



FLORENCE PARK NEWSLETTER



Spring 2018

Florence Park Newsletter is made and delivered 3 times a year by Flo Park neighbours. All advertising revenue goes towards the upkeep of our fabulous community centre. Next deadline is 18.5.18, delivered in early June.
Contact Jane: E: florenceparknewsletter@gmail.com; T: 07980 588494.

Florence Park Community Centre is available to hire for parties, birthdays, weddings, family gatherings, classes, etc for as little as £10 hr (main hall) and £5 hr (lounge room).
Contact Sara: E: florenceparkcommunitycentre@gmail.com; T: 07864 028591; www.florenceparkcommunitycentre.org.uk.

"The Florence Park Panto - a delight for the senses!"



Photo: Hugh Warwick the.urchin@gmail.com

More panto photos inside...

Inside:

- Meet Your Neighbour—Viv Peto
- Updates from Flo's—The Place in the Park, Oxford City Farm, LEAF
- Lots going on at the Florence Park Community Centre
- Flo Park Brewing?
- Pantomime Time—Photos
- Hedgehog Highway
- Sunday Sessions
- City Council Consultation
- Local Classes, Groups and lots more.



Free Talk: HISTORY OF FLORENCE PARK ESTATE



With local historian **Frances Moody**

Followed by Q&A with neighbours and locals historians, including Sheila Tree

Friday 16th March, 7.00-9.00pm
(Doors 6.45pm) at Florence Park Community Centre, Cornwallis Road.

Frances is back with a talk about our glorious estate.

Homemade refreshments served—including teas and Welsh Cakes! **Free entry**, with donations welcomed towards community centre funds.

Places are limited, come early.

TURNA'S LOCAL

Your local shop on Florence Park Road



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



The Florence Park Community Association **AGM** and the Social Club **AGM** are on **Monday 19th March from 7.30-9.00pm** at Flo Park Community Centre. Doors 7pm. All members are welcome and encouraged to come along to support us and also to hear about some interesting developments at the community centre over the past year and in the months to come.



Interested in small-scale brewing on the estate? Please contact Scott via Twitter @Urban_Turbo

Everyone is welcome at the...

Florence Park Community Centre



Come and
join in!

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

Regular group meetings:

Florence Park Book Club - 3rd Monday of the month, 7.30pm

Florence Park Flower Club - 4th Mon/month

Friends of Florence Park - email: friendsoffloppark@gmail.com

Over 60s Lunch Club - Every Friday 12-2pm. FREE to anyone age 60 or over in the area. Chat, activities and a warm lunch.

Come and join us, just turn up! Tel: 07864 028591;

fpccover60@gmail.com.

Social Club - Bar open every evening from 7.30pm. Bingo on Thursdays and last Saturday of month. Darts, cribbage, Aunt Sally, meat raffle on Fri evening and more. Centre membership includes Social Club membership.

NEW!! Low Cost Acupuncture: Tuesdays 5.00-7.00pm.

Curious about Acupuncture? Suffer with aches, pains, headaches, tension, stress or depression? Book a session today. Sessions cost £15, last about 30 mins and are done in a group setting. For more information and reviews contact Joe: joe@holistic-health.org.uk. www.holistic-health.org.uk/; [facebook.com/holistichealthox/](https://www.facebook.com/holistichealthox/)

Baby Coffee Group: Thursdays in term-time, 10.30-12.30. For parents and carers with babies (before mobile). Friendly and relaxed, fresh coffee, teas, snacks and chat. Drop in, £1 per family plus donations for refreshments. Jane: 07980 588494. No session in half term (15th Feb) then 22 Feb—29th March.

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 Club: 9th Feb - La La Land; 9th March - Jaws. Doors 6.50pm. Free entry. See separate box for more info.

Humpty Dumpty Music Club: Tues 10.30-11.15am. Drop-in. For babies & children 0-4yrs. £3.50, £1.00 siblings. Emily Marshall: emformusic@outlook.com or 01865 604558.

