

THE BIG 100

By **Aimee Winkfield**

MRS FLORENCE TOMLINSON, who has lived in Rose Hill for 67 years, recently celebrated her one-hundredth birthday surrounded by friends and family.

She spoke of her joy at receiving a card from the Queen: "I can't believe it, I feel very excited for the people around me, they've been waiting for it, I held it up and they all clapped because when you're at my age, you never know if you're going to reach it."

Her daughter Helen, who lives in Oregon in the US said: "I'm not surprised, she's resilient, and she recovers from everything, from it all!"

Having been born originally in South Shields during World War I, Florence told the story of her birth: "A German airship came over and when they brought it down, all of the excitement brought it on, the Doctor came in and took off his coat and bag and said I wouldn't survive the night; so you do get a laugh out of that!"

Florence, who moved into Alice and Margaret house seven years ago, spoke of the first time she acquired a house in Rose Hill: "I was cycling down to the allotment to get a cabbage, and I saw a house down there, I turned around, went to the Town Hall and two weeks later we had the key to 42 Lenthall Rd! And it was fabulous."

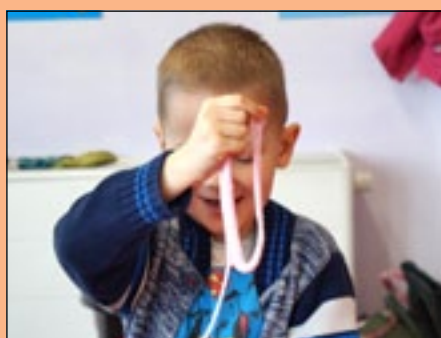
"My husband had an allotment for 42 years" said Florence: "I loved the allotment, we never bought vegetables or fruit and my favourite thing to grow was rhubarb, we always made rhubarb crumble with lovely custard." Florence also spoke about her other love of dancing: "I used to love dancing, I won second prize for the quick-step once, and went twice a week, those were the good times."

When reflecting back on her life in full, Florence said: "I made it my business to have a full life and not mope about, it's been an experience, a great experience, I haven't done much but what I have is what I've wanted."

Many congratulations to Florence!



Florence Tomlinson with her card from the Queen. Photograph by Alex Hammonds.



Rose Hill Primary School Easter Play-scheme. PAGE 3



Muay Thai classes in Rose Hill. CENTRE PAGE



Rose Hill Runners still running. PAGE 12

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ROSE HILL NEWS 39 SPRING 2016

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.

Rose Hill News is produced with help from

the Leys News Editorial and Design team.

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Andrew holds advice surgeries in Rose Hill at the Rose Hill Community Centre on the first Friday of each month between 6 and 7pm. 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).



Page 10
Solutions to games on

Sainsbury's Fundraiser



SAINSBURY'S Heyford Hill have been fundraising again and on Saturday 2 April had the charity partner for 2016 in store. The Footsteps Foundation is a charity from Dorchester helping children with neurological disorders

Our colleagues donated a hamper full of lovely goodies and Footstep brought along a treadmill and for five hours we walked footsteps for 'Footsteps'. We raised awareness of the charity's work and collected a brilliant £474 which is fantastic.

Sharon says: "I hope you can thank your readers from for us at Sainsbury's for their continued generosity – it is really heart warming."

Photo shows the ladies from Footsteps and Val Fisher and Sharon Hulbert from Sainsburys.

Grow & Show

By Colin Sharp

VEGETABLES and soft fruit taste so much better when you've grown them yourself with the added benefit of enjoying the gentle exercise, fresh air and friendly chats with other gardeners.

This is the start of the growing season, so, if you'd like to try why not rent an allotment on the Lenthall Road Allotment, your local prize winning site!

There are still one or two plots available to rent and there are also two raised beds with adjacent parking, available for those in wheelchairs who might want an easily manageable small area to grow some produce.

The allotment shop is also selling a good range of gardening items, open to everyone most Sunday mornings from 10.30am to 12pm.

■ Those interested should contact Paul Wavell, the Lettings Secretary at Irrhaalettings@outlook.com to go on the waiting list, you can also visit: www.rrhaa.org for general enquires.



Photograph: Irrhaa.org

New community choir for Rose Hill

A BRAND new community singing group for Rose Hill! Come and sing in this relaxed, mixed-voice choir, featuring pop, show tunes, and world music.

All adults/teenagers 16+ of any level of experience are very welcome. There are no auditions and no need to be able to read music.

