

SANTA CLAUS IS COMING...TO ROSE HILL!

JAMIE Clark, the Rose Hill News editor, managed to catch up with Father Christmas at the GreenSquare offices at Templar Square, during Santa's already busy December schedule.

Jamie asked Father Christmas about his forthcoming visit to Rose Hill on Saturday 8 December for the now memorable, tree lighting ceremony on The Oval.

Father Christmas said: "I am really looking forward to coming back to Rose Hill on 8 December. The community of Rose Hill is made up of so many different cultures and communities but what is so wonderful is that everyone gets together for a big party on that evening – whatever their faith! It seems as though everyone just wants to have some fun! And what a party it will be if last year's event is anything to go by!"

Father Christmas will be switching on the Christmas tree lights with Minnie and Mickey Mouse at 5.00pm, the Jubilee Brass band will be playing and children from Rose Hill Primary School will be singing – then everyone can go into the Community Centre for wonderful food and more great music and dancing.

Santa will be handing out presents to all children that evening helped by his Elves and maybe the even ponies Bo Bo, Sam and Crackerjack....

Jamie said: "It's a real privilege for me to be able to interview Father Christmas. I've been a huge fan of his ever since I was a child! I'm really looking forward to the Christmas event. It'll be my first since moving to Oxford and I've only heard good things about it. I'm especially looking forward to seeing the Rose Hill Singing Group because if the rehearsals are anything to go by, we're all in for a Christmas treat!"



ALSO IN THIS ISSUE



ALL ABOARD THE TOOTH BUS!

Health Bus Day photos on centre page.

Allotments: 2

Rose Hill Primary School: 5

Health Bus: 5

Christmas activities: centre

Littlemore Library News: 9

Reviews: 9

Church News: 11

Sport: 12

BREAKING NEWS: FLU JABS ARE COMING TO ROSE HILL

THURSDAY 13 DECEMBER, 1.00 – 3.00pm

Are you at risk from flu? The Health Bus will be providing a Flu clinic for Dr Anscombe and Partners patients, please contact the surgery to book 01865 771313

You need a flu jab if you are over 65 years or have Diabetes, Liver disease, Heart disease, kidney disease, chest problems including chronic bronchitis or emphysema, had a stroke, a weak immune system or if you are pregnant.



Rose Hill Lottery Project – bringing Health care to Rose Hill



FIND US ON FACEBOOK!

WHY not 'Like' the new Rose Hill project Facebook page? To keep updated just search for 'Rose Hill Regeneration Project'.

There's photos from all our events, volunteer training opportunities and news on upcoming events. See you there!

ROSE HILL NEWS

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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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ALLOTMENTS ARE THE BEST!



Photo by Kasia Bus

By Jamie Clark

ROSE Hill Allotments won the Shield for The Best Kept Allotment site in Oxford, and the Shield for the Best Kept Individual Allotment in Oxford City.

Gardener Michael Fernandes collected the shield on behalf of the allotment and said: "It's a real honour to have won this award. A lot of hard work has gone into the

allotment with everyone playing their part."

The Lenthall Road Allotment is home to 6.71 acres, and hosts 88 individual plots. There is children's play area on site, and a shop where you can buy produce that has been grown in the allotment.

Despite the two awards, the keen gardeners are not content to rest on their laurels, and are constantly trying to improve the

allotment. A new wildlife area is in the process of being built and there are also plans for a pond. Terry Kirkby of the Lenthall Road Allotment Association, said: "Each allottee has an obligation to maintain their own plots and most just love trying new seeds, and new varieties. Each month a Working Party is arranged and a general tidy up and maintenance takes place which can mean

helping with the Lottery funded wildlife area, cutting back overgrown hedgerows, and even sawing logs from fallen trees. This helps the not so nimble or those who are unwell."

To find out more, or to apply for your own plot in the allotment, email Lenthall Road Allotment secretary Cathy Gibb at gslowboat@aol.com

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@greensquaregroup.com

Kama ungependa sehemu yoyote ifafanuliwe au kutafsiriwa, au liwe katika umbizo tofaut 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 चाहेको हो सो सम्बन्धमा कुरा गर्नु परेमा 0800 980 9272 मा सम्पर्क खाल्नुहोला ।

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

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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।

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LETTER TO THE EDITOR

THANK YOU!

I would like to thank the lady who found my handbag on the Rose Hill bus on 1 November just after 9am and gave it to the driver. I am so grateful to you.

Val Bourne

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.

07770 324 277
rosehillnews@gmail.com

ANSWERS to Quiz on page 11:

1984. Silent Night. Bohemian Rhapsody. December 24th. Oliver Cromwell. Charles Dickens. Clogs. Narnia. North Pole. The Nutcracker. 9. Santa's side kick who leaves twigs in the shoes of naughty children!

