

Cowley News

Your News, Your Paper, Your Voice

Free Independent Community Newsletter

Email: david@cowley.news

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21

CHALKY STRIKES IN FLORENCE PARK?



A mystery artist "chalky" has brought a smile to the faces of those who have ventured into Florence Park recently. The colourful artwork, adorns footpaths throughout the park. Want to know the answer to the question in the picture?

Continued on Page 2...

"Whoever you are,
thank you!"



WANTED! Any information leading to the identity of the mystery pavement artist in Florence Park!

We're Back!

Welcome to the latest issue of **Cowley News**. We are really thrilled we have a Cowley newsletter again, to capture your news, views and all the fantastic things happening in our community.

Introduced in 2012, by a group of fantastic volunteers, the paper went out of print in the Spring of 2018. We've made a few changes to make the paper sustainable, but our aims and objectives remain the same; **Your news, your paper, your voice.**

Cowley News is run by members of the Cowley community and local school students. We encourage any resident to get involved, simply because what matters to you, matters to us.

If you have news and views you would like to share or write for the paper contact: Cowley News please email: newsdesk@cowley.news

Contributions:

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Follow us on Facebook @CowleyNews
Editor: David Henwood

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Cowley Scrubbers

By David Henwood

Back in March, at the start of the COVID-19 lockdown, Janie Hampton of Temple Cowley decided to make a few scrubs; loose fitting cotton top and trousers, worn by doctors and nurses to reduce the spread of infections. She made a set of scrubs for her local GP out of a 1980s flower curtain. The GP's colleagues asked for scrubs too. Soon, Janie ran out of old curtains and so sent a GoFundMe fundraising account to friends and neighbours. "Within days, I could buy enough fabric to make hundreds of scrubs," said Janie. "But I couldn't make them on my own. All of a sudden, over 70 volunteers from around Cowley appeared, and were soon sewing 2 kilometres of fabric. Some couldn't sew, but they could cut out, or deliver. One brought cake; another sent freshly ground coffee to keep me awake. I have never met so many new people in such a short time! All of them lovely. And all at a distance."



Photo: Ed Nix

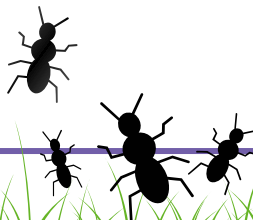
The Cowley Scrubbers have made 500 scrubs for care homes, GPs, a prison, community nurses and occupational therapists. One local care home wrote: "A great big thank you for the scrubs. They are fabulous. You gave the staff a real lift when they needed it. They love the brightness and they are so comfy to work in."

Please donate to: <https://www.gofundme.com/f/Scrubs-for-NHS-Oxford>

www.janiehampton.co.uk



Staff at Iffley Care, sporting Cowley Scrubs



Above, here's the answer to page 1.

When will chalky strike again?

Continued on Page 1

If you see chalky, 'chalking away' we would love to interview the artist that has brought a smile to many visitors of Florence Park.



Left, take a stroll in the park to find the answer.

Cowley Workers Social Club

By Rachel Cox

The Cowley Workers Sports & Social Club has been open since 1929 in the heart of Cowley. We have a very healthy membership base and focus on building a strong community bond among all parts of the local community.

We have an active sports section with activities most nights of the week with Darts, Aunt Sally, Snooker and Dominos.

We hold regular live music for Members and Guests and have 3 large rooms which can be hired for private functions, an ideal venue for Weddings, Birthday Parties & Funerals.

First year membership is £25, following year £15

For more information contact Mick Gough Tel 01865 430446



Cowley Workers Social Club, Main Hall

Cowley Parking

If you see a vehicle parked causing an obstruction, or in breach of a parking restriction, Oxford County Council will deploy their contractor, NSA, to enforce parking. You can contact them on 0345 337 1138, option 3.

On receipt of your report, a civil enforcement officer will be dispatched to the area to assess the situation, and if a vehicle is observed parked in breach of a parking restriction a penalty charge notice will be issued.

If you see a vehicle parked causing an obstruction, but not parked in breach of a restriction, you will need to report this to Thames Valley Police on their non-emergency phone number, 101.

