

KIDS GO WILD!

Children and wildlife come together in new Rose Hill Wild Oxford project.



Josh Ballard, 6, Max Ballard, 8, Arun Baggett, 8 with project manager Andy Gunn and a visiting Badger! Photo by Kasia Bus.

WILD Oxford, a new two-year project on three wildlife sites in the city, will bring together communities and people interested in their local nature reserve. The Berks, Bucks & Oxon Wildlife Trust (BBOWT) is leading the Wild Oxford project on the very special wildlife site at Rivermead Nature Park in Rose Hill. Rivermead Nature Park is a three hectare site that has wet woodland that drops

down to the River Thames. The local community places great value on the green spaces at Rivermead, but the woodland and ponds have become overgrown. The Wild Oxford project will work with local people and children to take forward practical conservation work and celebrate the wildlife of this area.

Rose Hill Junior Youth Club has joined forces with BBOWTProject

Manager Andy Gunn to develop a weekly wildlife and bushcraft project throughout 2014 for the kids. The sessions will include pond dipping, bug hunting and identification, shelter building, bushcraft techniques, campfire cooking and barbeques and a visit from a barn owl handler with his beautiful owl.

Josh and Max Ballard with friend Arun Baggett met up with project

manager Andy Gunn recently (and a friendly badger) to have a taste of what is to come in the project.

Josh said: "I had a really great time at the reserve, and loved doing the pond dipping. It's amazing that there is another world that we can explore in there. I can't wait to go again and hope to learn more about campfire cooking."

Max said: "It was brilliant and I

learned a lot. I can't believe we're going to get to meet an owl!"

■ **The first Junior Youth Club trips to the Reserve begin on Wednesday 5 and Thursday 6 of March so if your child would be interested in "going wild" with us then call or text Fran on 07770 324 277 and we will give you all the information.**

Are you a reader of Rose Hill News?

We need residents to share their views on the paper to make it better for everybody. Join the Rose Hill News management group for one year and receive a £10 voucher as a special thank-you.

If you are interested call or text Jamie Clark on 07768 600935

Are you from Rose Hill News?

Simply say to one of our journalists or photographers, "Are you from Rose Hill News" and if you're the first person to ask, you'll win a £10 voucher.

So don't be shy, if you spot a member of the Rose Hill News Team out and about say hello!

Also in this issue:

Low Carbon: 2
Photo competition: 3
Health Bus: 5
Book Club: 5
RH Junior Youth Club: 6
Rose Hill Volunteers: 6
Rose Hill News Interview: 7
Littlemore Library News: 9
Games: 10
Church News: 11
Sport: 12



ROSE HILL NEWS

ISSUE 27
FEBRUARY/MARCH 2014

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.

Produced with help from the Leys News Editorial and Design team

Rose Hill News management and production team:

- Jamie Clark (Editor)
- Daniel Breach
- Shane Leach
- Kasia Bus
- Tara Al-Salihi
- Aishia Ball
- Fran Gardner
- Rosie Parry
- Asha Rogers
- Peter Wilkinson

For further information or if you would like to get involved, please contact:

Rose Hill News
c/o Fran Gardner
GreenSquare
244 Barns Road
OX4 3RW
☎ 07770 324 277
E: rosehillnews@gmail.com

Produced with the support and financial assistance of:



ROSE HILL AND IFFLEY LOW CARBON GROUP

Free trees!

ON a bright and sunny day last November, local residents and volunteers from local environmental group Rose Hill and Iffley Low Carbon celebrated National Tree Week by planting over 300 new trees on part of Rose Hill recreation ground.

The saplings were provided for free by the Woodland Trust and are all native British tree species such as Hazel, Elder, Dogwood and Hawthorn. In a few years' time, the grown up trees will provide a wonderful new habitat for birds and wildlife as well as an attractive addition to the Rec.

Thermal Imaging Campaign

WITH temperatures dropping this winter, Rose Hill and Iffley Low Carbon Group is now focusing its attentions on a thermal imaging campaign and taking 'infra-red photographs' of over 100 homes in the area to see where heat is escaping.

Volunteers from the group have been trained to use special thermal imaging cameras and have been out and about over

the last fortnight as part of a free service to local householders.

Paul Skinner, one of the main organisers of the Thermal Imaging Fortnight, has been overwhelmed with the response to the campaign. "We leafleted hundreds of addresses in Rose Hill and Iffley and were optimistic that this would be a good way to engage local people in energy saving.

"We have been amazed to have had over 100 people ask us to take an image of their house. People are clearly concerned about rising energy bills."

Want to keep your house warm and save money?

THEN come to our free drop-in advice afternoon from 2.30–4.30pm on Sat 15 February at Rose Hill Advice Centre, Ashhurst Way.

There will be talks from experts at 2.30, 3.00, 3.30 and 4pm. If you had your house thermally imaged, we'll also explain what the photos show about your house. All are welcome!



THE image above helps to show where heat is leaking out of homes, and therefore suggest what actions residents can take to save energy and make their homes warmer.

Red = a lot of heat is escaping
Yellow = some heat is escaping.
Green = a little heat is escaping
Blue = almost no heat is escaping.

Thank you and goodbye Asha



THIS month the Rose Hill Regeneration Project says goodbye to Asha Rogers, who has worked on the team as administrator since the lottery funding began. She is leaving the team to focus on her studies at St Anne's College Oxford, where she is in the final year of her PhD in English Literature. The Rose Hill News team would like to wish her the best of luck with the completion of her doctorate and her future career.

Asha puts a smile on everyone's face and worked tirelessly during her time on the project.

Rose Hill Community Worker Fran Gardner summed up how much Asha's input will be missed: "Asha has brought so much to the Lottery project. Over and above her skill as an administrator she has given many hours to the community events that we have staged on the estate.

"In December she lead the entire catering operation for the Christmas event—no mean feat with over 3000 pieces of food being served! We will miss her dreadfully."

Asha said: "It has been an absolute pleasure working on the Rose Hill project for the past two years. There has been lots of laughing and chatting, as well as running around madly! I will miss it hugely.

Thanks to everybody in the community who has supported our work. Keep up the good work!"

High Sheriff awards Rose Hill

OXFORDSHIRE'S High Sheriff Graham Upton has rewarded Rose Hill with £2800 from the Community Integration fund. Rose Hill was in the final shortlist of four projects and chosen from a total of twenty eight others.

The funding will cover the cost of cookery workshops for both children and adults and four community lunches for residents.