اخبار روز هیل - صحيفة المجتمع المحلي الخاصة بـ روز هیل



Rose Hill I know how to party

COME TO OUR CHRISTMAS COMMUNITY CELEBRATION

کمیونٹی کے لیے ہماری تقریب میں تشریف لائیں ہمارو ساموदायिक उत्सवमा आउनुहोस् تعالوا إلى احتفال جاليتنا

আমাদের কমিউনিটির উদ্‌যাপনে আসুন Luna Kawamoto sherehe ya jumuia yetu

Zapraszamy do udziału w wydarzeniu organizowanym dla lokalnej społeczności mieszkańców

Saturday 8 December 2012 5pm at The Oval, Rose Hill

- Official switch-on of the Rose Hill Christmas tree lights
- Food Festival in the Community Centre
- Carols, community choir, songs and dancing



Only 50p entry fee per person!



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GreenSquare

For more information please contact
Fran Gardner phone 07770 324277 or email
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For more information about Iffley Residential and Nursing Home, please contact Julie Chanel on:

Tel: 01865 849195

Email: julie.chanel@sanctuary-housing.co.uk

Please note: All images used are representative

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AWARD FOR ROSE HILL VOLUNTEER



KATARZYNA BUS, a volunteer for GreenSquare's Rose Hill Regeneration project, has been recognised for her work in the local community in the 2012 Oxford Community and Voluntary Awards (OCVA).

Katarzyna has been a Rose Hill volunteer since January, primarily taking on the role of community photographer.

This year she has worked with over 20 groups, organisations and individuals in Rose Hill and has photographed families and members of the community, to record and promote the positive aspects of life on the estate.

Katarzyna said: "I really enjoy my photography and I love being able to capture happy moments in people's lives and provide them with a lasting memory. I am overwhelmed that someone nominated me – it is such a great honour! The event was lots of fun and I am pleased that so many other volunteers and charities were also given the recognition they deserve."

The event, which took place at Oxford Town Hall, recognised a total of 59 volunteers from dozens of organisations across the county, including Katarzyna, who were each given awards for their service.

Ali Hall, Rose Hill Volunteer Coordinator at GreenSquare, nominated Katarzyna for the award. She said: "Katarzyna is passionate about and committed to celebrating good work in the community and has put her talents to great use. She has really helped to transform our community newspaper with her photographs and has given her time and skills freely – often rearranging personal plans at the last minute to attend events."

"After everything she has given to our community, it is really fantastic to see all of her hard work acknowledged. We don't know what we'd do without her!"

Organised by Oxfordshire Community and Voluntary Action (OCVA), the awards were presented by the High Sheriff of Oxfordshire William Alden and Lord Lieutenant of Oxfordshire Tim Stevenson OBE and included a personal video message from Prime Minister David Cameron.

Rose Hill Primary School

ROSE HILL PRIMARY SCHOOL would like to send good wishes to everyone for Christmas and the coming New Year.

On 20 December the school has managed to get a very special visitor to come and see our children so that they can give him their wish lists for Christmas.

Visits will cost £1 and every child will receive a gift from the famous man himself! There will also be a bake sale, raffle and tombola as well as other goodies which may be helpful for your Christmas gift shopping.

Our Chef is busy mixing up Christmas puddings which we will also be selling on the 20th. He is making various sizes so that you can buy for small or larger family meals and these will be reasonable priced, all freshly made by our kitchen team.

THE ROSE HILL & LITTLEMORE CHILDREN'S CENTRE

A Very Happy Christmas from everyone at the Rose Hill and Littlemore Children's Centre

CHRISTMAS OPENING TIMES

Rose Hill & Littlemore Children Centre will be open on:

- Monday 24 Dec, 10–12 noon, Rose Hill
- Friday 28 Dec, 10–12 noon, Rose Hill
- Monday 31 Dec, 10–12 noon, Rose Hill
- Wednesday 2 Jan, 10–2pm, Littlemore
- Thursday 3 Jan, 10–12 noon, Rose Hill

A CHRISTMAS WISH COME TRUE!

By Jamie Clark

MANY girls will probably put a pony on their Christmas list this year, and on 8 December at the Rose Hill Christmas party, that wish could come true!

There will be pony rides at the event thanks to Pony Pursuits, who will be supplying the ponies and helping out the young jockeys.

They have five ponies in total Bo bo, Sam, Crackerjack, Tali and Grace, with breeds ranging from Welsh Cross to Miniature Shetland.

Charlotte Marshall of Pony Pursuits said: "I started Pony Pursuits in 2008 after a lifelong involvement with ponies. The aim is to make horse riding accessible to everyone regardless of age, financial situation or experience. Our ponies are all very different characters, but are sane and sensible and very versatile – offering rides to people of all ages and experience."

They provide safety hats which meet the most current safety standards, and also use safety stirrups so that there is no risk of getting your foot stuck in the stirrup. Riders can wear normal clothes, so there's no excuse to not give it a go!

Charlotte said: "We love to attend community events and we are especially looking forward to working with Fran Gardner again. The Christmas event sounds fantastic and perfect for the local community, the ponies will wear their antlers and are looking forward to giving lots of children their first contact with a REAL pony!"

Pony Pursuits is based in Oxford and offers affordable pleasure rides for adults and children of all ages.

To find out more, contact Charlotte at enquiries@ponypursuits.co.uk or come along on 8 December and see for yourself!



Bobo and Sam outside Oxford Castle

HOW TO KEEP THE KIDS AMUSED THIS CHRISTMAS!

