

Hello! Florence Park Newsletter is put together and delivered 3 x year by Flo Park neighbours. **Next newsletter deadline is 18.1.19, with delivery in early Feb.** Contact Jane: E: florenceparknewsletter@gmail.com; T: 07980 588494.

Florence Park Community Centre has lots going on and is available to hire. Join the mailing list for event updates. Contact Sara: E: florenceparkcommunitycentre@gmail.com; T: 07864 028591; www.florenceparkcommunitycentre.org.uk.

Flo's - The Place in the Park is now OPEN!

Thank you to all of you for making this possible - without the tireless support of the people in our community none of this would have happened.

What can you use Flo's for?

- Visit our resident cafe 'The FLO'
- Spend time in the community space—or run an event in the community space that anyone can join in with (email or call us)
- Hire a room for a meeting, class, party etc on our website: <u>www.flosoxford.org.uk</u>
- Volunteer in our Conscious Craft shop
- Connect with the midwives (for mothers under midwifery care)
- Sign up to a craft course (coming soon!)
- Register your child age 2-4 years for the nursery
- Become a member: <u>www.flosoxford.org.uk</u>
- Give us feedback & suggestions



Opening times: (Opening times will change, please check the website)

- **Community Space:** Tues-Fri: 9am-4pm (plus occasional events till 6pm)
- The FLO Cafe: Tues-Fri: 9am-5pm, Sat-Sun 10am-5pm
- Room hire: Mon-Sun: Meeting room 9am-10pm, Main hall 7-10pm

• **Community Midwives:** postnatal clinics by appointment

• Flo's Nature Nursery: opens in January 2019.

Planned opening times: 8.15am – 5.30pm, 48 weeks/year

Get in touch: 01865 587611 Volunteering and

Community space email: info@flosoxford.org.uk Nursery email: nursery@flosoxford.org.uk Community Midwives: 01865 779284



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www.flosoxford.org.uk

TURNA'S LOCAL

Your local shop on Florence Park Road



We offer you a wide selection of Groceries, Newspapers, Fresh Produce, Dairy Items, Cash Machine, National Lottery, PayPoint, Wine, Beer, Ale, Spirits and Champagne.







Meet Your Florence Park Neighbour!

This issue: Harpreet Kaur Paul (Who's next? Contact Jane, see p1.)

How long have you lived in Florence Park? 2 and a half years.

What are your favourite things about living here?

I'm very lucky to have found a community here. That's no small thing. My husband and I have previously lived in New York, Quito and London, where

it has been more challenging to build that. I love that my neighbours recalled my daughter's first birthday recently, or that childcare or book and toy swaps are only a few doors away!

Anything about the area you feel could be improved?

A bakery would be lovely, but that's probably my sweet tooth speaking!

What is your work?

I am a human rights lawyer and have previously represented torture survivors and detainees at risk of torture, from individuals in Guantanamo Bay to Tehran. I currently focus on workers' rights in the global electronics supply chain with Electronics Watch. Earlier this year we helped migrant workers in Thailand get their passports back (they had been unlawfully withheld) and helped subcontracted labourers in the Czech Republic get the minimum wage.

What do you like doing in your spare time?

Cooking for family and friends! Never too far from garlic, cumin and ginger.

Favourite thing that's happened to you living in Florence Park?

Finding a community of parents so open to providing support, cake and hand-me-downs!

Thanks to Harpreet.



Florence Park Community Centre, Cornwallis Road £5 adults, kids £2.50 Tickets available from wegottickets.com



Alexander Technique

with Gentian Rahtz (STAT Cert) **10.30am-12.30 pm Sat 13th October** in Florence Park Community Centre lounge room

Reclaim free movement and feel good factor for **necks**, **shoulders and backs** using basic Alexander principles, slow stretches and relaxing muscle releases. (First of four classes, each with a different focus, d.t.b.a.)