If you think a vehicle has been abandoned, please email Oxford City Council's Street Team - streetscene@oxford.gov.uk or call 01865 249811



Local Councillor has been working to get attractive barriers installed on Barns Rd.



In the next issue of Cowley News, we will be featuring traffic reduction proposals for both the Florence Park area and Church Cowley area.

Mask Crusader: Sheila Tree

Respected Cowley historian and passionate sewer Sheila Tree produces approx. 24 masks a day for local residents from her home in Campbell Road. She is the author of the popular book 'The Changing Faces of Florence Park'

Sheila said, 'I found another resident who makes scrubs and delivers them to the JR, I use those off-cuts from the scrubs to make masks.'

Sheila, 90, arrived in the area when she was 3 in 1935 and has always been active in the community. Sheila has now put her hand to making trendy masks for anyone that would like one.

The masks are located on her front gate, near the junction of Cornwallis and Campbell Road.



Scarecrow Competition

July 5th is National Scarecrow Day. Cowley News is running a scarecrow competition and all entries in our scarecrow competition we will try to include in our next edition. The scarecrow doesn't have to be big, it could even be designed to go in or on a flowerpot. If you want to have one in the garden that's cool too. Remember it's got to be cute or it's got to be scary!

The competition is free, and open to all residents in Oxford City. No other rules apply and you can make as many as you want!

Please register on-line www.cowley.news and send your photo to newsdesk@cowley.news with your name and address, or drop us a line and we would love to come along and take photographs of you and your work. Closing date August 1st.

For more information, please contact : editor@cowley.news or visit our website www.cowley.news



*To enter any of our competitions visit www.cowley.news and click the **competition time** tab, or telephone David 07824462002*

Cowley in Bloom Competition

Cowley in Bloom is a new gardening competition for residents across the Cowley area.

The competition is free to enter and is open to everyone who lives and works in the area.

Trophies and certificates are all up for grabs and will be awarded in September.

Whether you tend your garden all year round, starting to pot up a planter or have a shared space that you want to improve we want you to enter 'Cowley in Bloom' This year's theme is 'weird and wonderful'.

This year's categories are:

- **Best Garden**
- **Beautiful Container or Basket**
- **Junior Gardener of the Year***



The closing date for entries is Monday 11 July. Judging will take place in July and August.

To enter please download the application form from our website www.cowley.news

*Junior gardener of the year, can be a garden, container or basket.

From our Partners



At A2Dominion we're delighted to support the return of

Cowley News at a time when keeping local communities informed is so important.

The Group has strong links with Oxford and especially Cowley, where we chose to base our local office on Collins Street; in a building which also boasts just some of the high-quality affordable housing we have built across the city. We also built and manage a large portfolio of student accommodation in East Oxford.

Additionally, the opening of Matilda House, a purpose-built facility for 37 homeless people, on Rymers Lane in September 2019 was a very proud moment for us.

For these reasons and more, Cowley will always be a very important area for us. We look forward to working with Cowley News to tell you more about our work in the area, and across Oxford, in the future.



In the current crisis, Green Square's top priority has remained the safety and wellbeing of our customers and our staff. Over the past weeks we

have worked hard to continue to deliver our essential services safely, while mitigating the risk of spreading coronavirus. We'd like to take the opportunity to thank all our customers for their patience and understanding during these frustrating, challenging and unprecedented times. Please continue to check our website for further details about the services we are currently offering, and how we are continually adapting our



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Florence Park Community Centre Helping the Community

by Sara Reeve

Like most community centres we were instructed to close our doors on the 22nd March due to the pandemic.

This was a shocking blow, wiping out all the wonderful classes, meetings, bookings and social events we had in our diary - the culmination of the hard work of the previous 6 years was finally bearing fruit.....and then it was all snatched away.

But we were not alone in this, looking around we could see other members of our community, venues, groups, individuals all reeling from the shock of the new status quo.

"One younger volunteer (aged 11) does an weekly on-line cookery class often gaining 150~200 views"

into a Covid-aware meal delivery service for about 20 people. We have also incorporated a newsletter to keep these folks in touch. We recently learned that we were successful in bids to Oxfordshire Community Foundation and SSE for grants to continue this service until October.

