



ROSE HILL COMMUNITY NETWORK ROSE HILL NEEDS YOUR VOICE!

 The RHCN is a group of passionate individuals who want to contribute and improve Rose Hill through local projects. 
Local residents are invited to join us once a month to discuss initiatives and ideas and hear what's going on!

We meet on the 2nd Tuesday of the month on Zoom!



EVERYONE WELCOME!

Meeting ID: 378 215 2571 Join from 7:30pm
Password: 2020

Volunteers needed:

 Could you spare some time to help us to deliver the next newsletter?
rosehillcommunitynetwork@gmail.com



ROSE HILL PLAY AND ACTIVITY DAY



BUILDING COMMUNITIES THROUGH PLAY

FREE ENTRANCE AND FREE ACTIVITIES

SATURDAY 20TH JULY 2024—11AM UNTIL 3PM @ ROSE HILL RECREATION GROUND, ROSE HILL COMMUNITY CENTRE, OX4 4HF



Art Avalanche, Tricky Trails Biking, Ride on Time, Giant Bubbles, Go Kart Party, Body Zorbing, Fire Play, Fabric Upcycling, Museum of Natural History, Climbing Wall, DIY Face Painting, Smoothie Bike, Muzo Academy II, Tots of Mess, OCC-TYSS Youth Zone, Oxford University Chemistry Outreach Team, Rose Hill Junior Youth Club and Lots Lots More...

Please note that **NO** Childcare is provided / There is **NO** parking on site / Food will need to be purchased or please do bring a picnic / This event will be photographed and / or filmed
07436 270267 / www.oxonplay.org.uk / martin.gillett@oxonplay.org.uk



Sat 20th July: FREE outdoor cinema - Rose Hill Rec
Animated film: Migration (U, 2023) **9.15pm – 11pm**

Rose Hill Junior Youth club



13 young people took part in a free filmmaking club during the May half-term. They made a film about what activities young people can do in Rose Hill, which will be shown on **Sat 20th July**, just before the free family film at the outdoor cinema, listed **bottom left**.

Free summer holiday club

Art, nature, sports, free play & cooking activities, with a hot lunch.

Dates to **book**: 7th, 8th, 14th, 15th, 21st & 22nd Aug
or **drop-in**: 28th or 29th Aug

Times for
Ages **5-9**:
10am-12:30pm

Scan the QR codes
to **book** or visit:

rhjyc.org
 @rosehilljyc

Contact Aimee:
07983972519

Times for
Ages **10-16**:
1pm-3pm



Rose Hill Youth FC celebrates!



Above - U11's Spring trophy event winners



Above - U12's Knockout Shield winners

First RHYFC tournament

Sat 6th July - Rose Hill Recreation ground
BBQ, matches, stalls
Everyone welcome!

If you could spare an hour or two to help between **9am-4pm** contact:
kevinjuggins@gmail.co.uk
facebook.com/rosehilljyouthfc

Post office opens in Rose Hill!

Written by Pippa Burne

A new Post Office opened on 6th June in the Co-op store on the Rose Hill Parade.

It offers all Post Office services, including posting letters and parcels, and the collection and return of online shopping items.

Many people don't know that the Post Office also offers banking services for all the High Street banks (and others) so you can ask about your balance, withdraw cash and pay in cheques without the internet or a trip to town!

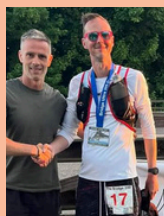
Current **opening hours** are:

Mon- Fri: 9am-5:30pm / Sat: 9am-2pm / Sun: Closed

Full services list at:

www.postoffice.co.uk/branch-finder/0211370/rose-hill

Tom's EPIC 200 mile run!



Thomas Hayward works at Rose Hill Community centre as a Fitness and Wellbeing Instructor.

Below is his amazing account of coming in first place at the grueling Bridge 200 ultra marathon event!

Tom pictured at the event (above)

On May 17th, I began my second attempt to complete a continuous 200 mile run, within a tight cut-off of 55 hours.

I had attempted this race the previous year and pulled out at 100 miles.

With the race starting at 4pm, the first night drew in relatively early in the event, and I found myself feeling sleepy despite having not covered many miles.

I reached the 100 mile mark on Saturday afternoon. The halfway mark can be a tough spot for me mentally, as the potential high at reaching such a milestone is often swiftly overshadowed by the daunting reality of the same distance still to be covered.

The second night saw the predicted disintegration of mind and body.

I ran less and hiked more.

My sleep deprived brain began to conjure up things that weren't there. People, animals, ice cream vans, pub signs, all emerged from the shadows.

Towards the end of Sunday, with only three runners left in the race, I realised I was on course to finish, if I could just continue at my current pace.

