

Residents call for better health opportunities



Terry Kirkby, Charmaine Swift and the Food Bank volunteers with fruit and veg for Rose Hill residents.

ALSO IN THIS ISSUE



DADDY COOL!
Dads at the Rose Hill Children's Centre. See page 8.

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AT THE recent Tenants and Residents (TRA) meeting, Rose Hill Lottery Health group member Terry Kirkby asked for an agenda item on health to be included. This was to gauge opinion from those attending on what health opportunities should be offered during 2013.

In the past year the Lottery project has delivered a variety of events and initiatives to encourage local people to look after their health. These include the monthly Health Bus visits, a men's health event, free dental checks, yoga sessions, massage, a well being day, gym sessions, flu jabs and help with smoking cessation and immunisations.

While the TRA members were happy with what had been offered there was a general feeling that more should

be done for people who are working – and therefore not able to access the services during the day.

For 2013 residents have requested:

- More health bus visits including during the late afternoon/evenings
- Chiropody/Podiatry
- Tooth bus/dental checks
- Fruity fun events for kids
- Fruit boxes for older and other residents
- More Weight Watchers courses
- Advice sessions on diet and nutrition
- More fitness sessions for men and women
- Swimming classes
- Smoking cessation events and advice
- Small group cookery classes with nutrition /healthy eating advice

● Flu jabs delivered on the estate again this autumn/winter.

The Health management group is now doing all the planning required to put these requests into fruition—and making sure there is enough in the budget to cover all the costs!

However support from the Oxford Food Bank with fruit and vegetables for cooking sessions, the Junior Youth Club healthy tea and fruit boxes for older residents will help keep costs down.

■ If you have an idea about a health event or service that you would like to see on Rose Hill call or text Fran on 07770 324 277.



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

ROSE HILL NEWS

ISSUE 22
FEBRUARY/MARCH 2013

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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Produced with the support and financial assistance of:



Rose Hill Neighbourhood Police Team Update

THERE has recently been a spate of burglaries in the Iffley area, and we would like to remind residents to be vigilant when leaving windows and doors unlocked.

There have also been a number of shed break-ins and bike thefts in the past few weeks so please ensure that your bike is locked up securely, and take a picture of the bike as well as a frame number. If you would like your bike marked, or any more advice related to this please do not hesitate to contact us.

PARKING

We have been made aware of the parking issues that have returned down Iffley Turn after a short period of being resolved. The Neighbourhood Team will be stepping up patrols in the area and dealing with any illegally parked cars robustly.

SPEED INDICATION DEVICES

In a one hour operation on Ashurst Way 61 cars were caught speeding out of 143. The highest speed recorded was 38mph. In a 45 minute operation on Littlemore Road 42 cars were caught speeding out of 217. The highest speed recorded was

37mph.

Letters were sent out to the offending vehicles and we would like to remind people that these roads are 20mph limits that have put in place to ensure both your safety and that of other road users and pedestrians.

OTHER NEWS

- We have been having a lot of reports of a woman causing a nuisance by begging outside the shops on Rose Hill Road. If you have been/are affected by this please do not hesitate to contact us using the details below.
- We have also been having a few issues with criminal damage and littering down College Lane, Littlemore. If you have seen or heard anything suspicious please ring 101.
- A prolific drug dealer has finally been evicted from an address in Rose Hill after a lot of work was carried out by the NHPT and other agencies.
- There is a group of youths in Rose Hill and Littlemore that has been causing a lot of anti-social behaviour towards residents and their properties. We will be looking at putting them on Acceptable Behaviour Contracts (ABCs) in the near future, to try and combat this unacceptable

behaviour.

- We are very sad to announce that PCSO Kev Potter has left us after five years in Rose Hill. We have been very lucky to work with him and wish him all the luck in the future.
- Our new PCSO Jozsef Szelpal has finished his training and should be with us sometime soon. We will also be welcoming yet another new PCSO onto our area in February so watch this space!
- Some of our Rose Hill youths have just recently come off their ABC's after displaying some excellent behaviour; we wish them luck in the future and ask them to keep up the good work.

HAVE YOUR SAY

Saturday 16 March from 5pm until 7pm at Sainsbury's

TWITTER

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www.thamesvalleyalert.co.uk

CONTACT US:

- If you want any advice or would like to contact the Neighbourhood Team you can call us on the police non emergency number 101 but if your call is an emergency then dial 999.
- You can also contact us by email: OxfordSouthEastNHPT@thamesvalley.pnn.police.uk (please note this email address cannot be used to contact Thames Valley Police to report crimes or for any urgent matters.)
- If you have information about crime or Anti Social Behaviour in your area but you do not want to speak to the police, please call the Crimestoppers charity on 0800 555111.
- To view information on your Neighbourhood Team you can visit the force website at: www.thamesvalley.police.uk

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 खान्नुहोला ।

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۔

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 ਆਪਣੀ ਥੋੜੀ ਜਿਹ ਵਰਣਾਵਰਤ, ਜਾਂ ਇਹ ਰਸਾਲਾ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਲਿਖਾ ਚਾਹੁੰਦੇ ਹੋ - ਜਿਵੇਂ ਵੱਡੇ ਅੱਖਰਾਂ ਵਿਚ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੈਪ 'ਤੇ - ਤਾਂ ਤੁਸੀਂ ਆਪਣੀਆਂ ਲੋੜਾਂ ਬਾਰੇ ਦੱਸਣ ਲਈ ਫ਼ੋਨ ਨੰਬਰ 0800 980 9272 'ਤੇ ਸਾਡੇ ਨਾਲ ਟਾਲ 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।

إذا أردت ترجمة أو تفسير أي جزء من هذه أو بصيغة أخرى، على سبيل المثال، بالأحرف الطباعية الكبيرة أو على شريط كاسيت صوتي، فيرجى الاتصال بنا على الرقم 0800 980 9272 لمناقشة احتياجاتك.