■ To express interest or enquire please contact Matt at rosehillcommunitychoir@gmail.com – or just turn up!

The group is free to attend and meets at the Rose Hill Community Centre on every Monday throughout June and July, 7.30pm – 9pm. The first session is on 6 June, 7.30pm.

This programme is co-financed by the Skills Funding Agency In association with the Abingdon Music Centre Trust.

Going back to work or time for a change?

ARE you thinking of starting or going back to work or just want a change? Want to know how to use the skills you already have to get that job??

Abingdon & Witney College and Oxford City Council have just the course for you, come along to Rose Hill Community Centre and find out how your everyday skills can be used in a new job.

The six week course will start on the Friday 10 June at 10am in Rose Hill Community Centre.

■ For more information or to sign up contact Marie Burden 01235 216284 or Cher Snudden 01865 749597 or email csnudden@oxford.gov.uk

HOLIDAY FUN!

By **Aimee Winkfield**

DURING the Easter holidays, Rose Hill Primary school hosted a five day play-scheme, funded by Oxford City Council which was a great success! The children had so much fun doing numerous activities held by Bioregional, Film Oxford and the Forest School. They also had many activities including soft play, chicken feeding and arts and crafts to do throughout the day.

Lead play-worker, Caryn Stone said: "The kids got to interact with children of other ages from the school, it was great to see that a year one child making friends with a year four child after their time together at play-scheme."

Science Oxford also came in on the second day, to deliver a fantastic session on rocket building and slime making. The children made their own rockets, filled them up and then watched on as they were launched high into the sky on the school field.

After lunch, Cathy from Science Oxford took the children through some steps in which they all made a pot of slime, ranging from bright pink to yellow! There were some very messy hands, but they all had great fun doing it.

Head teacher, Sue Vermes spoke of the children's reaction to the play-scheme: "They told me it was the best play-scheme ever, it looked really relaxed and fun when I came in!" Parents are also encouraged to bring their children along to the summer play-scheme which runs for the whole of the month of August.

"We have a variety of activities, there's something for everyone", said Caryn: "We had kids coming back for days they hadn't signed up for because they enjoyed it so much, the staff and kids really enjoyed getting to know each other!"

■ **To watch the children making rockets and playing with their own slime creations, please visit: rosehillnewsonline.wordpress.com**



Photos by Aimee Winkfield.

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Oxford Mela

A FREE FESTIVAL FOR ALL THE FAMILY

Saturday 21 May 2016
11am - 5pm

Rose Hill Community Centre,
 Carole's Way, Rose Hill, OX4 4HF

A mix of live music & performances
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 Games
 Tug-of-war
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 Henna
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By **Aimee Winkfield**

EVERY week, approximately 300 kilos of food gets delivered to the Rose Hill community centre.

This food, supplied by charities Oxford Food Bank and Fareshare, is sorted by volunteers and distributed to pensioners, the junior youth club kitchen team and families or individuals in need within the community.

Every item is surplus food, food which would otherwise be sent to landfill sites by supermarkets. Tesco is one of the supermarkets which gives food to this surplus initiative. By using the surplus food in the community, the children who come to JYC can eat a fantastic healthy meal, and elderly residents have nutritious food to eat. One resident of Alice and Margaret House said: "The shops we have round here only do certain things. I went in there the other day and I couldn't get anything I wanted. But then the surplus food delivery arrived and I was able to make something nice. There is lots of fish, fruit and yoghurts. And there are ready meals which is a dinner for me - I just put it in the oven"

Following a report by Good Food Oxford, which noted figures regarding food poverty and healthy eating worries, a film was made to show how staff prepare and serve amazing nutritious dinners and desserts for JYC using surplus food.

■ **To watch this film please visit: www.rosehillnewsonline.wordpress.com and to find out more about surplus food: goodfoodoxford.org**

Surplus Savings

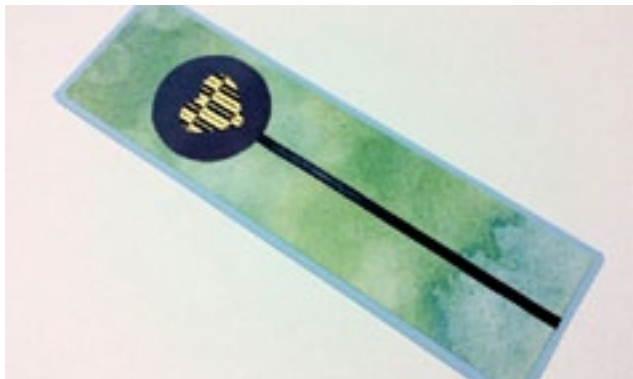


Children at Junior Youth Club enjoying a healthy meal made from surplus food. Photograph by Kasia Bus.

