from Rose Hill has been charged with five separate shoplifting offences.

POLICE APPEAL

Can you help? Police are looking for information about a theft from Old Man's Premier Shop on Rose Hill Road on the 18 January in which a large quantity of cigarettes, CCTV system and hardrive was stolen. If you have any information please contact the neighbourhood team on 101.

Keep your community safe by keeping in touch! If you suspect an individual, a group or a property to be involved in some form of drug offences, theft, anti-social behaviour or Old or any other crime let us know on 101.



Isp Coburn



Sgt Coffey



PC Goodchild



PC Gardener



PC Proto



PCSO Jones



PCSO Eicker



PCSO Potter



PCSO Timms



PCSO Carnegie



PCSO Timms



PCSO Gaffney

Can you spot your local neighbourhood police officer? Come and say hello next time you see us out and about!

In case you need to get in contact with us:

Police non-emergency number: 101 (in an emergency dial: 999)

E: LittlemoreHill&Rosehill@thamesvalley.pnn.police.uk www.thamesvalley.police.uk

ਰੋਜ਼ ਹਿੱਲ ਨਿਊਜ਼ - ਰੋਜ਼ ਹਿੱਲ ਦੇ ਲੋਕਾਂ ਲਈ ਅਖ਼ਬਾਰ ।

Royal approval for the Art Room



THE Duchess of Cambridge will become a Royal Patron for The Art Room, a small charity based in Oxford and London which uses art to provide therapy for children

and young people with challenges. The Art Room at Rose Hill Primary School, Oxford is called Pippa's Room and has been open for almost four years. During this time

staff have been working with groups throughout the school, from year 1 to year 6. Each term they work with approximately 70 children over four days.

The Founder Director of The Art Room Juli Beattie said: "This is wonderful news. On behalf of all of our Trustees and staff and the children and young people we support, I want to thank The Duchess for choosing The Art Room. It is a fantastic endorsement of the work we do and the role that art and creativity can play in helping children and young people whose start in life has been difficult."

The Art Room was set up in Oxford in 2002 to offer art as therapy to children and young people aged between five and 16, using art to raise their self esteem, confidence and independence. Many are disengaged from mainstream education and are disruptive or withdrawn; some may have specific learning difficulties and all have been identified as needing special time away from school. The results from the projects have been extraordinary. The charity now works with over 12 schools, providing art as therapy for 270 children every week.

Having considered a large number of requests for patronage, The Duchess decided to support only four charities in the UK and one volunteering role. The Art

Room was chosen as one of this small group as the charity's aims reflect The Duchess's interest in the arts, particularly art therapy.

The Art Room will also be invited to join The Princes' Forum, an initiative started by The Duke of Cambridge and Prince Harry in 2006 to bring together their charitable interests. The forum will consist of 32 organisations once the organisations affiliated to The Duchess are included.



Food for All

TASTY TEACHING GOES DOWN A TREAT



By Michael Klimes

MOTHERS in Rose Hill were treated to a home cooking class where they made lasagne, humus and tuna pasta at the Rose Hill Community Centre.

The scheme is led by volunteers Julia Hayes and Monika Kozlak who are both students at Oxford Brookes University. The project was launched last October with the aim of helping residents learn how to cook food on a low budget.

Julia, 44, who studies nutrition, said: "The course is driven by the participants. We try to tailor it to what people would like

to cook and eat."

Usually, six to eight people attend each session and the groups are mixed with people from diverse backgrounds. Monika, 27, who studies business and management, said participants enjoy learning from each other. "We have people demonstrating their food from their cultures," she said.

She also explained her passion for volunteering. "I enjoy meeting the people and cooking things with them. Here, you come across a mixture of people."

Marlene, 45, who attended the class, is very happy with it: "Last week was the first

time I came. I learned something special. I think that this is a really good scheme. If you are not working and are at home, it is good for the family."

Gemma, 31, who also attended explained the benefits of meeting other mothers who have young children: "It's just nice to get together with other people. We are all in a similar position with young children. I am really pleased and excited to cook. I enjoy watching kids tuck into things."