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

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أخبار روز هیل – صحيفة المجتمع المحلي الخاصة بـ روز هیل

Parenting...it's child's play at Bumps and Babies!



By Anna Reilly

ARE you a young parent in need of advice or support? If so, The Young Parents Group could be just the thing for you.

The group, which meets every Monday, is aimed at parents aged 16–25, and caters for everyone, from bumps to babies!

It's run by Hafsa Akkas, Wendy Bennett and a range of volunteers. It is a great way to meet other parents and enjoy fun and educational activities, such as day trips, crafts and cooking.

Parents get support, advice, information and the opportunity to have an informal chat with other parents. The children enjoy

themselves as well, making new friends and enjoying creative play.

There is also the 'All About Me Book' which acts as a fun record of the child's history, through the use of photos, paintings, crafts and the written word. Hafsa said: "It's a great way to monitor the child's progress, and it's a lovely keepsake for when the child is older."

Claire Debanks attends the group with her three children, Kyram, three, Ryan, 18 months and Ellie-May, four months. Claire said: "My children really enjoy coming here and I feel it's been really good for them."

Dad, David Patey, also spoke positively of the group: "I come to the group each week with my children and I like it here."

The group has a friendly and relaxed atmosphere and can be beneficial for both parents and children. It's free of charge, and refreshments are available.

■ It runs every Monday at the Children's Centre (during term-time only) from 1.00–3.00pm. To find out more, call 01865 716739.

Photograph by Kasia Bus.

MAKING HOMES AND CARS SMOKE FREE

By Javier Mestre Jordá

AT THE Rose Hill and Littlemore Children's Centre on 6 February, the Oxfordshire Smoking Advice Service launched a campaign to turn homes and cars into smoke free areas.

The day started with families and friends enjoying a healthy community breakfast, while workers from the NHS explained how the 'smoke free' pledge would work.

NHS worker Sue Bolton said: "Our aim is to get people to pledge to make their homes and cars smoke free. Those who make this pledge will then receive a free information pack which gives lots of help and advice on how to stop smoking and the dangers of smoking indoors."

The pack includes information, tips and tools to remind people of the dangers of second-hand smoke. If you sign up to the pledge, you also get the chance to ask for a free safety check from the Oxfordshire Fire and Rescue Service.

Sue added: "By smoking outside you can improve the health of your family and friends – even your pets."

Second-hand smoke is a danger to babies and children in particular, because



Aimee Ploughman and daughter Veronica finding out about the Pledge.

their lungs are not fully grown. Second-hand smoke is 80 per cent invisible and contains over 4,000 chemicals, many of them poisonous.

Sue said: "Every GP surgery in Oxfordshire has a stop smoking adviser, so everyone who wants to give up smoking

can have free support and stop smoking medicines on prescription."

Leaflets will be distributed in GP surgeries, children's centres and other areas, and the pledge can be made online at www.smokefreeoxfordshire.nhs.uk

Photograph by Shane Leach

GARDENERS ARE DIGGING DEEP!

THE Lenthall Road allotments are thriving and there is even a waiting list for plots.

The group has been very fortunate to receive a grant from The Rose Hill Partnership Regeneration Fund and this will be used to improve the parking area and other communal areas.

Catherine Gibb said: "This will enable us to hold events which can include the wider community so we are very grateful for this. The shop on the allotments is now open every Sunday from 10am to pm. We sell a wide range of seeds, seed potatoes, onion sets, garlic, compost, fertilizers, and many other gardening goods and soon we will have seedlings available for transplanting. Our prices are very competitive and right on your doorstep, so do come and see what we have and bring your purse with you!"



COMMUNITY FIRST FUNDING IN ACTION

By Jamie Clark

THE Lucas and Remy art and craft group is just one of several projects that have benefited from Community First funding.

The group meets every Wednesday at 2pm at Lucas and Remy, Meadow Lane, Iffley, and it is free to all Rose Hill and Iffley residents. Each week is different, and already the group has made silk paintings, collages and tapestries. Set up initially by the GreenSquare academy, the Community First funding has allowed the group to continue.

Community Officer Susan Arter, who works at Lucas and Remy said: "Groups like this help to ensure that older people aren't isolated in their homes. They are a good opportunity to meet people and do something creative."

Amanda Norwood is a community tutor in creative art. She teaches the group and said that the sessions are group-led: "They can change from week to week and we do whatever the group has an interest in. In the last few weeks we've done weaving, mixed media techniques and painting. It's been brilliant so far; I've really enjoyed being with the group."

GreenSquare resident Jill Leigh-Catrrall said that she looks forward to the weekly gathering: "What I like about the group is that it's a new challenge each week. It's something I never thought I'd be able to do. Last week we made a collage by using cut-outs from magazines and I really enjoyed it. Amanda is a great teacher. She's very down-to-earth and explains things very clearly. I'd recommend it to anyone who has an interest in doing something creative."

Other groups that have received community first funding include the Rose Hill Singing Group, the Rose Hill Wanderers, and the Rose Hill and Donnington Advice Centre. The Rose Hill Advice Centre applied



Photograph by Kasia Bus.

for a grant for a computer to cope with the growing demand for the centre's service. The over 55 support group, the Rose Hill Wanderers, visited Bouremouth last year thanks to the funding.

Money was also given to the Rose Hill Community Association so that it could run a jubilee street party last year. Chairman Carol Davis said: "Approximately 300 people attended the event. We had a street party in Desborough Crescent with a bouncy castle, tombola, tug of war, bingo, zumba dance sessions and a disco to end the day."

