

GET COOKING ON ROSE HILL!

By Fran Gardner

FOOD4ALL and the Rose Hill Lottery project will join forces this spring to bring great food and new cookery skills to Rose Hill residents. Times are hard and finances are stretched but you still need to feed yourself and the family with good food—so why not come along and join the new weekly cookery workshops?

The community cooking group, Food 4 All, will be demonstrating how to create healthy family dishes that are both cheap and easy to prepare. The sessions aim to be relaxed and lots of fun.

Not only will you learn to cook new recipes which are cheap and nutritious but at the end of the session take home a recipe card AND a bag of ingredients to cook the dish at home!

While you are cooking, the kids can be having fun in the After School club (ages 4–11 years) and then join you at the end of the session to taste your delicious home-cooked food and have a wonderful meal.

Julia Hayes from Food4All who will lead the sessions said: “This is a great way for people who may be hesitant cooks to learn new recipes and enjoy the fun of cooking in a small group. With the new Welfare Reforms many people will be struggling financially and it is often food that has to be sacrificed so please do come along.”

The workshops are free and will run weekly starting on Tuesday 23 April from 3.30pm–5.30pm. Childcare is provided free in the After School Club. A family meal will be served at the end of the session. There will be a different meal every week. Dads and male carers are especially welcome to come along!

■ **Places are limited so don't wait.**
To reserve a place call or text
Fran now on 07770 324 277



Photo by Kasia Bus.

LIKE OUR FACEBOOK PAGE and win a fantastic Kindle Fire!



WANT to find out what is going in Rose Hill, AND be entered into a draw to win this great prize?

We have re-launched our Facebook page to help you keep up to date with all the latest news, events and activities that are going on in Rose Hill.

We've also changed our Facebook address to make it much easier for you to share our page. We can now be found at www.facebook.com/rosehillrp

All you have to do is 'Like' our Facebook page and complete a short,

three question survey to be entered into the prize draw. Once you have liked our page, you will be sent the survey through Facebook.

Do not forget to share our page and the competition with your friends!

Terms and conditions:

Only one entry per person. Multiple entries will automatically disqualify the entrant. The prize is not transferable and cannot be exchanged for a cash gift. Closing date for entry is 31 May 2013. Winner will be notified via Facebook direct message and on the Rose Hill Regeneration Project timeline.

IN THIS ISSUE:

- Rose Hill Full Circle: 4
- Housing Benefit Changes: 8
- Art for All: 9
- Littlemore Library News: 9
- Rose Hill Junior Youth Club: 10
- Children's Centre News: 10
- Wildlife in the Hedge: 10
- Low Carbon: 10
- Local Police Team Update: 11
- Church News: 11
- Sport: 12

ROSE HILL NEWS

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APRIL/MAY 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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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

PLENTY OF GOOD GREEN FUN!



Greensquare team with Rose Hill residents. Photo Kasia Bus

ON FRIDAY 5 April, GreenSquare held a community clean up day for residents in Wynbush Road, Pattison Place and Nowell Road.

Over 50 residents took part and managed to fill six skips! Not only was it a great opportunity for

residents to have a clear out of their homes and gardens, it also provided a litter pick to help clean up the streets.

Nine-year-old Brooke Lawson, who took part in the clean-up said: "It's good for the environment that

we're doing this and it's also a lot of fun!"

GreenSquare Community Involvement Officer Lew Fryer managed the event and added: "There was such a fantastic and fun atmosphere on the day!

Neighbours were helping each other to carry rubbish to the skips and the young people really enjoyed using the litter pickers to collect sack loads of rubbish from the streets. Everyone worked really hard to make it a very successful."

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 अनुबाद गर्नु परेमा, वा फरक फर्म्याटमा वा अडियो टेपमा चाहिएमा कृपया तपाईंलाई के चाहेएको 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 ਥੋਲੀ ਵਿਚ ਕਰਵਾਉਣਾ, ਜਾਂ ਇਹ ਰਸਾਲਾ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਲਿਖਾ ਚਾਹੁੰਦੇ ਹੋ - ਜਿਵੇਂ ਵੱਡੇ ਅੱਖਰਾਂ ਵਿਚ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ 'ਤੇ - ਤਾਂ ਤੁਸੀਂ ਆਪਣੀਆਂ ਲੋੜਾਂ ਬਾਰੇ ਸੱਮਣ ਲਈ ਫ਼ੋਨ ਨੰਬਰ 0800 980 9272 'ਤੇ ਸਾਡੇ ਨਾਲ ਗੱਲ ਕਰੋ।

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

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.

KIDS QUIZ

GET your thinking caps on and see how many of these quiz questions you can get right! Answers are at the bottom of page 15 but no cheating!

● In which continent is the City Lagos?

● The House of Commons is to be found in which British city?

● A British 50p coin has how many sides?

● What is the collective name for a group of lions?

● What galaxy is Earth located in?

● What is the first element on the periodic table of elements?

● A baker's dozen is how many?

● In the field of science, was does REM stand for?

● What is the Thursday before Easter called?

● James Bond works for?

أخبار روز هیل – صحيفة المجتمع المحلي الخاصة بـ روز هیل

SPRING HAS SPRUNG!



THE Lenthall Road Allotment Shop is open every Sunday from 10am to 1pm. Come and buy your seed potatoes, vegetable seeds and now plug plants of summer purple sprouting broccoli, Greyhound cabbage and all-year-round lettuce, with more being added each week. The shop stocks a wide range of seeds, composts, fertilizers, stakes, fleece, string, and slug pellets, all at very competitive prices. Photograph by Kasia Bus.