If anyone wants to get in contact with Julia or Monika, they can contact them at oxfordfood4all@gmail.com



How to make Tasty Tuna Pasta Bake

Ingredients

500g pasta tubes (penne, rigatoni or macaroni)
 2 x160g tins of tuna, drained
 330g tin of sweetcorn (no salt or sugar added), drained

Cheese sauce:

50g butter
 50 g plain flour
 500ml milk
 250 g strong cheddar cheese, grated
 3 tsp dried mustard

Method

1. Preheat the oven to 180°C, 350°F, gas mark 4.
2. To make a cheese sauce, melt the butter in a saucepan. Remove from the heat and add the flour one spoonful at a time, mixing thoroughly to remove any lumps and so that the mixture becomes a smooth paste. Put the pan back on the heat and cook for 1 minute. Then gradually stir in the milk, a small amount at a time, mixing thoroughly. When all of the milk has been added, slowly bring to the boil. Continue to stir the sauce as it starts to thicken. Remove from the heat and add all but a handful of the cheese and the mustard. Stir thoroughly.
3. Heat a pan of large pan of water to boiling point and cook the pasta until soft.
4. Drain the pasta when it is cooked and add to a large bowl.
5. Mix together the cheese sauce, tuna, sweetcorn and pasta. Taste and season with salt and pepper.
6. Place the mixture in a baking dish and top with the remaining cheese.
7. Bake in the oven for 15-20 mins until golden brown.

Eat while it's hot!

PHOTOS: Far left: Lubna Mahmoud and Marlene Labiche; Left: Keeley Chiswell

Recipe Corner

Grilled plantain with fresh salsa

A close relative of the banana, grilled ripe plantains are commonly eaten as a snack in many West African countries. They are naturally sweet, low in fat and are a good source of energy.

They also make an excellent finger food for younger children.

Serves: 4 adults

Preparation time: 15 mins

Cooking time: 10 mins

Ingredients:

2 ripe plantains
1 tomato finely chopped
¼ cucumber finely chopped
3 spring onions finely chopped
1 pinch ground black pepper

What to do:

1. Peel plantains by chopping both ends off and making a slit along the whole length of each plantain skin. Slide your thumb under the slit to loosen and remove the skin.
2. Cut each plantain in two crosswise and then cut each piece lengthwise. (You should have eight pieces altogether).
3. Grill on a low heat turning occasionally for about 10 minutes

or until cooked. (When cooked plantains are soft inside but not sticky).

4. Meanwhile, make the salsa by mixing together the tomato, cucumber and spring onion. Season with pepper, then serve with the warm plantain.

Tip 1:

Make a fruity salsa by substituting 2 chopped pineapple rings in natural juice for the tomato.

Tip 2:

If you like things spicy, add a little finely chopped fresh red chili to the salsa, or use a pinch of chilli powder instead.

Nutritional information:

Per portion (i.e ¼ recipe)

Energy	94kcal / 393kJ
Protein	1g
Fat	0.3g
(of which saturates)	0.1g
Carbohydrate	23g
(of which sugars)	6g
Dietary fibre	1.5g
Sodium	7.5mg
Salt	negligible

Chicken pittas

Finger foods are often enjoyed by young children, so this healthy and tasty dish is perfect for fun eating. You can use any chicken pieces you like.

It doesn't need to be breast of chicken, it just needs to be skinned and off the bone. This recipe uses ready-made tikka masala paste – you only need a little and you can store the jar in the fridge for other recipes.

Serves: 2 adults

Preparation time: 25 mins

Cooking time: 10 mins

Ingredients:

2 tbsp low-fat natural yoghurt
2 tbsp tomato puree
2 tsp tikka masala curry paste
150g skinless uncooked chicken (thigh or breast) cut into strips
1 tsp vegetable oil
2 wholemeal pitta breads
2 handfuls lettuce leaves shredded
2 handfuls cherry tomatoes halved

What to do:

1. Mix together the yoghurt, tomato puree and curry paste. Add the chicken and toss to coat. Cover and refrigerate for 15 minutes to marinate.
2. Preheat a non-stick frying pan over a medium heat. Add the

teaspoon of vegetable oil.

3. Put the marinated chicken pieces into the heated pan and stir-fry over a medium heat until cooked but still juicy (about 5–8 minutes).

4. Warm and split open the pitta breads and fill them with shredded lettuce.

5. Add the cooked chicken, then serve with cherry tomatoes.

Tip 1:

Use turkey breast instead of chicken, for a change.

Tip 2:

Serve with raw vegetable sticks and follow with an apple, orange or satsuma to add two extra portions of fruit and vegetables towards your FIVE A DAY.