I crossed the finish line in a time of **52 hours & 26 minutes**, in first place. Finishing was a surreal experience, as my mind was reluctant to admit that I could finally stop moving.

Eventually the sense of achievement, and relief, filtered through, and I could appreciate what I had accomplished.

I won't deny that winning the race felt good, but the real satisfaction, the feeling that I will try to hold onto, came from completing a challenge that had obsessed me, and had made me question what I was capable of.

Well done to Tom, an amazing achievement!

You can read the full story at: rosehillnewsonline.com

Rose Hill Community centre

Family BOXFIT classes! Every Tuesday, 6pm

Suitable for ages 12+

£4 per session, suitable for beginners

rosehillcommunitycentre.co.uk

Local food support

Rose Hill Community Larder

Rose Hill Community centre,
2:15pm-4pm

Open dates for Summer:

2nd, 9th, 16th,
23rd, 30th July
6th, 13th,
20th, 27th Aug
3rd Sept -
Closed

Rose Hill Methodist Church

Community Cupboard Food bank
Wednesdays
1:15pm-3:30pm

Referral based, contact
Rose Hill Advice centre
to set up:

01865438634

admin@rhadvice.org

All are welcome to a
hot meal, drinks and
fresh surplus from
3pm, no referral
needed for this.

Rose Hill & Iffley Low Carbon

On 27th April, the Naturehood team led a nature day in our community woodland on the Rose Hill Rec.

Oxford Uni students and volunteers from RHILC identified 87 different species of plants and wildlife.

They also measured the carbon stored away in 34 of the 800 trees planted by local residents since 2015.



Proud artists with their stencils (above)

On 11th May, another group of volunteers sketched plants and wildlife and then made stencils with local artist Alex Singleton.



Clean Heat Streets team pictured (above)

On Sat 15th June, **Clean Heat Streets** had a great celebration in Rose Hill, with talks, stalls and food.

Residents learned about the project which has installed 15 reduced price heat pumps in Rose Hill over the past year, with more than 100 more registrations.

The project is ending in November, so **the last EPC surveys will be done by the end of June.**

To find out if you live in one of the eligible streets for a free survey, go to:
www.cleanheatstreets.com

FREE: Next repair café at the centre:
Sat 3rd August, 10am-12:30pm.
Plus, order free energy saving materials.

Broken Spoke: Free bike repair

Rose Hill Community centre
1st Saturday of every month, 2pm-5pm
Just turn up!

Home-Start Oxford: Rosebuds

Free summer family fun at Rose Hill Community centre!

Friday 2nd August -
Bounce & fun

Friday 30th August -
Summer Party

Friday 16th August -
Sports Day
with You Move
All from 10am-12pm!

No booking required.

September onwards:

Regular stay & play for ages 0-5 and their parents and carers runs every Friday, 10am-11:30am.



We offer free and confidential, 1-1 coaching for adults, from trained volunteers.

Coaches and learners meet twice a week at local venues, for just 30mins.

If you know of any friends or family members who struggle to read here is our phone number: **07786 973061.**

Full info at: rosehillnewsonline.com

Oxford's traffic filters - Information evening



Mon 15th July

6:30pm

Rose Hill Community Centre

Aaron Buron Youth Room

Carole's Way, Oxford

OX4 4HF



Sign up here!

In November this year, Oxfordshire County Council will be bringing in six traffic filters across Oxford.

Whatever your views of this, if you drive into Oxford occasionally or frequently, it will be helpful for you to understand how they work.

This session is **clear and jargon free**, and will help answer common questions: Why are these filters being introduced?

What do the passes mean in practice and how will I be able to apply?

Which groups have exemptions?

This event is free and open to anyone in Rose Hill, and surrounding areas.

To register, scan the code or visit this link:

<https://bit.ly/Rose-Hill-Traffic-Filters>

ROSE HILL SOCIAL CLUB

Attached to Rose Hill Community centre

New Members
Welcome!

Live Sports

Entertainment

Pool Table

Darts

Aunt Sally

Opening times:

Monday - Thursday:
7pm-11pm

Friday - Saturday:
7pm- Midnight

Sunday:
1pm - 11pm

Introducing Revd. Clare Hayns



I'm Clare, the new Vicar of St Mary's Church, whose parish covers Rose Hill, Iffley and Donnington.

I'm delighted to be moving into the area and am very much looking forward to meeting you and getting to know this part of Oxford better.

I'm keen that St Mary's Church continues to be a place of welcome for everyone in the community, whether you come along to a service, need space to be quiet or to pray, or would like help with a christening, wedding or funeral.

I'd love to meet you, so do say hello if you see me out and about!