BRING IN THE SUMMER WITH MAY DAY

By Rosie Parry

IT IS not all about drunken students flinging themselves off Magdalen Bridge. Oxford's tradition of bringing in the summer with Magdalen's college choir has been a staple in the city's calendar for over five hundred years.

May Day has been celebrated around the world for thousands of years, originally as the festival of Flora, Goddess of flowers. Flora still gets a nod in many cultures, when a young girl is crowned May Queen, and given the duty of kicking off her town's celebrations.

Much of the western world still celebrates May Day but it is our very own Oxford that is famed for doing so in style.

The Magdalen choir performance starts at six in the morning and large crowds gather beneath Magdalen Tower to watch before the festivities begin. Students often attend the university's all night balls the evening before, and so many can be seen

walking the streets in their ballgowns and black tie.

In the 19th Century, the town's young men would run amok in the streets, dancing and playing the horn to passersby. It seems very little has changed, and us oxonians still enjoy any excuse for a party. Morris dancing and live music takes place throughout the city, attracting hundreds of revellers every year.

The Morris dancing in particular has become tradition and men in folk costume are a common sight. Bridge jumping, our other, slightly more unfortunate tradition started in the 1980s.

Dry Springs leading up to May often mean that the water party goers are jumping into is shallower than it appears. In May 2005 this led to almost half the jumpers needing medical attention, and the bridge was closed off during the celebrations until 2011.

So this year, have fun, be safe and set your alarms for an early start!

Rose Hill does Comic Relief!



Photograph by Kasia Bus.



Photograph by Kasia Bus.

CHILDREN'S TV favourites Peppa Pig and Fireman Sam came to party at Rose Hill for Comic Relief Day on Friday 15 March.

Sharon Crockett led a morning baking session at the Children's Centre making over 100 yummy red nose chocolate cakes with mums and children.

Carol and Mick Davies generously hosted a special OAP bingo session at the Norman Brown Hall at the Community Centre in the afternoon, raising further funds for a great cause.

The day was finished off with a big party in the Ballroom at the Community

Centre, with DJ Brian playing such great hits that we couldn't get off the dance floor!

Rose Hill branches of Pizza Hut and Papa Johns donated free pizza for party goers, and individuals from the community also brought cakes and snacks.

Martin Coombes also helped to raise money, when he allowed staff from the Children's Centre to wax his legs—great fun was had by all!

A total of £376 was raised for Comic Relief. Thanks to all who contributed and came along.

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Ruskin College is approved by The Open University as an appropriate organisation to offer higher education programmes leading to Open University awarded awards.

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Building a world-class city for everyone



QUILT made by the Asian and Arabic Speaking Women's groups for the Community Art project with help and support from Doreen Branney. Photo by Tiffany Black.

English language classes come to Rose Hill

OXFORD Business College and the Rose Hill Lottery project have joined forces to offer FREE Business English language classes on Rose Hill. The College who are funding the project are keen to meet anyone who is interested in improving their Business English language skills.

The pilot programme will consist of six, weekly classes starting on Wednesday 8 May at 6pm in the Rose Hill

Community Centre.

The course will allow you to improve your business vocabulary and gain a better understanding of the higher education environment. The course will be ideal for residents who may already have a business or those who may be considering starting a business.

Rafal Witczak, Business Development Manager for Oxford Business College said: "As a Rose Hill resident myself

I wanted to offer something that could be really useful to local people. Having a knowledge of good business English is essential nowadays. The College is delighted to be able to set up this project and hope that many people will take up the places."

■ If you like to find out more or to book a place please contact:
Rafal on 01865 791 908
or Fran on 07770 324 277

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Rose Hill Full Circle

ARE you over 50 and enjoy engaging with young people? If so, Full Circle would like you to get in touch.

For three and a half years, Rose Hill Primary School pupils have been enjoying a weekly intergenerational friendship group that meets on Thursday lunchtime.

The group was set up by Oxfordshire

charity Full Circle, that runs several groups throughout Oxford. At the sessions, volunteers talk about their lives, play board games and enjoy arts and crafts activities with the pupils.

The Rose Hill group is looked after by facilitator Tracey Veal. Tracey said: "I feel honoured to be the facilitator of the Full Circle group at Rose

Hill as it brings such joy and happiness to all those involved. For me, it's wonderful to watch the relationships between young and old develop and grow into true friendships. The children benefit from the stories from the past and the volunteers delight in hearing about the lives of the children."

Coordinator for Older Volunteers at Full Circle Ruth Stavris said: "The group enables the young and old to learn from and enjoy each other's company. The Rose Hill set has three volunteers who all enjoy getting

to know the children. For some of them it's highlight of their week."

The group is now looking to run a second group over another lunch time, and would like local people over the age of 50 to get involved.

Volunteers do not need any special skills or experience, they just need to be able to commit to an hour a week.

■ *If you would like to find out more call Full Circle on 01865 246456.*

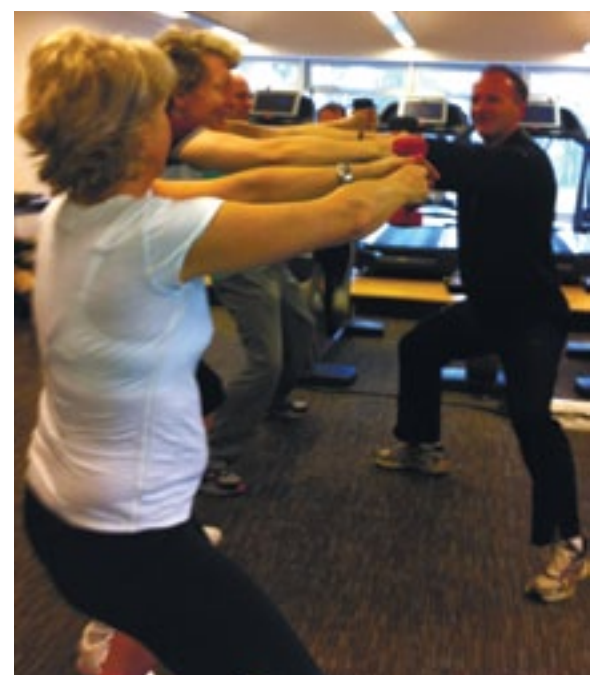
TONED, TRIMMED AND NOW TASTERS!