The Rose Hill Nepalese Group

Above: Lucas and Remy art group. Middle: Rose Hill Nepalese Group. Below: Kids on the trip to Southend arranged by the Swahili Community Group.



used funding to arrange a 'Fun Sports Cultural Programme Day' and Neighbourhood Locality Officer Cheryl Snudden is impressed by the variety of opportunities: "So far the funding has been used for new and existing community groups and we've had a great response. The funding has revitalised existing groups and brought local people closer together through shared interests."

The Rose Hill Asian Women's Group also received funds. Hafsa Akkas said: "We were one of the first to receive funding and we really

appreciate it. Ten of us learned how to make Asian clothes, and how to cut materials, and two are now planning to start their own business. Thanks to the funding we have managed to learn something and give it back to the community."

Last Summer, the Swahili Community Group arranged a trip to Southend and visited a theme park. Shariffa Seif who runs group said that she had an unforgettable day: "We had an amazing time, full of fun, imagination and wonderful memories. My children had a lot of fun from the moment we entered

the bus, playing with other kids, spending time with friends and family and enjoying different rides in the theme park. I would like to say a special thanks to all who made this dream come true."

■ If you would like to know more about community first funding, contact Cheryl Snudden on CSnudden@oxford.gov.uk

■ If you would like to attend the art and craft group at Lucas and Remy, call Richard Grant on 01865 782573.

Making waves with OX105 fm

By James Clark

OX105FM is searching for upcoming local talent to work on the community radio station, so if you fancy a career in radio, don't touch that dial!

The community radio station, which reaches thousands of listeners, is currently based in Blackbird Leys and is on air 24/7. The station boasts an eclectic mix of musical genres and magazine shows throughout the day, ranging from house to soul music. Ian Edmead, who presents the mid-morning show, believes that the station is different to most.

Ian said: "Unlike other stations, we're interactive, so it's not just non-stop music. I host a magazine/talk show and we interview local charities, discuss community news and talk about what's important to local people.

It's a packed show! On Wednesdays we have a health and wellbeing slot, and we chat about health, style tips and exercises that you can at home. We also promote help and advice centres, and advertise job vacancies."

OX105FM was launched in 2006 and has been on the air continually for a year. Founding member David Norland said: "The station was hand-built and hand-wired by volunteers. Our aim is to make a difference to people's lives. If people are interested in radio, it's an opportunity to give people skills they won't get anywhere else.

"We also give local musicians a platform to play their music. It's all been made possible through a lot of people's hard work and

love. Over 100 volunteers have got us this far and we're looking forward to the future."

Drive-time presenter Lady T, who has recently been hired by national station Premier Gospel, said that she's learned a lot at OX105FM and would recommend it to anyone: "People should get involved, either behind the scenes or behind the mic. I'm looking forward to hosting my new show at Gospel, and I couldn't have done it without the help and training I got here."

■ **Many of our beloved broadcasters cut their teeth in community radio and you can too. To find out more, visit www.ox105fm.com**



Photograph by Kasia Bus.



Drive-time presenter Lady T

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LOOKING FOR AN IDEA FOR A HOLIDAY? Go kayaking in Scotland!

By Kasia Bus

If you want to experience an unforgettable adventure without spending enormous sums of money, why not going to Scotland? I had such a great time when I went there for the first time, that I had to go back the following summer. And I hope this short story will inspire some of you.

There were four of us, two kayakers and two cyclists traveling from Oban to Fort William over six days. Every night we camped together. And yes if you are not a big fan of water, you can rent a bike at the starting point and return it at the destination. But to start from

the beginning, we planned our trip over the internet. We were ready to set off for the adventure equipped with a tent, some clothes and two kayaks, one folding and one inflatable.

Sometimes it was very challenging to paddle against the wind and high waves but then the next day we would be rewarded with cloudless skies and flat water. We also saw seals in the wild, which was a breathtaking experience.

They would escort us for long kilometers and play around our kayaks, being curious, but staying at a safe distance at the same time. And the views! Just imagine high mountains with their peaks covered in mist, emerging straight from the water! It felt as if



Photograph by Kasia Bus

we were in a fairytale. We were either wild camping or staying at campsites. We ate simple canned food which we had bought on the first day of the journey. Did I manage to convince you? If so, see you next summer in Scotland!

Total holiday cost for one person was £150–200 (including bus, plane and train tickets, campsites and food cost)

How did we get there? We took a train to Birmingham, then we used a service of the cheapest airline to get to Glasgow, and from Glasgow airport a bus took us to Oban. Despite two changes it was a trouble-free journey.

Useful links:
<http://www.scottishcanals.co.uk>
<http://www.streetmap.co.uk>

What to do with the kids?



By Aishah Ball

WITH HALF-TERM just out of the way, and the Easter Holidays fast approaching, it sometimes seems that you have too much time with the kids and not enough time to think about what to do with them. So to save a little time and more importantly, to help you save some money, here are few ideas:

Museums

Many of Oxford's museums do family-friendly events with lots of hands on activities, using the Museums' collections as inspiration.

All the Ashmolean events are free as are those at Pitt Rivers and the Museum of the History of Science which has a special Easter trail from 22 March to 21 April.

See www.oxfordcityguide.com – kids activities.

Parks

Weather permitting the Parks in Oxford are great especially since many of them have had a revamp last year and had loads of new play equipment installed. One that I recently discovered with my family was Cutteslowe Park off the Banbury Road. There is a small parking charge but there are two big playground areas and the added bonus of a lovely mini railway, which is next open to the public on 31 March, 1 April and 7 April. It costs £1 per ride.

See www.cosme.org.uk or call 01367700550 for more info.

Leisure Centre/Ice Rinks

Oxford has several leisure centres including Ferry Leisure Centre, Blackbird Leys Leisure Centre and Temple Cowley Pools and Fitness Centre, offering many different activities. If you are on benefits ranging from Job Seekers to Housing Benefit you can apply for a Bonus Slice card and reduce the cost considerably. For example: while a general ice skating session for an adult normally costs £7.20, with a Bonus Slice card it is only £1.90, and a general swim is reduced to £1.20 from £4.10.