Rose Hill Community Worker Fran Gardner said: "Our work in Rose Hill centres on food as a way of bringing diverse parts of this community together.

"This funding will allow us to teach residents the skills needed to produce good, nutritious and tasty food on a tight budget. It will also give ethnic groups the chance to host community lunches—such a great way to get people together!"

The first cookery courses for adults will start on Monday 24 February from 9.30–11.30am in the Cafe kitchen at the Rose Hill Children's Centre. Places are strictly limited to 10 per course so don't delay book your place now!

■ To book or get more details call or text Fran on 07770 324 277 or message us on Facebook www.facebook.com/RoseHillRP



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 1 | 9 | 7 | 5 | 6 | 4 | 2 | 8 |
| 5 | 4 | 8 | 1 | 2 | 3 | 6 | 9 | 7 |
| 8 | 3 | 4 | 2 | 7 | 9 | 1 | 6 | 5 |
| 6 | 2 | 7 | 9 | 4 | 8 | 3 | 5 | 1 |
| 4 | 5 | 1 | 8 | 9 | 2 | 7 | 3 | 6 |
| 2 | 8 | 6 | 4 | 3 | 7 | 5 | 1 | 9 |
| 9 | 7 | 3 | 6 | 1 | 5 | 2 | 8 | 4 |

Answers to quizzes and games on page 10

Japan Quiz answers
1. Waterloo (Abba)
2. Hawaii
3. Take your shoes off (and point them towards the exit)
4. The Magnificent Seven
5. "God Wind" (usually translated "Divine Wind")

Kid's Quiz answers
1. Edinburgh
2. America
3. True
4. Oval
5. Luis Suarez
6. Five
7. Rose Hill Community Centre
8. Snake
9. Green and white
10. Nitrogen



Adrian and friends at the Lenthall Road Allotments—third from left

ADRIAN SCRIVEN Field Secretary of Lenthall Road Rose Hill Allotments recently passed away at the age of 55. He will be sadly missed by all his friends. The funeral took place on Wednesday 5 February at Botley and was attended by many family members and friends.

GOODBYE LORI

AFTER three years working in Rose Hill, PCSO Lori Jones will be leaving Oxford to return to her hometown of Blackpool.

During her time in Rose Hill, Lori has become a pillar of the community. Always willing to help, she regularly gives up her time to visit the many different groups in Rose Hill.

Having started work in Rose Hill in 2010, Lori said she's seen a lot of changes: "On my first day I was a little nervous because I didn't know what to expect, but before long I was getting to know the fantastic community I would grow to love.

"In my time here I have seen the whole regeneration from start to present day. It has changed Rose Hill dramatically and it's only going to get better. It is a multi-cultural community and over

the years I have seen how each culture has joined together and help one another, for example the Asian women's lunch, these lovely ladies make delicious food and it's appreciated each week by members of the public."

Lori is set to leave her role in mid-February and hopes to embark on a new career path as a midwife. Luckily for us, she says it's not the last Rose Hill will see of her: "Being here has really given me inspiration to help people in a way I didn't understand before I had the privilege to work with such amazing people.

"This community spirit is only going to become stronger, and I can't wait to come back and visit people I now class as friends, not just people I work with."



Lori and friends at the Rose Hill Junior Youth Club.

Photo: Kasia Bus.

Pets and their owners

Send in a picture of your pet for the chance to win £10 voucher!

THE cutest pet, judged by the Rose Hill News Team, will win a £10 voucher and be featured in the next edition of Rose Hill News.

From pugs and poodles, kittens and tabbies, to rabbits and guinea pigs—you can enter any pet into the competition.

So to inspire you, we asked Rose Hill News photographer Kasia Bus to take a photo of Alice and Margaret resident Terry Kirkby and his dog Briggsy.

■ Email your photo to rosehillnews@gmail.com or message us on Facebook www.facebook.com/RoseHillRP



Photo: Kasia Bus.

"Did I say something funny?"

COME ON ROSE HILL! SHOW THAT YOU CARE and claim your free lunch!

OxClean is coming to Rose Hill on Saturday 8 March from 10.30am–1pm and is a great opportunity for Rose Hill-ians to come out in force and show that they really care about the place where they live.

OxClean is an Oxford Civic Society initiative dedicated to keeping Oxford clean and tidy all year round—ensuring that our beautiful city is a welcoming and pleasant place for people to live, work and visit.

Working in partnership with Oxford City Council, The Oxford Times, local community groups and Rose Hill Primary School we are hoping that you will be part of the litter pick—and receive a FREE lunch as a thank you for your support.

Throughout Rose Hill there will be "Litter Leaders" who will supply you with a litter picker, high vis jacket, gloves and bags. Join a Litter Leader, pick up some litter and claim your voucher for a free lunch. The Junior Youth Club will be running a special recycling activity for all children and there will be prizes for children who litter pick with a parent or carer.

■ Come and meet us on The Oval on Saturday 8 March at 10.30am and show us that you care! If you would like to be a Litter Leader and help tidy up your street call or text Fran on 07770 324 277 or message us on Facebook: www.facebook.com/RoseHillRP

It is OK to talk about debt, real help is at hand!



AFTER the excitement and sometimes excess of Christmas, the beginning of the year can seem a pretty hard time, especially if money worries add to the gloom. Fortunately, there is help at hand.

The Rose Hill and Donnington Advice Centre Ltd offers free, independent, confidential advice on money and benefit issues, and can help in very practical ways.

Situated in the Old Oxford City Council housing office on Ashhurst Way, Rose Hill, the advice centre is an independent charity. It is headed by Carole Roberts, who has been with the centre since the 1980s, and who really believes it makes a difference to the area.

The statistics really show this to be the case. From April to October 2013 advisors at the centre managed to help their clients write off £256,614 of debt.

The centre employs four debt relief audit consultants. This means clients can file for mini bankruptcy. Mini bankruptcy is available for those with debts of up to £15,000, and costs £90 if done online at the centre (rather than £600 if done in court).

During those six months, the centre also recovered £215,379 of unpaid benefit. By far the majority of clients come for help with appealing against an Employment Support Allowance decision. The centre helps people with correspondence, represents them at

hearings, and has won all, but one appeal.

As tardy benefit payments and unwise borrowing are the main issues, the centre recommends people join the Oxford Credit Union, where members can save in the good times, and borrow at reasonable rates when times get tough.