By Fran Gardner

OVER 20 Rose Hill residents—men and women, joined the recent Thursday morning Tone and Trim sessions at the Community Centre. Led by Jason Biles, an experienced personal and gym trainer, the sessions proved to be fun as well as great for the abs (tummy muscles)!

Jason is a calm, confident and encouraging voice to all of us as we follow his instructions to strengthen our muscles and get really flexible. The sessions are suitable for everyone, whatever age and each person can work to their own capabilities.

The sessions which are funded by both Community First and the Lottery project, will re-start on Thursday 18 April at 9.30am at the



Community Centre and are free to everyone who wishes to come along.

However, from 18 April the sessions will be followed by short taster sessions of other types of exercise such as BoxFit or gentle Circuits. We are even planning a Boot Camp session for those people

who want to really push themselves a bit harder. These tasters will give you the opportunity to have a go at exercise classes that you might not have had the confidence to try before.

■ *If you would like more details call or text Fran on 07770 324 277*

ALSO AVAILABLE

Free gym sessions for women at the Oxford Academy
Every Monday from 1.30–2.45pm, booking is essential
To reserve a place Text or Call Fran on 07770 324 277



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IT ALL STARTS AT YES

NCS is a once-in-a-lifetime opportunity that runs in the holidays and helps you build your skills for work and life, while you take on new challenges and meet new friends.

Along with thousands of other people your age, you'll take part in different outdoor activities away from home, develop skills you didn't even know you had, learn new things, help your local community and best of all make a load of new friends. You'll also be given the opportunity to create a project you really care about and bring it to life in your local area.

Have a look at what some of the guys got up to last year by checking out our Facebook page.

YOUR LOCAL NCS PROVIDER IS...

OAYP NCS Manager Jodie Leftwich.
For further information please contact:
jodie.leftwich@oayp.org.uk
01865 368027 or 07772 356976
www.oayp.org.uk

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In Residence at the University of Oxford

Saturday 27 April 2013
Sheldonian Theatre, 8pm

Haydn

Symphony No. 43, 'Mercury'

Britten

Young Apollo, Op. 16

Mozart

Symphony No. 41, 'Jupiter'

Mark Viner piano
Marios Papadopoulos conductor

WIN a family ticket

(2 adults & up to 3 kids)

by answering this question:

Which planet is closer to the Sun - Mercury or Jupiter?

Send your answer to
kirsten@oxfordphil.com
by **noon April 22!**

Star Volunteer: Emma Breach

EMMA volunteers on the Rose Hill Regeneration Project. She initially met our team when she attended a health event in the community in February 2012 and has been involved ever since.

Emma is 20 and lives in Rose Hill with her dad and brother. She has been a young carer for her brother who has Autism.

Emma is a friendly and caring person who has given much energy and time to the Rose Hill Lottery Project

She has made new friends and become involved in community life, volunteering and participating in new groups such as the Rose Hill Singers and the Knit and Natter group. Both groups are multi cultural, intergenerational groups which take place within Rose Hill's 55+ scheme.

Emma has been a volunteer play worker at Rose Hill Junior Youth Club since May 2012. Getting involved in arts projects, singing, group games and cooking. She has a natural empathy and understanding for children's needs and the children love having her there.

Emma has helped us to run trips to the theatre with children and families, helped out at events such as the wellbeing day and several community celebrations and fundraisers. She has given her time willingly and makes a real difference to the community.

Thank you Emma for everything you have done!



Emma Breach. Photo by Kasia Bus.

INTERNATIONAL CELEBRATIONS!



Photo by Kasia Bus.

WOMEN and men from Rose Hill joined together to mark and celebrate International Women's Day last month.

The Rose Hill and Littlemore Children's Centre hosted a fabulous party which welcomed everyone in the community.

Adults and children enjoyed face painting, music, indoor and outdoor play before joining together for a shared lunch with food from around the world.

Ali Hall went along to the event. She said: "It has been wonderful to celebrate

different cultures in Rose Hill. It's been a great opportunity to bring women and families together, and to meet new people. The food was amazing and I really enjoyed the after-lunch dancing!"



The Nepalese Community with all the rubbish collected on Rose Hill.

Pick of the litter

WEARING Hi-Vis 'OxClean' tabards, and armed with litter sacks and grabbers, The Oxford Spring Clean is on a mission to clean up Rose Hill.

■ If you know of any areas in Rose Hill or Iffley that could with a tidy, email Derek Jones at office.7018@iffley-mead.oxon.sch.uk or for more details visit www.oxclean.org.uk

is managed by Academy's Eco Committee. The committee is made up of students from each of the Academy tutor groups. By the end of two, hour long sessions they had collected around ten bags of rubbish, with just over half of it recyclable.

Isis Academy's Derek Jones said: "Slightly less waste was collected this year than previous years, but there's more work to be done! We want to get more involved in the community and do the litter pick on a more regular basis."

EVERYONE IS AN ARTIST!

ART work by members of The Rose Hill Junior Youth Club's will be on display as part of an exhibition at Oxford Town Hall.

The Sense of Place exhibition is a month-long collaboration of professional artists and community groups.

There will be live music, lots of great art and fun interactive and multimedia events for all ages. Visitors can even play in a den, relax in a hammock or have some fun with the life-size puppets in the Interactive Day Centre!