Oxford Mela is coming to Rose Hill!

ON 21 MAY Rose Hill Community Centre will be hosting the Oxford MELA, this will be a fun filled day with lots to see, do and taste. The Oxford MELA is organised by The Hindu Temple Association and this year has been supported by Oxford City Council Community Centre staff.

■ **Make sure you put the date in your diary!**



Photograph by Kasia Bus.

CRAFT CORNER

Brilliant Bookmarks

By **Lina Vosa**

WE CAN never have too many bookmarks! They always get lost somewhere or

somehow. So let's get creative and have some fun making this simple but lovely bookmark!

You will need:
Some bits of paper in four colours

- Ribbon
- Glue
- Scissors
- Pencil
- Ruler

- Sticky tape
- Gel pen (optional)

To see how to make this fabulous bookmark, with pictures and all the steps, please visit: <https://rosehillnewsonline.wordpress.com/arts-crafts/>

ROSE HILL AND IFFLEY LOW CARBON UPDATE

WOOAH! Watch that electric kettle! When I borrowed one of Rose Hill and Iffley Low Carbon's free energy monitors, I couldn't believe how the dial went crazy with the electric kettle and fan heater! If you're interested in seeing how much electricity you use, borrow one of our free energy monitors. Just get in touch with Paul Skinner at rosehill.iffley.low.carbon@gmail.com

In February we had a brilliant talk from Barbara Hammond of the Low Carbon Hub about their new Community Share Offer in local renewable energy. They are putting solar panels on Rose Hill Primary School so that it will get cheaper electricity. They are also developing a hydro-scheme at nearby Sandford Weir, returning it to its historic use as a provider of clean energy. This will generate enough electricity for about 450 local homes. Learn more about it at: www.lowcarbonhub.org/



The hydroelectric plant at Sandford Weir.

On 4 March, we screened Robert Kenner's Merchants of Doubt at the Community Centre. It's a powerful film about the way oil companies deliberately throw doubt on the dangers of climate change so that they can continue making their billions by polluting the planet. 48 people came and most gave their views at a really interesting discussion afterwards.

In March we also supported Oxford City

Council's Affordable Warmth campaign by distributing their leaflets to 600 non-council homes in Rose Hill. These show how people with disabilities can claim up to £2,500 grants to save energy in their homes. Ring the Affordable Warmth helpline on 0800 107 0044 if you think you could be eligible.

Our next big event is a film-screening and panel discussion about renewable energy in

Rose Hill. It's at 7.30pm on Friday 3 June at Rose Hill Community Centre. We'll be showing part of Welcome to the Renewable Revolution, a documentary about successful renewable energy in Germany. This will be followed by a panel discussion with experts looking at different aspects of how we can develop renewables in Rose Hill and Iffley. Please come and add your voice!



7.30pm at Rose Hill Community Centre

With Project ERIC and the new Community Centre, Rose Hill has become a trail-blazer for renewable energy. Watch an excerpt from "Welcome to the Energy Revolution" followed by a panel discussion with:

- Dr Barbara Hammond, CEO of the Low Carbon Hub
- Prof Rajat Gupta, Oxford Brookes University
- Andy Edwards, Project ERIC
- Tim Sadler, Oxford City Council

For more information, contact watts.eleanor@yahoo.co.uk

facebook.com/rosehillandiffleylowcarbon



■ **For further information about our group, contact Eleanor at watts.eleanor@yahoo.co.uk**



STAR VOLUNTEER: Rebecca Kinsella.

STAR VOLUNTEER

THIS issue's star volunteer is Rebecca Kinsella. The Oxford Brookes student is a fantastic help in the busy Rose Hill Community Centre kitchen. She is part of the team that cooks over 100 meals for everyone who comes to the weekly Junior Youth Club sessions. Every Wednesday and Thursday they produce a range of food for the children to enjoy. Sitting down for a meal together has become an important part of the afternoon routine.

Rebecca is currently studying an MSc in Applied Human Nutrition

and her lecturer directed her to the Rose Hill Lottery project team. She has volunteered before with a children's charity in Ireland, the ISPCC as part of the leanbh team who work with children and young people on the streets. Leanbh provides support to children who are begging, or at risk of begging, in the Dublin area.