Although The Rose Hill and Donnington Advice centre has an excellent track record, Oxfordshire County Council is proposing to stop its funding in April 2015. If you would like its work to continue, please sign the petition on the website at www.rhdadvicecentre.moonfruit.com, or visit the centre, which is open Monday to Friday.

Final Rose Hill Community Centre plans go on show

Plans for the new Rose Hill Community Centre are moving forward.

The final plans will be on show to the community during the week beginning 10 February 2014 with community drop-in sessions where you can speak to Oxford City Council officers.

We are encouraging all local residents to attend.



Plans will be on display at the community centre and advice centre at the following times:

Rose Hill Community Centre

- Monday to Friday: 9am – 1pm
- Drop-in session: Thursday 4.30pm – 7.30pm

Rose Hill & Donnington Advice Centre

- Monday, Tuesday and Thursday: 9.30am – 1pm & 2pm – 4.30pm
- Wednesday: 9.30am – 1pm
- Friday: 10.30am – 12.30pm
- Drop-in session: Tuesday 10am – 12pm

Rose Hill Book Club is ready to launch!

By Gabrielle Westhead

ROSE HILL welcomes its first official book club to the community and is looking for local people who are interested in reading and talking about reading.

The first meeting will be held on Monday 3 March, 2–3.30pm at the Rose Hill Read/Swap Library at the Rose Hill Community Centre.

As an introduction to the group, members will have their say about how they want the book club to be. The plan is to discuss their favourite books, personal preferences and reading histories and get a taste for what is to come.

If there is a book you have always wanted to read but never got round to it, then this is the perfect opportunity for you. Suggested reading will be available from the mobile library in Rose Hill, so there is no need to worry about not being able to get hold of a particular book.

Rose Hill Book Club will be in the hands of those who attend and led by those who turn up. Beth Whittle (pictured right), the organiser of the book club, said: “Hopefully conversation will range widely and there’ll be some really interesting discussions.”

The book club is free and open to all. If it is successful, there is potential for it to develop and expand into creative writing workshops led by Beth herself.

To find out more, get in touch via www.facebook.com/RoseHillRP, or call Jamie Clark on 07768600935 or just come along and see for yourself!



THE HEALTH BUS

THE Health Bus is a free mobile clinic provided by Rose Hill’s Lottery funding, that stops at The Oval once a month. So what do you get when you step on board? There are a range of free NHS services and health checks available.

With a NHS nurse on-board, the bus offers a free and confidential 15-minute “health MOT”, which includes blood pressure and diabetes tests, BMI calculation, glucose and cholesterol testing.

The nurse is also able to work out your smoking status, and if needed, can point you towards free NHS Stop Smoking Services to support you to quit. Research shows you’re four times more likely to give up with support and quitting dramatically reduces the risk of heart disease and stroke.

It’s also a place where you can get advice from the nurse, and have an informal chat about any physical or mental health problems—just come in



and talk to the nurse in complete confidentiality.

Charles Otunba, who visited the health bus last year said: “It’s a great resource. There is no GP surgery on the Rose Hill estate, and this makes accessing health advice difficult for me. But with the Health Bus I can get help if I need it for me or my family”

Over 50s in Rose Hill can also make use of a free monthly foot care service. It’s provided by Age UK’s Sole Mates service and Fran Gardner, Rose Hill community worker, says that being able to have your toenails cut helps to prevent

serious accidents: “Uncut nails are one of the major reasons for causing falls because older people then resort to wearing sloppy shoes or slippers and slip and fall.”

Foot Care sessions are held in the Day Room at the Community Centre. The Health Bus rolls into Rose Hill on Thursday 27 February, so hop on board this month and get your free health MOT!

There’s no need to book in advance and everyone’s welcome!

■ For more information speak to Fran on 0777 0 324 277

Health Bus and Over 50’s Foot Care dates until July:

Feb 13 Foot Care only (11am–3pm)

Feb 27 Health Bus only (10am–4pm)

March 20 Health Bus and Foot Care

April 24 Health Bus and Foot Care

May 22 Health Bus and Foot Care

June 26 Health Bus and Foot Care

July 17 Health Bus and Foot Care

Fundraising for Vale House Oxford



Would you like to join the Vale House Circle of Friends?

We are looking for volunteers who would like to raise awareness and funds for Vale house in their own area.

Meet with the Fundraising Manager once a month to discuss ideas and different ways of fundraising.

This is a fantastic way of making new friends and having lots of fun as well as supporting Vale House, Excellence in Dementia Care.

Vale House provides high quality care and support, maintaining dignity and respect, to people suffering from all types of dementia, their families and friends.

Vale House, Excellence in Dementia Care, working together with families to provide comfort to those in our care, enabled by our specialist trained staff.

- Vale House is committed to the ongoing development of specialist palliative care in the dementia field.
- Provision of excellent managerial and psychological, emotional support for staff and families.
- Collaborative working relationships with local authority, other homes and private individuals.
- To disseminate our specialist knowledge and learning locally and nationally.
- To monitor and evaluate our services to inform, development and improvement.

We are always interested in your fundraising ideas and will help you in anyway we can to organise your event no matter how big or small.

Contact Sandy Briscoe Fundraising Manager for more information:

01865 718467

fundraising@valehouse.org.uk

www.valehouse.org.uk



Vale House, Sandford Road, Sandford on Thames, Littlemore, Oxford OX4 4XL
Charity Registration Number 299766



DO YOU LOVE TO READ?

Come along to **The Rose Hill Book Club** to talk about your favourite books and read something new.

All ages welcome.

The first meeting will be held on Monday 3 March, 2–3.30pm at the Rose Hill Read/Swap Library at the Rose Hill Community Centre.

For more info call or text Fran 07770 324 277



Want to quit smoking?

Use your local NHS Stop Smoking Service and you're up to **4 times** more likely to succeed.

- Free expert advice
- Prescription stop smoking treatments to help beat cravings
- Ongoing support from an NHS trained adviser

Call us today on **0845 40 80 300**

Because life's better Smokefree.

Oxfordshire Smoking Advice Service
supporting people through the process of quitting



D L HANCOCK LTD
Funeral Directors & Monumental Masons
Established 19 years and still independent

WE ARE NOW OXFORD'S ONLY
INDEPENDENT FAMILY FUNERAL DIRECTOR

A caring traditional **24 hour service**
provided by Mr. Hancock and his team personally

Serving Oxford and all Surrounding Areas

Private Chapel Of Rest

Mercedes Fleet of Funeral Cars

Perfect Choice
Funeral Plans



Member of
The National Association
of Funeral Directors



Tel: 01865 767780 (24 Hrs)
126 London Road, Headington,
OXFORD OX3 9ED
www.dlhancock.co.uk

Rose Hill Junior Youth Club



Skye Partlett, Ashley Dillon, Mimi Partlett and Zara Khan.