Cost £20 - please send £5 deposit to book a place to Gentian Rahtz, 62 Cumberland Rd, Oxford OX4 2DA 01865 241996 www.gentian-alexander-oxford.co.uk

Piano Tuning & Restoration



35+ years experience Call 01865 778651 or 07795 211921



HI-LITES HAIR & BEAUTY



Templars Square Shopping Centre 191 Barns Road, Cowley OX4 3UT 01865 771185

Iffley Dental

Great friendly team of four dentists offering both NHS & private treatment. Located at the traffic lights at the junction of Church Cowley Road and Iffley Road.

Under 18s treated FREE. Free parking & bike stand.

Call us on **01865 777648**









6-week Mindfulness Course

Fridays 5 October-16 November, 12:30-14:30

Based on the teachings of Thich Nhat Hanh, this course introduces core mindfulness practices for a happier life

or a happier life
More information & registration

behappyoxford.eventbrite.co.uk

The Community of Interbeing UK (registered charity number 1096680)

Tickets from £30

LEAF (Local Environmental Action Florence Park)

Bonfire Night and Headgehogs – Bonfire time is danger time for hedgehogs! Please check your bonfire before lighting it. Also check your compost heaps and debris/leaves/log piles which make ideal nesting or hibernating places. Check your fences/walls have holes (5"x5") for the hedgehogs' journeys of about a mile each night through back and front gardens. Visit www.hedgehogstreet.org to put the hole on the map! Follow LEAF on Facebook @LEAFlorencepark and Twitter @LFlopark for pics and tips about hedgehogs. If you'd like info on tracking tunnels and leaflets, email: elianeaubain@frogsnest.uk.

Saving on winter bills and energy – Information & advice available. You can request a thermal image showing where your house is leaking heat. Come & join the team taking thermal images (it's good fun, training provided). Have you switched to cheaper, greener energy? https://bigcleanswitch.org/oxford/

Air pollution – Can you reduce **car use** and encourage others to do so? Support the anti-idling campaign in schools and turn off your idling engine. Children are particularly at risk of harmful effects. An idling vehicle emits 20 times more pollution than one travelling at 32 mph!

Wood burners also contribute to air pollution especially at times of high car emissions. Kiln dried wood is best, or 2-year air-dried logs are OK. Burning wood that's not dry enough causes smoke and particulates which end up in our lungs.

Film evening: We warmly invite you all to come and see the award-winning and inspiring film: **"Tomorrow"** – **13 October** at the Community Centre. See poster above for details.



Swift tea party - watching swifts & learning about them

Come and join us for any or all of our activities: <u>floparklowcarbon@gmail.com</u>; Facebook: @LEAFlorencepark; Twitter: @LFlopark



Nurturing Mothers postnatal course

Starts Thursday 27th September 12.45pm in Campbell Road, Florence Park. £85 for 8 sessions. The next course is planned for Jan/Feb 2019. Full details at <u>https://padlet.com/</u> <u>becca2309/Nurturing Mothers Signing Up</u> or contact <u>rebecca@psychologyoxfordshire.co.uk</u>.

COLIN'S WINDOW CLEANING

Windows, Conservatories, Guttering, Solar Panel Cleaning Established over 15 years Fully insured Latest pole system

Call: 07713 880175 or 01865 714610 Email: cpaulley@btinternet.com

FLORENCE PARK, THEN & NOW



The old photos are taken from Sheila Tree's great book about Florence Park through the years -'The Changing Faces of Florence Park'.