Nutritional information:

Per portion (i.e. ½ recipe)

Energy	62kcal / 259 kJ
Protein	12g protein
Fat	4g fat
(of which saturates)	0.7g
Carbohydrate	22g
(of which sugars)	3g
Dietary fibre	3g
Sodium	273mg
Salt	0.7g

www.nhs.uk/Change4Life

A thirst for skills – free workability workshops

IN ASSOCIATION with Vocation Quest, OCHA/GreenSquare will be running monthly workshops on Rose Hill showing how unemployment is not the end of the road, people do care, and there are different routes back to financial independence - it's just a case of finding your way. The workshops are designed to help each individual identify what they need and get some focus on how they can achieve what they want.

Fran Gardner from OCHA says: "When the worst thing has

happened and you have become unemployed and you can't see a way forward, it's good to know that there are people who care about you and want to help you to get the individual support you need."

There will be 12 workshops covering a wide range of topics.. The first one – about how to Communicate effectively - starts on 15 March at 10.00am at the Rose Hill Community Centre

Other workshops will cover Motivation, Interviewing Skills,

Identifying you, New and different ways to make money, New ways to look for work opportunities, Assertiveness and Social Media working for you.

If you would like to find out more give Fran a ring on 07770 324 277 but don't wait too long as places will be limited!

Rose Hill Junior Youth Club



Rose Hill Junior Youth Club meets at the Rose Hill Community Centre each Thursday, 4.30pm – 6.00pm, during term time.

Have fun, play games, meet your friends.

All photographs by Kasia Bus



CHURCH NEWS

Rose Hill Methodist Church

“We exist to create opportunities for all to share God’s love”

Regular Worship

Sundays, 10.30am: Weekly service led by a variety of preachers. A Service of Holy Communion is held monthly on a Sunday morning at 10.30am.

First Sunday of each month, 6.00pm: An informal meeting for worship & discussion about the Christian faith is held in the home of a Church member.

What’s happening this month?

Worship is an important part of our Church life and during this month, the appointed preachers at our Sunday services are helping us to think about ‘The Kingdom of God’ .

As we come to understand the ‘Kingdom of God’ to be the rule or reign of God then we begin to see that this ‘Kingdom of God’ has the power to affect the way we live our lives and operate in this world . It is the coming of Jesus which inaugurates God’s rule and in his teaching, Jesus turns

traditional ways of looking at things on their head. God’s is an ‘upside-down kingdom’ and that is quite a challenge for us to take on board!

As we move into the season of Lent at the end of this month and remember Jesus’ struggle to keep the values of this world at bay in favour of following the ways of the Kingdom of God ,we realise we worship a Saviour who has been there before us and understands our human condition entirely. Through the power of His Spirit, God gives us the courage and strength to keep on pursuing the values of His kingdom where we live and worship.

Minister: Rev Rosemary Davies
Tel 01865 763676
rosemary.davies@btconnect.com

Deacon: Mr Stephen Richardson, 01865 712880
deaconstephen@live.com

Room bookings: Mr Jeremy Dawe, 01865 779070
Jeremy.dawe@gmail.com

St Mary’s Church

Welcome!

There is a lot going on at Iffley Church that is exciting and interesting. When you hear the church bells ringing you know that something is going on! Take a magazine from church and read for yourself or go on the website: www.iffley.co.uk

Sundays

Outside the church on the notice board are times and days of any special services that are taking place; it’s worth looking at. Every Sunday there is a service at 8am, 10am and 6.30pm.

During March we are having a series of sermons at 10 o’clock about justice, politics, and the big issues of the day. On Mothering Sunday (18 March) we are having a Family Service in the church hall at 10am that is short, fun and for everyone; come and get your flowers! If the evening suits you better then at 6.30–7.15pm there will be a very different, quiet, reflective service focussing on Jesus’ last week before he died.

Easter

At the beginning of April we have special services to celebrate Jesus’ death and resurrection. On Good Friday (6 April) at 10am there is a short children’s service and at 12noon a much longer one which last for three hours. People only come for as long as they want – the retired Bishop of Oxford (Richard Harries) will be taking the service thinking about how different painters over the years have pictured Jesus on the cross. There is a new stained glass window on

the left as you go in to Iffley Church which pictures Jesus on the cross in the branches of a lovely tree in blossom, with sheep grazing at the foot of the tree and a river running by; you must come and have a look at it. We start early on Easter Day (8 April) with our first service at 6am followed by breakfast together in the church hall; it’s the best service in the whole year!

Fish & Chip Club

This is for primary school age children and younger. We meet on Sundays during the 10 o’clock service and have parties at other times! Come and see for yourself sometime.