Rose Hill JYC Rocks!

AFTER a fantastic Christmas party that saw almost 80 children attend, the club is going from strength to strength!

From February onwards there's a whole host of activities planned. First and foremost we are now going to celebrate every child's birthday with a home made cake for each child and birthday card.

Football, rugby and hockey are on the agenda in sports, with card and badge making in crafts. We're also hoping to build the first ever Rose Hill Junior Youth Club car with the help of play workers and children.

There's book reading and writing for budding

authors, and we now have a make-up and nails artist who will be visiting us on a weekly basis. Volunteer Suzie Walters will be donating her time to offer fashion and beauty tips once a week.

And of course there's our famous healthy tea with its ingredients supplied by the fantastic Oxford Food Bank.

The tea is cooked by the kids, for the kids, with the focus on fresh and healthy food which is really tasty. We normally serve pasta in sauce, cheese, salad, coleslaw, bread and a fabulous pudding such as home made flapjack, fruit and custard.

We then sit down at

5pm to sample the goods! Parents and carers are always very welcome to join us. The more the merrier!

Club sessions are always a lot of fun, so if you're interested in taking part, why not pop in and see what you think? The Rose Hill Junior Youth Club is an inclusive club for 6–11 year olds, and takes place at the Rose Hill Community Centre during term time:

Wednesday (Ages 6–8)
3.30–5.30pm

Thursday (Ages 9–11)
3.30–5.30pm

■ To find out more call
Fran on 077 703 24277

Why I like RHJYC

By Mimi Partlett

I LIKE the youth club because it's fun and has cool people who run it, like Jamie Bourton and Jamie Clark.

They have lots of cool toys and lots of activities, so come on down and have a good time!

■ Junior Youth Club is an inclusive club, running on Wednesdays and Thursdays in term time from 3.30–5.30pm at Rose Hill Community Centre.

Volunteer Stories

By Hannah Ellen-Conway

SINCE starting my degree at Oxford Brookes university last summer I was made aware of the Rose Hill Junior Youth Club and the volunteering opportunities available there.

One of the big focuses of the youth club is getting children involved in cooking and producing healthy and substantial meals. The children are then able to sit down at the end of the session with their families and enjoy eating what they have produced.

As a nutrition student and somebody who thoroughly enjoys cooking, this was a perfect opportunity for me. Since starting volunteering in October I have already gained valuable skills; adapting to working with children, being quick thinking and being a leader.

One of the things I find most rewarding about working in the kitchen at the youth club is seeing the vast variety of ingredients that get sent in from the food bank and then watching them all come together to produce a tasty meal.

After deciding what the different aspects of the meal will be, it's a matter of getting all hands on deck and assigning the children with jobs to do; chopping up the salad, mixing fruit smoothies or putting the topping on the pizza!

I have enjoyed working as part of the community on a weekly basis and getting to know the children. I am looking forward to continuing working with the junior youth club team to come up with more exciting cooking activities in the future.

STAR VOLUNTEER: Asha Grover

ASHA has been volunteering with the Lottery project for the past few months and many of you may have seen her working at the Junior Youth Club, or at the Children's Centre.

Despite her limited grasp of English, Asha has thrown herself into voluntary work and is a huge inspiration to everyone she meets.

Originally from India, Asha moved to Italy in 2001. She spent 12 years in Mantua, before she and her husband left for Rose Hill—her husband having found work in Oxford.

Asha's niece and her husband, who works in the Rose Hill supermarket, have helped Asha with her transition into England and recommended that she volunteer.

Asha decided to volunteer at the junior youth club because she loves being with children and likes working with food, so the junior youth club was perfect for her!

Play leader Jamie Bourton said: "Asha is absolutely fantastic and always gives her time so willingly to help out. The kitchen is very busy during the session so she's a massive help. She's always smiling and we don't know what we'd do without her."

Asha said: "I really love the youth club and the Rose Hill Children Centre. I have found people on Rose Hill to be very friendly and co-operative."

Thank you Asha, you really are a STAR!



Rose Hill News Interviews...

IN THIS feature of Rose Hill News we get to meet a member of the Rose Hill community to find out a little bit more about them.

To kick off the New Year, we talked to **Jamie Bourton**.

RHN: Hi Jamie. For those readers who don't know, can you tell us who you are and what you do?

JB: I am Jamie Bourton and I am lead youth worker at Rose Hill Junior Youth Club. I also work at Rose Hill and Littlemore Children Centre. I grew up in Rose Hill and now live in Blackbird Leys.

RHN: What changes have you seen since in Rose Hill over the last few years?

JB: There is a lot more going on than there used to be. The open days are great and there are lots of training opportunities which have made Rose Hill into a really lovely community.

RHN: What do you enjoy about the youth club?

JB: I enjoy seeing the children happy and having fun playing together. The staff, volunteers

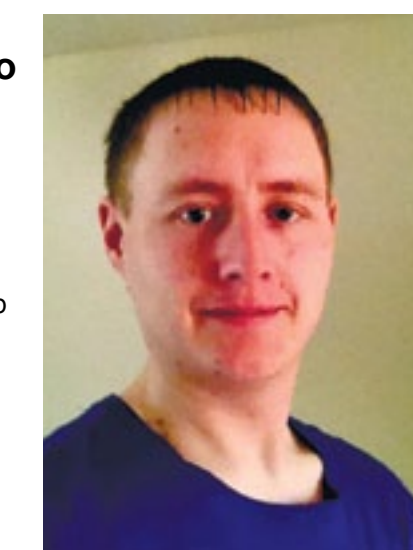
and the parents are good to get on with and I think it's great of them to give up their time to help out.

RHN: Why is the youth club important?

JB: It's important because it's the only place in Rose Hill for children of this age range to play in a safe and stimulating environment. At the club we aim to promote a healthy and responsible lifestyle and it's thanks to the Food Bank we are able to provide a nutritious, healthy tea every session. It's a cohesive and inclusive club that's incredibly culturally diverse.

RHN: Do you read Rose Hill News?

JB: Yes. I like to keep updated with what's happening in the estate and it's a good source of news. My favourite bit is the Premier League Predictor!



RHN: What are your plans for the future?