We have capacity to cook and deliver more meals on a Friday, so are expanding this service to others in need that are referred to us via the Oxford Hub Street Champions and other community contacts.

We have remained engaged with our Affiliate groups – the book club and others engaged on social media join in a weekly literary project.

We have one of our younger volunteers (aged 11) doing a weekly kids' cookery class on social media: often gaining 150-200 views.

And we have also instigated a joint project with the local primary school and the Isis Care Home to form a 'Friendship Bridge' to get those in the community in contact with the residents of the Care Home.

We are proud of the way we have adjusted to this new state of working for and responding to our community and its changed needs.

If you know anyone else in Florence Park area or beyond who would appreciate a free meal delivered on any Friday, please contact Sara: florenceparkcommunitycentre@gmail.com

If you are interested in supporting the FPCA by joining us on Facebook, volunteering, or making a donation to help keep the centre going in these difficult times, you can do so via the links below.

Facebook: <https://www.facebook.com/florenceparkcommunitycentre>

Website: <http://www.florenceparkcommunitycentre.org.uk/>



Jackie and Sara working tirelessly for the local community

We are proud of our response to this crisis and of being able to find a way to continue to help, engage and connect with our members, groups and the community.

The Over 60s Lunch Club has been keeping in touch with all its members via weekly phone calls, and swiftly transformed itself

Cowley Condors

By Cheryl Reid

Oxford's largest adult cycling club, the Cowley Road Condors, have been keeping a positive outlook throughout the Corona crisis. Unable to take part in the usual evening and weekend group rides, club members have instead turned to indoor riding, online talks, virtual quizzes and the 'weekly selfie'. For this, a local landmark is selected which riders may like to pass by during their daily exercise. So far members have visited seven sites including the Bridge of Sighs and the Kassam Stadium Ox. Club President Cheryl Reid says "We really miss club riding and look forward to when that becomes possible again. Like many other community groups, we've had to cancel all our events and rely on technology to keep in touch. But we will do everything we can to keep the wider community safe and spirits high during this difficult time."

Club member Negin Jalalian said "I upgraded my bike in April 2019 and was keen to join a sociable cycling club. I found out about the Condor Women's Spring Sessions and decided to join. I really enjoyed the Spring Sessions and joined the club straight after. I really enjoy cycling with the club. I have met

lots of lovely people and been inspired to take on new challenges."

You might be forgiven for thinking we're a women's cycling club but in fact we're mixed (usually we'd have ~100 women and ~200 men members during the peak summer months)

Find out more at www.cowleyroadcondors.cc



Cowley Condor Members touring Oxford landmarks in the selfie campaign.

Cyclox: The Voice of Cycling in Oxford

By Dr Alison Hill, Chair of Cyclox

Bike week this year will be virtual. Sadly none of the usual events in Oxford will be taking place. But lockdown has highlighted the importance of cycling for our communities.

Bikes for keyworkers. Cyclox has been working with Active Oxfordshire to set up a scheme to give free bikes to keyworkers. So far we have had donations of 190 bikes, 60 of which have already been refurbished and handed to keyworkers, and £9,000 donated. But demand is huge, so please help by donating bikes and money.

Life after lockdown. During these troubled times one very heart-warming sight has been families dusting down bikes and getting out on the road for their daily exercise because they feel safe in our quiet streets. We are anxious to see that Oxford doesn't return to the levels of congestion and air pollution we had before lockdown. We are campaigning for more pop-up cycle lanes and wider pavements, more cycle parking, Park and Pedal as people won't be able to Park and Ride, and early implementation of the city centre bus gates proposed in Connecting Oxford.

Please do join Cyclox to help increase the voice of those who want to see more people cycling in Oxford.

From the editor. To donate or join Cyclox, please go to www.cowley.news to view the extended article with links.



Congratulations to Dr Alison Hill on her new position as Chair of Cyclox.

If you have a favourite cycling route, bike tip or views on how to make our roads more accessible to cyclists, please contact newsdesk@cowley.news



Cowley Rainbows



Cameron, Milly & Lacey efforts at 135 Hershel Crescent.



Bethany & Bethany, proudly display rainbow at 13 Burgen Close.



Jamie aged 7, displays his collection at 7 Rahere Road.