Kids' Kung Fu: Thurs 4.30-5.15. Age 5.5 - 15 years.

Email: oxfordkungfu@hotmail.com; www.oxfordkungfu.co.uk

Kids' Martial Arts: Wed 6-7pm. £3.50/lesson, first lesson free. Age 6+. Contact Matt: 07790 180137.

Pilates with Jane Callaway: Fri 9.30-10.30am. Booking essential. janeccallawaypilates@hotmail.co.uk

Singin' Women: Every 1st Sat/month, 3-5pm, £6. Just drop in. Contact Emily Marshall: emformusic@outlook.com or 01865 604558.

Sunday Sessions: Sunday 25th February, 2-5pm. MAN CHOIR (25-piece) and VALENTINO. Find us on Facebook.

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 Saturday 9.30-10.45am. With Stella Bell. <https://www.weightwatchers.com/uk/find-a-meeting/1145540/florence-park-community-centre-oxford-oxfordshire>.

**Room hire also available—
see contact details on page one.**



Oxford City Farm is recruiting fundraising volunteers...

Join our friendly and successful fundraising team and help secure the ongoing development of your local City Farm. The fundraising group meets monthly to plan, discuss and progress fundraising programmes and applications. This year, as well as submitting applications to trusts we want to build on our successful fundraising events programme and develop a regular community giving scheme to help us meet those fundamental core cost. We would also like to further develop our links with local companies. Fundraising experience is helpful, but time, enthusiasm and commitment are the essentials. Email info@oxfordcityfarm.org.uk for more information or call Lucie for a chat 07786 577720.

Many more exciting ways to get involved with the farm coming soon - including Trustee positions. Keep on eye on our website and Facebook for details.

Work parties continue on site each second Saturday of the month 10-1 (winter hours). Come and have fun!

www.oxfordcityfarm.org.uk



Oxford City Council are consulting on the future use of the old bowling green in the park.

**Questionnaires will be available
at the kiosk from 1st to 28th February.**

We would love to hear your thoughts on how this area of Florence Park could be best used to benefit the community. If you would like further information please contact ellwood@oxford.gov.uk or 01865 252142.

Update:

Flo's - The Place in the Park

By Candy March

Thank you to Jane and Stig for working on our lovely (still draft) **logo**. Work to transform the former children's centre in the park into Flo's—The Place in the Park with a good food café, nature nursery and drop-in space is going well, and the steering group, local councils and local groups are working hard to create a great new space for all. We will be holding **Info Events** soon: look out for the dates for these on Facebook and Twitter (@flosoxford), or join our mailing list if you haven't already by emailing info@flosoxford.org.uk (our new email address). We are also still eager to hear from you if you can volunteer your skills.



At our **Info Events** you will find out more about the plans so far for the nursery, café and drop-in space. All are welcome, from all parts of our community, and aged 0 to 100+. Come to the **Info Events** just because you are curious, or come because you are interested in getting involved at the start of this exciting new community hub. You might be interested in becoming a member of the new Charitable Community Benefit Society that will run Flo's and having a say in its governance, in offering some of your skills and time and creativity, in working in it, volunteering in it, investing in it or becoming a trustee.



**FLORENCE PARK
SUNDAY SESSIONS**

Our monthly Sunday afternoon shindig for families and friends, featuring great live music, kids games, food & bar

25 FEBRUARY 2-5PM

MAN CHOIR
(25 PIECE MALE VOICE CHOIR)

VALENTINO
(ACID JAZZ FUNK)

lovin. it local

Florence Park Community Centre,
Cornwallis Road

£5 adults, kids £2.50
Tickets available from wegottickets.com
more info @ [facebook.com/floparksundays](https://www.facebook.com/floparksundays)



Iffley Dental

Located at the traffic lights at the junction of Church Cowley Road & Iffley Road/ Rose Hill.