WONDERING how to keep your children amused over the Christmas break? Keep them busy with these games and activities and you never know, you might enjoy them more than the children do!

Get your kids in the Christmas spirit by letting them make decorations:

Make a Handprint Wreath
Using green and red paper or card, draw around the hands of everyone in your family. Cut around the hand shapes and place them in a circle with the fingers pointing outwards. Glue, staple, or tape them together to create your own family Christmas wreath. Hang it on a door in your home as a festive decoration. It doesn't have to be green or red, use whatever colours you like, or use white paper and colour it in.

Homemade gift tags
Take an A4 sheet of paper and divide it into eight using a pencil and ruler. Make your own Christmas present tags by drawing a festive picture. It could be of Santa, a snowman, a sprig of holly, some carol singers or a Christmas tree. You could even have a competition between all of you to see who comes up with the best designs.

Christmas Decorations
Use old aluminium foil pie tins to create beautiful decorations for your tree. You can cut these into stars, crescent shapes

for the moon or giant sprigs of holly. Pierce a hole with a pen and use string or ribbon to make a loop to hang it from your tree.

Making Paper chains
Paper chains are a great way to decorate your living room or children's bedroom at Christmas time. It's something that all ages can get involved in. You can use different coloured paper, old newspaper and magazines to cut up strips around one inch wide and six inches long. Glue, tape, or staple the ends of the first strip together so that it forms a loop. Next, string the second strip of paper through the newly made loop. Again, join the ends of the strip together with glue, tape, or staples. You can each write a special Christmas wish on your strips or write a favourite thing that you have done this year.

Write an acrostic poem
Acrostics are a fun poem that anyone can write. The first letters of each line spell out a word or phrase. Acrostics are easy to write because they don't need to rhyme, and you don't need to worry about the rhythm of the lines. Here's an example:

Sliding down the chimney
Always spreading cheer
Needing cookies and milk
Trains his reindeer
At my house on Christmas Eve!

Try writing your own; here are some words you could

use: MERRY CHRISTMAS, REINDEER, ELVES, PRESENTS, ANGEL, JOY, SNOW, and TREE

Christmas Games
The Christmas holidays are a perfect time to play with your children and keep them occupied try one of these Christmas themed games can get involved in.

Dress the snowman.
Gather together different types of hats, coats and scarves and whatever accessory you can think of that a snowman might want to wear. Throw everything in one large pile and separate into two groups. Play Christmas music in the background as the race begins on who can dress their snowman the fastest is the winner.

Hide the Christmas Star.
Make a star or use a Christmas decoration. Hide it somewhere in the house and send the children searching for it. The person who gets the Christmas star is the winner.

Remember you can reinvent your children's favourite games by giving them a Christmas twist. For example have a game of 'Santa Says' instead of Simon Says and play 'Sleeping Elves' instead of sleeping lions.

Healthy day for Rose Hill families



THURSDAY 22 November started with a wonderful community breakfast at the Children's Centre. Scrambled eggs, croissant, fruit and yoghurt were enjoyed by dozens of families. Meanwhile people were taking advantage of the free health checks on the Health Bus and getting advice on immunizations and smoking cessation from health professionals. Rose Hill was lucky enough to get the Tooth Bus to visit as well that day – offering free dental checks to anyone who had not seen an NHS dentist in the last 2 years. The health theme was continued with a martial arts demonstration, free massage for everyone, Yoga session and a fruit and smoothie bar.

ABOVE: PCSO's Volunteer coordinator Ali Hall with Tooth bus team.

TOP RIGHT: Tulsa Limbu 2 yrs getting to grips with cleaning teeth.

BOTTOM RIGHT: PCSO takes time for dental check.

ALL photos courtesy of SHANE LEACH



I'm dreaming of a Green Christmas

By Jamie Clark

CHRISTMAS is a time for giving but it does not have to be a burden on the environment. With a bit of thought and practicality, we can reduce the ecological brunt of the festive period. Here are a few suggestions to make the Christmas holiday simpler, less costly and greener.

- If you do not or cannot re-use wrapping paper, why not put your
- Re-gift your previous Christmas or birthday presents. If you receive something you really do not need, look for ways you can reuse this gift by passing it on to someone who can use it. Old electronics such as computer monitors, laptops and mobiles could be the perfect present for someone.
- Re-use last year's Christmas decorations, or make your own.
- LED (Light Emitting Diode) lights use up to

children's artistic talents to the test and make your own. If not, try to use environmentally friendly packing materials including paper from shredders or recycled newspapers.

● Support local businesses by doing some of your Christmas shopping in local shops. Or hunt for gifts at charity and second hand shops.

● Give battery-free gifts. Discarded batteries are harmful to the environment.

95 per cent less energy than regular light bulbs so why not use them for house and Christmas tree lighting. And remember to turn tree lights off at bedtime, to save on energy and be safer.

● Plant a small tree together with the family. Not only will it help the environment, but it will be a gift that keeps on giving throughout the years.

We can all do something to make Christmas a bit greener and less costly, so if you think you can make use of these tips, feel free to recycle them on to others!

AVOIDING WINTER WEIGHT GAIN

Tips to keep the pounds off this Christmas!