JB: I am currently undertaking my Level 3 diploma in Play Work with the Oxfordshire Play Association, so I hope to be a fully qualified play leader in the near future. I'm also looking forward to seeing my two children, Lewis and Daisy, grow into the amazing people they already are.

Interviewed by Jamie Clark.

Learn how to work for yourself

By Lisa Wroe

THESE free sessions are for anyone who's interested in finding out more about what working for yourself means and how you could do it.

With more job seekers out looking for work the competition is much tougher. By beginning your own business, you are creating your own job and creating your own opportunity to do whatever you like, when you like and doing what you really enjoy and are good at.

These workshops are designed to explore the idea of working for yourself and understand the processes involved such as understanding the market, how to get customers, finance and tax returns. Workshops will be



delivered in a relaxed friendly environment with experience people available to answer any questions you may have.

Whether you have an idea for a business or not, you are welcome to come along to see if working for yourself is right for you.

The first open session will be held on 25 February at 9am until 2pm at the Rose Hill Children's Centre with a

free community breakfast and lunch.

The sessions will then run weekly from Tuesday 11 March.

Come and join us for some breakfast and lunch to meet some like minded people and find out more about working for yourself.

■ **To book a place please contact Jamie Clark at GreenSquare on 07768600935**

HOW THE ESOL COURSE HAS HELPED ME

MY NAME is Cher Chiu, I am from Taiwan. My family and I have been living in Oxford for three years but sometimes I still feel as I am a newcomer.

Because of the language barrier I cannot do many of the things used to be able to do in Taiwan. For example, I cannot go to see my GP alone as I need my husband to do the translation. I cannot take my children to see their dentist as I am not sure I can fully understand what the dentist is talking about. So, often I feel down.

I want to become totally independent here, so I want to learn English. My husband is only a student, so we do not have extra money for me to go to any English classes, which are quite expensive in Oxford.

I have been learning English online at home alone and I did not know where I could find resources to help improve my English until last October, when my son's classmate's grandmother took me to Rose Hill Children Centre.

I will never forget that day.



Photo: Daniel Breach

Cher Chiu and OSLS Family Learning Tutor Anne Davy.


I didn't have good English listening and was too nervous to speak English, so I couldn't even ask simple questions to the receptionist. The kind grandmother, instead, asked about the ESOL course and wrote down the information about the course for me.

My English teacher, Anne is from OSLS (Oxfordshire Skills and Learning Service) and is such a nice person. She is always patient to teach us again and again. She

teaches us learning English from everyday routine activities.

And she encourages us to speak a whole sentence not just a few words words. Every week I am always looking forward to learning English at my ESOL course. I really enjoy it.

Now, I can speak English more confidently and understand others better. I hope I will continue improving my English to become totally independent in life.



NEW

Change your life in 2014

Come and study on our new Access to Higher Education Diploma

Why Choose Ruskin?

- No formal qualifications required
- Progression to a degree course at Ruskin College (subject to interview)
- Funding available to help with living costs
- Positive learning environment for all
- Live on campus (if required)
- Regular meeting with a personal tutor to guide you through the course

Transform your life

Apply now!

Contact: 01865 759600 or enquiries@ruskin.ac.uk

Closing date for entries: 28th March 2014



Ruskin College also offers short courses and long courses up to degree level. Take a look at our website or contact us for more info.

Ruskin College, transforming lives for 115 years.



www.ruskin.ac.uk

Rose Hill Podcast Video

By Daniel Breach

RESIDENTS of Rose Hill who make use of the Lottery Funded projects or activities may soon find themselves being filmed for a new video podcast.

The people behind the podcast (and the camera!) are Jamie Clark and Daniel Breach. Daniel is currently undertaking film and media based work experience with

GreenSquare and Rose Hill News in conjunction with his degree course with Oxford Brookes University, where he is studying for a combined BA/ BSc degree in Fine Art and Film.

They will be swooping down on you sometime in February and March so if you see them don't be shy and come and say hello! It could be your opportunity to let the rest of Rose Hill know more about

you and your group.

If you would be willing to be video interviewed or if you would like to get involved, please let Jamie or Danny know by email rosehillnews@gmail.com or www.facebook.com/RoseHillRP

■ **The podcast, when complete, will be uploaded to our YouTube channel www.youtube.com/user/RoseHillRP**

Craft Corner

By Lina Vosa

IT'S Valentines Day and love is in the air, so why not give your loved one a card with a personal touch. I had great fun making this card. I hope you enjoy making it too.

You will need:

- 13x13cm white card
- Grey and red paper
- Red and white craft felt
- Ribbon about 12cm long
- One button
- White and red thread
- Two sequins and two seed beads
- Scissors

- Needle
- Paper glue
- Sticky tape
- Ruler
- Pencil

Instructions:

1. Cut 10x10cm square of grey paper. Mark central line. Place ribbon to cover the line. Secure the ribbon ends at the back with sticky tape.
2. Cut bigger heart shape from red felt and smaller from white felt.

Stitch white heart on top of the red heart with two strands of red thread using running stitch. Try to keep the



stitches the same size. Use the red thread to sew on the button and sequins with seed beads.
3. Place felt heart in the middle of grey square. Work a row of running stitch along of the edge of the heart with two strands of white

thread.
4. Cut 11x11cm square of red paper. Glue it to the centre of white card blank (you can buy ready-made card blanks or make your own).

Glue grey card to the centre of red square leaving a thin border all round.



When you first suspect your child has Special Needs

(Part 3: Continued from the last issue)

By Danny Breach

WITH our son diagnosed I had become the main carer of the children as their mum had returned to work.

With our daughter's help we had become a team together and my son and his sister found me so funny at times to watch.

You have to have faith in your instincts and fight for your child's rights sometimes to get the best support for them and it may feel lonely at times but there is support out there. Raising a child that has a "Statement of Special Needs" with autism has been challenging but it has made me a better, stronger person too.

Sometimes I felt battle weary, even a bit scarred by some sad and ignorant

experiences along the way, but I am proud of both of them and of myself as their parent.

Raising my son has been challenging work and it has delayed my own career aspirations as I have had to study part-time, but it means that I am always there for them if they need my advice and support.

Living with Chronic Fatigue Syndrome has added to the challenge but also helped me to be more able to understand his world, and helped me make that first connection with him.

I do take offence when politicians blame carers and the long term sick as a burden but without carers how much more would it cost the country?

Fight your corner for what your children need.

Mum's church choir-inspired gospel album

By Abimbola Jekayinoluwa

A NURSE and mum of three has produced her first gospel album which was inspired by singing in a church choir in Oxfordshire.