Great friendly team of four Dentists offering both NHS & Private treatment

Under 18s treated FREE

Easy and Free Parking outside

Bicycle Stand



The Florence Park Players present **Cinderella**



A cast of forty people aged between 6 and 84 volunteered their skills, time and energy to perform at the Florence Park Community Centre at the end of January. As with all the wonderful pantomimes, there were a few unusual ones! Goodies, baddies, a red shiny mini for a carriage, the Ugly Sisters' fake magic. Thanks to Director Emma Webb, Producer Viv Peto, Musical Director Matt Winkler...



Meet Your Florence Park Neighbour

This issue: **Viv Peto**

How long have you lived in Florence Park, and what do you like about living there? I moved to Florence Park 8 years ago, mainly to be closer to my children and grandchildren. It is staggering to me how much Florence Park people have made me feel welcome. We have invited everyone in my street to come to tea at my house—and from that came a group for our local street party in the 'CLARA' part of the estate (Clive Rd, Laurence Rd Area Residents' Association). It also covers Clive Road, Maidcroft Road and Littlehay Road.

What activities are you involved with in Florence Park? 5 years ago I joined the committee of the community centre, and I was Treasurer there for 4 years and saw the amazing developments there. I am the Producer of the Florence Park Pantomime (see above!) and also help to organise other events such as the Variety Nights. I have a new dog and am enjoying getting to know the dog-walking community in the park. I also love spending time with my family and I feel part of the Larkrise Primary School community. Florence Park is the happiest place I have ever lived.

Any other hobbies? I love art and knitting, and have knitted some signs outside my house (see pic). I also love Bagpuss and have a collection of them on my dashboard!



Presented...

ella



Photos:
Many thanks to
Hugh Warwick:
theurchin@gmail.
com

out on a sell-out run of four highly entertaining shows of the pantomime Cinderella in the
run by the Florence Park Players, the audience could expect the usual panto delights—plus
the leg that fitted the slipper, sassy Cinderella and four fairy godmothers from the bureau of
north and everyone else involved in the panto, both on the stage and behind the scenes.

ighbour!

ing here? I moved
children. It's been
when I first arrived I
group that organises
includes Havelock



COMMUNITY CAFE

First Saturday each month,
11-2pm.

Homemade, delicious, reasonably priced, fresh coffee, lunches and cakes. Meet friends and neighbours. Meet the city councillors 12.15-1.15pm.

ALL WELCOME!

Oxford Friend

Supporting Oxford's LGBTQ+ community since 1980

01865 726893

Tuesday, Wednesday, Friday 7 - 9pm

email: confidential@oxfordfriend.co.uk

www.oxfordfriend.co.uk



Oxford Insight Sunday Sangha

Sundays 18th March, 15th April and 13th May
at Florence Park Community Centre, 11am - 2pm

Sangha is the word for community in the Pali language. These sessions will be an opportunity to meditate, to discuss the teachings of the Buddha, to share a meal and get to know each other better. It's a drop-in group, people are welcome to come to one or more sessions. Please bring vegetarian food to share. You are welcome to invite family members, including children, to join us for lunch at 1pm. Beginners and more experienced meditators are welcome. There is a fee of £5 (£3 concessions) per session to help cover our running costs.

For more information, please email: i.tucker@runbox.com

weightwatchers

I always made excuses not to get to a happy healthy weight. Not any more! Good news! The solution is on your doorstep. With Stella's WeightWatcher Flex class you can do it! Friendly, supportive class every Saturday 9.30am at Florence Park Community Centre.

(Photos: Stella before and after attending Weightwatchers)



Coming soon...



International Cabaret Evening

I am organising a variety night/cabaret with our community members of various nationalities and origins in the spring or early summer. Any individual or group who can offer a song, a dance, a sketch, a recipe (and dish to share!), a costume to show off, or any story about their country of origin is welcome to contact me, Eliane Aubain:

elianeaubain@frogsnest.uk, or on Nextdoor site for Florence Park, or on 07989 037650.

It would be great to know more about what we have in common as well as our differences!

