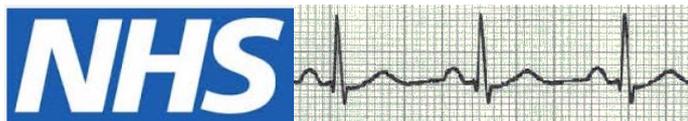


This publication is produced by a team at St. Michael & All Angels Parish Church, belonging to the Summertown-Wolvercote Church Partnership.

Neighbourhood Forum: A new Health Centre?



Local G.P.s have approached our Neighbourhood Forum about the inadequacy of much of the health facilities in our area. The spacious and well designed accommodation at the Jericho Health Centre makes our local surgeries look unfit for 21st century purposes. We have a growing number of older adults and more young families are moving into the area.

Dr Cheetham of the Summertown Health Centre said "We're desperate for new premises. The Diamond Place site is of massive potential because it is exactly where most of our patients live. A purpose built building would be fantastic. We would be able to offer physiotherapy, midwifery, psychology, diagnostics, ultra-sound and minor operations. The government is keen for primary care to provide more services to reduce the amount of care provided by hospitals; it is seen as a way of getting better value for money."

At a packed meeting of the Forum at the Ferry Centre on 4 September, local residents and 7 members of the city planning department met as part of the consultative process that will influence what is to be built on the Diamond Place site. There was unanimous consent that Summertown needed a new health centre, but there are a number of planning hurdles to be completed before this takes place. It is likely to be a hot topic for further discussions. The council aim to produce a Development Brief by the middle of next year.

The Neighbourhood Forum AGM is in October and members of the current steering group, all unelected volunteers, will step down. The Forum hopes that members of the local community will be willing to stand for election, especially those with expertise in areas such as planning, development, architecture and planning law. Also, do you or your family have particular health needs now or for the future? For the opportunity to influence the Forum on the need for a health centre and other services for our community, please come to this important meeting. **A.G.M. Neighbourhood Forum – 10 October at 7.30pm at the Ferry Centre.**

For information contact -
Martin Roberts, Chair hmartinroberts@btinternet.com)
Shirley McCready sjmccready@brookes.ac.uk

Summertown Stars - An All Inclusive Club



Summertown Ladies with coach Jo Kalies

As evening sunlight floods the Five Mile Drive playing field, the cones are out, the bibs are on and the Summertown Ladies are honing their tackling skills. Coach, Jo Kalies, qualified to UEFA B standard, is keen to encourage new players

to join the team, which *plays in a league for the first time* this season. "I think a lot of women imagine it's going to be very competitive, and they won't get in the squad. However, we cater for a range of players; some have recently had babies, some have never played and others are keen to improve. As Sophie aged 17 says "We may not win all the time, but it's the team spirit that counts."

A Men's Team is also starting this season, *playing in the Oxford City League*. Players have come up from Summertown U18s, but others have returned from university or are new to work in Oxford. Again Jo Kalies is coach with Rowan Tibbs as manager.



Men's Team warming up for a match

According to the FA, girls' football is the fastest growing participation sport in the country. Over the last two years the Stars have put *extra money and effort into the girls' game*. U10 and U11 girls' team coaches this season are Matt Richardson and Rod Macleod. Matt explained, "The U10 girls made the county cup final last season. Although we took a big squad, everyone played, and we won! Our ethos is of inclusiveness. We have a *visually impaired team too*, meeting monthly."

Sports clubs for the young, such as the Stars, now undertake a deal of training that used to be taught in primary schools. Its membership of 450 young people with 22 boys, 6 girls and now 2 adult teams, with hundreds more siblings and parents, is a cohesive force in our community. **Want to join? Do you have coaching skills? Can you sponsor the club?** Visit www.summertownstars.org



A Dementia friendly Community



Age UK Oxfordshire are holding a **Lunch Club** every two months at the North Oxford Association, Diamond Place for anyone with dementia and their spouses or carers. This is a social occasion for mutual friendship and support. **Ruth Swift**, (number below), hopes this will be monthly from January and **urgently needs volunteers to help her** welcome and chat to visitors, and to serve meals. Pre-lunch sherry and musical interludes are included, with special entertainment in the annual programme. Please phone Ruth to book lunch places!