Faith Adesuwa Idubor is a registered nurse with Nuffield Orthopaedic Hospital Oxford.

She is the mum of Timothy, Gabriel and Promise Idubor a year 5 student of Rose Hill Primary School

Her gospel album is titled 'You are fearfully and wonderfully made'. Faith said: "Listening to this gospel musical album will let you know that you need to accept yourself the way you are, and not to conform to worldly standard. True love and acceptance does not come from changing ourselves, for we are fearfully and wonderfully made."

When nurse Faith Adesuwaldubor is not caring for patients she enjoys praising the lord with the gospel choir at Oxford's Christian Life Centre.

Now the mum-of-three, who works on the neural rehabilitation ward at the Nuffield Orthopaedic Centre in Headington, is launching a career as a solo singer by recording her own album.

The album was launched at the Christian Life Centre church in Cowley Road on Saturday, 8 February.

Mrs Idubor, 35, lives in Normandy Crescent, Cowley, with her husband George, 51, and their three sons Promise, nine, Gabriel, five, and Timothy, three.

Born in Nigeria, she and her family moved from Verona, Italy, to Oxford about three years ago.

Since then she has been working at the Nuffield Orthopaedic Centre and has been worshipping at the Christian Life Centre. She said: "My husband is a music producer so I wrote the songs and he has helped me to record them.

"I have a real passion for gospel music and I'm always singing songs around the house.

"I wanted to share my songs with people and let them know about gospel music."

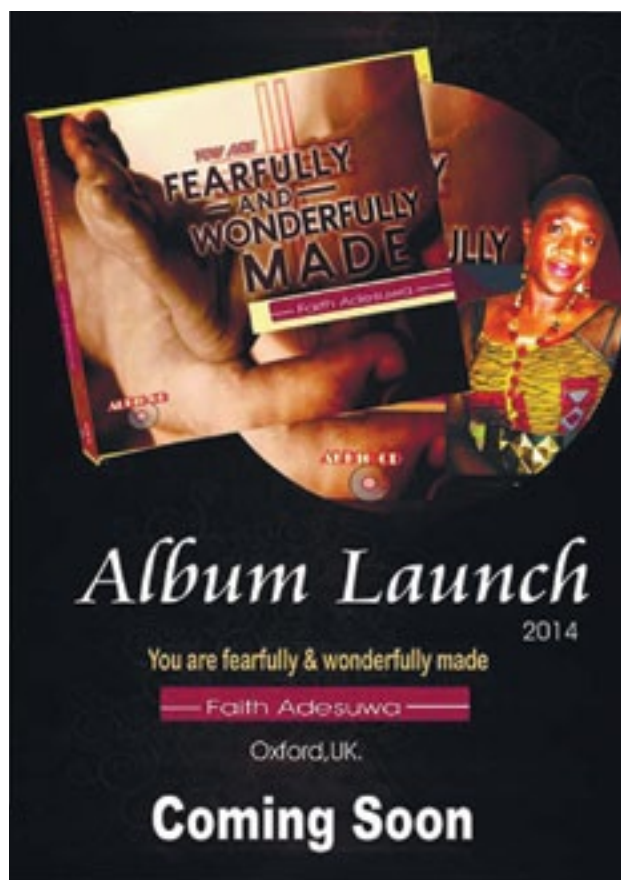
Mrs Idubor works with patients who have suffered brain injuries, strokes, and other conditions including multiple sclerosis, and need rehabilitation as a result. She said: "I think I can sing and I've got a real passion for it.

"When the album is launched people from the choir will sing some of the songs with me.

"I hope my patients

will appreciate my songs and if they ask me about them I will point them in the right direction."

■ The title track of Mrs Idubor's album, **You Are Fearfully and Wonderfully Made**, is already on YouTube.



Book Review

Alice's Adventures in Wonderland

by Lewis Carroll

Reviewed by Edward Mason

THIS is a classic story about a very brave girl called Alice who goes on an adventure. One day, Alice suddenly sees a talking rabbit that is late for some kind of meeting. As Alice is very curious

she follows the rabbit down a rabbit hole. She falls through space into the magical world of Wonderland.

Alice finds potions and vegetables that make her grow bigger and smaller. She meets several characters such as a dodo and a swimming mouse, a playful giant dog, and a smoking caterpillar that encourages Alice to repeat her poetry lessons from school.

There is also a grinning Cheshire Cat that has big claws and a great many teeth, but is friendly and keeps disappearing!

There is a Mad-Hatter's Tea-Party with three people who don't know what day it is, and are always having tea.

Later Alice meets courtiers and the Queen of Hearts who is always saying: "Off with your head!" Everyone plays crochet with hedgehogs and

flamingos. This part is very funny! A Gryphon and a Mock-Turtle tell Alice jokes and stories. Lastly, there is a trial because of missing tarts and Alice wakes up and tells her story to her sister.

"Alice in Wonderland" is a very good book to read because it is so surprising and imaginative. There is no other book quite like it.

Littlemore Library News

LITTLEMORE LIBRARY is pleased to welcome June as our new Saturday Assistant. June started working with us from the beginning of January so please come and say hello!

Rhyme-time and craft activities are now on the first Saturday of the month and we have another Rhyme-time session on the third Saturday of the month. All of these activities start at 11am.

We also have activities on in half term and in the summer holidays. Please have a look on the Oxfordshire County Council website for all the details. www.oxfordshire.gov.uk/cms/content/littlemore-library

If you want to use a computer for searching the internet, study or email, you can book a session (up to one hour per day) by giving us a call, or just pop into the library. If you are new to computers, or are not very confident, we are happy to help you.

