

# Hands on News

June 2009

Newsletter for Barton produced by Barton residents and community workers

*A Date for your Diaries – Saturday 13th June between 12 noon and 5.00 p.m*

## BARTON BASH 2009



This year's Bash promises to be even better than in previous years with entertainment and activities for all the family. The Bash will be formally opened by this year's Lord Mayor, Cllr Mary Clarkson together with our local M.P. Andrew Smith.

We will be providing the usual mix of entertainment for children together with a few new activities that will appeal to people of all ages. Refreshments will be available throughout the day, and we have already ordered a huge dollop of sunshine to make it even more enjoyable. Remember this is

*Last year's Bash (Photos: Sue Holden)*

your event and it's for the benefit of your community so come along and be part of the fun. Anyone wishing to volunteer on the day please contact Sue Holden on 07866460446

## Barton's New Play Area Swings Into Action



"Marvellous, the area has come alive since the play area was installed," commented a parent of someone enjoying Bonnybanks play park on a sunny afternoon.

The Barton Community Association (BCA) welcomes the play park which they have long campaigned for. The weather forecasters are predicting barbeque weather for this summer, and so if the weather is as predicted, Bonnybanks park will be full of children and families enjoying all the fun of the park.

*Artwell*

*Some of the equipment in the new play park*

### **The Hands on News Team**

Contact: **Alan Foulkes**

e-mail: [alanbartonnhc@aol.com](mailto:alanbartonnhc@aol.com)

or Telephone: 01865 761987

Editor: **Sue Holden**

Articles: **Artwell**

Design, layout, photographs and art:

**Wayne Clack**

# The Roundabout Centre

At the Roundabout Centre the Childrens Centre staff work together for the benefit of families in our community (Barton, Sandhills, Quarry and Risinghurst). We provide a family and community sup-

port service and provide good quality day nursery provision. Ruth George, the Childrens Centre Head is looking forward to learning about and understanding the local community and developing the services to meet your needs. We hope you come and visit us at the centre and get to know what we can offer. The Childrens Centre staff are here to support families and to provide activities for families to enjoy together. If you are visiting us for the first time, please let someone know on your arrival to enable us to welcome you, show you around and

let you know what is available. During our stay and play drop in sessions a light lunch can be purchased or you can bring your own food if you prefer. This service provides a safe and interesting place for you and your children to play, opportunities to meet other parents/carers, provides access to information and support and we are open all year round. If you have a worry or require some support please ask a member of staff so we can arrange a suitable place and time to talk. We hope you enjoy your time at the centre.



## Ladies of Barton! CHOOSE your entertainment

In response to requests for more ladies fitness classes at the Neighbourhood Centre, we need YOUR input to decide what happens next.

Which of the following classes would you like to take part in at the Neighbourhood Centre, during June and July?

- Legs, Bums and Tums
- Line Dancing
- Body Combat
- Salsa
- Or even.... Belly Dancing!

Place your votes by emailing [aclare@oxford.gov.uk](mailto:aclare@oxford.gov.uk) or talk to Sue Holden or Alan at Hands on News.

Classes will cost no more than £2 per session – an absolute bargain!

If seven or more people register their interest for a class, it WILL happen at the Neighbourhood Centre from June.

Make sure you have your say!

These classes are brought to you by GO Active – finding the activity that's right for you. For more information on how to increase your physical activity levels or to find a class near you visit [www.getoxfordshireactive.org](http://www.getoxfordshireactive.org) or email Abbie, your local GO Active Coordinator on [aclare@oxford.gov.uk](mailto:aclare@oxford.gov.uk)

### Bayards Hill School 'What's On'

Every Friday in term time Parents Coffee morning 9.15 to 10.15am. All parents welcome

June 4 School closed: Polling Day

June 8 After school Book Fair

June 10 Fire Service event from 9.30am for Year 1

June 15 Science Week

June 22 Maths Week

June 29 Sports Week including sports days

July 7 Botanical Gardens trip for Key Stage 1

July 17 School closes at 2pm for the Summer Holidays

## Barton is Better!

Local Barton resident community researchers are continuing to find out from the community what the local issues are in 2009. So far around 150 residents have filled in survey questionnaires with the researchers.

It is too early in the research, which will carry on throughout June, to come to any conclusions. However, although issues and concerns are coming up, there is also the clear message that many people feel that life has improved in Barton since the last resident research was done in 2003.

Hands on News will have the full results of the survey in the September issue. The survey results will be used as evidence to fund raise and campaign to make further local improvements.

## Award comes to Barton Girls Group



Ms Melanie Jewell

Barton Girls Group, which meet every Tuesday from 6.30 pm at the Youth Centre in the Neighbourhood Centre, was given an award by T.V. presenter and Olympian Kriss Akabusi. The award was given in recognition of the progress Barton's Girl Group have made from a small start. Barton Girls group now has thirty-six participants. It is a thriving social club and also provides a chance to discuss important issues, including health and sexual health.