■ The gallery will be open from 10am–5pm, Monday–Friday, from now until 27 April at the Oxford Town Hall.

■ Special events:

- Thursday 18 and 25 April: From 1.30–4.30pm Jenny Wylie 'I'm on the Bus'. Jenny will travel around Oxford on a bus and ring in to the gallery so that visitors can track her progress on the map.
- Saturday 20 and 27 April: Live music every Saturday.
- 20 April: Live music from The Ragdoll Band and the Ben Mowat String Project.
- 27 April (closing party): All artists and visitors get together to celebrate at the closing party, including Robbie Shackleton, Roly Carline and Ali Hall running the 'Super Best Friends Karaoke' session, Open Mike and a interactive music session with 'Music in MIND band'.

■ For more information, call Janey Carline on 07748966403, email her at janiecarline@ntlworld.com or visit www.everyonesanartist.moonfruit.com



MAKE A DIFFERENCE WITH THE NATIONAL CITIZEN SERVICE

ARE YOU a young person who wants to make a difference to your community?

The National Citizen Service (NCS) programme is a life changing experience for 16 and 17 year olds. It is available to all young people regardless of ability, interests or background.

The NCS summer programme takes place over four weeks, during school holidays and on selected evenings and weekends.

It is a personal and social development programme designed to challenge young people. And it is great fun!

Delivered by the Oxfordshire Association for Young People, NCS is a voluntary programme that helps to support the transition into adulthood for young people, by enabling young people to work together, to create social action projects in their local communities.

Over the first two pilot years of NCS 95 per cent of those who took part said that they developed important skills for the future, and 92 per cent of participants said they would recommend NCS to other young people.

■ If you would like get involved, or if you want to find out more, contact Jodie Leftwich on 01865 368027 or email jodie.leftwich@oayp.org.uk

HOUSING BENEFIT CHANGES

FROM 1 APRIL, major changes have been made to benefits which could mean that you receive less housing benefit.

Council tenants and housing association tenants have had their housing benefit entitlement reduced if the council decides their home is too big for their needs. This is often called the bedroom tax or under-occupancy rule.

The bedroom tax won't affect you if you (or your partner) have reached state pension credit age. On 1 April, when the bedroom tax started, you will need to have reached state pension credit age if you are a man or woman aged 61 years and 5 months.

The amount of rent you can claim housing benefit for will be reduced if you have one or more spare rooms. This means you will have to pay more of the rent yourself.

The amount of rent used to calculate how much housing benefit you are entitled to (your eligible rent) will be cut by a fixed percentage:

- 14% if you have one extra bedroom.
- 25% if you have two or more extra bedrooms.

Eligible rent is not always the same as the amount you have to pay to a council or housing association landlord. For example, water and heating charges for your home don't usually count towards eligible rent. So, if you have one spare bedroom and your rent is £100 per week, only £86 will count when your housing benefit is assessed. You will have to pay at least £14 to your landlord yourself.

Similarly, if you have two or more spare bedrooms, and your rent is £100 per week, only £75 will count when your housing benefit is assessed. You will have to pay at least £25 to your landlord yourself.

You may have to pay more—this will depend on your circumstances, income, savings and contributions from adults who live with you.

If these new bedroom tax rules affect you, you are probably worried about how you will manage with less money. Your first

priority should always be to pay the rent—if you fall into arrears, you could lose your home.

It might be possible to make some savings here and there, or there might be state benefits and tax credits that you're entitled to but not claiming at the moment.

■ **If you would like more information on what you could be entitled to, contact the Rose Hill and Donnington Advice Centre on 01865 438634.**

BEDROOM TAX: Case Study



Rose Hill resident Anthony Knightly said: "The new reforms will put a real strain on my life. I'm in employment but I'm going to have to find somewhere else to live because I can't afford to stay where I am now."

I have a spare bedroom because my disabled son stays with me once a week, but I now don't have enough money to manage. The Rose Hill Debt and Advice Centre are helping me to understand what my options are and I'm very grateful."

Photo by Jamie Clark.



Your benefits will be paid direct to you

If you haven't got a bank account it's a good idea to get one

You can set up a **direct debit** to your landlord



A cap will be put on benefits for non-working households

£500
per week

OR

£26,000
per year



As of **2013** working age Disability Living Allowance claims will be based on **medical assessment**