Rebecca said: "Everyone I've met through the JYC team has been so nice and friendly and I feel I have learnt a lot from spending time with them all." Rebecca's dream job would be to work with a large charity or non governmental organisation either at home or abroad to improve the lives of children.

Thank you so much Rebecca for being such a star!

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BATHROOM

Blue bin, box or sack

- Cardboard inside of toilet rolls
- All toiletry and cleaning bottles
- Empty aerosol cans

LIVING ROOM

Blue bin, box or sack

- Brochures, catalogues, directories and junk mail
- Envelopes (inc. window)
- Newspapers and magazines
- Greetings cards and wrapping paper
- Paperback books (if too tatty for charity)

Other

- Put small electrical items and batteries on top of your bin for collection
- Light bulbs can go to Redbridge or search on www.recycle4oxford.co.uk for your nearest recycling point

BEDROOM

Blue bin, box or sack

- Perfume bottles
- Empty hairspray cans
- Tissue boxes

Other: Charity shops/recycling banks

- Clothes and shoes
- Cuddly toys
- Children's games and toys
- Furniture

Broken items can be taken to Redbridge or arrange a bulky waste collection from the Council

KITCHEN AND DINING

Blue bin, box or sack

- Plastic packaging including pots, bottles and trays
- Drinks cartons
- Cling film and aluminium foil
- Plastic shopping bags
- Cleaning product bottles
- Glass jars and bottles
- Drink and food cans including biscuit tins
- Cardboard packaging

Food caddy

- Tea bags
- Raw and cooked food including meat
- Egg shells
- Vegetable peelings
- Leftovers from meals

GARDEN AND GARAGE

Blue bin, box or sack

- Plant pots
- Cardboard boxes

Garden waste bin (paid for on a yearly basis) or Redbridge recycling centre

- Cuttings and prunings
- Leaves and weeds

Other

- Good quality paint to the Scrapstore Orinoco on Peat Moors
- Household chemicals and engine oil can be recycled at Redbridge

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Photograph by Alex Hammonds.

By Aimee Winkfield

FIGHTING FIT

MUAY THAI is a popular combat sport and classes are now available at the Rose Hill Community centre.

With classes for both adults and kids, this sport mixes different Thai fighting techniques to give you a great work-out.

Muay Thai coach, Emile Khan said: "Muay Thai is an amazing and effective form of self-defence that everyone can pick up relatively easy, it's a fun and exciting way to improve

people's fitness." The classes are great for socializing and keeping fit, and are designed for all levels and abilities. Classes for kids have already

become particularly popular with the community, and the kids enjoy themselves so much. Emile said: "Muay Thai is amazing for children of any age, seeing their fitness and attitude

improve so much, and their self-confidence, proves that Muay Thai is an amazing sport for children to take part in!"

■ **All times for adults and kids can be found at www.rosehillnewsonline.wordpress.com or contact 07432 648 801 for more details.**

FABULOUS FUN AT ROSE HILL JUNIOR YOUTH CLUB!



Girls just having fun at JYC. Photograph by Alex Hammonds.



Playranger fun at JYC. Photograph by Alex Hammonds.

ROSE HILL READ / SWAP COMMUNITY LIBRARY

We're back!

By Peter Wilkinson

IT HAS been a long wait but we finally have our shelving installed in the alcoves in the entrance to the new Community Centre. This is not a new venture, volunteers have successfully run the Read/ Swap Library in the old Community Centre for several years. We are pleased to be able to re-launch this community library. Whereas the old library was held on Monday afternoons only the new library will be available at all times.

As well as the shelving in the entrance hall we have a store room crammed full of books elsewhere in the building and we will regularly change the books on display. We have had



Location of new Read/ Swap Library. Photograph by Alex Hammonds.

to downsize considerably in the move across from The Oval, most of our children's books have been given to Rose Hill School, and over 100 boxes of books were taken away by the County Library Service. Thus good homes have been found for surplus stock. However we still have a good selection of books for community use.

Books will be free to borrow, there will be no formalities, all we ask is that you bring them back after you have read them.

The books on public display will be available whenever the Community Centre is open. Please note that because of limited storage space we cannot accept donations of books at present.

It has been a while, on behalf of the library volunteers thanks to our regular readers for their patience, and we look forward to welcoming new readers. We're back!

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NEW Zumba Class



Zumba is a Latin-inspired cardio-dance workout with a fitness party atmosphere!