1936

CAMPBELL ROAD

2018







1937 PARK ENTRANCE FROM FLORENCE PARK ROAD 2018



Photo from the above book, courtesy of E & M Radburn





Park Survey

Did you enjoy visiting Florence Park over the summer? Or perhaps you ventured to one of the many other green spaces across Oxford? If so, Oxford City Council would like your thoughts and views on the parks you've visited. Please could you spend 10 minutes completing the on-line survey. You can download it to complete as many times as you like for each park that you've been to. Thank you in advance from the team, it is a great help to know how we are doing. www.oxford.gov.uk/parkssurvey

Caroline Chanides, Green Space Development Officer, Oxford City Council



Plans for a junior parkrun at Florence Park

A non-profit organisation, 'junior parkrun' aims to promote physical activity in children aged 4 - 14 and their families, by organising volunteer-led runs on Sunday mornings in local parks (see: <u>www.parkrun.org.uk</u> and <u>www.parkrun.org.uk/</u> <u>events/juniorevents/</u>). Participants can run or walk the 2 kilometre track.



There is already one junior parkrun in Oxford. We have recently sought approval from local in dividuals and community organisations to set up another junior

parkrun this side of Oxford, in Florence Park, hopefully in early 2019. Our next goals are to:

1) Identify people who can help with organising the event (eg planning, plus timekeeping and marshalling); and

2) Raise a one-off sum of £3,000 to buy equipment - we have started to apply for funds. *What you can do:*

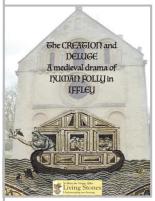
• **Community organisations**: We would welcome letters of support that we can enclose in our applications for funding/setting up the parkrun. We can supply a template if needed.

• **Everyone**: Do contact us with any questions, comments or suggestions, eg about volunteering or fundraising.

Contact: Mary Woolliams

<u>marywoolliams@gmail.com;</u> 01865 764153 or Keith Frayn <u>keithfrayn@gmail.com;</u> 07855 426060

MEDIEVAL MYSTERY PLAY



A medieval mystery play will be performed in Iffley Churchyard on June 29th + 30th. Please come to an audition/workshop to find out more—actors and people new-to-acting welcome. You don't need to prepare anything. Help also needed in other practical ways. There are two opportunities to come: 7.30pm on Friday 19 October in Rose Hill Community Centre, or 2.15pm on Sunday 21 October in

Iffley Church Hall. Further info at: <u>https://</u> <u>iffleychurch.org.uk/living-stones/events-diary/Contact:</u> <u>d.wiles@exeter.ac.uk</u> or <u>ptyack.livingstones@gmail.com</u>.



Oxford Insight Sunday Meditation 11am-2pm



in the Florence Park Community Centre on 11th of November & 9th of December

Everyone welcome. £5 contribution to room hire, bring a vegetarian lunch to share.

For more information email <u>i.tucker@runbox.com</u> or visit <u>www.oxfordinsightmeditation.org</u>



DESIRABLE RESIDENCE Fully furnished with sitting residents Open to offers and can be viewed at St James Craft and Gift Fair from 10-2 on 3rd November at St James Church Centre, Beauchamp Lane, Cowley



Hopefully by the time you have read this you will have had a fabulous time at our 2nd Autumn festival! Fingers crossed we will have raised enough to support having some animals on site in the new year!

There are so many ways you can support your local farm - volunteer at our fun monthly work parties, provide some back office support - are there any policy and HR wizzes out there??

You can also donate via our website at <u>oxfordcityfarm.org.uk</u> - one off donations are brilliant - regular donations even better

Get in touch if you want to be involved: info@oxfordcityfarm.org.uk





Come to the friendly...

Florence Park NCT Baby Coffee Group

Thursdays in term time, drop in any time between 10.30am-12.30pm at **Florence Park Community Centre**, Cornwallis Road.

Every Thursday now until 20/12, no session 25/10. Then starts back 11/1. Drop in for fresh coffees, teas, delicious homemade cakes & biscuits, snacks and chat.

All bumps & babies (before mobile) and their adults are welcome. Now free entry, donations for refreshments. Find us on Facebook @florenceparkbabycoffeegroup

The Over 60s Lunch Club...