The new system will be focused on what people **can do**

It is expected that

20%



will **lose** their award

A cap will be put on benefits for non-working households

£350
per week

OR

£18,200
per year



ART FOR ALL

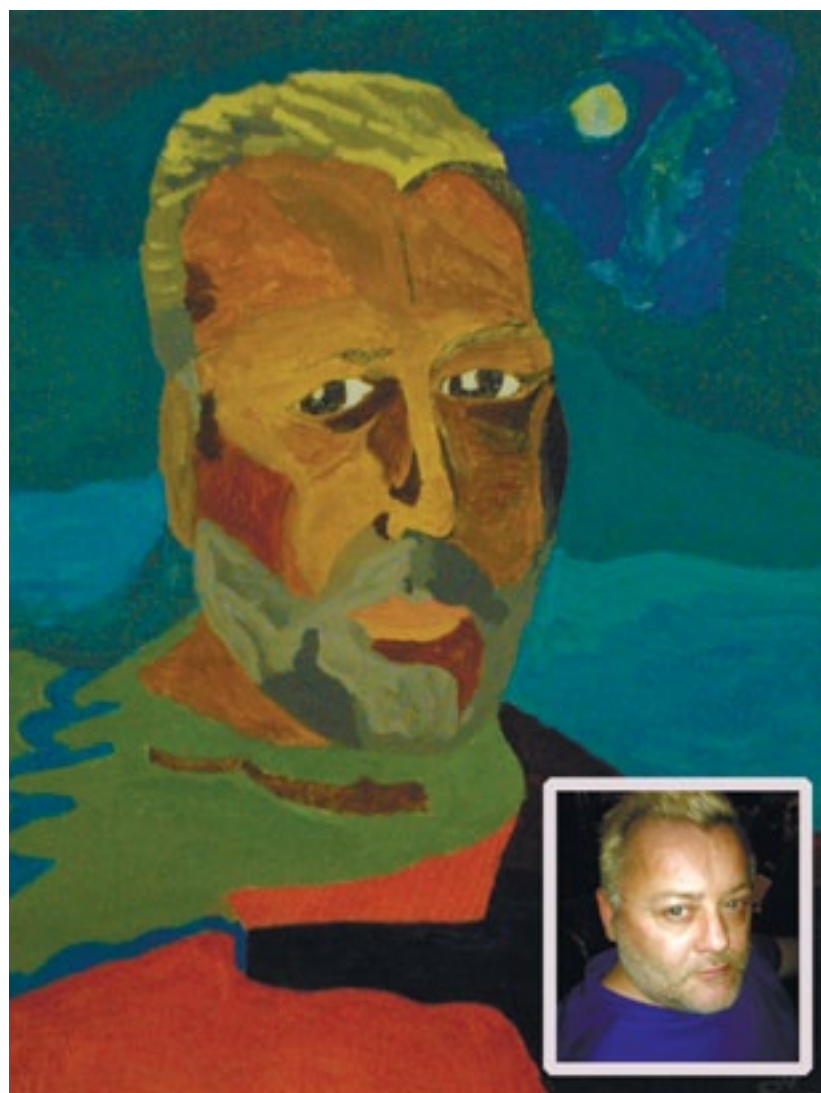
By Ali Hall

DANIEL Breach, a volunteer for the Rose Hill Regeneration Project, is giving something back to his community and will be leading a set of five art sessions in Rose Hill.

Anyone is welcome to come along and try their hand at a range of different art and craft activities. Daniel is currently studying a BA Fine Art and Film Degree Course at Brookes University. He is a Rose Hill resident and has an interest in working creatively with the local community.

Daniel will be volunteering his time free of charge; the suggested donation of £1.50 will cover the cost of materials and refreshments. For further information contact Ali Hall by email at ali.hall@greensquaregroup.com

The Art for All Group starts on 22 April, and will take place on Mondays from 1–2.30pm, at Alice and Margaret House, Desborough Crescent.



Self portrait by Daniel Breach

Theatre Review

UNDER MILK WOOD
BY DYLAN THOMAS
The Oxford Playhouse
Review by Jamie Clark

“IT IS spring, moonless night in the small town, starless and bible-black, the cobbled streets silent and the hunched courtiers’-and-rabbits’ wood limping invisible down to the sloeback, slow, black, crowblack, fishingboat-bobbing sea.”

Before seeing the stage production of Dylan Thomas’ poem ‘Under Milk Wood’ I was unsure what to expect; although familiar with Thomas’ work I had reservations about how this dramatic monologue would translate to the stage.

Thankfully it was in safe hands as this production—directed by Jo Noble (16|22 productions)—gave a bright and unique twist to what was originally a radio play.

Under Milk Wood is set in a fictional, ramshackle Welsh village called Llareggub, where an all-seeing narrator chronicles

the inhabitant’s thoughts, feelings and dreams throughout a solitary day.

There were laughs a minute from this lively company, with notable performances from Tim Smith as local church organ-player ‘Organ Morgan’, and Magda Salvensen as twice-widowed ‘Mrs Ogmore Pritchard’, a woman who has the uncanny ability to nag her deceased husbands.

The biggest laugh of the night for me was when ‘Nogood Boyo’ reared his hooded head and was found to be “...up to no good in the wash house.”

While the play has received some criticism for its near-absence of the Welsh accent, I didn’t find that this hindered my enjoyment. The acting was innovative and exuberant, and the last thing on my mind when watching it was the dialect.

The language sings and breathes, and the play’s youthful energy contrived to make this a night I won’t forget and made me eager to revisit Thomas’ work with fresh eyes.

Littlemore Library News

IF YOU are aged between three and seven, come and get crafty at our monthly themed Craft Activity. They are on the first Saturday of the month at 11am onwards. As children must be accompanied by an adult, it is a chance for the grown-ups to relax and choose some books for themselves.

Rhyme-time is still on the second Monday at 2pm and last Friday at 11am. Please have a look on our Oxfordshire County Council website for all the details.

We have Explore Learning making a welcome return to the library on 4 April, to run two more of the creative writing groups. The themes are ‘The Twits’ for five to seven year-olds and ‘Wimpy Kid’ for seven to 11-year-olds. Please call into the library or phone on 01865 714309 to book a place.

Littlemore Library has a selection of adult audio books so why not come and have a browse. We also have new

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

collections of books that will tempt you to try something new.

We look forward to seeing you soon.

■ Littlemore Library

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

☎ Call Sharon Ingram, Library Manager, on 01865 714309

E: littlemore.library@oxfordshire.gov.uk

Rose Hill Read / Swap Library

TEA, CHAT AND BOOKS!

THE Rose Hill Read / Swap Library is a local venture, run entirely by volunteers for the residents of the Rose Hill area. We have a number of regulars, but would love to see more. Our aim is to provide a friendly place to drop in, have a cuppa and a chat, and maybe take out a book or two.

We have a large selection of good quality books, mainly fiction including large print books, and many children’s

books. There is also a childrens’ craft area. No form-filling, nothing to pay, just show your books to a volunteer and take them away.