Venue: Rose Hill Community Centre (Carole's Way, OX4 4HF)

Day: Mondays 6 weeks starting 4th April (no class on Bank Holiday)

Time: 1:00pm - 2:00pm

Cost: £4 per class



For more information or to book please contact Ashleigh via email:

Ashleighvass09@hotmail.co.uk



New Yoga Class

Come and improve your strength, flexibility and balance! Led by a fully qualified and insured yoga teacher.

Please bring a mat if you have one and wear comfortable clothes you can move around in.

Day: Wednesdays 8-9pm

Dates: 10 week introductory course starts 2nd March 2016

Venue: NEW Rose Hill Community Centre

Cost: £4 per person

*Open to all age 18+



For more information please contact: clare.dodwell2@btinternet.com

For information on other activities in your area visit www.getroxfordshireactive.org

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NEW
£8 million Oxfordshire
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and Skills opening in September 2016



Daniel White, an Oxford resident, is studying Construction and the Built Environment BTEC Level 3 at City of Oxford College. In January 2016, Daniel started work with Walter Forshaw Ltd, a key subcontractor of Laing O'Rourke the company building the new Westgate Oxford centre for Land Securities and the Crown Estate.

Get singing with Social Sounds



Photograph by Alex Hammonds.

By **Aimee Winkfield**

A CHOIR based at the Oxford Academy in Littlemore, is welcoming others to come

along and join in the fun.

Hannah Powell, who leads the choir said: "The whole point of my choir is that there is no fee and it should be enjoyable and fun, it has a very relaxed

feel to it, but we do need more people!"

The choir practices every Thursday from 5.45- 6.45pm and Hannah encourages everyone to have a go: "It's

sociable, fun and therapeutic. No one is ever judged or made to do a solo! Seeing people sing and seeing them smile afterwards is the best part of the choir for me!"

On June 9, the choir are performing at SJE Arts, Iffley Road and tickets are £10 which you can buy on the Playhouse website.

■ **To find out more information about joining the choir, please contact Hannah on: 07512364367 or email: hannahsings@gmail.com.**

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- » Engineering Level 2 Intermediate Apprenticeship
- » Engineering Level 3
- » Engineering Level 3 Advanced Apprenticeship

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OPEN EVENT



Wednesday 25 May, 4-7.30pm,

City of Oxford College, Cuddesdon Way, Blackbird Leys, OX4 6HN

To find out more about travel options to our campuses contact enquires@cityofoxford.ac.uk

www.cityofoxford.ac.uk/events

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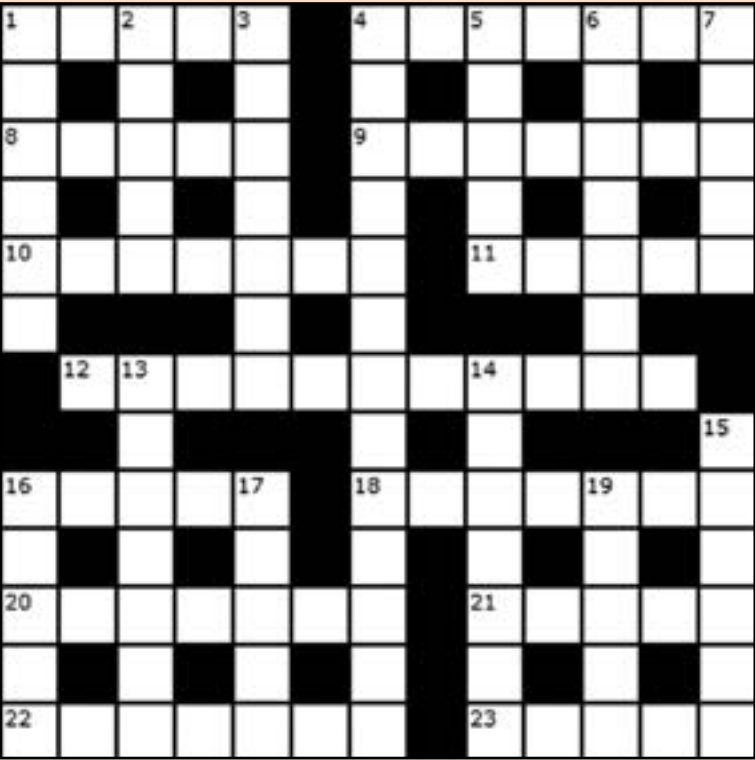


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FUN AND GAMES

THE ROSE HILL CROSSWORD



- Down**
- 1) Oddments (6)
 - 2) Inert gas (5)
 - 3) Tomato sauce (7)
 - 4) Money-orientated (13)
 - 5) Middle Eastern country (5)
 - 6) Desert, give up on (7)
 - 7) Avarice (5)
 - 13) City in Cyprus (7)
 - 14) Drinking glass (7)
 - 15) Against (6)
 - 16) Many-headed monster (5)
 - 17) Vision, aspiration (5)
 - 19) Unclothed (5)

- Across**
- 1) Cartilaginous fish (5)
 - 4) Wild horse (7)
 - 8) Correct (5)
 - 9) Patio (7)
 - 10) Mountain lion (7)
 - 11) Assisted (5)
 - 12) Large and clumsy (11)
 - 16) Ran very fast (5)
 - 18) Very big (7)
 - 20) Regional language (7)
 - 21) Large areas of water (5)
 - 22) Bloodless (7)
 - 23) Travels by horse (5)

Solution on page 2

SUDOKU

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

Solution on page 2

Spot the five differences and win a £10 voucher

THERE are five differences between these two pictures of the Wilson’s rockin’ out with the band but can spot them? If you can, you will be entered into a draw to win a £10 voucher. Email your answers to rosehillnews@gmail.com message us on Facebook at www.facebook.com/RoseHillRP or text 07770 324277. The deadline for entries is 5pm on Sunday 22 May.



When two of their members fell ill, The Young Things very nearly had to cancel their Rose Hill date. Luckily, Mr & Mrs Wilson - two of their most talented local fans stepped in to fill in vocal and guitar duties. Needless to say, the gig was a smash hit!

WORD SEARCH

SPRING is here! Can you find the ten words to do with Spring in the grid below? Words can be up, down or sideways – even diagonally or backwards! Good luck!

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

- Butterfly
- Caterpillar
- Daffodil
- Growing
- Holiday
- Lambs
- Nesting
- Sunshine
- Tadpole
- Tulips



We have spaces available for 2 and 3 year olds

OFSTED rated as **GOOD**

We are a small setting with a 1:5 adult to child ratio

You can find us in the Cooperative childcare building
but we are not part of the Cooperative

Come in and meet us

You can call us on 01865 772793 or 07960 840416

Visit www.oxfordshire.gov.uk/twoyearoldfunding for
information on funding for 2 year olds

Children 3+ are entitled to 15 hours of free education



We are here!

ROSE HILL TENANTS AND RESIDENTS ASSOCIATION

SINCE the last Rose Hill News article in March, the Tenants and Residents Association have secured new funding for the next six months from Oxford City Council and Greensquare Group. This came as a result of agreeing to changes to the Constitution, mainly concerned with updating ever changing legislation.

The RHTRA have been involved with local government officers in the complete updating and resurfacing of Nowell Road throughout the entire length. We continue to monitor all roads, paths and verges on Rose Hill with funding in place to repair other roads.

We are pressing the Oxfordshire County Council to provide long overdue traffic lights at the junction of Ashurst Way and Oxford Road/ Rose Hill and consider their installation a priority.

Officers and Committee members continue to attend

Health Forums on behalf of the people of Rose Hill in an effort to secure the promised Doctor's Surgery in the new Community Centre. Our Ward with Littlemore are the only areas without this facility, however, we have persuaded the Oxfordshire Clinical Commissioning Group, on a temporary basis, to provide an occasional doctor, nurses and support staff to administer primary care to Rose Hill people suffering with chronic and long term illnesses. Our commitment remains for a permanent seven days a week facility in line with all other areas.

Our committee have worked to bring notice to the meetings of all planning and building applications resulting in objections being lodged with the City Council, where necessary.

The dreaded news that the number 20 bus "our Rosie" will be withdrawn

on the 22 July due to cuts imposed by the County Council.

The Association continue to negotiate with Stagecoach bus company and Oxford City Councillor's to provide continuation in some measure after the above date.

The Annual General Meeting will be held on Tuesday June 7 in the Community Centre starting at 7.30pm. We will be electing new members, committee and officers. Voting will be held on the proposed new constitution.

The Guest Speaker for the May meeting will be the shark man of Headington, Bill Heine who will be signing and selling his books. All are welcome to attend these open forums and it is FREE!

We hope to see you and hear what you have to say about your area.

■ rosehilltra@gmail.com

Sole Mates Footcare is coming back

FOR two years the Rose Hill Lottery project has worked with AGE UK Oxfordshire to provide a Sole Mates service on the estate. However with the loss last October of the main foot care practitioner, the service had to be put on hold.

We are delighted to say that a new nail cutter has been found and the service will resume in May 2016 and will be based in the new Health Hub in the Rose Hill Community Centre. The Lottery project will continue to subsidise

the cost of appointments for Rose Hill residents.

Sole Mates is a basic toe nail cutting service. It is a straightforward service to help maintain and improve the independence and mobility of people aged over 50 in our community.

It is not a Podiatry or Chiropody service but a common sense approach to basic toe nail cutting, which aims to refresh tired, aching feet and trim toe nails.

The AGEUK nail cutters are now trained to support all clients over the age of 50 including those suffering with Diabetes.

■ **If you are aged over 50 years and are interested in accessing this very valuable service please contact Fran Gardner on 07770 324 277 or drop in to the Community Centre and register your interest with Reception staff.**

NEW Children's Play Park!

AS THIS article is being written the new play area behind Rose Hill Community Centre continues to take shape.

Holes have been dug and equipment is being delivered. Roundabouts and swing frames have been installed and the timbers for the Maypole swing have been erected. A new FREE to use table tennis table has been installed in front of the community centre.

Ask Reception staff for bats and balls – and show your

PING PONG skills.

Once the work on the playground is complete children and families across Rose Hill will also be able to experience sand beneath their feet in the sand pit, challenging rope courses, relaxing nest swings and slides sloping over the mounds.

Whilst the work continues the zip wire and small climbing feature remain in use, as does the rest of recreation ground off Spencer Crescent which hosts the free to use Fitness Trail. See picture of young gym enthusiasts!

Rivermead Nature Park, off Rivermead Road provides an alternative, natural play area, with trees, logs, ponds and open spaces to run off some energy or for a picnic.

CHURCH NEWS

Revd Sarah Northall – an appreciation

By **Revd Andrew McKearney**, Vicar of Iffley



Rev Andrew McKearney and Rev Sarah Northall.

place in Rose Hill, and now her friendly face and helpful ways will be missing, together with her two little dogs!

She has got involved with many of us when we've been in difficulties for one reason or another and always she has gone out of her way to see what she could do to help – or maybe she

knew a man who could!

The Advice Centre, Rose Hill School, the Community Centre, the Low Carbon Group and many other places have known her help and support and in particular she worked tirelessly to help set up and run Community Cupboard.

For all this and more, Rose Hill owes Sarah a very big Thank-You!

St Mary's Church, Iffley

Sunday services:
8am, 10am and 6.30pm
(for full details visit website)

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

Curate:
Revd Sarah Northall, 01865 579695
revsrahnorthall@gmail.com

Hall enquiries:
www.iffley.co.uk/hall-booking
W: www.iffley.co.uk

Rose Hill Methodist Church

Sunday morning services:
10.30am start

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

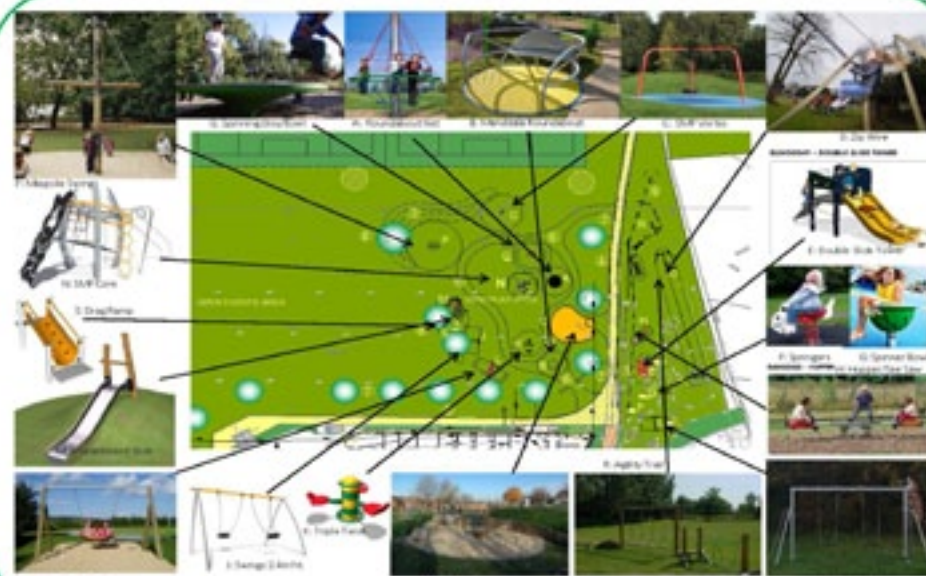
Deacon:
Deacon Carole Smith, 01865 712880
carole.smith316@gmail.com

Hall enquiries:
Mr Jeremy Dawe, 01865 779070
rosehillmc@gmail.com
W: www.rosehillmethodists.org.uk

Active Communities

Improving your green space

To complement your new Rose Hill Community Centre your improved play area and green space will be completed by the summer for everyone to enjoy.