LEAF News

Local
Environmental
Action
Florence park

Do you live in OUTRAM Road? Do you want to learn where your house might be leaking heat & be helped to put that right? This year LEAF is doing thermal imaging only on one street – Outram Road has been chosen (as well as the homes that are already on the waiting list). To arrange your visit & get your results, or if you'd like to have a go at thermal imaging, please get in touch.

Do you know someone with a hot-water cylinder? Particularly a poorly or un-insulated one. We are giving away FREE insulating jackets for hot-water cylinders.

Some of us are wondering whether our fires or wood-burning stoves are causing air pollution and how to reduce it. The whole of Florence Park (indeed the whole of Oxford) is a smokeless zone – only smokeless fuel in open fires, and wood-burning stoves must be DEFRA approved for smokeless areas. Less harmful particulates are produced if you burn at a high temperature. (Reducing car use, calmer driving and not idling also reduces air pollution!)

Sofa for sale

3-seater also turns into a sofa bed

Soft Rose Velour

Good Condition, £40

Florence Park area

Tel: 01865 773511



Camerados Neighbourhood Kitchen

- an evening of sharing food, fun and conversation. We will be celebrating everything that is wonderful and abundant in our community—food and people!

Last Friday of the month at the Ark T Centre. Suggested donation £3.50 for a delicious 3 course meal, £1.50 for children, everyone is welcome.

Camerados Public Living Room is open every day 10-3pm. A great space to relax by yourself, hang out with others or connect with new people - you can use it however you want, no catch! There is delicious, friendly-priced food and drink available all day.

CAMERADOS

Find us inside the Ark T Centre, Crowell Road, Cowley. Opposite Templars Square and next to the multi-story car park. Please see camerados.org for more details.

More goings on at...

Florence Park Community Centre



What do you want from your Community Centre?

Come and tell us on
Saturday 3rd March
11am -2pm



During the community cafe, come along to give us your ideas, suggestions and hopes for activities/classes/projects we could apply for funding to facilitate. Including the brainstorming for hopes of a self-build project for the back area where the old Bowls Club is.

Florence Park Community Centre **FILM CLUB**

Free entry (donations welcome). Doors at 6.50pm, film starts at 7pm. Snacks on sale. Bar open.

Friday 9th Feb
LA LA LAND
(Cert 12; 2 hours)



Friday 9th March
JAWS
(Cert 12; 2 hours)



Boundary Brook Nature Park

(Entrance on path at side of Larkrise Primary)

SATURDAY 17 FEBRUARY:

Explore the Nature Park. Children welcome with an adult. **Come to the entrance at 2pm.** There will be a Treasure hunt for children.

SUNDAY 25 MARCH: Open Day 2-4pm.

Come and see the spring flowers, frogs, newts and toads in the pond. Hear the many birds which nest here. Activities for children. Children welcome with an adult.



WORK PARTIES: Sundays 10am - 1pm. Refreshments provided. You can choose your task from a variety of jobs. A warm welcome guaranteed. You need not come for the whole time. Please ring on the day to ensure it is on. Contact: Alan Hart on 07901 120308 or 07979 608013. There is often someone working at Boundary Brook so, if you want to come at other times, find out who will be there and when by ringing Alan Hart but check before setting out to make sure it is still on.

IMPORTANT: Florence Park Community Centre Membership

Many thanks for your support over the past year in making this a Community Centre to be proud of. Please make sure you **JOIN or RENEW** - although the fees are low, the community centre really benefits from membership fees. Current membership ends on 31st March, and current members can renew from 1st February, in person at the bar or **online from our website** (see front page). Cards to be collected from the bar. **NEW MEMBERS** can join anytime. Membership Secretary: Sue Hallett, via FPCC email: florenceparkcommunitycentre@gmail.com

Cowley Councillor Surgery

is held every 1st Saturday of the month (during the community café) at Florence Park Community Centre from 12.15 to 13.15. Do come and chat with us about local issues. A local police officer will also be in attendance, to answer questions.