...continues to provide a hot dinner for a lively group of older local residents on a Friday from 12-2pm. We sometimes have a talk, a quiz or a creative activity before lunch. Our numbers have increased this year and we are currently close to capacity. We are therefore beginning a waiting list, and prioritising those from the Florence Park area. For more info, or if you would like to come and present something of interest to our members, (no marketing pitches please) contact Jackie at fpccover60@gmail.com.



Friday 9th November @ 7pm

Join us for a Pop Up Supper £5 adult, £3 under 12's for a main and dessert/cake. Just turn up. Bar will be open.

(If you are aged between 10-17yrs and would like to volunteer for Food Prep, Serving, Event management (or all 3) email your interest by 22/10 to florenceparkcommunitycentre@gmail.com)



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weightwatchers

With Stella Bell. Every Wednesday and Saturday 9.30-10.45am in the community centre on Cornwallis Road.

https://www.weightwatchers.com/uk/find-a-meeting/1145540/ florence-park-community-centre-oxford-oxfordshire. **Florence Park Open Mic** Runs on the third Sunday of the month at Florence Park Community Centre, starts at 7:30pm and is free to attend.

Sun 21st Oct Sun 18th Nov Sun 16th Dec



Those interested in performing can register on the night.

NIGHT OF HALLOWEEN FUN

All are welcome to Florence Park Community Centre on Sat 3rd November

3 piece band 'Sirloin and the Steak Knights' will be delivering 2 sets of 'frightfully' good covers from all decades that might even inspire some 'spooky' moves on the dance floor.

Earlier in the evening from 6:30pm, there will be music and games for the littler movers and shakers out there.

Entry on night for adults is £3 before 7:30pm and £5 after (U12s Free). Tickets will be available online and in advance from the community centre bar.

Florence Park Services Listings

Free listings for Florence Park services and residents. (A listing here does not necessarily constitute a recommendation.)

- Harry Potter meets Alice in Wonderland Oxford tours. <u>www.VisitOxfordTours.com</u>, 07955 482637.
- Let's Get Face Painting Professional Florence Park-based face painting and glitter tattoos. Contact Jane: <u>letsgetfacepainting@gmail.com</u>, 07980 588494, <u>www.letsgetfacepainting.co.uk</u> and on Facebook.
- **PAVITRA** Delicious Raw Honey and other Beekeeping Products. Special Offer for our local community. Visit the website: <u>www.pavitra.co.uk</u> or contact <u>info@pavitra.co.uk</u>.
- PUT YOUR STORY INTO SPACE! with Fiction Architects. House extension design. Local to Florence Park. Contact: 07712 130735 or email: <u>david@fictionarchitects.co.uk</u>.
- **Residential cleaner**, also does laundry and ironing. Contact Angelica 07749 935130.
- SW Digital TV Aerial, Satellite & CCTV Services. <u>www.swdigital.org.uk; mail@swdigital.org.uk;</u> 07971 339052.





is for everyone

Please check class/event is running; details correct at time of printing.