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

Sharon Ingram (Manager)

Tel: 01865 714309

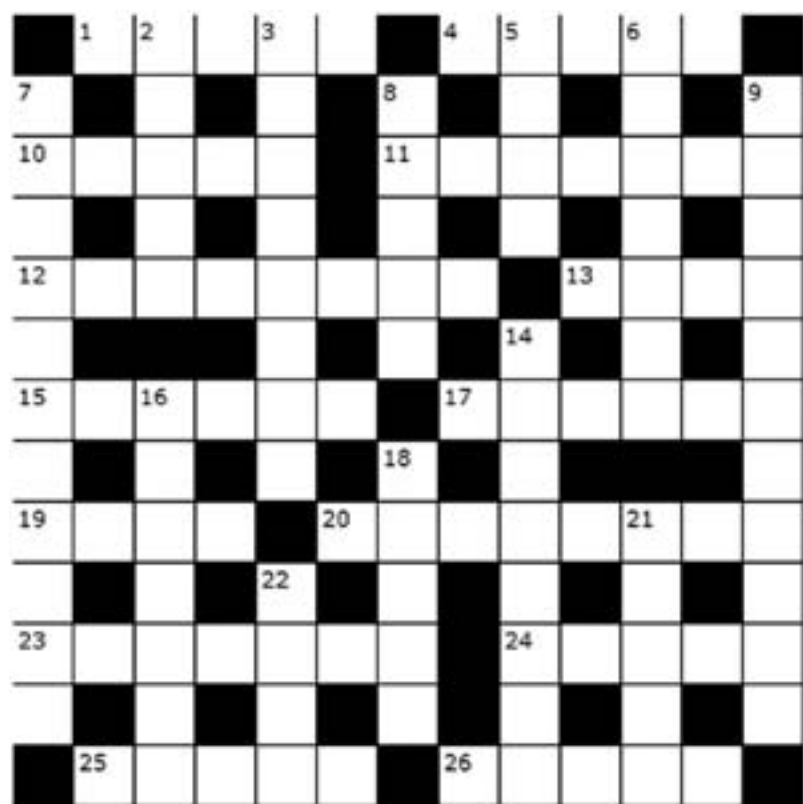
Email: littlemore.library@oxfordshire.gov.uk

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 |

FUN AND GAMES

The Rose Hill Crossword



Across

- 1) Saying (5)
 - 4) Wetland area (5)
 - 10) Man's name (5)
 - 11) Small dog (7)
 - 12) Looks at closely (8)
 - 13) Notion (4)
 - 15) Breathe out (6)
 - 17) Caution (6)
 - 19) Ten-cent coin (US) (4)
 - 20) Loyal (8)
 - 23) Meshed fabric (7)
 - 24) Put up (e.g. tent) (5)
 - 25) Remnant (5)
 - 26) Digression (5)
- #### Down
- 2) Belief, doctrine (5)
 - 3) Easily deceived (8)
 - 5) Unit of area (4)
 - 6) Cheat (7)
 - 7) Free-acting (11)
 - 8) Uncertain (2,3)
 - 9) Item of armour (11)
 - 14) Sleeping-pad (8)
 - 16) Pet rodent (7)
 - 18) South American dance (5)
 - 21) Piece of agricultural land (5)
 - 22) Heather (4)

Solution on page 2

Kids Quiz

1. What is the capital of Scotland?
2. Christopher Columbus discovered which country?
3. True or false: There are more stars in the night sky than grains of sand in the world's deserts and beaches.



4. The roundabout in Rose Hill is called The?
5. Which Premier League footballer plays for Liverpool and Uruguay?
6. How many members are there of One Direction?
7. Where is the Rose Hill Junior Youth club held?
8. An adder is a type of what?
9. What two colours make up the Pakistan flag?
10. The air we breath is mostly made up of what chemical?

Answers on page 2

Japan Quiz

1. According to the Performing Rights Society, what is the most popular Karaoke track in the UK?
2. KonishikiYasokichi was the heaviest ever Sumo wrestler. Where was he born?
3. In Japan, when you come to a raised floor in a house, what should you do?
4. Kurosawa's influential film "Seven Samurai" inspired a famous remake—what was it called?
5. What is the meaning of the word kamikaze?

Answers on page 2

SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 7 | 5 | | | | 8 |
| | 4 | | 1 | 2 | | | | |
| 6 | | | | | | 3 | | 1 |
| 8 | | 4 | 2 | | | | | 5 |
| | 6 | 2 | | 8 | | 9 | 7 | |
| 7 | | | | | 1 | 8 | | 2 |
| 4 | | 1 | | | | | | 6 |
| | | | | 3 | 7 | | 1 | |
| 9 | | | | 1 | 5 | | | |

Solution on page 2

Many thanks to Pete Appleford for the quiz crossword and sudoku, and to Matthew Keleher for the spot the difference competition

Spot the difference

How many differences can you spot?



"All it took was for Mr. Wilson to bring out that old guitar; then he and Mrs. Wilson felt young again..."

Powerhoop Oxford

Powerhoop is a fun and easy way to loose inches off your waist! You don't even need to be able to hula hoop!
The hoop is weighted and the class includes exercises for the arms and legs too making it a full body workout with fun and games suitable for all fitness levels. Lose weight, improve fitness, increase muscle and core strength, tone stomach, improve coordination, decrease lower back pain, socialise, meet new people and have fun!

Wednesdays, Rose Hill Community Centre, 8pm
Class costs £5 plus £1 hoop hire
First class HALF PRICE!

Hoops can be bought from me for £45
(usually £59 on website) plus a free DVD!

ALL CLASSES MUST BE BOOKED
AS THERE ARE LIMITED SPACES

Call or text Rianna on 07855023279
to book a space now!

Also like my Facebook page for discounts and info 'powerhoop oxford'

CHURCH NEWS



Left to right: Rev Andrew McKearney, Rev Sarah Northall, Deacon Carole Smith and Rev Rosemary Davies.

IN FEBRUARY many people make a special effort to express their love for one another by the giving of cards and gifts on Valentine's Day. It is thought that St Valentine may have been a third century Christian saint who was a priest in Rome. One story is that Valentine was imprisoned for his ministry to Christians and for refusing to worship pagan gods.

During his imprisonment he prayed for the jailer's blind daughter and her sight was restored, then on the day of his execution, 14 February, he is said to have left her a note signed 'Your Valentine'. Over time his name has become associated with romantic love. Many early Christian writings were in Greek, which has different words to express the English word 'love'. Agape is the Greek word for selfless, sacrificial love which expects nothing in return and is committed to the well-being of the other. This is the word used to express God's unconditional, unchanging love for all people. Agape is also the love we can have for God and for others; the 'more excellent way' described in the 'love chapter' of Paul's letter to the church in Corinth.

Jesus summed it up when asked which of the commandments was most important. His answer

was simple—love God and love your neighbour as you love yourself.

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
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

St Mary's Church Iffley

www.iffley.co.uk
Every Sunday there are services at 8am, 10am and 6.30pm—for full details please visit 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

Your local councillors and MP

City Councillors



Ed Turner
Rose Hill and Iffley Ward
Labour
☎ 01865 778358

E: cllreturner@oxford.gov.uk



Michele Paule
Rose Hill and Iffley Ward
Labour
☎ 07766 775716

E: cllrmpaule@oxford.gov.uk

County Councillor



Gill Sanders
Rose Hill and Littlemore — *Labour*
☎ 01865 761856
E: gill.sanders@oxfordshire.gov.uk

Member of Parliament



Andrew Smith MP
Oxford East — *Labour*
☎ 01865 595790
E: Andrew.Smith.MP@gmail.com

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).