Tamara, has also been Busy, 110 Cornwallis Road



Proud mum and grandmother admire Nye (7), and Matilda's (2) artwork, 97 Barns Road.

Introducing our New "Eco Column"

By David Henwood

Have you read your water bill recently? Your water bill is divided into two parts. In the first part, your bill tells you how much water you have used. The second part is concerned with the water you throw away! So don't throw it away!

Here's how one resident reduced her water bill and kept her plants fed. While our water butts emptied, Nori filled her 12 litre watering can at least 4 times a day. Not just water, but 48 litres of nutritious garden magic.

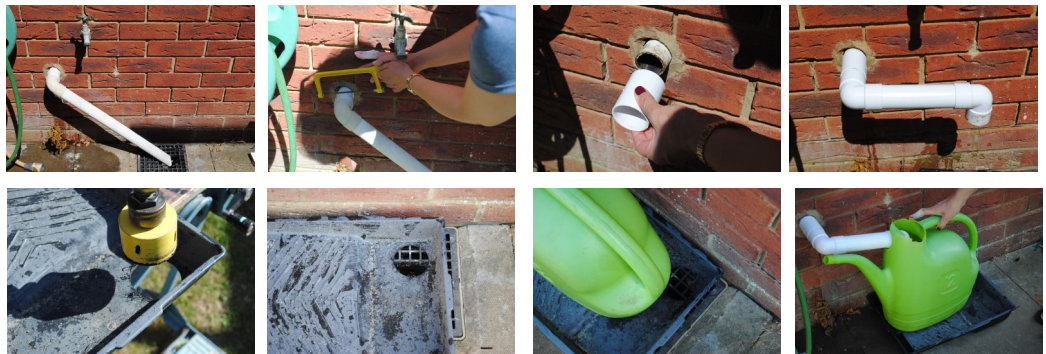
Nori explained, "A friend gave us some tomato plants. Our water butt was empty; still is. As I stood in the garden perplexed, my son was washing the dishes. As I watched the water slip down the kitchen drain, I had an epiphany. How could I recycle the water?"

"We have switched to bio degradable soaps, so now my plants are doing really well, and I'm willing to share my secret."

"I was concerned about the water from the dishwasher, but after a trial of two weeks, I haven't lost a plant! Encouraged, I have invited Thames Water to pay a visit, and to see if they were comfortable with my idea. They are, and now my bills are cheaper, and I can buy more plants!"



"Just one £3 pipe sleeve from Screwfix and an old paint tray."



Local teacher shields for NHS

By David Henwood

Using a laser cutter and 3D printer, local school teacher Alan Thornhill has made hundreds of face shields for the City Community Hospital.

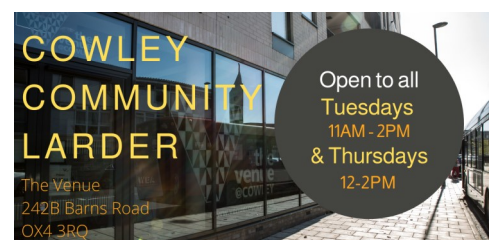
Alan, Head of Design & Technology at St Gregory the Great School, has spent his entire Easter break making face shields for the hospital.

Hospital Matron, Julie Beardmore said, 'On behalf of Community City hospital staff, I would like to say a heartfelt "thank you" to St Gregory's school for the kind donation to our hospital. The face shields are brilliant, and all the staff are extremely grateful for this generous donation.'

Like all schools in the country, St Gregory the Great is currently closed to all but key workers' children and teachers are working remotely.



Teacher, Alan Thornhill made 100's of face shields for City Community Hospital



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Barn's Court Allotments

By Chris. Bonfiglioli

Coronavirus has changed our relationships in many ways, not just with other people, but also with food and the land that feeds us all. Many people are hoping that a new normal will come out of the current situation. Allotments and growing your own food brings a new understanding of where the food we eat comes from and also of the plants, birds and animals that we share our environment with. Hopefully any 'new normal' will only bring good things; a strengthened connection with our fragile environment and our fellows.

Growing your own food locally has a lot of advantages, exercise and of course, delicious fruit, vegetables and herbs. *Mojito with fresh mint anyone?*

Edwin Wager a 30 year veteran said, "It's hard work, but it is also nice to meet people and have a cup of tea."