By Tara Al-Salihi and Jamie Clark

WORRIED about piling on the pounds over Christmas? Evidence has shown most people gain weight over winter. Three key reasons for this are not exercising enough, comfort eating and overindulging during the festive period. So what can you do to help? Here are four ways, recommended by the NHS:

Stocking up your kitchen cupboards. Tinned tomatoes, beans, wholewheat pasta, wholewheat cereals, couscous and pulses are examples of staples that can provide quick healthy meals and reduce the temptation to get that high calorie takeaway.

Drink smart. Although it is important to keep warm over winter, many hot drinks made with milk or containing syrups can be high in calories. Keep to tea and coffee or skinny versions, made with skimmed milk. Reduce alcohol as it contains hidden calories. Exercise more. Shorter days and the cold should not stop you exercising. A brisk walk is invigorating, exercise DVDs at home are fun and leisure centres are warm and indoors! Get your winter greens. Remember root vegetables - parsnips, carrots, and swede will fill you up and help maintain the right balance of nutrients you need. Use your house as your gym. Use chairs or settees in the home to do sit-ups, press-ups, or do some simple weights by lifting tins of food. Every time you need to go upstairs, why not do a few step-ups on the bottom step? Step your right foot up onto the first step and then follow with the left. Move the right foot back, then the left. Go for a daily walk around the estate, or walk to the shops instead of taking the car. A ten minute walk is equivalent to around 1,000 steps. Combined with all your other day-to-day activities, those steps can really help to burn off extra calories.

NEW YEAR NEW YOU! Weight Watchers is coming to Rose Hill!
A new Weight Watchers group will be starting on Rose Hill: Wednesday 9 January, 6.30pm, Rose Hill Children's Centre
Places can be funded by Oxfordshire NHS and Rose Hill Lottery project
Please ring Beccy Clacy 01865 336830 or Fran Gardner 07770 324 277 for more details.

For more information on any of the above please visit: <http://www.nhs.uk/Livewell/winterhealth/Pages/Avoidwinterweightgain.aspx>

WeightWatchers

FESTIVITIES WITH A DIFFERENCE

Rose Hill Arabic Women's Group
By Aishah Ball

WOMEN in the Rose Hill Arabic Women's group are mostly Muslim and do not celebrate Christmas as such, however some take advantage of the holiday to visit relatives or friends in other countries, to have relatives or friends to visit or to have a special day out somewhere different with the family. Nassira Jmil a Muslim Rose Hill resident said: "We do normally try to get a Halal turkey and have a little celebration, however presents are usually given just on Eid when most families try to make it as special as possible for the children so they don't feel they miss out by not celebrating Christmas."

However Aishah said: "It was a little different when I was growing up. My Mum was the only Muslim in the family so we would have Christmas with one set of Grandparents, New Year with the other set, alternating each year, and sometimes there would even be a few presents at home to come back to! "Now that we three children are all following Islam, our focus is on Eid and we put up decorations and make it special for our kids. The only things I really miss are the Christmas tree and stockings. Before my sister moved to Qatar this Autumn we usually would have a big family gathering at Christmas anyway, where we would celebrate my eldest niece, Karima's birthday as she was born on Christmas day. We just call it 'Karima's day' instead."

A Nepalese Family Christmas
By Sujata Limbu

AS THE Christmas season is approaching closer, I have been thinking about how to celebrate this season. Normally, we wouldn't celebrate Christmas but last year, we ordered a Christmas meal set from Marks and Spencer's on my youngest daughter's request. My oldest daughter was back home from her university for Christmas break. The meal set included crown of turkey, baby potatoes, gravy, vegetables. My husband even made his infamous potato and leek soup. We had a wonderful Christmas lunch and this year we are planning to have another one – hopefully as good as last year. We will be inviting family friends over for lunch this year round.

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SING, SING, SING!

By Jamie Clark

ROSE Hill Singing group is hoping to strike a chord at the Rose Hill Christmas party on 8 December at the Oval.

Following on from their appearance at the community centre in November, Janet Stansfield will again lead the group in a variety of songs, such as Tiny little boy in Bethlehem, and the groups own song

about Alice and Margaret!

A mix of languages will be heard from the group, with lyrics borrowed from languages such as Arabic, Welsh, Swahili and Ghanaian.

Alice and Margaret resident Delphine Hastings said: "Initially I thought couldn't sing, but it's about having fun with people. I've found it relaxing and the enthusiasm is catchy! It brings you out of yourself and makes you feel more confident about joining in,

I'm really glad I'm a part of the group."

Group leader Janet said: "We're looking forward to singing at the Christmas party - we'll have a mix of familiar and unusual carols. We hope to get people joining in too! Singing together is a fun activity, and I hope we can help towards making a party atmosphere."

The group meets alternate Wednesdays from 2pm – 3pm and if you would like to get involved or find out more, contact Janet on 01865 762200 or janet@stansfeld.freeserve.co.uk

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Be mindful this Christmas

By Bethany Whittle

MENTAL wellbeing at Christmas might not be an obvious priority, and tends to get lost somewhere in a sea of stress and crumpled wrapping paper. But it is especially important at this time of year to be mindful of both our own mental health, and that of our family and friends.