Google 'Bonus Slice Card Oxford' and click on the first option for more info.

Other Attractions

There are many other attractions around Oxford worth investigating, some more

expensive than others and all of which can be found on www.daysoutwiththekids.co.uk

If your kids are into being creative then 'The Pottery Place' in Witney could be a good option. There is no charge except what you choose to buy of your own creations at the end. If they are more interested in Science then Science Oxford Live in St Clements is a must. Entry costs £3 or a family ticket (up to 5 people) is £11.

For the more expensive attractions,

some of the supermarkets rewards schemes offer money off vouchers to pay for tickets to theme parks, cinemas and restaurants. Many of us forget all about using these valuable points but they can really be useful for occasions like these, especially when our purses are stretched to the limit.

Whatever you choose to do, I hope you have a great time without breaking the bank balance!



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*If you are aged 19+, study full time, haven't had any learning and have lived in the UK for 3+ years.

By Jamie Clark

SOME of life's greatest pleasures are the simplest. Trips to the cinema, a pub lunch, days out with friends, but for some, it is difficult to get out and about.

For the past year, I have been volunteering at Tandem, a mental health charity that aims to encourage and develop the confidence of people who have suffered from mental ill-health.

The experience of mental ill-health leaves some people unsure of their abilities to cope as they used to. Others face discrimination and stigma from friends, neighbours and colleagues when their mental distress becomes known.

These experiences can contribute to a lack of confidence in facing new challenges or even the demands of everyday life—sometimes it is hard to go out at all and face crowded streets and shops.

Once a week, I meet up with my partner to go for a walk, visit a museum (which Oxford is great for!) or go for a drink. My role as a befriender is to be there for my partner, to listen to what they have to say and most importantly, not to judge. We meet for an hour, have a chat about how they have been getting on, and then sample the delights of Oxford.

When I first started volunteering at Tandem, I was unsure how I would feel. I was essentially meeting a complete stranger. After a coffee, biscuits and a five minute conversation about The Beatles, I was completely at ease.

I wondered why I had been so apprehensive in the first place. It was comfortable, interesting and fun, and I was glad that I had got in touch with Tandem.

There is also a weekly social group, where members of Tandem meet up for a few hours to chew the fat! All the activities are low cost, or no cost, and are entirely optional, so that you can pick and choose

VOLUNTEERING AT TANDEM



Tandem co-ordinators Setareh Campbell and Stephen Merauld.

the ones that appeal to you.

Tandem hold two day training sessions for new volunteers every few months. Stephen Merauld and Setareh Campbell, the Tandem co-ordinators, lead the training and prepare you fully for your partnership. They carefully match each person to their partner, and have been incredibly helpful to me since I started volunteering. They are always willing to give me advice and are truly understanding people.

On a personal level, I have found the experience immensely rewarding. I have

made some good friends (and got into some new music!) and believe I have made a difference—even if it is just a small one—to another person's life. I would encourage anyone to get involved.

Who volunteers for Tandem?

- People in full/part time work
- Unemployed people
- Parents
- Retired people
- Graduate students
- People who have experienced mental

health problems and people who haven't!

■ The next Tandem training course takes place on the 16 and 23 March, from 10am to 4.30pm. You do not need to be an expert in mental health to volunteer, you just need a will to help and some spare time. You can apply to attend the training by going to www.tandembefriending.org.uk/ or by calling Stephen and Setareh on 01865 724225.

BENEFITS: How to claim your entitlement

With thanks to Lee Healey of IncomeMAX

■ How can you find out what benefits and tax credits you may be entitled to?

Unfortunately, there is not a quick or easy answer to this question. The benefits system is complex, so it is no surprise that many people struggle to claim what they are entitled to. Statistics show that between £12bn and £16bn of mean-tested benefits go unclaimed every year.

There are particular reasons why the various benefits exist. It is much easier to understand your own circumstances than it is to understand every individual benefit.

Example: somebody who has lost their job, has a partner and children, and who pays rent and council tax, may be entitled to: jobseeker's allowance, child benefit, child tax credit, housing benefit, council tax benefit, free prescriptions, free school meals and a warm home discount.

Those with disabilities may receive benefits including employment and support allowance—which can include help for mortgage interest—and disability living allowance.

These are very basic examples, but you can see how circumstances directly relate to the benefits that are available.

Start by writing down why you need help.

Apart from unemployment or disability, you might be a lone parent or a carer, you could be struggling to pay bills like rent, council tax, water or energy.

You might be working on a low income or you may have children. You could be a pensioner on a low income or a mum on maternity leave.

■ Which benefits are available?

Income Max have put together a checklist which is available on their website: <http://www.incomemax.co.uk/>

This will give you a starting point for learning the names of the benefits that might be available to you.

For example, did you know there are two forms of jobseeker's allowance and employment and support allowance? Do you know the difference between child tax credit and working tax credit? Would you know the help available to you if you were long-term unemployed and moving back into work?

Did you know that housing benefit is available to people that are working—depending on income and circumstances. I wonder just how many pensioners are aware that pension credit has two elements—a guarantee credit (a top-up payment) and a savings credit (that rewards pension provision).

Knowing what benefits are available is especially important as things start to change over the next few years. For

example, universal credit will soon replace many working-age, means-tested benefits. Meanwhile, disability living allowance (DLA) for people aged 16 to 64 will soon be replaced by the personal independence payment (PIP).

■ Is advice available?

Various advice agencies can offer help for benefit entitlements. General guidance providers include: Citizens Advice, Advice UK, Age UK, and Law Centres. Macmillan provides assistance for cancer sufferers and their families, Gingerbread helps single parents, while Shelter advises on housing issues.