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

Looking for a dentist?

- Modern, friendly practice offering NHS and private treatment
- Established for over 50 years
- We are members of the BDA Good Practice Scheme
- Bicycle racks and off-street parking available
- Disabled access
- We have a male and a female dentist taking on new patients
- Nervous patients very welcome
- Dentista Español dispoble

Iffley Dental

2 Rose Hill, Iffley, Oxford, OX4 4HS

Telephone: 01865 777648



ਰੋਜ਼ ਹਿੱਲ ਨਿਊਜ਼ - ਰੋਜ਼ ਹਿੱਲ ਦੇ ਲੋਕਾਂ ਲਈ ਅਖ਼ਬਾਰ ।

ROSE HILL NEWS SPORT

It's time to get active in Rose Hill

IF YOU are aged 14 or older get yourselves down to the fun activities in Rose Hill.

Monday evenings are now offering something completely new and exciting. Working in partnership with Oxfordshire County Council, a well-equipped and fully working gym has been bought to Rose Hill Youth Club on a Monday from 6–8pm.

If you fancy getting active and building some muscle then why not join us at the gym session to improve your fitness, socialise and learn new things. In addition to the gym, we will also throw in multi-sports such as boxing and more to keep you entertained and improve your all-round fitness. This session is open to young men and women aged 14 and over, so round up

your mates and get fit together.

Just like last year, Wednesdays street dance session is still going strong but has been re-named 'Girls' Night Out' to reflect the great time had by the young people who attend. So for all you girls in the area, pick up your best trainers, a few friends and a smile and get yourselves down to Rose Hill Community Centre every Wednesday, 5.30–7pm. Some of the sports you can choose from are: Boxercise, netball, gym and dance, but remember it's your session therefore it's your choice!

Remember you can collect Bounts points for attending these sessions, which turn into cool rewards. It's easy as 1, 2, 3...

1. Collect a free key tag from the session leader

2. Register your key tag when you get home at www.bounts.it

3. Get your tag scanned at every session and watch your points grow!

These sessions are brought to you by Oxford City Council's Youth Ambition programme. There is no need to pre-book, but if you have any questions please contact the team on:

Tel: 01865 252729

Email sportsdevelopment@oxford.gov.uk.

Keep an eye out for more sessions in and around Rose Hill on our website www.oxford.gov.uk/communitysport and remember to like our Facebook page: Oxford Youth Ambition.

Premier League Predictor

IT'S 'winner stays on' in Rose Hill News' Premier League Predictor!

In the second round, Keith Booker came top of the table and will shortly be receiving a £10 voucher. Can you beat him? The person who scores the most

points in this round will again win a £10 voucher and be invited to predict the next round of fixtures.

We'll also be keeping track of all your predictions and at the end of the season the winner will receive a mystery prize.

Games to predict will take place on the weekend of 22 February:

Arsenal v Sunderland
Cardiff City v Hull City
Chelsea v Everton
Crystal Palace v Manchester United

Liverpool v Swansea City
Manchester City v Stoke City
Newcastle United v Aston Villa
Norwich City v Tottenham Hotspur
West Bromwich Albion v Fulham
West Ham United v Southampton

Terms and conditions:

- Three points for a correct score.
- One point for the correct result.
- Predictions emailed or messaged in after midday 22 February will not be accepted.
- Only one entry per person.
- Multiple entries will automatically disqualify the entrant.

LEAGUE TABLE

Rafael Borja = 11
Amir Teherabadi = 11
Terry Kirkby = 9
Keith = 7
Brenda McCarthy = 7
Jamie Bourton = 7
Steph Ballard = 6
Jamie Clark = 6
Kevin Staff = 3

Email rosehillnews@gmail.com

or message us on Facebook by going to www.facebook.com/RoseHillRP with your predictions.

A DAY IN THE LIFE OF AN OXFORD UNITED FAN

By Orliter

FEBRUARY 2014 already and amazing statistics are emerging from the exploits of our famous Oxford United Yellow football team. Incredibly the players who form one of the top teams in League Two of the league have gone unbeaten since 1 April 2013 on their exploits away from the hallowed home ground. Their record since shows eleven wins six draws and just one defeat and that a cup match at a Championship side, while amassing thirty two points, scoring thirty goals and conceding just fourteen.

But even more incredible is the fact that the man who was responsible for bringing the famous yellow shirts out of the Conference league and is now at the point of guiding the team into the League One has left—resigned—walked out to take control of near neighbours Northampton Town who look almost certain to be relegated at the end of the season.

As Briggsy, my football playing furry friend reminds me in his best northern accent "There's nowt as strange as folk."

Rumours about who will be the next manager to take control of our fantastic team but I have to point out that Alan Hansen is not available at the moment! Briggsy understands little at the moment, serving a three match Rose Hill News ban for picking up a red card during a memorable penalty shootout in the living room recently. His demeanour? Failing to attempt to stop a brilliant shot, the ball careering into a Victorian vase on top of the sideboard leaving just the handle intact. Still, the offence has gone to appeal and we await the outcome.

So we are now into the second half of the season and looking good for glory and who knows perhaps another visit to Wembley for the play-off finals.....Come on you Yellows.

Youth Ambition

sport. sessions

www.oxford.gov.uk/communitysport

Gym Training

In partnership with Rose Hill Senior Youth Club

Come & get fit with your friends!

Rose Hill Community Centre

Mondays 6 – 8pm

Starts 24th February

13-21 year olds

Open to boys & girls!




bounts **LOTTERY FUNDED** **SPORT ENGLAND** **OXFORD CITY COUNCIL**

Youth Ambition

Girls' Night Out in Rose Hill

For young women aged 15 - 21

Enjoy a Wednesday evening hanging out with the girls.

Dance Gym Netball Boxercise and more!

It's your session, your choice!

Wednesday, 5.30 – 7pm, at Rose Hill Community Centre, OX4 4UY

£1 per session

www.oxford.gov.uk/communitysport
t: 01865 252729 e: sportsdevelopment@oxford.gov.uk

LOTTERY FUNDED **SPORT ENGLAND** **OXFORD CITY COUNCIL**