The Guideposts Trust have just completed two important publications: **Oxfordshire Dementia Guide** (out at the end of November) and **Dementia Information Prescription** (out now). These very helpful, essential and free guides incorporate joined up thinking from Age UK Oxfordshire, The Alzheimer's Society, GPs, the Council Social and Healthcare teams, Young Dementia UK, OCC Community Dementia Advisors and all relevant charities and services. They detail all services and support available in our area and beyond. Copies are from **Guideposts Trust** 0845 1204048 (24hr helpline) or go to www.oxfordshiredementiawebsite.org.uk/informationprescription.php

OCC Community Dementia Advisors North Oxford- AlexWheeler(07774 335654) or Richard Swinford (07774 335655)
Age UK North Oxford Dementia Co-ordinator Ruth Swift (07827 235404)

A Low Carbon Drive

Low Carbon Oxford North (LCON) was started by a group of local residents with a determination to keep down our community carbon footprint. First in 2012 their entrepreneurial fund raising achieved £160,000 to fit Cherwell School with 232 solar roof panels. Now after year of hard work and lobbying, the Council has agreed to their request for two dedicated car spaces adjacent to the electric charging point in Diamond Place, one for electric car club members and the other for any electric car. An E-car club vehicle will be here and ready for hire at the end of September. (Their annual fee is £50 with an hourly charge of £5.50, with some promotional deals they say!) On the homefront, from December LCON will loan thermal-imaging cameras for detecting draughts and cold areas at home. Available now is the suitcase light bulb library! There's a large range of domestic, alternative energy bulbs to try free. www.e-carclub.org and www.lcon.org.uk

Down at Summertown Market...



The new generation Farmers' Market is open every Sunday 10am -2pm.outside the shops and pavement café s on Banbury Road, East side. What an array of quality produce! Presently the stalls include fresh vegetables, cheese

and eggs, a mini flower market, a chilli sauce counter, fine bread and bakery counters, a honey, jam and chutney stall, a specialist olive oil stall, a cupcake stall, a fresh ground coffee bean stall, a fresh meat counter, and two delicatessens including an ethnic stall. The majority of produce is organic and locally sourced, and stallholders are small family producers - most are delighted to tell all about their products and many offer a tempting 'try before you buy' taster.

It's a very pleasant outing to stroll through this delightful market community, where all ages mix and enjoy viewing or buying from this 'Aladdin's cave' of great food. There's no need either to bother locking up your bike, or worry about finding an easy wheelchair passage through a shop; here it's straight to the stall! There's a friendly market manager too, Jack McLeod who is happy to help customers have the best possible service.

yours truly

Peter Thompson,
Chairman of Oxford Civic Society

Peter, originally a civil engineer, worked in commercial property development prior to retirement. Around fifteen years ago, there was controversy and battle over proposals for a car sales operation in an extension to Hawkswell Farm, King's Cross Road. This fired him to become involved in planning issues in Summertown generally and later, in Oxford.



For the past three years he has held the demanding role of Chairman of the Oxford Civic Society, an organisation which works with the city council and other organisations to effectively improve town planning, transport, and street environments. This enabled him to provide helpful advice to our new Neighbourhood Forum . Peter says ' I am really interested is anything which has a bearing on the quality of life in our community.' When there's free time, he enjoys serious cycling and photography of buildings and landscape, although his great passion of fifty years has been vintage cars!

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South Parade north of North Parade?!

A popular explanation is that during the Civil War South Parade was the southernly line of the Roundhead troops and North Parade the most northerly for the Royalists. There is no historical foundation for this theory and nothing links the two roads. Both were so named in the mid 19th century, when one was in Oxford and the other in a village beyond. North Parade was always called that, but South Parade was initially known as Double Ditch, named to mark the boundary between two farms. (In Oxfordshire field boundaries were earth walls raised a metre or so high, resulting in two ditches on either side of these walls.) On a map of 1859 it had three names – Double Ditch, South Road, and South Parade; the latter becoming its official name in 1930.

Acknowledgement A.Spokes Symonds & R.Fasnacht' book, 'