

SHARING IS CARING



FRONT ROW: Youth Club members Zagum Abbas, Hevdeli Abdelhumid and Nashita Mullick.
BACK ROW: Tesco staff Johnson Chaudy (Customer Experience Manager), Nalini Joshi (Customer Assistant), Kay Ward (Meeter and Greeter), and Sue Arkell (Community Champion). Photo Aimee Winkfield.

THREE Rose Hill Junior Youth Club members, Zagum, Hevdeli and Nashita gave their time on June 30 to be volunteers for the national FareShare Neighbourhood Food Collection at Tesco Oxford Superstore.

The Neighbourhood Food Collection is held twice a year in all Tesco stores in

partnership with FareShare. The food collected is for people in need across the country.

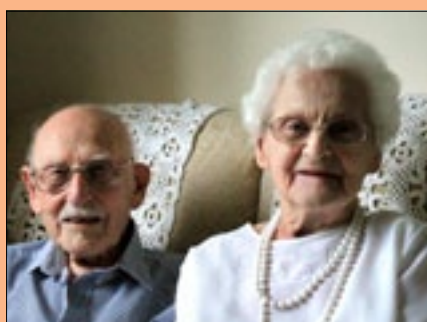
FareShare re-distributes good food – that would otherwise go to waste – to charities that provide life changing support, like women's refuges, homeless shelters and of

course children's clubs. Junior Youth club receives about 100 kgs of food each week which is turned into the marvellous healthy tea that is served at every session. In total the Rose Hill Lottery project receives and distributes over 300kgs every week to families, older residents and the youth club.

The JYC kids were a great success with customers and Tesco Community Champion Sue Arkell said: "I can't thank you enough for turning up and volunteering, it was lovely to see the children getting involved. The customers really enjoyed seeing the kids helping and talking to them about

how JYC uses surplus food! We have collected four crates of food today, which is fantastic."

Sue also said that Tesco Oxford Superstore do the collection twice a year, the next one will be before Christmas.



Freda and George
PAGE 5



Forest School Growing Strong
PAGE 5



Star Volunteer
PAGE 7

ALSO IN THIS ISSUE

Library News: 2
Community Centre news: 2
Oxford Welsh Male Voice Choir: 4
Craft Corner: 6
Summer Science Week: 7
Rose Hill and Iffley Low Carbon: 9
Church News: 10
Read / Swap Community Library: 11
Rose Hill Primary School: 11
Fun and Games: 11
Sports and Fitness: 12

ROSE HILL NEWS 40

SUMMER 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.

Rose Hill News management and production team: Aimee Winkfield (*Editor*), Jamie Clark, Sam Henry, Fran Gardner, Kasia Bus, Alex Hammonds, Pete Appleford and Graham West.

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MEMBER OF PARLIAMENT

- 

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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).





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LIBRARY NEWS

By Sharon Ingram

THE Summer Reading Challenge returns to the library this month. This year it is The Big Friendly Read inspired by the works of Roald Dahl. Children will read six books and collect prizes over the holidays! Sign up from July 9 and join in the fun.

The Adult Summer Reading Challenge will also be returning. Tell us about your favourite books to enter the Oxfordshire Libraries Prize draw to be in with a chance of winning some great prizes.

■ Sharon Ingram, Littlemore Library Manager, littlemore.library@oxfordshire.gov.uk

Rhymetimes and Book Clubs are up and running as usual. Contact the library for more information.

See below for other events going on in Littlemore Library.

- Events:**
- 02/07/16 – Rhymetime and Craft: At the Seaside 11am onwards
 - 08/07/16 – Rhymetime 11am-11.30am
 - 16/07/16 – Rhymetime 11am-11.30am
 - 21/07/16 – Summer Reading Challenge Craft and Activity 2.30pm onwards
 - 22/07/16 – Rhymetime 11am-11.30am
 - 28/07/16 – Summer Reading Challenge Craft and Activity 2.30pm onwards

Letter from Sainsburys

WE ARE very proud to let you know that the PDSA model dog in our store has collected a massive £1823.60 in the past year from donations from our customers while in our Sainsbury's Heyford Hill Store.

Jean Dodds the Honorary Secretary from the Oxford PDSA fundraising group says this will provide much needed treatment for the poorly pets of owners on low incomes in Oxford. She thanks everyone for their generosity.

Please could you pass this great news onto your readers?

Sharon Hulbert, R Ambassador

COMMUNITY CENTRE NEWS



And the winner is...

DURING May Oxford City Council asked the Rose Hill Community to give them their views in regard to the needs of the local area. Residents were given three votes out of a choice of ten key issues. The choices were education, waste and

- recycling, health, green spaces, housing, transport, parking, access to Oxford City Council, crime and employment. The results informed the key priorities for Oxford City Council for the next year which are:
1. Health and Wellbeing which includes projects for young and older people
 2. Housing, ensuring information about the housing developments on Rose Hill is shared amongst the community.
 3. Sustainability of the Big Lottery Project.

Everyone that took part in the survey were entered into a draw for a free three month gym pass in the community centre. The winner was Paul Skinner, pictured above with his new gym pass.

■ **Thank you for everyone who took part and if you would like to know more information please contact Cheryl Snudden, csnudden@oxford.gov.uk or call 01856 749597**

Quiz Nights at Social Club

GENERAL Knowledge and Picture Quiz will be held at Rose Hill Social Club, Rose Hill Community Centre at the following dates: Saturday 23 July, Saturday 13 August, Saturday 3 September, and Saturday 24 September.

The quiz starts at 8.30pm, and everyone is welcome. Non-members can be signed in by a Social Club member.

£1 entry per person, maximum four persons per team.

Great Cash prizes – prize money will be according to number of entrants.

Disco night

WANT to have a boogie and dance to hits from the 60s, 70s and 80s? Rose Hill Community Centre is holding a blast from the past on the 22 October, 7.30–11.30pm. Put on the flares and glitter and join us.

£5 per person, over 18s only.

Tickets are available from the Rose Hill Community Centre reception desk.

■ **For more information speak to either Mandy or Cher at Rose Hill Community Centre 01865 749597**

Get decorating

ROSE HILL Community Centre is offering a weekly cake decorating session for families throughout the Summer holidays, learn how to make different icing, pick up new icing techniques and skills to decorate your cakes.

Children must be accompanied by an adult, all ingredients and cakes will be provided which you can take home at the end of the session.

Sessions are between 1–3pm on 27 July, 3 August, 10 August, 17 August, 24 August and 31 August. Each session will cost £1 per person. To avoid disappointment book your place at Rose Hill Community Centre reception.

BIG
LOTTERY
FUND

LOTTERY FUNDED

ROSE HILL'S SUMMER EXTRAVAGANZA!

Saturday 16 July 2016 ★ 12 midday - 3pm

ROSE HILL COMMUNITY CENTRE

CAROLE'S WAY, ROSE HILL OX4 4HF • **FREE ENTRY**

Attractions include:

Sports for Streets Laser Tag | Bungee run
Face painting | Jewellery making
Food Surplus Café | RH electric car launch
PLUS games, sports and stalls!



Balloon modelling



Graffiti wall

For more information contact the Community Centre on 01865 749597, text or phone Fran Gardner on 07770 324 277, or send a message: [fb.com/RoseHillRP](https://www.facebook.com/RoseHillRP)

www.oxford.gov.uk


Oxford Welsh Male Voice Choir are recruiting



Come and sing at our *Taster* session

No auditions, no sight reading and no experience necessary.
We're holding an open rehearsal to give you a taste of singing with one of Oxfordshire's oldest choirs. You don't have to be Welsh, but you do have to be male.



Thursday 21st July 7.00pm – 9.30pm
St Francis School, Horspath Rd, Cowley, Oxford OX4 2QT

A male voice choir combines the majesty of a choral society, the serenity of a chamber choir, the power of a rock choir, the fun of barbershop, the joy of gospel singing and the inclusivity of a community choir. We sing uplifting anthems, stirring choruses, reflective airs and melodic ballads.

Phone or email us to register and obtain further details. 07966 088606 or owmvc.taster@gmail.com
You can also find more information at www.oxfordwelshmvc.org.uk/taster or www.facebook.com/oxfordwelsh

Oxford Welsh Male Voice Choir are actively recruiting for new members

ON JULY 21 the choir are holding an open rehearsal to give a taste of singing with one of Oxfordshire's oldest choirs.

No auditions, no sight reading and no experience is necessary and you don't have to be Welsh either, but you do have to be male. You just need to be able to hold a note, enjoy singing and be free on Thursday nights for weekly rehearsals. From under 18 to over 80, studying, working, unemployed or retired, everyone is welcome. No matter if you're a novice who can't read music or an experienced musician you'll be made welcome.

Frequently you read about research concluding that singing makes you happier and healthier.

The Oxford Welsh have known it for years and want you to come and enjoy life with them.

A Welsh male voice choir combines the majesty of a choral society, the serenity of a chamber choir, the power of a rock choir, the fun of barbershop, the joy of gospel singing and the inclusivity of a community choir. They sing uplifting anthems, stirring choruses, reflective airs and melodic ballads.

The choir started in 1928 and now consists of about 50 men singing four-part harmony. They perform concerts at least once a month and venues range from small halls and churches to the Royal Albert Hall.

- Phone or email to register: 07966 088606 owmvc.taster@gmail.com
- You can find more info at www.facebook.com/Oxfordwelsh or www.oxfordwelshmvc.org.uk/taster

Oxford City Council

Building a world class city for everyone



Career Opportunity - Sport and Physical Activity Activator



We currently have a fixed term vacancy up to 31 May 2017 for a Sport and Physical Activity Activator, £20,825 per annum, 37 hours a week, based at our Horspath Road office.

The role

This post supports the Sport and Physical Activity Team who work across a variety of school, youth and adult participation programmes. If you believe you can make a real difference in this role, then we would very much like to hear from you.

How to apply

Please apply online at www.oxford.gov.uk/jobs. The closing date is 14 July 2016 and interviews will be held on 26 July 2016.

For an informal discussion about the post please contact, Vicki Galvin, Sport and Physical Activity Manager on 01865 252720 or email vgalvin@oxford.gov.uk



Homeshare Oxford

- Do you live in **Oxford City**? Have you got a **spare room**?
- Would you like some **help around the home**? E.g. gardening
- Are you willing to **help the younger generation**?
- If so, Homeshare Oxford might be for you!**

Homeshare Oxford, run by Age UK Oxfordshire, is an exciting new scheme in Oxford city.
We are matching and supporting householders, who have a spare room, with younger people (e.g. nurses, postgraduate students and teachers) who need to live in Oxford but cannot afford the high rents.

In return for a room and shared living space, the younger person will give up to 10 hours of help around the home each week, and will pay a contribution to living costs to ensure that the householder is not out of pocket.



To find out more

Look at our **website**: www.ageuk.org.uk/oxfordshire/our-services/homeshareoxford

Email us: homeshare@ageukoxfordshire.org.uk **Call us**: 01865 410 670

Find us on Facebook and Twitter

Homeshare Oxford is run by Age UK Oxfordshire
(Charity No.1091529)
Supported by Lloyds Bank Foundation





Aunchang Limbu studying bugs. Photo by Aimee Winkfield.



Zachariah Hussain, Faith Lawrence and Innara Aya. Photo by Aimee Winkfield.

Growing strong!

By Aimee Winkfield

EVER since the Forest School was built in the grounds of Rose Hill Primary School back in January, the children have loved every second, planting, building and learning about wildlife! The Forest School was constructed by the volunteers at Nicholson's, while hundreds of trees and plants were donated by the Berkeley Reforestation project. Emma Hood, the school's outdoor learning coordinator

said: "Having the Forest School area planted by the volunteers at Nicholson's has helped the children understand that other people care about them and about our school." Emma also explained how the Forest School has impacted the children: "The children have responded so positively to the Forest school area, often asking when they can go there next. They are caring and respectful to the trees and creatures there. They've learnt about the importance of trees and how they can attract wildlife, grow fruit and emit oxygen!" Children from all year groups have helped to create a range of different habitats for frogs, bees, hedgehogs, bugs and reptiles, which has helped them to recognise the importance of these creatures and team working

skills. Emma said: "It's proved really engaging for the children who have loved learning about how to use the tools effectively, allowing them to develop a sense of care and pride." So what do the kids think? Jayden Shorter (Year 4): "We never expected people would come and make a beautiful place like the Forest School area. It shows you never know what's coming in the future!" Aleah Hawkins (Year 5): "Since it was built my class made a habitat area for frogs. It was fun because I worked as a team with my class." Tameem Islam (Year 1): "I like outdoor learning because we go to different places that we haven't been to before." Bartek Kubiuk (Year 1): "We have played with clay and planted wildflower seeds for bees!"

Freda and George

By Aimee Winkfield

FREDA and George Cooper are a celebrated couple in the community who first moved to Rose Hill, 52 years ago. The couple first met on The Isle of Wight where they were both born. George spoke about their first encounter: "We were both out cycling, I was with my friend, Freda hers and we met on the floating bridge and then got together, we've been married for 75 years, Freda's 97 now and I'm 95!" Both have had numerous careers over their lifetime. George left school in 1936 and became an apprentice sign writer, he then volunteered at a youth club in Redditch teaching the children how to make posters; when the leader left he took charge of its 350 members. George also joined the Airforce when the war broke out in 1939 and served in the RAF until 1946.

Freda, had also done clerical work in a factory which made Spitfire parts during the war. She also holds a long service medal and clasp for the meals on wheels' service for the Women's Royal Voluntary service (WRVS) for 20 years' service. Before moving to Oxford, Freda trained women to be hostesses for the Duke of Edinburgh Golden award and both she and George have visited Buckingham Palace three times over the years. George is well known in the community for being the Chair of the Silver Threads pensioners club in Rose Hill. George said: "We're the oldest pensioners club in Oxford, I think we've been going for 73 years, they were running when I came." George also explained how vital the club has been for older residents: "It's important because it's somewhere where pensioners can get together and socialize, the fact is a lot of them live on their own and it's the only time of the



Photo by Alex Hammonds.

week where they meet their friends. They all enjoy it, we do things like take them out to garden centres, on outings and annual holidays." Since retiring, Freda and George have explored a range of hobbies. George was a self-taught water colour painter, and his pictures are on display around the house, he also loved experimenting with woodwork. Freda enjoyed knitting and designing toys. Freda laughed: "There's now a family of them upstairs!" They have also just become

great, great, great grandparents! Freda said: "When it comes to Christmas, the list just goes up and up!" Congratulations to both Freda and George, and thanks for all the work they have done and continue to do in Rose Hill.

CRAFT CORNER

Sunny Strawberry!

By **Lina Vosa**

YOU can use it as a key ring or play food or even as a decoration. It's easy to make and fun to have. You can even make different fruit!

You will need:
Red and green felt
Bit of ribbon

Bit of toy stuffing
Red, green and black
or white thread
Needle
Scissors
Soft pencil or pen

Step 1:
To make one strawberry you need half a circle of red felt. The easiest way to do it is draw a circle and cut it in half. Then

draw an irregular star on green felt. This will be the strawberry leaf.

■ **To complete the craft with helpful instructions and full pictures please visit: rosehillnewsonline.wordpress.com/arts-crafts**



Photo by Kasia Bus.

ADVERTISEMENT

BATHROOM

Blue bin, box or sack

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

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

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.recoglight.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

recycle for Oxford

HOW TO RECYCLE ALL AROUND YOUR HOME

www.oxford.gov.uk/recycling

Download for FREE Oxford City Council's Smartphone App Available at APP Store and Google Play

E: recycling@oxford.gov.uk T: 01865 249811 Twitter: [www.twitter.com/Recycle4Oxford](https://twitter.com/Recycle4Oxford)



STAR VOLUNTEER

Lucy Gregory

By **Veronica Rhyd-Smith**

LUCY turns up every Wednesday to help sort the weekly surplus food delivery. She started in January and has been coming along every week since!

Lucy said: "It's great to see all the lovely food that would otherwise go to landfill being used for such a good cause". Some of the food is used for the Junior Youth Club sessions where Lucy also gives her time as a volunteer.

Lucy said that her son attends the Wednesday sessions and she stays with him and also helps out with whatever is needed.

She said that it's fun getting to know the children and to see them taking part in all the activities

particularly the food related activities.

This is her first experience of volunteering and clearly she is enjoying it and getting a lot from her involvement in the Lottery project.

Lucy grew up in Rose Hill and now lives in Cowley, however her family are all still in Rose Hill. Lucy will be taking a break from volunteering soon as she is expecting her second baby in the Summer.

Community worker Fran Gardner said: "I am so grateful to Lucy for her real dedication to the project – she is such a help to me – particularly on Wednesdays when we are so busy with over 300 kgs of food arriving, all needing to be sorted and packed."

Thank you for being so committed Lucy and best wishes for your new arrival!



Summer Science Week

IS YOUR child aged between 8 and 12? Do they like getting messy, testing out ideas and being creative? If so, they'll love Science Oxford's Summer Science Clubs!

We'll be at Rose Hill Community Centre from 8-12th August this summer, with a huge range of fun and free activities for your child to enjoy. From building to baking and slime to solar power, there'll be different activities every day.

After the success of our last Summer Science Club in Rose Hill, we're delighted

to be back with some old favourites and some new ideas. Check out the photos for a look at some of the fun we had in 2015!

You might remember us from the School Playscheme at Easter, which we'll be supporting again over the summer too.

The clubs are completely free for children from the local area to attend and run from 9.30am to 4pm each day.

We'll provide snacks but ask you to send your child with a packed lunch and clothes that can get messy... If this sounds

like something your child would enjoy, get in touch by calling 01865 810000 or by emailing sophie.batin@scienceoxford.com. We'll do our best to answer any questions that you have and book your child's place.

Science Oxford works with families, schools and businesses across the county to share our passion for science in a fun and accessible way. We have a huge range of exciting shows, workshops and activities and are looking forward to the chance to work with children in Rose Hill again this summer.

ADVERTISEMENT



Ordered your amazon shopping but won't be at home for collection?

Don't forget that Templars Square have Amazon Lockers, so you can collect when it's convenient for you!

Located by the entrance at Between Towns Road



Bringing
Communities
Together

In support of
Oxford
Homeless
Project

23rd July
12pm - 7PM

Rose Hill
Community Centre

*"... for every people, there is
a celebration and this day
is our celebration"*

Prophet Muhammad (SAW)

Oxford Eid Extravaganza

SPICY FOOD ZONE
DESSERTS HEAVEN
SIZZLING BBQ
STAND UP COMEDY
SPORTS TOURNAMENTS



FITNESS ZONE
RETAIL ZONE
KIDZ ZONE
FUNFAIR
GRAND AUCTION



For more information, contact 07888 659924 or 07710 979617

Printed by  Minuteman
Press





ONE HAPPY DOG receiving a free microchip from the RSPCA microchipping and pet health advice day last month at the Community Centre. Photo by Alex Hammonds.

Happy feet

By **Graham West**

THE Rose Hill Lottery project is working with AgeUK to provide a Sole Mates service at Rose Hill Community centre.

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

Pamela Absalom, who recently used the service praised its locality: "Having this on the doorstep is ideal!"

Rose Hill resident Michael

Davis also regarded the service as important: "I did it myself (cut nails) the best I could, but it's a lot easier when somebody else does it."

Bert Innes, the chairman of the social club described how useful the toe-nail cutting service was: "We had it down the old community centre before, if people can get down now it's good, it makes your feet feel better and I know quite a few who have used it."