The pressure and instability that surrounds the festivities may cause a sense of distress. Lack of sleep and over-indulgence in food and drink can unbalance us in more than physical ways. And although

this might appear to be the most frenetically social season, it can also create a sense of acute loneliness. What can we do to protect against this, and alleviate the symptoms?

As a volunteer for the charity Oxfordshire Mind, I have become more aware of the practical, day-to-day aspects of repairing and maintaining good mental health.

Activities such as cooking, reading poetry, and exercise from ping-pong to yoga! are all on the timetable at Mind's Wellbeing Centre in Cowley. They foster a valuable sense of community, and within this

community is the space to talk with others. There are also classes in things like mindfulness and relaxation.

Outside the hurly-burly of late night shopping and parties, it is good to find the space to rest, to chat, and to feel supported.

Whether this is by dropping in at a Wellbeing Centre, or by creating a restorative space at home for yourself or someone you care about, make sure to be mindful this Christmas.

www.oxfordshire-mind.org.uk
www.mentalhealth.org.uk

Book Review

The Fountainhead

By Ayn Rand

Reviewed by Matthew Keleher

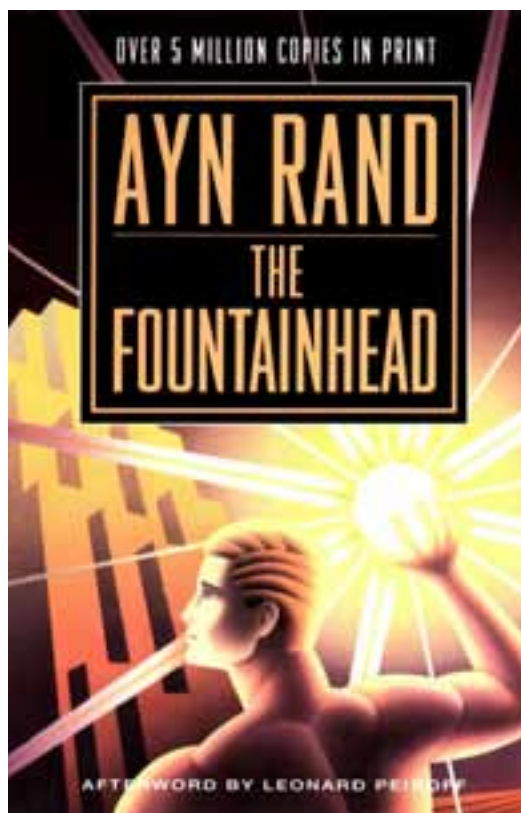
THE Fountainhead tells the story of Howard Roark, a visionary, yet uncompromising architect who constantly finds himself at odds with his clients and popular opinion.

After Roark is expelled from university for his refusal to adhere to classical ideas in his designs, he crosses paths with classmate Peter Keating who is only too happy to earn the approval of others by sticking to convention. Keating seems destined for greatness and despite possessing no remarkable talent in the field begins to win acclaim as an architect.

Meanwhile Roark retains his principles yet struggles to win clients with his unorthodox ideas.

Valuing his integrity above all else, he chooses to work as a day labourer at a quarry, rather than designing mediocre buildings. Here he meets Dominique Francon who falls in love with Roark, but wishes to destroy him before she sees the world destroy him.

Along his journey Roark encounters a fascinating set of characters including the intellectually dishonest Ellsworth M Toohey, a columnist who puts mediocrity on a pedestal and sets out to destroy Roark's genuine achievements by turning public



opinion against him.

Almost 70 years after its publication, The Fountainhead continues to split opinion. I recommend this book whether or not you agree with Rand's message of unbridled individualism. It is a witty and at times surprisingly prophetic novel.

Film review

Jingle All The Way

Reviewed by Thomas O'Dell

JINGLE All The Way portrays every parent's worst nightmare, a hot selling Christmas present with limited availability and a restless child waiting in anticipation.

The film begins with Howard played by Arnold Schwarzenegger, seeking forgiveness after missing his son's karate class. Howard wins him over after promising to buy him a Turbo-Man for Christmas but he only has a day to find one, and they are proving to be elusive.

After storming around through underground crime, a nutty neighbour,

the police and scraps in shops with other grown men, he is unable to find the action figure. Will he find one? Well, I can't ruin it for you, can I?

Despite the many unforgivable inconsistencies and plot holes that you could drive a bus through, it's one of my festive favourites, and reminds me of time when I went on a seemingly endless search for Fifa 13!

Funny, humble and entertaining. If you have not seen it, stick it on this Christmas and be thankful that you did not leave your shopping until the last minute. Unless you did, in which case, use it as a learning opportunity!

Littlemore Library News

By Sharon Ingram

● The Rhyme-time, Story-time and craft session event for Halloween went very well and a good time was had by all. It was featured in the Oxford Mail with a photo of a family in fancy dress, who are regular visitors to the library. We will be holding another fancy dress event for Christmas on Saturday 1 December 11.00am – 12.00 noon so please come and join in the fun.

● We have a new section of Audio Books for adult readers, which can be found by the large print books.