Scope/Dial Network helps those with disabilities with benefits enquiries. IncomeMAX, Turn2us, Disability Rights UK, all offer internet resources. Information on claiming is available from the Department for Work and Pensions, HM Revenue & Customs, and your local council.

One last point—do not be afraid to seek a second opinion. It is common for people to be told that they are not entitled to any help when in fact they are. Do not be afraid to question the advice you are being given if it does not make sense.

A good benefits expert will not mind going through the calculations, and will be happy to seek help from a colleague if it is a complex case

Children's Centre News

DADDY COOL!

By Anna Reilly

SATURDAYS may never be the same again for fathers in Rose Hill! The Rose Hill Children's Centre is a great place for dads to come and spend quality time with their children.

There are creche facilities, the Walkers and Talkers Toddlers Group, Drop and Play Sessions and the Young Parent's Group, which all provide opportunities for fathers to spend time with their children through playing, bonding and learning.

The centre also offers parenting courses, which give support and guidance on parenting. Craig Jackson, who attends Saturdads, a group for fathers which meets every Saturday from 10.30am-1.30pm, feels that he and his daughter have really benefited from the sessions. He brings Keeara aged two-and-a-half, to the crèche four days a week and she loves it so much, that she often asks her dad to go there as soon as she wakes up! Craig has studied for the parenting

course too, and said that the centre has really helped him. He said: "The support I receive has made me feel much better. As time has gone on I have grown in confidence and feel really comfortable at the centre. I trust that Keeara is well looked after and I am too!"

The centre encourages all type of dads to attend, and has a host of male workers, volunteers and other dads who use the centre. Martin Coombs works at the centre, and understands the concerns new users may have said: "I understand the experience from a dad's point of view. I know exactly what they go through and I can relate to them. I feel that the staff have nurtured me, not only as a father, but as a person and I'd encourage dads and granddads of all ages to come along. It might seem daunting at first, but we don't judge. So forget your fears, come along, and see for yourself!"

■ **The centre offers one to one support, drop in sessions and activities. For more information call 01865 716739**



Photograph by Kasia Bus.



Photograph by Kasia Bus.

INTERNATIONAL WOMEN'S DAY

COME along wonderful women and help us celebrate all that is great about being female! This is an annual event held throughout the world, with cultures uniting and sharing each others lives.

We shall be having activities for women and their children, including face painting, craft, massage, dancing and food. This event is free, but we would welcome contributions to our bring and share lunch.

WHEN: Thursday 7 March 10-2pm
WHERE: Rose Hill - Littlemore Children's Centre, The Oval, Rose Hill

For further information please pop into the centre or phone 01865 716739

Rose Hill and Littlemore Children's Centre

The Oval, Rose Hill, Oxford OX4 4UY

☎ 01865 716739

www.rosehill-littlemore.childrenscentre.org

Rose Hill - Littlemore Children's Centre Timetable January - March 2013

| Term time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|--|--|--|---|------------------------------------|---|
| Rose Hill | Drop-In Play For all 9.00-12.00 Health visitor Clinic 10-11 | Rhyme Time 9.30-12.30 Drop-in for Child-minders 10.30-12.00 | Walkers & Talkers 9.30-12.00 Toddler drop-in | Drop-In Play for all 9.00-12.00 | Drop-In Play for all 9.30-11.30 | Saturdads 10.30-1.30 For fathers and male carers and their families |
| | Baby Drop-in 10.00-12.00 Baby massage 10-11.00 (booked places only) Baby singing 11.00-12.00 | Midwife Appointments 9.30-2.00 | The Listening Centre 9.30-12.00 Counselling service | Arabic Woman's Group 10.00-12.00 | | |
| | LUNCH 12.00-12.30 | LUNCH 12.00-12.30 | LUNCH 12.00-12.30 | LUNCH 12.00-12.30 Asian, Halal | LUNCH 12.00-12.30 | LUNCH 12.00-12.30 |
| | Young parents - Bumps to Babies 1.00-3.00 Jobcentre Plus advisor drop-in 2nd Monday 12.00-3.00 | Baby Café 12.30-2.30 Breastfeeding Support | African woman's Group 1.00-3.00 | Asian woman's group 1.00-3.00 | | |
| | Drop-in for Polish speaking families 3.30-5.00 | | | | | |
| IT HUB | 9.00-5.00 | 12.00-5.00 | 9.00-5.00 | 9.00-5.00 | 12.00-5.00 | CLOSED |
| Littlemore | | Drop-In Play 10.00-11.30 Health visitor Clinic 10.00-11.00 Walkers & Talkers 12.30-2.30 | | Coffee Morning 9.00-11.30 Midwife Appts 9.30-2.30 Baby Massage 1.15-3.00 | | |

ANGEL'S LETTER

Hi my name is Angel-Kay. I am a child who attends the Rose Hill - Littlemore Children's Centre. I go to a lot of the groups and help out where I can, especially with the smaller children.

I mainly attend coffee morning and stay and play drop-in. What I like about coffee morning and drop in is I get to meet the community and do lots of activities especially the messy ones as my mum doesn't worry about

tidying up then.

At the children centre everybody is welcome, and a warm drink is waiting for mums and dads.

There are a lot of groups including a Polish group, an Asian group, Arabic women's group and breast feeding support group as well as many more.

I have many fond memories of attending different groups including hand printing in plaster, making a display of nature, making a train day which

included songs and stories about trains, and have made a lot of pizzas when attending the groups.

Even though I am now nine years old I still like to attend the sessions during the school holidays.

I think children should come and have fun whenever their mums or dads can bring them as they will enjoy it a lot, like I did!

I hope you have enjoyed my writing.

Yours thankfully
Angel-Kay



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register for our newsletter or join us on Facebook

Thanks to Templars Square for sponsoring this page. If you would like to sponsor a page in Rose Hill News please call John on 01865 711756

Could you help a child to read?