Sarah Barker, a trained Age UK nail cutter has said how thankful residents have been about the service returning: "They've been very grateful to have the service back and it's easily accessible, it's much safer for them to get their nails cut here if they have mobility issues."

■ 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 into the community centre and register your interest at the reception.

ROSE HILL AND IFFLEY LOW CARBON

The Rose Hill Renewables Revolution

By **Eleanor Watts**

OUR first news is that Rose Hill and Iffley Low Carbon has won the Oxfordshire CVA Environment Award for 2016. But shh! Other people did all the work for it! Here's how:

The City Council has covered our new Community Centre with solar panels, greatly reducing its electricity bills and carbon footprint. Project ERIC has installed solar PV and cutting-edge battery storage in 77 City Council and Green Square homes, reducing their bills too. The Low Carbon Hub is about to put 108 solar PV panels on the roof of our primary school.

We hope these three projects will reduce our community's dependence on the big energy companies, but we've only just started!

Our dream is to become the first zero carbon estate

in the UK. Rose Hill and Iffley Low Carbon has two new projects, which we hope will bring us closer to that goal!

We want to raise £2,000 for a zero-carbon classroom for the primary school. This will attach solar panels to batteries and an interactive display, so that children can learn science, maths and geography skills from the ways they save energy. You can donate at: hubbub.org/p/classroom-of-the-future/

We're delighted that we have won a grant from the Urban Community Energy Fund for BioRegional, to develop the ideas of Project ERIC further. We started on this journey with a big public meeting on 3 June, when 40 people met at the Community centre to discuss how we can build on our successes.

First we watched an inspiring film about community energy in

Germany, which you can see online at: <https://vimeo.com/album/2464396>. and then followed with a panel discussion.

If you missed this event, we hope you will add YOUR ideas to the flip charts and maps that will be on display at the Rose Hill Extravaganza (12-3 pm on Sat 16 July) when the Electric Car Club will be launched at the Community Centre.

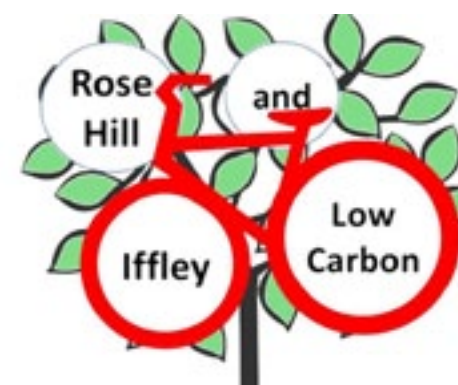
Our Cycle Repair and Swishing event is on Saturday 6 August from 10am-1pm at the community centre. If you have a bicycle with a squeaky wheel, come along and learn how to repair it.

You can also bring along any clothes, toys, books or other things that are cluttering up your house. Bring what you want, take what you want – all for free! Hope to see you there.

FREE CYCLE REPAIR AND CLOTHES SWISHING

Sat 6th August 10:00am – 1:00pm

Rose Hill Community Centre



DO YOU NEED A BIKE FIXING AND/OR WANT TO SWAP YOUR OLD CLOTHES FOR SOME FABULOUS NEW ONES?

Broken Spoke Bike Workshop will teach you to mend your own cycle. You just pay for parts

Or bring along clothes that don't fit and swap them for clothes that do! Clothes, bags, shoes and accessories can all be swapped for free

Getting to know: Frances Carroll

By **Aimee Winkfield**

I'M FRANCES Carroll. I am a degree-qualified Nutritional Therapist, DiplON, and a Gym Instructor/Personal Trainer, REPS Level 3.

I do free nutrition talks and paid-for nutrition workshops around the country. I also have one-to-one clients that I help by coaching them through their diet and lifestyle changes, to help them to feel better, look better and move better; to get body confident!

I currently teach Boxercise to adults at the David Lloyd Leisure Club in Cowley and I cover Boxercise, and outdoor circuit classes at the Oxford University Sports Centre (OUSC) on Iffley Road.

I also now teach Boxercise to 11–15 year-olds at the Rose Hill Community Centre. The other class that I now regularly teach is PowerWave. I also do this at the OUSC on the Iffley Road.

My favourite things, other than fitness-related activities (which I can always find time to do even if that means getting up at 5am) are cooking/baking, music, dancing and fashion. As someone who has completely turned around their own health and lost a lot of weight, and someone who has by now helped close to 500 people change their health and weight for the better, I am experienced, knowledgeable, and understanding in the work that I do.

■ For more information please visit:
www.francescarroll.co.uk



Frances Carroll (left) and Hiren Patel (right) are both kid's boxercise instructors at Rose Hill Community Centre. Photo by Aimee Winkfield.

CHURCH NEWS

By **Deacon Carole Smith**

IN LAST month's referendum the people of this country voted to leave the European Union. Leading up to the vote there were strong feelings on both sides but many people found the issues confusing.

Some struggled to come to a decision about which way to vote and even those who we might think should have been in the know, changed their minds during the campaign. The result

was close and whether we are happy with the outcome or not we might all be a little relieved that the long period of uncertainty, at least on that point, is at an end.