Did you know you can download bestselling eBooks and eAudio titles to your computer or portable device for free?

The eBook and eAudio library is a partnership with OverDrive, offering free eBooks and audio downloads to Oxfordshire library members. You can borrow up to three items for 7, 14 or 21 days using your library card number and PIN. If a title is on loan you can add it to your wish list and be notified when it is available. Loans automatically expire at the end of the loan period so there are no fines!

More details of compatible devices and how to become a member at www.oxfordshire.gov.uk search 'download ebooks'.

● Our Littlemore Reading Group meets every four weeks on a Thursday morning

and this month we are reading 'Even the Dogs' by John McGregor. Unfortunately, we currently don't have spaces available for new members, but if you would like to set up your own Reading Group, please contact me for details.

● Please remember we have computers and internet access for public use. Just give us a ring to book a session or drop in when you are passing.

● We close for Christmas 1.30pm on Saturday 22 December and reopen on Thursday 3 January 2013 at 9.30am.

Wishing you a Merry Christmas and a Happy New Year.

Our opening times are:

Monday	2.00pm – 6.00pm
Tuesday	2.00pm – 4.30pm
Wednesday	Closed
Thursday	9.30am – 12.30pm and 2.00pm – 4.30pm
Friday	9.30am – 12.30pm
Saturday	9.30am – 1.30pm

Littlemore Library

Oxford Academy Campus, Sandy Lane West, Littlemore OX4 5JY

E: littlemore.library@oxfordshire.gov.uk
 ☎ 01865 714309



LET IT SNOW
LET IT SNOW
LET IT SNOW...

Come and have some fun for FREE in the Templars Square Snow Globe



Snow Globe Opening Times:
 Saturday 24th November -
 Monday 24th December 2012
 10am - 4pm

Rose Hill Junior Youth Club



Deck the Norman Brown Hall with Boughs of Holly!

JUNIOR Youth Club are feeling festive and warming up for Christmas! There are still two weeks left before we break up for the Christmas Holidays.

Thursday 6 December: We will be making Christmas Cards and decorations for you to take home so you can impress your family and friends.

Thursday 13 December: We will be listening to Christmas songs,

eating mince pies and mulled apple juice for our Junior Youth Club Christmas Party! There will be all sorts of games and competitions with prizes to be won.

We have had a successful term filled with lots of fun activities. Many of us have enjoyed spooky Halloween cake making, epic dodgeball tournaments, print making and dance routines.

We have sampled some seriously good grub from our cookery group and gathered together for a play ranger session at the park. Thanks to everyone who has come along and made this term so much fun.



Photograph by Kasia Bus.

Photograph by Kasia Bus.

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See www.templarssquare.co.uk for more info

Seasonal Word Search

T	X	O	W	W	R	C	O	C	E	P	Z	B	V
I	Y	G	Y	I	U	C	J	H	O	L	L	Y	K
N	B	S	S	S	D	E	G	R	O	G	M	R	B
S	R	B	Y	E	O	L	I	I	Q	P	I	E	Y
E	N	A	N	M	L	E	F	S	K	R	S	I	S
L	E	U	Q	A	F	B	T	T	Y	A	T	N	A
C	X	B	C	N	V	R	S	M	S	N	L	D	N
U	F	L	S	S	Z	A	D	A	L	C	E	E	T
P	R	E	S	E	N	T	S	S	E	E	T	E	A
V	X	S	S	G	I	I	L	T	I	R	O	R	F
F	C	A	R	O	L	O	K	R	G	M	E	W	J
V	X	F	J	G	S	N	S	E	H	H	B	H	G
J	L	A	U	Y	M	S	Z	E	O	R	Y	G	K
E	R	H	S	N	O	W	M	A	N	U	G	R	S

CELEBRATIONS	SNOWMAN	RUDOLF
ELF	SANTA	PRANCER
CHRISTMAS	SLEIGH	CAROL
TREE	TINSEL	GIFTS
HOLLY	PRESENTS	WISE MAN
BAUBLES	REINDEER	MISTLETOE

KID'S CHRISTMAS JOKES

Who hides in the bakery at Christmas?
A mince spy!

Who gives puppies Christmas presents?
Santa Paws!

What do you get when you cross a snowman with a vampire?
Frostbite!

How does Good King Wenceslas like his pizzas?
Deep pan, crisp & even!

What is the best Christmas present in the world?
A broken drum – you can't beat it!

Why was Cinderella such a poor football player?
Because she kept running away from the ball!

Recipe Corner

CHRISTMAS ROAST VEGETABLE BAUBLES

Recipe by Bethany White

It might be the time of year when we over-indulge, but sneaking these onto the dinner table will give you a head start on New Year diet resolutions

Ingredients:

2 red onions
3 carrots
2 parsnips
1 butternut squash or small pumpkin
500g beetroots
4 garlic cloves
Handful of fresh rosemary and fresh thyme
3 tablespoons olive oil
Freshly ground black pepper
Sea salt

Method:

1. Preheat the oven to 200°C/ 400°F/ gas 6.
2. Prepare your selection of vegetables.
3. Peel the red onions and cut into wedges. Slice your squash or pumpkin in half, and de-seed. You can also

remove the skin, but I really like leaving it on – you get a sweet and sticky result at the end of cooking.