ARCh (Assisted Reading for Children) is a local registered charity which operates in Oxfordshire primary schools to help children who are struggling with reading.
Could you help a child and change their life forever? All it takes is one and a half hours twice a week during the school day as an ARCh volunteer in a primary school

near you! You don't need any qualifications, just good communication skills, patience, enthusiasm and kindness. ARCh has schools waiting

for volunteers. Full training is given and ongoing support and reimburse travel expenses are provided.

■ **To find out more visit** www.archoxfordshire.org.uk
Or telephone 01869 320380
Or email info@archoxfordshire.org.uk
Or write to ARCh, Gobles Court, 7 Market Square, Bicester, Oxfordshire OX26 6AA

Film review

Donnie Darko (15)
By Matthew Keleher
***1/2 stars

"Donnie Darko? What kind of name is that? It's like some sort of superhero or something."
When Donnie Darko hit the cinemas back in 2001, the film thrilled audiences and critics with its haunting yet beautiful visual style and powerful psychological drama.

After the brilliant yet troubled teenager Donnie Darko (Jake Gyllenhall) miraculously survives a freak accident, he is haunted by Frank, a six foot bunny rabbit (James Duval) who convinces Donnie to commit a series of bizarre crimes.

If you expect guts and gore at every turn you will be disappointed, the film is a slow burner, but stick with it you will discover a detached yet tranquil world that will jolt you from your seat at the moment you least expect!



Although Donnie and Frank take up a lot of screen time, the individual struggles of secondary characters- particularly Donnie's mother Rose (Mary Mc Donald) and love interest Gretchen (Jena Malone) are believably portrayed.

Kelly doesn't neglect the dark humour: 'Grandma Death' stands out as a particularly

memorable minor character! The strong supporting cast add depth to the world writer and director Richard Kelly has created.

Donnie Darko is a smart, stylish thriller and a cut above your average flick. It remains a cult favourite to this day; if you are a thriller fan, this one is well worth tracking down.

Littlemore Library News

By Sharon Ingram

IF YOU are not a library member make this your year to start coming to the library. You can join for free just come in and we can set you up with a ticket straight away. Please bring identification.

We have computers in our library for internet searching, study or email. You are able to book up to an hour per day by giving us a call or just pop into the library. If you are a new computer user, or just not very confident, we are here to help you.

Our Rhyme-Time sessions are going well. I have changed the second Friday to second Monday of month at 2pm and hope to see some new families who could not make Friday sessions. Please give us a call to find out dates if you are not sure.

If you are new to the Littlemore area, please come and visit us. We are located on the Oxford Academy

Our opening times are:

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

Campus. Access is via the main entrance off Sandy Lane West or through the gate by the underpass, if you are coming from Littlemore or Rose Hill.

We look forward to seeing you soon.

■ **Littlemore Library**
Oxford Academy Campus, Sandy Lane West, Littlemore OX4 5JY
E: littlemore.library@oxfordshire.gov.uk
☎ 01865 714309

TEST YOUR KNOWLEDGE!

HAVE a go at our fun quiz and see how many of these fascinating facts you know!

- What is the hottest planet in our solar system?
- In what country can the Kangaroo be found?
- Mixing the primary colours yellow and red

makes which secondary colour?



- What is the name of the force holding us to the Earth?
- What is the name of the Dutch striker who plays for Manchester United?
- Who is Britain's number one tennis player?
- What is the capital of France?

■ Where does the queen live?

- What two chemicals make up water?
- True or False: All polar bears are left-handed?
- Cats were once sacred animals in what ancient culture?

Answers on page 11


National Heart Month



Templars Square Supporting British Heart Foundation – Love Notes Sent Straight From The Heart!

Fill in a love note at BHF to be in with a chance of winning a package of prizes, including a photo shoot, flowers and more. You can enter as many times as you want to!

See www.templarssquare.com for more details.



129 Pound Way, Cowley, Oxford, OX4 3XH
Tel: 01865 748864

Rose Hill Junior Youth Club



Photograph by Kasia Bus.

Senior Youth Club News

By Jamie Clark

ARE you aged between 13 and 18? Do you enjoy computer games, working out or music? Then why not come along the Rose Hill Senior Youth Club, where you will find all of the above and much more.

Inside, the club boasts a recording studio, a gym, two pool tables and a host of game consoles and computers. It is a great chance to socialise, meet new friends, and develop skills along the way.

An open day was held on 24 January, giving people a chance to take a look at the group themselves, and to see what is on offer. A young person, who attends the youth club every week said: "I enjoy going because it's a lot of fun and I get to learn about different cultures and crafts. We helped to create a film about the Anti-Litter Campaign last year, and we had a great day out canoeing. I'm looking forward to seeing what kind of things we'll be up to this year!"

Early Intervention Hub Worker Jamie said: "On Mondays we focus on the issue of identity and citizenship and we've had some really positive responses to the work we've been doing. If there's a problem, we solve it together. The group helped with the layout of the club and it's something we've all enjoyed doing."

■ **The Youth Club is held in the Rose Hill Community Centre on Monday, Tuesday, Wednesday and Friday. Depending on age, the time it takes place will vary, so if you would like to find out more, contact Jane Limerick on 07584581179 or the hub office on 01865 816202.**



Photograph by Kasia Bus.

CHILDREN and staff have been enjoying some of their favourite games, as well as trying out some new activities at the Rose Hill Junior Youth Club.

With football, card-making, dancing, ping pong and print making, the club has started the new year with a bang!

Group co-ordinator, Ali Hall said: "We were very happy to see Richard and Rachel back to lead a print making workshop and will be showing off our Junior Youth Club art at an exhibition at the Town Hall over Easter. Next term we will be continuing with lino printing, hockey tournaments, drama games and as always, we'll be well fed by our cooking project. Parents and carers are always welcome to join us for tea. The more the merrier!"