Making decisions in any aspect of life can be difficult because we cannot completely anticipate the significance of a course of action.

A few years ago the film *Sliding Doors* explored the very different outcomes of a simple, everyday choice made by the central character.

If she stepped through the sliding doors to board a train on a routine journey a series of encounters and events led to one life story, whereas not getting on that particular train led to a completely different life

story.

We can probably all recall decisions or choices we have made, doors that we have stepped through, which at the time we never imagined would lead to where we are today.

This could be a scary thought, yet the Bible is full of characters who make what seem to be both good and poor decisions and God somehow works with those choices.

Christians believe that we can trust in God to guide us and that even when we're not sure that we've made the right decision, whichever door we go through the God of love is already there and will be with us whatever the future holds.

Heritage Lottery Fund grant kickstarts Living Stones education programme

THE Heritage Lottery Fund (HLF) has today awarded the parish church of St Mary the Virgin, Iffley with a £10,000 Sharing Heritage grant to develop and run a long-term education project called Living Stones. Designed to help visitors and local communities understand more deeply their Norman heritage, Living Stones will be an all-age, all-ability programme beginning in the Autumn.

The Revd Andrew McKearney, Vicar of St Mary's, welcomed the grant. He said: "St Mary's, Iffley is a holy space which attracts some 21,000 visitors and worshippers each year. With this grant we will be able to enhance their experience by exploring and explaining what the church has to reveal in its architecture, fine carvings and the lives of those who built this magnificent Romanesque church."

The volunteer Co-ordinator selected by the Parochial Church Council to oversee and develop Living Stones is the experienced and highly regarded Oxfordshire educator, Mrs Penny Tyack. She said: "Iffley Church is a magnet for the curious and the more



we learn, the more we realise we are in the presence of a key component of our heritage. This grant will enable us all to share our understanding and love of this wonderful building with its growing number of visitors and worshippers and to have a lot of fun while doing so."

As agreed with the HLF, a template for all age, all ability activity days for local schools, families and visitors will be developed over the summer. In addition, an Iffley-based adult programme involving local history and music societies will support this work, ensuring that the grant will also benefit inclusive local cultural activities. It

is anticipated that a considerable number of trained volunteers will be involved in delivering Living Stones.

Debbie Dance, the Director of Oxford Preservation Trust, who supported the scheme, welcomes Living Stones. She said: "St Mary's Iffley is to be congratulated on recognising its responsibility to enrich the lives of the thousands of visitors and the communities it serves. We at the OPT look forward to working with the Living Stones project team to share our experiences in the successful creation and management of vibrant education projects such as this HLF grant will make possible."

St Mary's Church, Iffley

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

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

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

Website: www.iffley.co.uk

Rose Hill Methodist Church

Sunday service: 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, rosehillmc@gmail.com

Website: www.rosehillmethodists.org.uk

READ/SWAP LIBRARY

By Peter Wilkinson

IN THE last issue of Rose Hill News it was reported that the Read / Swap Library was once again up and running. We have now been open at the new Community Centre for about two months. So how are we doing? Quite well actually.

We previously opened for just a few hours on a Monday afternoon in the old Community Centre. This meant library volunteers were able to meet readers and offer tea and biscuits. The move has meant some changes. The good news is the Library is now open as long as the Community Centre is open. We are located in the entrance hall to the right of Reception. As well as the books on display we have more in a store room and are able to rotate the stock from time to time. The small band of library volunteers are still active but obviously cannot man the library around the clock. However we are indebted to the friendly staff at Reception who keep an eye on things and willingly give advice when needed.

The important principles behind the Library have not changed. The Library remains open to the whole Rose Hill community with absolutely no formalities. It is your library. Simply feel free to browse and take away any book you fancy, but please bring it back. Children's books in particular are proving very popular. With thanks to my library volunteer colleagues: Kathy, Delphreen, Carole, Geoff, Doreen and Ruth.



Children enjoying the Community Library. Photo by Kasia Bus.



Firing homemade rockets at the playscheme.

ROSE HILL PRIMARY SCHOOL

Summer of Fun

THOSE long boring days of the summer holidays are over for Rose Hill kids. No more sitting around with nothing to do!

Rose Hill Primary School has been awarded funding by Oxford City Council to stage an amazing array of activities, art and crafts, sports, games and cookery sessions during the four weeks of August.

The Summer Playscheme will run at the School from 1 to 26 August, Monday to Friday, 10am–3pm, and what we have got planned is just awesome!