Melanie Jewell who manages Barton's Girls Group, has been an essential part of the Group's success and she is committed to assisting with the personal achievement of local girls.

She said "I feel that having a girls group helps tackle social exclusion. Engaging with girls and young women to enhance their futures and to better their lives"

The difficult experiences which Ms Jewell has been through have fuelled her desire to help Barton's Girls Group.

The Barton Girls Group is funded by Oxford County Council Integrated Youth Support Services and Mr Kevin Jackson who is the line manager said:

"The award recognises the groups achievements in the last year. The young people have been integral to the project."

# Barton Community Association



Mr Phil Jones

**Many people in Barton may not understand the Barton Community Association work and activities. Hands on News has decided to ask Phil Jones who is the City Council Area Community Development Manager, to highlight the origin and purpose of Barton Community Association (BCA).**

Phil explained that the BCA first began in 1948. It aims to enhance the community life of the people here in Barton by providing community facilities and developing and managing community projects and events.

Most people will be aware of the BCA as a result of the Barton Bash, which is an annual summer event, which involves the whole community taking part and sharing their skills and having fun.

Recently, the BCA has been instrumental in the opening of Eatwells Community Café in the Neighbourhood Centre.

The BCA is an incorporated charity limited by guarantee and is governed by a memorandum and articles of association. It is led by a strong board of local volunteer members.

Membership of the BCA is open to all residents, although election of the board members occurs at the Annual General Meeting. The board of the BCA meet monthly. The next Annual General Meeting is on Thursday 12th June; please come and take part and have your say.

*Artwell*

## All Eyes Down in Barton

**Barton may not have a Public House, but we do have two thriving Bingo clubs.**

**In Barton Neighbourhood Centre every Tuesday night the people of Barton and the surrounding area gather for company and fun while keeping a sharp ear out for the numbers. Many prizes are won, although only one person can win the big prize at the end of the night. Barton Bingo draws in people from the surrounding**

**areas, and has a loyal following.**

St Mary's Church in Barton also has a Bingo session; this one is monthly and attracts many people of all ages. It has a fun and friendly atmosphere and there are many chances to win the big prize of the night. All the proceeds go towards the Church building.

And while the adults are playing, there are activities, such as painting and drawing

competitions for the children.

If you have never considered going to bingo, maybe you should think again. People have a lot of fun. If you are new to Bingo, please visit the Barton Bingo scene and let us here at Hands on News know of your experience.

*Artwell*

## Free Healthy Heart Checks

**Free healthy heart checks are on offer at selected pharmacies in Oxford City until November 2009. Look out for the healthy heart posters showing which pharmacies are taking part. The checks are for people aged 40-74 years and are aimed at identifying those who might be at risk of having a heart attack or stroke.**

If you know anyone who has had one of these illnesses you will know how serious they can be. However, often they can be prevented by making some simple healthy changes to your lifestyle.

The first step is to find out if you are at risk - particularly if you think you need to exercise more often, stop smoking or if you are overweight and would like to eat more healthily.

The pharmacy check will involve having your blood pressure measured, your weight checked and answering a few questions about how much you exercise and whether you smoke or drink alcohol.

Some GP surgeries will select certain patients to come directly to the surgery for a check, if your blood pressure is high. And, if you might benefit from a healthier lifestyle, then you can be referred to a health trainer.

### Health Trainers

Health trainers can work with you one to one to give realistic suggestions for making your lifestyle healthier. For example, they can help you increase how much you exer-

cise, possibly through referral to a gym, advise you about giving up smoking or cutting down on alcohol. They can help you if you want to lose weight by advising on healthy foods or perhaps referring you to weight management classes. They can work with you for up to three months to make sure the lifestyle changes are manageable for you and they will keep you motivated too! At the end of this time they will stay in touch to see how you are doing. They also have links to other services if you need additional information or advice.

*Claire Laurent*

*Oxfordshire PCT*

**The Local Health Trainer for Barton is Maureen Robertson, Contact number 07867 552012**

# What's On

Activities for Young People Meeting at the Youth Centre (unless otherwise specified) Barton Neighbourhood Centre

## Mondays

**10am -3pm** Oxfordshire Youth Support Services  
(YSS Tel: 01865 873916)  
**3.30 - 6pm** Oxford Youth Works  
10 - 13 year olds Tel: 01865 204747  
**6 - 8.30pm** Messy Jam Dance Group (main hall) 12 year olds upwards  
Tel: 07756657889

## Tuesdays

**3.30 - 5pm** Oxford Youth Works  
10 -13 year olds Tel: 01865 204747  
**5 - 6.30pm** Families Re utd 8 - 19 years and parents and adults welcome Tel: Debbie 07788866236  
**6.30 - 8.30pm** Barton Girls and Young Women's Group (YSS) 13 - 19 year olds