4. Cut the flesh into evenly sized chunks, around 3cm. Scrub the beetroots to remove any dirt, trim and chop into 3cm pieces. (Rubber gloves might be called for here, unless you want pink hands).

5. Peel and chop the carrots and parsnips. Finally squash the garlic cloves, but leave on the skins.

6. Put your prepared vegetables in a large roasting tray. Try to keep the beetroots separate, so that you get a nice contrast of colours.

7. Season with salt and pepper, and pour over a good glug of olive oil. Pick the leaves of your fresh herbs, chop, and scatter over the veg. Give everything a good shake to ensure even coating.

8. Place the roasting tin in the oven for 50 minutes to 1 hour, putting tin foil over the top towards the end of the cooking time will help to stop the edges of your vegetables burning.

9. Once cooked, serve with the turkey, goose, chicken, or whatever meat you've plumped for this year.

FESTIVE CARROT GINGER SOUP

Recipe by Val Bourne

Ingredients:

Low calorie cooking spray
1 onion peeled and chopped
2 celery sticks chopped
2 garlic cloves peeled and chopped
1.5cm piece root ginger peeled and finely grated
1 Litre vegetable stock
600 grams carrots peeled and roughly chopped
Salt and black pepper

Takes 35 minutes to prepare

Method:

1. Spray pan with low fat cooking spray.
2. Add onions, celery, garlic, ginger. Cook for 2–3 minutes.
3. Add vegetable stock and carrots. Bring to the boil.
4. Reduce heat and simmer for 20 minutes under carrots are tender.
5. Season with salt and pepper.
6. Put mixture in a blender until smooth. Serve with a sprinkle of parsley

CHRISTMAS QUIZ

1. In what year was Band-Aid's "Do They Know It's Christmas" the UK Christmas chart-topping record?
2. Which song was heard on both sides of the trenches on Christmas Eve 1914?
3. Which record was a Christmas No.1 in 1975 and 1991?
4. The Nordic countries tend to celebrate Christmas chiefly on which date?
5. Who banned Christmas in England between 1647 and 1660?
6. Who wrote the book 'A Christmas Carol'?
7. British children hang stockings up for Santa, what do Dutch children put out?
8. Where was it always winter but never Christmas?
9. Where does Santa Claus live?
10. What is famous ballet that is performed at Christmas?
11. How many reindeer does Santa have?
12. Who is Knecht Ruprecht, one of the most distinctive German Christmas traditions?

Answers on page 2

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



Gill Sanders
Cowley and Littlemore – Labour
☎ 01865 761856
E: gill.sanders@oxfordshire.gov.uk



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).

Active Women

Fun, Fitness & Self Defence classes for Mums & Kids

In partnership with the Active Women project, affordable and fun Taekwon-do classes for women and their children (aged 5+) will be coming to Rose Hill in early 2013 so watch out for more information.

If you would like to register your interest to hear more about these sessions then please email Natasha Mighty (Active Women Activator) at Natasha.Mighty@fusion-lifestyle.com or call 01865 467264.

Keep up-to-date with all the other fun sessions Active Women have to offer by checking out our website and signing up to our e-newsletter at www.getoxfordshireactive.org

CHURCH NEWS

St Mary's Church

EVERY Sunday there are services at 8am, 10am and 6.30pm and our Christmas services include:

- **Sunday 2 December**
Music and Readings for Advent, 6.30pm
- **Sunday 23 December**
Christmas Carol Service, 6.30pm
- **Monday 2 December**
Christingle Family Service, 3pm
- **Monday 24 December**
Christmas Eve Midnight Communion Service, 11pm
- **Tuesday 25 December**
Christmas Morning Communion Service, 10am

Vicar:

The Revd Andrew McKearney
01865 773516
mckearney@windmillweb.net

Curate:

The Revd Sarah Northall
01865 579695
revsarahnorthall@gmail.com

Rose Hill Methodist Church

ARE you ready for Christmas? The question might make us realise how much we still have to do, but despite that we look forward to Christmas in Rose Hill, including sharing in the community's celebration on 8th December.

Christmas can bring mixed feelings and for some it can be a difficult time, when all the merriment and fun make the pain of bereavement, loneliness or financial struggle seem more intense. Even if we enjoy the festivities, Christmas can still be a stressful time, as we hunt out decorations, write piles of cards, stock up on food and try to figure out how to afford the latest craze for the kids, or what to get Auntie Joan (who already has everything)!

At Christmas we celebrate the greatest gift of all, that 'God so loved the world that he gave his only Son' (John 3:16). In the birth of Jesus we see God moving into our neighbourhood, sharing our human joys and sorrows; he was born in a stable, into an ordinary family, and lived in an occupied land.

Jesus lived among us, 'full of grace and truth', showing us what God is like and that God loves us. We hope you have a very happy Christmas and that at some moment in this Christmas tide you may find time to pause in wonder to experience the joy and peace of the baby in Bethlehem, of God with us.

You are welcome at any of our services: Our usual Sunday morning services, which begin at 10.30am, run throughout December.