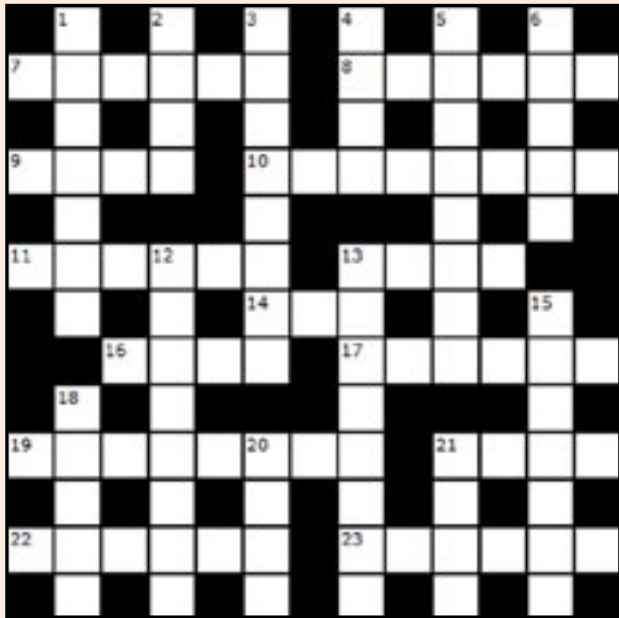
Have a look at this list of fun: Puppetry, swimming, video making, photo competitions, face painting, soft play, hairdressing, football and lacrosse, visits by Museum Service, Forest School, Thames Valley Police, Science Oxford, Blue Cross pet charity, cookery sessions with Love Food Hate Waste, and our friends Oxfordshire Play Association are coming along with a smoothie bike, Hungry Hippos, building blocks, badge making, a fire wok, and an assault course!

Thanks to our funding, the playscheme fees are subsidised and are £5 per day per child (with reduced rates for siblings) which includes snacks and a full lunch. That works out at just £1 per hour which is amazing value for such a fantastic range of activities. As usual we have a fully qualified staff team running the scheme, ensuring children are safe and having lots of fun during their days with us.

■ For more info or to book places please come into School Reception or call 01865 777937

FUN AND GAMES

The Rose Hill Crossword

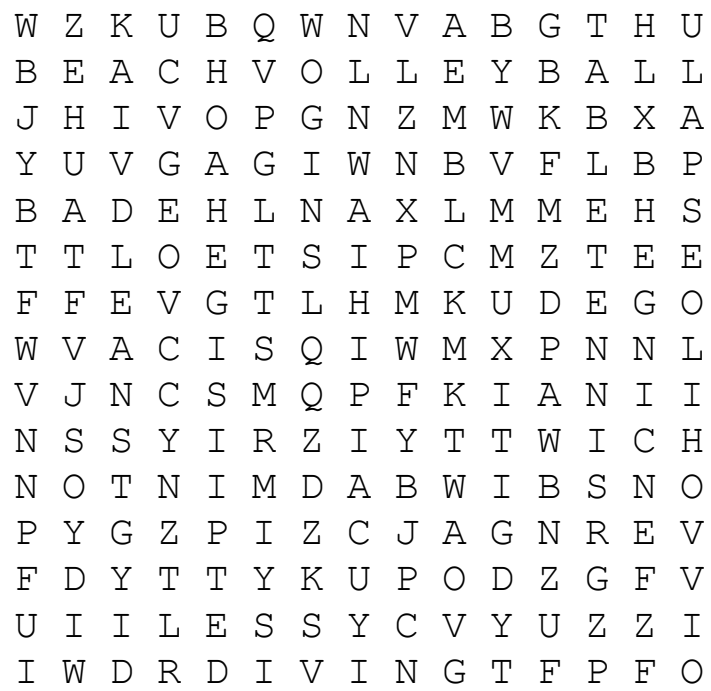


- Down**
- 1) Writers (7)
 - 2) Flying animal (4)
 - 3) Exciting film (8)
 - 4) Lengthy poem (4)
 - 5) Travel document (8)
 - 6) Item of women's clothing (5)
 - 12) Nobleman (8)
 - 13) Wealthy (8)
 - 15) Bungled (7)
 - 18) Mountain ash (5)
 - 20) Reverse (an action) (4)
 - 21) Slow-witted (4)

- Across**
- 7) German city (6)
 - 8) Practical jokes (6)
 - 9) Outbuilding (4)
 - 10) Cutting teeth (8)
 - 11) Humble oneself (6)
 - 13) Soon (4)
 - 14) Mythical being (3)
 - 16) Drug-taker (slang) (4)
 - 17) Unit of depth (6)
 - 19) Capital of Hawaii (8)
 - 21) Freshwater fish (4)
 - 22) Prohibited (6)
 - 23) Young child (informal) (6)

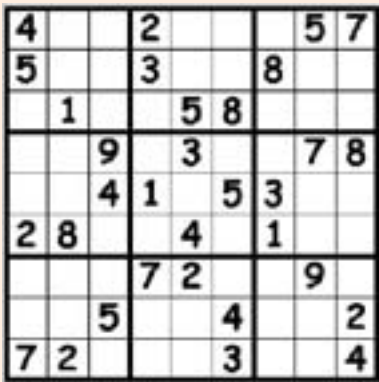
Solution on page 2

Olympic Sports Wordsearch



- Beach volleyball
- Fencing
- Gymnastics
- Badminton
- Judo
- Table tennis
- Weightlifting
- Swimming
- Javelin
- Diving

The Rio 2016 Olympics start this Summer! The wordsearch grid above contains 10 of the sports you may see: remember the words can be up, down, diagonally – even backwards! Can you find all 10 sports?