Bring them back later and swap for others. We offer free tea/coffee and biscuits so why not give us a go?

We are open Monday afternoons (except Bank Holidays) from 2.00 to 4.30pm in the Norman Brown Hall, Community Centre, and is ideal for when the children come out of school. We could also do with a few more volunteers.

We look forward to seeing you!

Change4Life Supermeal

Chilli Con Carne

Serves: 4 Adults

Preparation Time: 10 mins

Cooking Time: 25 mins

(Suitable for freezing)



Ingredients:

- 300g extra lean mince beef
- 1 large onion, finely chopped
- 2 garlic cloves, finely chopped
- 400g chopped tomatoes
- 2 tsp tomato puree
- 2 tsp chilli powder
- 1 tsp ground cumin
- 1 red pepper, deseeded and chopped
- 2 handfuls of mushrooms, sliced
- 1 tin of kidney beans in water, drained
- 150ml vegetable or chicken stock
- 300g easy cook white or brown rice
- 1 pinch ground black pepper

What to do:

1. Heat a large saucepan and add the minced beef, a handful at a time, cooking until browned. Add the onion and garlic and cook for another 2–3 minutes.
2. Add the chopped tomatoes, tomato puree, spices, red pepper, mushrooms, kidney beans and stock. Bring to the boil, then lower the heat and simmer gently for between 15–20 minutes.
3. Meanwhile, cook the rice according to pack instructions.
4. Season the chilli with pepper and serve.

Try serving with a baked potato instead of rice!



Children's Centre News

It's a jungle out there!

By Jamie Clark

ROSE Hill Children's Centre offers flexible care options for children in the community and provides a safe environment where kids can learn, have fun and make new friends along the way.

The centre features a fully equipped playroom where kids can explore, socialise and discover more about the world we live in. It also has a great outdoor play area and garden where kids can enjoy imaginative play and even plant seeds before watching them grow into beautiful plants and flowers in the warmer months ahead.

There's plenty to do whatever the weather; even when it's a little damp, the centre has a supply of wellies and wet weather clothing on hand for any outdoor expeditions. Parents are welcome to join in too.

As spring has recently sprung, the

children are currently learning all about nature, creatures and the new life the season brings.

Play worker Rafael Borja-gulfo said: "We teach children, through play, to be friendly to nature. The garden we use is full of life and we have different species of flowers, spices, insects and sometimes birds inside it. Last year we even had an imperial moth in one of the bushes!"

"It encourages behaviour and helps kids to learn about boundaries. We try to stimulate their mind with imaginative and tactile play, and the garden helps them to experience a varied section of smells, sights and sounds."

■ **To find out more about Rose Hill Children's Centre, or if you would like to come to a session, call 01865 716739.**



Photograph by Kasia Bus.

Rose Hill and Littlemore Children's Centre

The Oval, Rose Hill, Oxford OX4 4UY

☎ 01865 716739

www.rosehill-littlemore.childrencentre.org

Rose Hill Junior Youth Club

Jumping into spring

WE have enjoyed a range of activities at the Junior Youth Club this term, including dragon making, giant splatter painting, skipping challenges, skittle competitions, group games and ready steady cook.

The children and staff at the Junior Youth Club are happy to see the sun come out, which will give us lots more opportunity for outdoor play!

We are grateful to Rose Hill Primary School for allowing the use of their outdoor games area. We'll be running a weekly sport session there, which will feature football, hockey and basketball.

As usual there will be a range of activities on offer at the centre. This term we will be launching boxing workshops, and visiting the town hall to see our work in the Sense of Place Art Exhibition.

Special thanks go to all the parents and carers who have joined us to serve up tea and tidy up—we've had a busy term and appreciate your help!



■ **Junior Youth Club** is an inclusive club, running on Thursdays in term time from 4–6pm at Rose Hill Community Centre.

WILDLIFE IN THE HEDGE

By Stuart Mabutt

LOOK out into even the tiniest of gardens and most will have a hedge of some description. They can be the perfect shelter and even a food source for many forms of wild creatures.

Best planted between early October and early April, its best to choose plants that happily grow wild in the area within which your garden is situated. When finalising the choice of plants, go for a mixture which will attract more life that just one type of plant.

Dig a big trench and fill

ample quantities of garden compost. The hedge will be there for a long time so you need to give those hungry young plants the best start possible. Planting a double row if you can will provide a much denser hedge in the end.

For the initial three years after planting the new hedge line will be susceptible to wind rock and invasion of competing plants. As the plants grow, layer more compost and lawn mowings around them to counteract these ongoing threats.

When the hedge is well

established, try planting some climbers to grow among it, brambles and honeysuckles are ideal.

Planting the odd small tree along the hedge line will work wonders to, for example Crab Apples give extra height and fruit during autumn and winter. Your hedge does not have to be totally level, so the odd tree is great.

Hedges are ideal sources of nectar if planted correctly, so have a go at growing a native mixed hedge and watch the bees move in.

Rose Hill and Iffley Low Carbon

Next meeting Wednesday 24 April at 7.30pm

OXFORD'S newest low carbon group invite you to join in! If you live in or have a strong link with Rose Hill, Iffley or Iffley Borders and are interested in joining a growing and very ambitious community group then come along to the next meeting at 7.30pm on Wed 24 April at 1 Hunsdon Road, Oxford OX4 4JE.

The broad aims of this fledgling group are to involve local people in campaigns to reduce their carbon footprint and foster sustainable means of producing energy and to raise awareness of the real threats of climate change both to our own community

and the wider world.

Thanks to support from CAG and Low Carbon Hub the group is already looking into starting a car club as well as raising money for community PV on local buildings. The small but ambitious group are also looking at the possibility of tree planting, garden sharing and lots of other fun and interesting ways of engaging the local community.