● **Sunday 2 December**

Monthly house fellowship, 6pm (please phone for details of venue).

● **Sunday 16 December**

Informal Carol service, 5pm. Preceded by coffee and mince pies at 4.30pm.

● **Sunday 23 December**

A reflective Communion service as we ponder on the meaning of Christmas, 10.30am.

● **Christmas Day**

A short, joyful service as we celebrate the birth of Christ the Light of the World, 10.30am.

Minister: Rev Rosemary Davies

Tel: 01865 763676
Email: minister@limewalk.org.uk

Deacon: Deacon Carole Smith

Tel: 01865 712880
Email: carole.smith316@gmail.com

Bookings: Mr Jeremy Dawe

Tel: 01865 779070
Email: Jeremy.dawe@gmail.com

www.rosehillmethodists.org.uk

ROSE HILL NEWS SPORT

Returning to the Martial Art of Taekwon-do

A day in the life of an Oxford United fan

BY ORLITER

HO HO HO. It is Festive time again. The season of good will and celebrations and presents. Presents are what we all dream of. Will there be a special present this year from the famous Yellows of Oxford United? The answer is yes and a great start has been made by way of goals.

Regrettably the presents, or goals if you like, have been gifted to the opposition teams United have come up against. This mention of scoring has prompted my furry friend Briggsy (right) to rush into the living room for his ball to continue his penalty taking practise and immediately the said ball finishes on top of the TV table and takes out a couple of vases and the flowery contents on its way!

But enough of the serious stuff and back to the mighty Yellows. Fortunately, James Constable also known as Beano (with no known connection to the famous comic) has started to find his form and is now scoring and assisting other players to score goals for the team.

Michael Duberry the internationally renowned centre back and scorer of own goals is just weeks away from a return after injury and so all United fans from Rose Hill will be hoping for even more results that

Photograph by Kasia Bus.



reflect the true ability of our famous team. So from a goal-less Briggsy wishing all the Rose Hill readers and supporters a Very Happy Holiday and Festive Time. Come On You Yellows.



Jo Barrett in action. Photo by Shane Leach

By Jo Barrett

WHEN I was younger, I took part in a variety of sporting activities, but none had such an impact on my life as when I joined the martial art of Taekwon-do, aged 14 after a friend introduced me.

After having my daughter I found it difficult to get back to a competition standard, so I began to help with the running of classes, starting as a secretary of the school and then becoming an assistant instructor.

After several years away from the sport, studying, I did not feel fit enough to return, so decided to join a gym to work my way back slowly. It was during this time I discovered that my knees swelled up during physical activity. I had to face the devastating reality that I would probably never return to competitive martial arts.

I stayed away for over 15 years and never expected to ever be able to return to the Art. However, when Natasha Mighty (Active Women Activator) invited me to attend taster sports sessions, I decide to give it a go! I was quite reluctant at first, but eventually accepted her invitation. It was hard work, but I began to regain my love for sports, although I still thought Taekwon-do was well out of my reach.

Natasha convinced me that returning at some level would have a positive impact. On reflection, I thought back to how Taekwon-do

had not just been about the sport, or even the self-defence, but that it had also been 'a way of life' for me from a young age. As well as promoting physical and mental strength and fitness, Taekwon-do also helped to build self-esteem, confidence, and develop self-discipline and spiritual harmony. Above all it was a lot of fun. I had not realised until then just how much I had achieved an overall balance in my life during the years I did Taekwon-do.

Natasha contacted the Oxford Taekwon-do School on my behalf and I was back training the following week.

Having experienced stress related anxiety and hypertension following a difficult period at work, then redundancy; it was exactly what I needed at the time! After only a few weeks of training, I found I was getting less joint pain, was much more flexible, had more energy, felt mentally motivated, had regained my confidence and was more positive about my future.

I continue to train in the sport and receive instruction from a Senior Master to gain an up to date instructors certificate.

Based on my experience I can certainly say that Taekwon-do is a fantastic sport for women to get involved in no matter what size or shape they are or their level of fitness. It is also a great activity to take part in with the children for some quality family bonding time.

Rose Hill Football Club KEEP KICKING ON!

VICTORIES over Fairview and Oakley Athletic have kept defending Oxford City Premier League champions Rose Hill in the title race.


A 5-1 hammering of Fairview and the determined 1-0 win away to Oakley extended their remarkable unbeaten run. A cheeky effort from Ash Barroso against Fairview set the boys on their way, with goals from Mark Eeles Ricky Hastings, Daniel Johnson and Josh Gonzales completing the rout.

The tightly fought 1-0 away win over Oakley Athletic came from a Daniel Johnson strike. The defence played out their part too, looking composed and confident throughout.

They remain unbeaten in the league with an incredible run of games that stretches back to April 2011, and Rose Hill will be hoping to keep up the pressure on current leaders AFC Blackbirds in the coming weeks.

Meanwhile, in the cup, the lads face an away trip to Carterton Pumas in the third round of the John Fathers Cup. The game will take place on 1 December at 1.30pm.

Rose Hill Football Club play on Saturday's at 2.30pm so if you fancy cheering the lads on or would like to know more and maybe get involved, contact Steven on simofoxford@yahoo.co.uk



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