Christenings, Weddings and Funerals

Many people walk past Iffley Church and down to the river. It is a very beautiful church inside and out. The church is open every day during the day and people come to find some peace and leave us names and situations to pray about. It is your church and don’t hesitate to get in touch if you want us to help with a christening, a wedding or a funeral.

St Mary’s Iffley
The Rectory, Mill Lane, Iffley, Oxford OX4 4EJ

Vicar: The Revd Andrew McKearney
01865 773516
mckearney@windmillweb.net

Your local councillors and MP

City Councillors



Antonia Bance
Rose Hill and Iffley ward - Labour
☎ 01865 775603
E: cllrabance@oxford.gov.uk



Ed Turner
Rose Hill and Iffley ward - Labour
☎ 01865 778358
E: cllreturner@oxford.gov.uk

County Councillors



John Sanders
Cowley & Littlemore - Labour
☎ 01865 761856
E: john.sanders@oxfordshire.gov.uk



Sarah Hutchinson
Cowley and Littlemore - Labour
☎ 01865 310437
E: sarah.hutchinson@oxfordshire.gov.uk

Member of Parliament



Andrew Smith MP
Oxford East – Labour
☎ 01865 595790
E: andrewsmith.mp@virgin.net

Andrew holds advice surgeries in Rose Hill at the Rose Hill Community Centre on the first Friday of each month between 6.00 and 7.00pm.

Andrew sees all constituents but as surgeries are always busy it helps if you make an appointment - please ring 01865 305080 (*also for details of other advice surgeries in the area*).

ROSE HILL TENANTS’ AND RESIDENTS’ ASSOCIATION

THE Tenants’ and Residents’ Association (TRA) does not meet in January, these are some of the issues raised at the February meeting.

News was given of the new Health Care Initiative for Rose Hill which will provide a regular health bus on The Oval providing health care and advice to all. Thanks were expressed for Fran Gardner’s input into making it happen and it was hoped it would be well used.

Parking is an ongoing problem particularly at the top of Ashhurst Way. There seems nothing can be done about the parking of coaches on the estate, however there is concern coaches are being repaired on the street.

The ice and snow had highlighted the need for a grit bin to serve the paved area by the shops on the Oval and the path towards the bus stop and Community Centre. Provision of a grit bin here will be taken up.

Concern was raised over the lack of information and consultation over proposals to replace the Community Centre with a new building. It was stressed this was only an idea which would need full costing. Any new build would only be acceptable if it provided like for like, e.g. same floor area and including all present amenities, including the social club, presently within current building.

Peter Wilkinson
Secretary, Rose Hill Tenants’ and Residents’ Association

Do you enjoy reading Rose Hill News?

Then why not get involved in the next one?

We are always looking for local residents to
write articles, send in pictures and help produce
future issues of the newspaper.

To find out more call us on: 07770 324 277
or email: rosehillnews@gmail.com

ROSE HILL NEWS

SPORT

A day in the life of
an Oxford United fan

BY ORLITER

Turnaround
time for
Oxford United

I HAVE been reminded by my little furry friend, Briggsy, that it is 9.30 in the morning and these notes have to be at the printers before midday although I suspect his interest is more likely to be his morning constitution and ball chasing adventure in the top field!

As Jimmy Greaves used to repeat over and over again, "Football? It's a funny old game" He was stating what every football fan, football fans wives', players and referees know. And being an Oxford United Fan is no different.

Before Christmas things were looking very bright for a steady run up to the League Division Two title.

Then big big blip. Losing here losing there, even dropping out of the play off zone. To make matters worse arch rivals from up the A420 had a surge and look a good bet for automatic promotion.

However The Yellows and their magnificent fans from Rose Hill and roundabouts are anything but quitters and are now back in contention and dare I say...

Wembley? Wembley here we come.

Just as we did a couple of years ago. And who needs automatic promotion anyway? The Rose Hill FC, flying. Oxford City FC, flying. England Cricket team, flying home. Fabio Capello. Flying, presumably to Rome.

So my little doggy friend time to don your Yellows scarf and earmuffs and how about just a little walk round the streets just because it's minus five degrees outside? We can always watch a recording of your favourite TV programme AFC Wimbledon versus The Yellows. Its turnaround time.

Come on you Yellows!

NO NEED FOR FANS
TO FEAR THIS YEAR

By Sean Qualter

THERE is no need for fans of RHFC to fear this New Year. The only blemish to their nearly perfect record for 2011-12 was a recent loss away to Catherton A in the fourth round of the prestigious John Fathers Oxfordshire Junior Shield.