Sudoku

Solution on page 2

Keep calm and Yoga on

By **Aimee Winkfield**

A LOCAL yoga class running at Rose Hill community centre has grown in numbers since its launch, helping residents to stay fit and healthy.

Clare Dodwell, who leads the sessions, is backed by Oxford City Council's Go Active Get Healthy initiative. The classes aim to energise and relax the body and mind through a range of gentle warm ups, followed by multiple sequences which involve bending, twisting and balancing which help to enable the correct alignment of both bones and joints.



Photo by Alex Hammonds.

Karen Løvschal, who goes along the sessions recommends the yoga classes to anyone thinking of joining: "I have been coming to Clare's wonderful yoga classes since early April and I absolutely love it – in fact I think I'm becoming a yoga addict. Her teaching is very positive and no two classes are the same."

Clare said: "The class are both friendly and fun, and open to everyone regardless of age or ability. Yoga helps you to live

well and stay healthy, both physically and mentally, so why don't you give it a try?"

Classes run on wednesdays, 8–9.15pm, at Rose Hill Community Centre. Classes cost £7 (£5 students/unwaged).

■ **If you want to join the class or find out more information, contact Clare on 07896 323016 or email: clare.dodwell2@btinternet.com**

Walk this way

OXFORD City Council support several health walks around the city, but unfortunately there is not currently a health walk taking place in Rose Hill.

Recently, Oxford City Council partnered with Walking for Health to introduce their 'Every Step Counts' scheme into the Barton and Rose Hill areas of the City. The project, funded by the BIG lottery, is a 12-week programme of tailored short walks which are designed to support those people, currently inactive, in beginning their journey to better health.

Nationwide, the programme has helped over 1000 new walkers enjoy more than 200 new accessible routes in their local area with some fantastic results. After completing their 12-week

programme, 88% of walkers reported being more physically active and 92% enjoyed improved mental wellbeing.

All walks are led by a trained 'Every Step Counts' volunteer and are structured to meet the needs of the group taking part. This means adjusting the pace and distance of the walk accordingly, as well as planning routes which allow for regular breaks.

They are currently looking for volunteers who would be keen to receive the FREE 'Every Step Counts' Walk Leader Training and who would then be prepared to lead the 12-week walking programme in their local area.

■ **To find out more about the training or the walking scheme, please contact Emma Collins, Sport and Physical Activity Officer, on 07483 007114 or email ecollins@oxford.gov.uk**

FREE Walk Leader Training

Lead a Health Walk in your area!



Enjoy walking? Like meeting new people? Then become a volunteer Walk Leader!

By the end of the course you will understand:

- What Walking for Health is all about
- The benefits of walking
- The role of a walk leader

And be confident to lead/support a Health Walk.

GO Active will then help you to set up a local Health Walk in your area or you could support an existing walk in the city.

We are currently looking to start walks in Cowley, Littlemore, Barton, Rose Hill and Marston.

Training is FREE for anyone wishing to lead a walk on a voluntary basis in Oxford.

Refreshments provided.

Booking required as spaces will be limited

To register your interest in the next local course please contact Emma Collins, GO Active Coordinator on 07483 007114 or ecollins@oxford.gov.uk

Please note courses are only organised when there are enough interested people so please spread the word!

www.getoxfordshireactive.org



FIND A TABLE NEAR YOU

- 1 BURY KNOWLE PARK
- 2 CUTTESLOWE PARK
- 3 LEYS POOLS AND LEISURE CENTRE
- 4 SOUTH PARK, MORRELL AVENUE
- 5 MANZIL GARDENS
- 6 TEMPLE COWLEY UNITED REFORMED CHURCH
- 7 FLORENCE PARK
- 8 JOHN RADCLIFFE HOSPITAL
- 9 WAHOO & THE GLEE CLUB
- 10 BARTON NEIGHBOURHOOD CENTRE
- 11 BOTLEY PARK
- 12 CUTTESLOWE COMMUNITY CENTRE
- 13 BARTON LEISURE CENTRE
- 14 FERRY LEISURE CENTRE
- 15 COWLEY MARSH RECREATION GROUND
- 16 HINKSEY PARK AND OUTDOOR POOL
- 17 OKSRAD INCLUSIVE SPORTS CENTRE
- 18 ROSE HILL COMMUNITY CENTRE
- 19 ARISTOTLE LANE RECREATION GROUND
- 20 NORTH OXFORD LAWN TENNIS CLUB



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GO PLAY IN THE STREETS

THIS SUMMER

Ping! are filling the streets of Oxford with loads of ping pong tables.

Grab a bat from under the table and get playing!

Remember to put it back when you have finished!

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Show off your ping pong moves and take on the city

These tables are here for you to enjoy for FREE!

WWW.PINGENGLAND.CO.UK

HIT THE WEBSITE FOR MORE TABLE LOCATIONS

Ping! OXFORD