*David Henwood, Christine Simm,
John Sanders*

David Henwood
City Councillor, Labour
Cowley Ward



Christine Simm
City Councillor, Labour
Cowley Ward



John Sanders
County Councillor, Labour
Cowley Ward



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.**
www.VisitOxfordTours.com, 07955 482637.
- **Let's Get Face Painting** Professional face painter based in Florence Park brings colour and sparkle to parties and events. Contact Jane Gallagher: letsgetfacepainting@gmail.com, 07980 588494, www.letsgetfacepainting.co.uk and on Facebook @letsgetfacepainting.
- **PAVITRA** Delicious Raw Honey and other Beekeeping Products. Special Offer for our local community. Visit the website: www.pavitra.co.uk or contact info@pavitra.co.uk.
- **Residential cleaner**, also does laundry and ironing. Contact Angelica 07749 935130
- **SW Digital** TV Aerial, Satellite & CCTV Services.
www.swdigital.org.uk; mail@swdigital.org.uk; 07971 339052.



A BIG thanks to all the local neighbours who volunteer to deliver this newsletter to every house in Florence Park. Here are Alice and Giovanni, clearly happy about helping their mum Christi to deliver the newsletter.

Be Calm Be Happy

Short Course in Mindfulness

6-week course introduces useful mindfulness and meditation practices to help you lead a calmer, happier life. Suitable for any faith or none.

Tuesdays 20th February – 27th March, 7–9pm

Cost: £30 - £160

The Venue@Cowley, 242b Barns Road,
Oxford, OX4 3RQ

<http://www.venuecowley.co.uk>

Booking: <http://www.coimindful.eventbrite.co.uk>

Email: bcbh.oxford@gmail.com



Florence Park



Baby Coffee Group

Thursdays 10.30am-12.30pm (in term-time)
at Florence Park Community Centre,
Cornwallis Road, Florence Park OX4 3NH



Dates for Jan-Mar 2018:

January: 4th, 11th, 18th (NO SESSION ON 25th DUE TO PANTO)

February: 1st, 8th, (NO SESSION ON 15th AS HALF TERM), 22nd

March: 1st, 8th, 15th, 22nd, 29th

A new, local coffee group which offers a friendly, relaxed get-together for **parents/carers with non-mobile babies** and **expectant parents** (sorry but this group is *not* set up for crawling babies or toddlers.) Chill out, meet others, play with baby/babies and be served lovely **fresh coffee**, teas, **homemade** biscuits, cakes and healthy snacks (donations welcome for refreshments). Just turn up any Thursday in term-time, any time between 10.30am and 12.30pm. Please bring any baby equipment and toys you need – we have a few items, but there is no storage at the centre.

Entry is £1 per family (to help with venue hire costs). **Everyone is welcome**, there is no need to be an NCT member. If you would like to find out more about the group, please contact the NCT Oxford branch on email: oxford@nct.org.uk or find us on Facebook: @OxfordNCT.

 **1ST 1,000 DAYS**
NEW PARENT SUPPORT

Can you contribute a little CASH to Florence Park Community Centre?

Either a one off donation or a regular monthly gift? You'll be helping to keep the centre running along with all the wonderful events and activities. We now have a handy Paypal facility on our website. Many thanks.

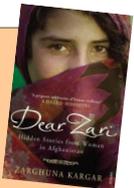
www.florenceparkcommunitycentre.org.uk/donate

Florence Park Book Group

Monday 19th February at 7.30pm in the community centre front lounge room.

EVERYONE WELCOME

Book: Dear Zari by Zarguna Kargar



Florence Park Area Newsletter comes out in Feb, June & October.

Next deadline: Friday 18th May

It will be delivered by your neighbours in early June to 1,200 Flo Park houses and local services.

Contact Jane Gallagher:

Email: florenceparknewsletter@gmail.com;

Tel: 07980 588494.

Big thanks to Unipart for printing this newsletter.