Tea is made by the kids, for the kids, with the focus on fresh and healthy food which is made during the session. At 5.30pm, the children and the play-workers sit down together to eat, and talk about their busy day!

■ **The Rose Hill Junior Youth Club is an inclusive club for 6–11 year olds, and takes place at the Rose Hill Community Centre, on Thursday's from 4–6pm during term time.**

If you would like to find out more, contact Ali Hall at ali.hall@greensquaregroup.com

FREE Weight Watchers places for Rose Hill



Rose Hill Weight Watchers group showing their amazing 204 lb weight loss! Photograph by Kasia Bus.

By Jamie Clark

THANKS to the Rose Hill Lottery programme, there are ten free places left on the Rose Hill Weight Watchers course.

Weekly sessions consist of a weigh-in, followed by a 20 minute support group, in which advice and guidance are given on how to help you lose those extra pounds!

So far, the Weight Watchers in Rose Hill have lost a combined 204 pounds since starting in mid January, and they're only half way through the twelve-week course.

Weight Watchers leader Banso Biersack said: "To lose 14 stone is a real

achievement from the group. They each lost five per cent of their total body weight, and I'm excited to see how they get on in the remaining sessions."

The weekly course enables people to reclaim control over what they eat. Banso said: "With our programme, no food is off the agenda. If you enjoy a particular food, we will count that into your daily allowance and work from there, maybe by lowering the portions.

"Losing weight is all about the choices you make; you're in control of your body."

A free voucher pack will entitle you to the full 12 week programme—so do come along and join this friendly group.

The group meets every Wednesday at 6.30pm at the Children's Centre in Rose Hill, and if you'd like to take advantage and get free access to the course, call Fran Gardner on 07770 324277 or email fran.gardner@greensquaregroup.com

Be Toned and Trim—all thanks to the Lottery Health project! No more excuses! It's free and its right here on Rose Hill

IF you are keen to get fit and tone up this spring, why not go along to the new fitness classes starting at the Community Centre this Thursday at 9.30am.

This is a gentle exercise class to tone you from top to toe. You will be amazed at the results after just a few weeks when the curves start to appear and you feel fitter and stronger.

The sessions will be led by qualified fitness instructor Jason Biles who has a Diploma in Health and Exercise and

is also experienced in Sports Massage and Fitness testing.

The exercises will be designed so that you can repeat them at home without the need for expensive gym equipment. You will also be able to monitor your progress week by week, as your muscles become stronger and more flexible.

■ **Booking is essential so please text or call Fran on 07770 324 277 to reserve a place**

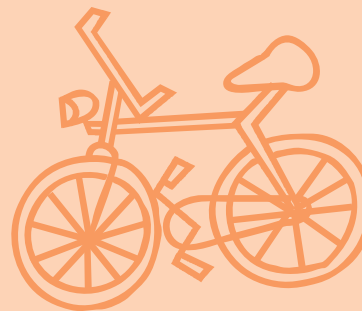
Cycle training for adults

LEVELS 1 and 2 Bikeability training is available to help make less experienced and city cyclists more confident and safer on the roads. This includes an initial assessment of cycling experience, and training will be adapted to fit the needs of each person.

This will also include:

- Routine bike checks.
- Check cycle helmet is fitting correctly
- High visibility jacket will be provided while training.

Training will be carried out on local roads, dealing with real traffic situations. The training will be gradual, increasing as the cyclist becomes more confident. Advanced traffic situations



including roundabouts can be taught if requested.

The training is free and takes three and a half hours from 9am–12.30pm.

For more information and to book your place contact Debbie Haynes: 01865 252566 Mob: 07787796337 DHaynes@oxford.gov.uk

CHURCH NEWS

Rose Hill Methodist Church

www.rosehillmethodists.org.uk

Our usual Sunday morning services begin at 10.30am.

Minister: The Revd Rosemary, Davies 01865 763676 minister@limewalk.org.uk

Deacon Deacon: Carole Smith, 01865 712880 carole.smith316@gmail.com

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

This edition, Sarah Northall, the curate at St Mary's Iffley, writes:

I am in my sixth month here now, living and working in Rose Hill. One of the real joys has been meeting the families who bring their little ones to the church asking for baptism. The birth or adoption of a child is a cause for celebration and for many of us, there is a deep need to express these feelings in a profound way. Baptism helps families do this.

Baptism, sometimes called christening, is an essential part of what we do at St Mary's. Our font sits right inside the entrance to the church building, and has done since 1170. It is astonishing to think how many countless

generations of families have come to mark the start of their children's journey in faith.

One little boy on a visit from Rose Hill School thought about this for a minute and then said, "It's like being a time-traveller. It makes you connected, doesn't it?"

Being connected is an important part of our news items for this edition of Rose Hill News. Firstly, St Mary's Church has a brand new website, which we hope will be more than just an electronic noticeboard and so become an interactive part of our parish life.

Secondly, Carole Smith and I work very closely, a friendship between Anglicans and Methodists in the local area. We would love to hear

from people from other churches, who live in Rose Hill, who have a heart for the estate and would like to meet with others to explore how this might develop and grow.

www.iffley.co.uk

Every Sunday there are services at 8am, 10am and 6.30pm—for full details please visit our website.

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

Curate: The Revd Sarah Northall 01865 579695 revsarahnorthall@gmail.com

Hall Enquiries: iffley.co.uk/hall-booking

St Mary's Church

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

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).