■ **We would love you to join us! Contact Chair Eleanor Watts on watts.eleanor@yahoo.co.uk or 01865 453354 for more information or to get involved, or to let us know if you would be interested in a having a new car club in the area.**

Rose Hill Neighbourhood Police Team Update

THE Neighbourhood Police Team for the Rose Hill, Littlemore and Iffley area is working hard to reduce crime and Anti Social Behaviour. Here are the latest updates regarding our current neighbourhood priorities.

Drugs

PCSOs were on patrol when they stopped a group of men in Iffley, drugs were seized and street caution was issued for possession. Four successful drug warrants were carried out in Rose Hill. Arrests were made in relation to this.

There was a cannabis factory found at an address in Fairlie Road, Littlemore in June 2012. The offender has now been located and arrested for production of cannabis. If you have any worries about drugs in your area please contact us on 101.

Fraud

Two men were arrested following being detained by security staff, after they were seen to tamper with the cash machines. Devices were being used to 'trap' the cash. Both were sentenced to four months each on 17 March.

The NHPT would like to take this opportunity to thank the vigilant security staff for their great work.

Have your Say

If you would like to voice your views please do come and visit us on the below dates:

- Tuesday 23 April, at The Oval, Rose Hill Police Office, from 6–8pm.
- Saturday 18 May, at Sainsbury's, Heyford Hill, from 1–3pm.

Unsecured premises

A burglar will select a target because it offers the easiest opportunity to carry out the crime unnoticed. A building that presents itself as unoccupied or unsecure is more likely to be targeted than one which is properly secured. Here are some ways to reduce the chances of becoming a burglary victim:

- Ensure side gates are locked to prevent access to the rear of the property.
- Lock all windows and doors remembering to double lock UPVC doors.
- Do not leave ladders and garden tools in your garden, lock them away in your shed.
- Improve natural surveillance trim high hedges.
- Consider fitting security lighting and a burglar alarm.

Twitter

Keep up to date with crime where you live. Follow us on Twitter or like us on Facebook.
@tvp_oxford

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

WHAT'S ON IN ROSE HILL April and May:

● **Free Tone and Trim exercise classes**
Every Thursday, 9.30am, Community Centre.

● **Boxercise taster sessions**
Thursday 18 April, 10.30am, Community Centre. FREE.

● **Free Women only Gym classes**—every Monday 1.30pm, The Oxford Academy. Booking essential.

● **Art for All, art and craft classes**—Starts Monday 22 April, from 1.00–2.30pm, Alice and Margaret House, Desborough Crescent. £1.50 to cover the cost of materials and refreshments.

● **Free Food4All workshops**
Fun cookery sessions, starts Tuesday 23 April, 3.30pm at Rose Hill School. Booking essential, childcare provided.

● **Community Singing group**—every Monday from 11.00am at the Community Centre. Start date to be confirmed. Call or text for details. Free.

● **Free English language course**—starts Wednesday 8 May, at 6.00pm, Rose Hill Community Centre. Call or text to reserve a place.

● **Health Bus**—free health MOT or private appointment with the nurse. Tuesday 23 April, from 10.00am–4.00pm, The Oval, by the bus stop.

● **Junior Youth Club**—for children from 6–11 years. Starts for Summer term on Thursday 18 April, 4.00pm at the Community Centre. Great fun activities and a wonderful family tea.

■ **For details of all of these activities just check out our FaceBook page www.facebook.com/rosehillrp or call or text Fran on 07770 324 277**

CHURCH NEWS

By Deacon Carole Smith

THERE were a few days in March when the sun shone, the wind was gentle and it was possible to believe that spring had arrived. Then winter returned, holding us in an icy grip for an unusually long period, and yet we knew that spring eventually would come, as it does every year. Spring feels like a new beginning and hope is reborn as we see fresh shoots appearing out of apparently barren earth, and tender buds appearing on twigs that look dead.

Since I moved to Rose Hill in August last year I have seen many 'new shoots' and signs of hope in this community, even in these challenging times. There is the work of the school, the Children's Centre and youth clubs, the Advice Centre, the Tenants and Residents Association, the allotments and the Read Swap Library, to name just a few. All are supported by dedicated and enthusiastic staff and volunteers. I have also been impressed by the way different community groups in Rose Hill come together for

special occasions to have fun!

For Christians in this part of the world the coming of spring seems to reflect the message of Easter, which we recently celebrated. We have travelled through the events of Holy Week leading up to Jesus' death on the cross on Good Friday, to arrive at Easter Sunday and the joyful celebration of his resurrection. For Christians this is not just an event that happened many years ago—every day we live in the light of the Easter message as we continue our journey of faith with the risen Christ.

■ St Mary's Church and Rose Hill Methodist Church work together in Rose Hill and would love to hear from people from other churches who live here, have a heart for the estate and would like to meet. Please contact Sarah Northall or Carole Smith.

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

St Mary's Church

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

VOLUNTEERING IN ROSE HILL

By Ali Hall

I HAVE worked as the Volunteer Coordinator for the Rose Hill Regeneration Lottery Project for over a year now. The year has flown by, with over 50 local people volunteering their time.

Volunteers have helped out in so many different ways. During the last year we have had people volunteering their time at the local Youth Club, helping out with food bank deliveries, writing for Rose Hill News, cooking for community events, running a knitting group and helping out at community events by stewarding or running stalls.

We are lucky enough to have a bank of volunteers from all ages and backgrounds, and I am inspired by the commitment and support that people give for FREE!