Acupuncture Clinic: Tuesdays 11.30am-1pm and 4.30-6.30pm. Curious about Acupuncture? Suffer with aches, pains, headaches, tension, stress or depression? Book a session with Joe. Sessions cost £15. For more information contact: joe@holistic-health.org.uk; www.holistic-health.org.uk/; facebook.com/holistichealthox/ Baby Coffee Group: Thursdays in term-time, drop in any time 10.30-12.30. For parents/carers with bumps & babies (before mobile). See info and dates on advert on page 7. Book Club: 3rd Monday of the month, 7.30pm Florence Park Community Café: Every 1st Saturday of the month, 11am-2pm. Delicious home-cooked food, cakes, fresh coffee and meet your neighbours. Florence Park Film Nights: Doors 6.50pm, film 7pm. Free entry. See box on page 3 for more info. Flower Club: Every 4th Monday of the month, 8pm. Friends of Florence Park: E: friendsofflopark@gmail.com Humpty Dumpty Music Club: Music Club for children 0-4yrs. Tues 10.30-11.15am. Drop-in. £3.50, £1 siblings. Emily Marshall: emformusic@outlook.com or 07969 522368. Kids' Martial Arts: Wed 6-7pm. £3.50/lesson, first lesson free. Age 6+. For info or to book, contact Matt: 07790 180137. Line Dancing: Tuesdays 3.15pm-4.15pm. A casual & fun group, drop in £2. Email viv.peto@retired.ox.ac.uk Over 60s Lunch Club: Fridays 12-2. Numbers have increased and this lively group is near to capacity, so to join the waiting list, get in contact. Tel: 07864 028591; fpccover60@gmail.com. Pilates with Jane Callaway: Fri 9.30-10.30am. Booking essential. janecallawaypilates@hotmail.co.uk Singin' Women: Every 1st Sat/month, 3-5pm, £6. Just drop in. Contact Emily Marshall: emformusic@outlook.com or 07969 522368. Social Club: Bar open every evening from 7.30pm, 7pm on Sundays. Bingo on Thursdays and last Saturday of month. Darts, cribbage, Aunt Sally, meat raffle on Fri evening. Centre membership includes Social Club membership. T'ai Chi: Thursdays 5.45-6.45pm. With Anne Mackintosh. Cost: £8 (£6 members) per session or £35 (£25) for five. Contact Anne: taichi@annemack.org; 01865 714849; www.taichi-in-oxford.co.uk Weight Watchers: Every Wednesday & Saturday 9.30-11am. Welcoming group. With Stella Bell. Contact 0345 6777788; weightwatchers.co.uk

Join the email list -

Get in touch (see page one) or do it online: www.florenceparkcommunitycentre.org.uk

Become a member -

Funds really help the centre. Online or at centre.

Room hire available contact details on page one.

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Some events for all coming UP AT THE COMMUNITY CENTRE...

Variety Night - Back to the 80's

Friday 12th October Doors open 7.30pm, show starts 8pm £5.50 adults, £3.30 under 12's Tickets selling fast, available from Wegottickets http://www.wegottickets.com/event/450238

Kids' Hallowe'en Party

Wednesday October 31st 4pm - 6pm. Games and mini disco £1 a ticket per person attending - on sale soon. This event always sells out and is tickets only.

A Night of Hallowe'en Fun for All

Saturday 3rd November (see box on p7)

Pop Up Supper Club

Friday 9th November @ 7pm Join us for a Pop Up Supper £5 adult, £3 under 12's for a main and dessert/cake. Just turn up. Bar will be open. (If you are aged between 10-17yrs and would like to volunteer for Food Prep, Serving, Event management (or all 3) email your interest by 22/10 to florenceparkcommunitycentre@qmail.com)

Political Quiz

Friday 16th November, 7.30pm Joining in with Parliament Week, we are back with our second Politics Quiz. 5 people maximum per team Food will be available and bar open.

Winter Market

Sunday 18th November, 11am - 2pm Come and find your Christmas gifts from local artisan traders. Refreshments available. Want a stall? Email: florenceparkcommunitycentre@gmail.com

An evening of Christmas music

Saturday 8th December, 7.00pm Join us for music and song for Christmas Refreshments available.

Carol Singing & Lantern Walk with Santa

Friday 14th December, 4pm start. Starting at the Community Centre, join us & Santa on a walk through the estate, singing carols. End back at the centre for a warming drink and mince pie.

Kids Family Social, Sat 22nd December 7.30pm Look out for posters and more information soon.

Florence Park Community Centre runs a Social Club with a friendly, reasonably-priced and wellstocked bar. There is bingo every Thursday and a meat raffle every Friday. Contact Stuart (stuart.ackland@bodleian.ox.ac.uk) for more info. Bar opens at 7.30 each night, 7.00pm on Sunday. If you are a member of the Community Centre then use of the Social Club is included, and you can bring along a non-member guest as well for 50p per person. Stuart Ackland