ANSWERS TO QUIZ ON PAGE 9

Mercury, Australia, Orange, Gravity, RVP, Andy Murray, Paris, Buckingham Palace, Hydrogen and Oxygen, True, Egyptian

ਰੋਜ਼ ਹਿੱਲ ਨਿਊਜ਼ - ਰੋਜ਼ ਹਿੱਲ ਦੇ ਲੋਕਾਂ ਲਈ ਅਖ਼ਬਾਰ ।

ROSE HILL NEWS SPORT

Rose Hill Football Club Round Up

TWO wins from their final two games... that is what Rose Hill Football Club need if they are to retain the Oxford City Premier League title.

After a tricky winter, in which many games were postponed and The Hill were knocked out of the cup, Rose Hill FC emerged intact and are vying for top spot. As it stands, the lads are six points behind AFC Blackbirds, with two games remaining against the leaders.

Manager Steven Simmons said: "Due to the weather a few matches were cancelled, so in the last few weeks we've had a lot of games to catch to catch up on. After beating Carteton Pumas 5-0 In the Junior Shield, we lost to the WDFFA Premier League leaders Hanborough which was disappointing. Since that, we've

won two of or last thee, including a 6-2 win against Fairview and a crucial draw against our local rivals The George."

With four goals in his last two games, striker Ash Barroso is on form and hoping to help his team reclaim the title: "I think the team is playing well and with confidence. We've got good players in form and the midfielders and defenders are doing a great job. We're on a good run at the moment so let's see how we get on!"

Rose Hill Football Club will play AFC Blackbirds within the next few weeks. To find out more, or to get involved contact Steven on simofoxford@yahoo.co.uk

A day in the life of an Oxford United fan

BY ORLITER

NEVER A DULL MOMENT FOR UNITED

IT IS A TOPSY-TURVY Yellows world at the moment, or put another way, there is never a dull moment when it comes to the Very Famous All Around The World, Oxford United Football Club. Both on and off the pitch attention seeking headlines have been to the fore.

I mean for example during the summer of 2012 three additions were made to the back room staff, namely a physiotherapist with more letters behind him than an Oxford Dictionary, a Head of Sports Science and a Sports Therapist neither of the last two with a single letter they can add to their CV.

A good start to the year was that, given they were going to reduce the injuries sustained by the players during the season. To date approximately a third of the team have spent many weeks on the sidelines. We are very grateful for the regime set up by those physios as it would seem without them the team of Oxford United might only be turning out with three or four players! The mind boggles.

Then we saw the double resignations of Kelvin Thomas who must surely be the one person to be called the saviour of the Yellows with his astute dealings with Mr Kassam when the rent could not be paid and Jim Rosenthal the internationally acclaimed ITV

presenter. Later, goalkeeping coach and ex England and Sheffield United goalkeeper Alan Hodgkinson MBE retired. Well! He was in his eighties after all!

But perhaps the most significant happening was the introduction of London Welsh Rugby Club who, because of their elevation to the top flight of the odd shaped ball game, had to play matches on and in a proper stadium. I cannot recall too many worries at the time after all it was summer and we were all running from one shelter to another dodging the rain!

Inevitably the roughnecks sport has turned the once envy of the football world into an agriculturists (that is farmers to you and me) nightmare. I wonder says my faithful furry friend Briggsy if perhaps Mr Kassam might at last sell the stadium for its intended use? Yes I reply. But I am confused to what now is the preferred sport. It could be we might see steam tractors holding ploughing competitions on the once hallowed turf.

But already Briggsy is preparing and practising for the next chapter in the penalty shoot out competition held as always on the Afghan carpet in the living room. Must move the remaining vases quickly... So, come on you Yellows!

At the time these notes were written, United are very close to the play off zone and are showing much better form, while the Reds (hate that colour) are very firmly anchored at the foot of their league. OOOOps.

Footy Fitness



IN A RECENT issue of Rose Hill News, we told you about Footy Fitness, the programme which aims to give men who want to lose weight the opportunity to learn about healthy living, while enjoying football focused coaching.

The ten-week programme has already helped many men achieve their goal of losing weight. One such man is Conroy Harris (above), who at the start of the course, did not do much regular exercise, weighed 16 stone 6 and had a BMI score of 33.

Oxford United Community Manager

Chris Lowes said: "Conroy expressed a great desire to improve his health and fitness and his attitude towards wanting to improve his lifestyle was fantastic. From his first session to his last, he pushed himself to his physical limits. He actively went about changing his eating habits by keeping a regular, in-depth food diary of everything he ate and what time of day it was.

"He also cut down the level of alcohol he was consuming and used a pedometer to measure how many steps he was taking on a daily basis. This information allowed us to

give him tips on how he could change aspects of his diet to give it better balance. He also started doing some of the exercises that we do in the sessions at home.

Conroy was rewarded for his huge effort and commitment to the programme with a total loss of one stone and one pound and an improved BMI score of 31!"

Footy Fitness takes place every Wednesday at the Kassam Stadium, from 6.00pm to 8.00pm, with a mini-bus provided to take you there and back.

To find out what benefits are on offer for completing the course, and for information about footy fitness visit <http://www.oxfordunited-yc.co.uk/footie-fitness> or phone 01865 337525.

GET FIGHTING FIT IN ROSE HILL!

ROUND up the kids and let Active Women help you fight away those winter blues at the Taekwon-do Martial Arts sessions in Rose Hill.

You do not need to be a black belt in karate to join in the fun! The friendly and qualified instructors will teach you a range of Taekwon-do moves and self defence techniques,

while giving you a great workout. Most importantly all of the sessions are fun and guaranteed to leave you feeling great!

Suitable for women (16+) and children (5+) – children must be accompanied by a participating adult.

Sessions are every Thursday, 6.45–7.45pm at Rose Hill Community Centre.

■ For more information and prices please email: oxfordtkdschools@hotmail.co.uk or call 07958 601660 / 07811 794809

■ Cost per session: £5 family rate (one woman and two children) £3 women (aged 16+) £1.50 children (aged 5–15 years, must be accompanied by a participating adult)