Dave Robertson, the Chairman of **Barn's Court Allotment Association** has been encouraging people to engage with the earth by using a variety of growing styles. The nature area at the allotments will soon include a pond, fruit trees and a wildlife corner. Foxes, hedgehogs, red kites and lots of other wildlife share the space with local people.



Barn's Court Contact, Dave Roberston, 07979 608811

davidmatthewrobertson@gmail.com

Allotments are measures in poles. Prices are per year.

10 Pole (£42), 5 pole (£21), 2½ pole (£18) **1 pole = approx. 5m**

More allotment information including Cricket Road, Barracks Lane and Bartholomew Road visit: www.cowley.news



Uttarani Limbu & Lalldhan Lawati, enjoying the spring sunshine. Lalldhan smiled, "We've had a plot 4 months, I also farmed in Nepal, and still love the earth." Photo: David Henwood

LEAF (Local Environmental Action Florence Park)

By Jan Seed

Have you noticed the climate changing and fewer birds and insects than before? LEAF is a friendly group doing our bit to change that. We welcome you - from Flo Park, Cowley or surrounding areas - to join us.

"I joined LEAF because it is local and is really doing practical work to make people aware of what they could do to support wildlife and the environment."

"I feel I can make a difference."

We want the recovery after 'lock-down' to be better for people, climate and wildlife. We've planted flower beds for wildlife, installed swift boxes, publicised how to help hedgehogs etc.

The technology to reduce climate change already exists, and changes are already happening, like the rise of renewable energy. We help people learn ways to keep their homes warm in winter, cool in summer and have cheaper bills. At our 'climate cafe' people shared feelings about climate change. We held the first of a series of 'Act Now' workshops on Home Energy. During 'lock-down', other workshops are on Zoom. The next one is Food. Transport, Money, Waste & more to follow – look out for details.

We are now meeting online/phone. We hope to hear from you. LEAF is free to join.

Website: <https://cagoxfordshire.org.uk/oxfordshire-groups/leaf/>



LEAF members enjoying the sunshine (pre lock-down), sharing ideas and planning future 'Act Now' workshops

Does your road want a car charge point?

Oxford City Council have introduced 5 types of electric car charging points. In phase 2, plans are underway to introduce 100 additional points installed across the city for residents without off-street charging. If you'd like your street to be considered for an electric charging point in phase 2, express interest by emailing LowCarbonOxford@oxford.gov.uk.



A message From Oxford Direct Services

If there's an individual in your household with suspected or confirmed Covid-19 in self-isolation, they need to store their waste (e.g. used tissues, disposable cleaning cloths, etc.) following these steps:



Double bag all waste

Sort separately from other waste for 72 hours

After 72 hours, dispose in the green rubbish bin with the lid closed

Frontline staff are working hard to maintain services. Help keep them safe by:

Washing your hands regularly

Keeping a 2 metre distance at all times

Clean bin handles/lids after touching

Disposing of all used PPE such as face masks and gloves in the rubbish bin

Garden waste collections have resumed. In order to run this service more effectively, collection weeks have been reversed. Garden waste bins and brown eco sacks now need to be put out for collection on your green bin or lilac sack collection day permanently.

Bulky waste collections have restarted. We're expecting a longer waiting time than usual as we get the service back up and running. To begin with, we're asking residents to only use the service if it's essential - www.oxford.gov.uk/recycling

Oxfordshire County Council have reopened recycling centres for essential visits and social distancing will be in place to keep everyone safe. Take a look at their website for new site rules - www.oxfordshire.gov.uk/wastereopenquestions

**Spread love
not bugs,
don't litter
masks and
gloves.**



Please dispose of PPE gloves and masks responsibly, protect the environment and help limit the spread of Coronavirus.



CLASSIFIEDS

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E: jameshawtin@hawtin-electrical.co.uk

W: www.hawtin-electrical.co.uk



www.oxfordshire-business-directory.co.uk



Councillor Surgeries

are held on the 1st Saturday of the month from 12:00 ~ 12:30. If you want to ask a question or just chat.



www.oxfordindependent.co.uk

David Henwood

Oxford City Councillor, Cowley Ward

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