We are currently looking for people to volunteer in the following ways:

- Urdu speakers to help us work with non-English speakers in the community
- Drivers and Minibus drivers to assist with transporting food, equipment and people for various community activities
- Cooks or people who enjoy cooking, to get involved in various food related projects
- Volunteer Play Workers to help out at the Junior Youth Club and family events

We are always looking for new volunteers. If you would like to find out about the multitude of ways that you can get involved and contribute to your community, please get in touch.

■ **Ali Hall, Rose Hill Volunteer Coordinator, GreenSquare Group**
Tel: 07768 600935
ali.hall@greensquaregroup.com

Your local councillors and MP

City Councillors



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 KIDS QUIZ ON PAGE 2:
Africa, London, Seven, A pride, The Milky Way, Hydrogen, 13, Rapid Eye Movement, Maundy Thursday, M16.



Are you a good listener?

Do you want to gain new skills and help others who are struggling to get their voice heard?

If so, we want to hear from you...

Our next training courses are in Banbury and Oxford.

Contact: jacinta.sands@oadg.org.uk 01865 741200 www.gettingheard.org

A day in the life of an Oxford United fan

BY ORLITER

Great Expectations!

WELL that was the feeling at the start of the 2012–2013 football season for most of the Oxford United fans and in truth that feeling was lived up to probably until the Easter campaign when the season's woes caught up with players, fans, management and owners. “C'mon You Yellows” rang out around the ground for the last but one match but it did sound dreadfully apologetic.

Ah yes my, chocolate stealing (but faithful) dog reminds me, there were a number of factors for that, one being the atrocious state of Brighton Beach which was once known as “the pitch” at the Kassam Stadium caused by the introduction of rugby union.

Well of course, I retort, “any ole excuse” and I suppose that key players who were out injured for long spells also played its part in proceedings? Yes says he. Just look at the results at the stadium and then compare with the away details and I must say he had a very good point. The fact is that our Mighty Yellows will still finish probably above half way and

hopefully in the top ten.

It could be argued that top players like Ronaldo, Rooney, Beckham, Messi John Terry and all may be lured to the ground, but on the other hand...maybe not. You must have great expectations for why else would we bother getting up in the morning?

We should never forget (not until we marry anyway) that we are THE YELLOWS famous barmy army from Rose Hill, Iffley and Westbury Crescent and Littlemore and not forgetting Little London!

Just one home game left against Rochdale on Saturday 20 April to let the club know that we are and always will be the Very Famous Oxford United Football Club. C'mon You Yellows....

STOP PRESS. Have just been told the next season begins on 4 August 2013. Bring it on!



Rose Hill FC v AFC Blackbirds. Photo by Shane Leach.

THREE second half strikes and a mature performance from Rose Hill FC finished off local rivals AFC Blackbirds in the Premier Challenge Cup.

After a tense and battling first half the score remained goalless until The Hill's defender Terry Rose expertly despatched a half valley into the top corner of the net.

After the goal, the game opened up a bit more, and Rose added to his tally with another cracker—this time

from outside the penalty area.

Youngster Callum Smith added a third to put The Blackbirds to bed, and gave Rose Hill bragging rights over this year's champions.

Second in the league is the best the lads can hope for this season, but The Hill are still in the hunt for silverware and could win both the Premier Challenge Cup and The Couling Cup. Manager Steven Simmons said: “I was very happy

with the 3–0 win over the Blackbirds. All three goals were stunning strikes! We have a lot of cup games coming up and we're hoping to win them both.”

■ **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**

Take to the water and feel great

ACTIVE Women Oxford

www.getoxfordshireactive.org

Make a splash this spring!

Learn to Swim

This 10 week programme of lessons will teach you how to swim and improve your confidence in the water.

Only £30 for 10 lessons!

Blackbird Leys Pool

Mondays (starting 15 April)
10.30 – 11.30am

Temple Cowley Pools

Thursdays (starting 18 April)
1.30 – 2.30pm

Advanced booking is required before the start date and payment must be made in full. Spaces are limited! Open to women aged 16+.

Back to Swimming

Dust off your goggles & improve your swimming technique.

Ferry Leisure Centre

Tuesdays, 7 – 8pm (starting 16 April)
£5.80 per session *discounts available for Bonus Concessionary members and over 60s/students*

Aqua Zumba

Bring the party to the pool and feel fab!

Barton Leisure Centre

Tuesdays, 1 – 1.45pm (starting 16 April)
£3.50 per session

The above sessions must be booked one week in advance. Open to women aged 16+.

For more information or to book please contact
Fusion Lifestyle on 0844 8933222



ROSE HILL FC: PLAYER PROFILE

IN THIS issue Sean Qualter shares a few footballing secrets with Rose Hill News.



Photo by Shane Leach.

I first signed on for Rose Hill, believe it or not, in 1978! 35 years later I'm still proud and privileged to wear the yellow and blue of this fantastic estate team.

Who is the funniest team mate?

To be honest, the whole team at The Hill have a unique sense of humour which we revel in weekly, but if I had to nail it down to one individual, it would have to be Garry Trinder. He goes out of his way, especially on tours and presentation night, to make it fun and the club has a great sense of gratitude towards him for it.

Which team do you look forward to playing the most and why?

The team we most look forward to playing is our local rivals, The George. They used to be our reserve team so the competitiveness, banter

and friendship make the game a great fixture for us. We are much better than them by the way!

How do you think the 2012/13 season has gone?

The season has gone well considering we are quite a new, younger team after last year's unbeaten record breakers disbanded with some of the older players leaving for family commitments.

We went unbeaten in the league this year but just fell short of retaining our title to AFC Blackbirds. We are still in two cups and determined to regain the championship next year. Hopefully, more people will come and support us and join our brilliant fan base we have established over the last two seasons. I would like to take this opportunity to thank all involved... especially the fans.