In the meantime enjoy the new Fitness Trail and existing grass area or take a wonder through Rivermead Nature Park (Rivermead Rd) and find one of your local hidden gems!

Active Communities & Direct Services

T: 01865 252240

E: parks@oxford.gov.uk

[facebook.com/parkssoxford](https://www.facebook.com/parkssoxford)

[@OxfordParks](https://twitter.com/OxfordParks)

www.oxford.gov.uk



Rose Hill Runners still running strong

ROSE HILL Runners, is a running group that formed in 2014. Runners meet every Monday at 7pm outside the new community centre.

"It's just grown and grown": founder Trevor Williams told us: "It's been great meeting people from different walks of life, whilst getting fit at the same time!"

Rose Hill Runners is one of the communities celebrated groups, with its friendly and casual atmosphere, they do not make exercise seem like a chore.

All of the runners enjoy themselves immensely, with members even meeting up and arranging more social runs on their

Facebook page, Rose Hill Runners.

Trevor encourages everyone to become involved with the group: "Feel free to join our social media pages, or come along to our Monday sessions, whether it's just to run or lead!"



■ Please visit, www.rosehillrunners.co.uk for more details and watch our interview with RHR at www.rosehillnewsonline.wordpress.com

PING!

PING! Has arrived on Rose Hill, a free to use table tennis is now at Rose Hill Community Centre, you can bring your own bats and balls or borrow from staff in the centre. It's FUN, FREE so what's stopping you?



■ Coming soon The PING! Rose Hill Summer Table Tennis Tournament – watch out for details.

RHN PREMIER LEAGUE PREDICTOR



CONGRATULATIONS to Andrew Sawyer who scored highest in the February edition of the Rose Hill Premier League Predictor and won a £10 voucher.

Andrew sits in first place in the table with Andrew Sawyer remaining in top place going into the third round of the season.

Whoever scores the most points in the final round will again win a £10 voucher and the person at the top of the table will receive a mystery prize.

Games to predict will take place on Saturday 7 May:

Aston Villa v Newcastle
Bournemouth v West Brom
Crystal Palace v Stoke
Leicester v Everton
Liverpool v Watford
Man City v Arsenal
Norwich v Man Utd
Sunderland v Chelsea
Tottenham v Southampton
West Ham v Swansea

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

TERMS AND CONDITIONS:

- Three points for a correct score.
- One point for the correct result.
- Predictions emailed or messaged in after midday on Saturday 7 May will not be accepted.
- Only one entry per person.
- Multiple entries will automatically disqualify the entrant.



Ladies only gym sessions at Rose Hill Community Centre

ROSE HILL Community Centre is keen to embrace the local community and it's diverse range of cultures. With this in mind, we are NOW RUNNING a Ladies Only session on Monday mornings from 10–11am and launching on the 6 May a Ladies Only evening every

Friday from 8–10pm.

Our brand new, fully equipped gym has a fantastic range of equipment and is suitable for all those wishing to get fit or wanting to lose some weight.

All participants need to have a gym induction before taking part

in a Ladies Only session and we have a range of memberships to suit every budget.

■ Please call us on 01865 749597 for any further information.

Sports-tastic Saturdays

EVERY Saturday the Rose Hill Lottery project run an amazing FREE Saturday morning football session for children from 5 to 14 years. The sessions run from 10.45am to 12 noon and take place on the playing fields of Rose Hill Primary School.

Chris Westwood who runs the sessions said: "Outdoor sport helps us all to realise the benefits of being physically active and most importantly it's really great fun! I especially want to get more of our kids involved in the "beautiful" game – its

such a great way to have fun and get fit."

Play Leader at the Junior Youth club, John Armstrong, said: "Following on from consultation with some of the children at the club we realised that there was a huge interest in developing a regular once a week football and multi-sports session."

Entrance to the sessions is via the gates alongside the Children's Centre and onto the school grounds.

■ For more info call or text Fran 07770 324 277



Photograph by Alex Hammonds.