## Wednesdays

**3 - 6pm** families Re utd 8 - 19 years and parents and adults welcome  
Tel: Debbie 07788866236  
**4 - 6.50pm** Messy Jam Dance Group (main hall) 5 - 11 year olds  
**4.30 - 7.30pm** Barton 44 Stars (Young Men's Club for 13 - 19 year olds). Food & Fitness. Focusing also on work experience, based in the Youth Club & Cage  
**5.15 - 7.30pm** Barton Girls Football (YSS) 13 - 19 year olds

## Thursdays

**2 - 6pm** Families Re utd 8 - 19 years and parents and adults welcome Tel: Debbie 07788866236  
**5 - 7pm** Barton 44 Stars (Young Men's Club for 13 - 19 year olds). Contact Jason Carbon on 079 3131 5450 - jsc.20@btinternet.com  
**6 - 9pm** Barton Youth Group (YSS) 13 - 19 year olds

## Fridays

**3 - 4.45pm** Barton Community Association (BCA) Art Club (main hall)  
**4 - 6pm** Families Re united 8 - 19  
**3 - 4.45pm** Barton Community Association (BCA) Art Club (main hall)  
**4 - 6pm** Families Re united 8 - 19 years and parents and adults welcome Tel: Debbie 07788866236

**7 - 9pm** Messy Jam Dance Group (sports hall) 12 year olds upwards  
Tel: 07756657889

## Saturdays

**12 noon - 2.30pm** Oxford Bible Church Sports Crew (alternate Saturdays)  
**4 - 6pm** Families Re utd 8 - 19 years and parents and adults welcome  
Tel: Debbie 07788866236

## Sundays

**4 - 6pm** Families Re utd 8 -19 years and parents and adults welcome Tel: Debbie 07788866236

Activities for Families and Children at the Roundabout Centre, Ormerod School, Waynelete Road unless specified  
The week at a glance

## Mondays

**10 - 2pm** Drop in  
**10.30 - 11am** Music session  
**11 - 12pm** Swimming

## Tuesdays

**From 9.30 to 11.30am** Drop in Sessions at Barton Neighbourhood Centre for parents and carers. All welcome. For more information please contact Krystine Harris on 0780 490 8941  
**10.30 - 12.30pm** Twin's Club  
2nd & 4th Tuesdays of the month  
**11 - 12pm** Swimming  
**9.45 - 10.45am** Childminder's Music  
1st & 3rd Tuesdays of the month  
**10.45 - 1pm** Childminders  
1st Tuesday of the month  
Mobile Library (Every other Tuesday)  
**1.30 - 3.30pm** Post Natal Group  
**4 - 6pm** Parent Education Group

## Wednesdays

**10 - 2pm** Drop in  
**9.30 - 11.30am** Early Development Group (run by Downs Syndrome Oxford)  
**11 - 11.30am** Ante Natal Group 1st & 3rd Wednesdays of the month  
**11.30 - 1.30pm** Baby Cafe

## Thursdays

**10 -2pm** Drop in  
**11.30am** Health visitor  
**10.30 - 11am** Music session  
Sensory Room or Construction Play.

## Fridays

**9.30 - 11.30** WEA - course with creche  
**9.30 - 11.30am** Skills for Life Lit

eracy Course  
**12 noon - 1.15pm** Young Parents  
**12.30 - 5.30pm** Shared lunch & coffee afternoon (run by Downs Syndrome Oxford)  
Once a month  
**1.30 - 2.30pm** Early Development Group (run by Downs Syndrome Oxford)  
Developmental Checks for 2yr olds with Health Visitor

## Saturdays

**10 - 12 noon** Round-about-Dads - 1st & 3rd Saturdays of the month - Free breakfast  
For more information contact the Roundabout Centre on 764952

See page two for Bayards Hill School 'What's On'

*Barack Social Enterprise*  
IT drop in sessions on Mondays, Tuesdays, Thursdays and Fridays at the IT Hub  
There is also a new job brokerage scheme. Contact Ann Marie on 751616 for details

Activities for Older People at Barton Neighbourhood Centre

## Mondays

**10am - 2.30pm** Drop in Age Concern Lunch Club (main hall)  
Tel: 01235 849400

## Tuesdays

**From 6pm** BINGO, BCA (for all age groups) Tel: 761987

## Wednesdays

**From 11am - 3pm** Lunch Club (BCA)  
Tel: 761987

## Thursdays

**12 noon - 4pm** Evergreens Club (BCA) Tel: 761987

Activities at St Mary's Church Edgecombe Road

**12 noon** First Thursday of the month Fellowship Lunch  
**7pm** 2nd Saturday of the month Bingo  
**10am** Sundays Worship

Please send information you want to be put into 'What's on' to Sharon Keene on 761987