But with two games in hand, RHFC are forging ahead into the semi finals of the County Junior League two points ahead, and after their latest game, are now through to the final of The Couling Cup.

The first (and hopefully not the last) final of their wonderful season took place with a victory over Fairview on Saturday 28 January, winning 7-1. The teams went to break 0-0 after a dire first half of missed opportunities. But by the second half RHFC were leading a goal glut, with a great hat trick from young Kamen Matthews (including one straight from a corner kick), a quick fire



Kamen Matthews in action

brace from Damon Spiers. Two more quality strikes came from the team's not-so-young veteran player Sean Qualter and Steven Simmons, seeing

the Hill through to meet either Oxford Blackbirds or The Nuffield in the final. 2012 is looking good so far for RHFC.

FESTIVE FUN AT
FOOTY CLUB!

By Katie Allen

AFTER a super start to the season with an unbeaten record going in to the New Year, Rose Hill Football Club decided to celebrate with a Christmas fundraiser disco giving their loyal supporters a chance to relax, have some fun and a dance. It was also a great way to help raise some much needed funds for the club.

We are extremely grateful to all of the local businesses and individuals who donated wonderful prizes for the Christmas raffle.

Some of the top prizes were: Family tickets for the Ice Rink donated by Fusion; A hamper full of goodies donated by Lisa Marie Foster (her Facebook page is called BISOUX where

you can see the beautiful gifts); A Christmas food hamper donated by Jamie Oliver's Italian in Oxford; Pantomime tickets to see Mother Goose donated by the New Theatre, and many more brilliant prizes.

The disco was a great success and Rose Hill Football Club would like to thank all those that came to the event. Also those loyal supporters of the team who turn out weekly despite the weather! We look forward to everyone's continued support in the future.

The club is also indebted to Shakeel at Pizza Hut Delivery (Rose Hill), GreenSquare Homes and Technical Concrete Cutting for their continued support and financial assistance – it is much appreciated by all.

Get back in to sport with
Active Women

Ladies, are you looking to get fit, meet friends and have fun?

787096 to book.)

All of the Active Women sessions are ideal for beginners and everyone's welcome!

JOIN in the fun at the Active Women Badminton sessions at Rose Hill Community Centre on Wednesday mornings 9.30am to 11.30am.

For only £2.50 per session, a coach will teach you the skills needed to play badminton and improve your playing confidence. There are free creche places for the children at Rose Hill Children's Centre (crèche booking is required in advance, please let us know if you need a place or ring Sherry Landa on 07906

For more information please contact Natasha Mighty (Active Women Activator) on 01865 467264 or email Natasha.Mighty@fusion-lifestyle.com

The Active Women project also offers a number of other fun sporting activities throughout Oxford from netball and tennis to jogging. There is something for everyone!

For more information please visit www.oxfordshiresport.org/activewomen

START LIMBERING UP! Sport Relief is
back and it's coming to Oxford

THE Sainsbury's Sport Relief Mile is back – and it's coming to Oxford! The City is set to host its second Sainsbury's Sport Relief Mile on Sunday 25th March, and needs local people to come together and show their support by entering now at www.sportrelief.com.

As one of the UK's biggest fundraising events, Sport Relief brings the entire nation together to get active, raise cash and change lives – so it's time to dust off those trainers and enter right now. Setting off from Cutteslowe Park the Oxford Mile will take in the sights of the beautiful Cutteslowe and Sunnymead Park and is set to be an

incredible event. Entrants don't have to be sporty to take part, but can choose to complete 1, 3 or 6 miles knowing that all the money raised will help to change the lives of people living unimaginably tough lives right here on our doorstep, across the rest of the UK and in some of the world's poorest countries.

Councillor Mark Lygo, Board Member for Parks and Sports, says: "The Sainsbury's Sport Relief Mile in Oxford is back and it's your time to shine. From teeny-tots with their mums and dads, to super sprinters up against the clock there's something for everyone on the big day.

The Sport Relief Weekend kicks off on Friday 23 March when everyone gets active, has fun and raises cash at home, at work or at school; before settling down to watch a night of top Sport Relief TV on BBC One.

There will be even more BBC radio, online and TV coverage throughout the weekend to keep you entertained. By the end of the weekend everyone will be raring to go, when the whole nation comes together to take part in the Sainsbury's Sport Relief Mile on Sunday 25 March.

To enter the Oxford Mile visit www.sportrelief.com.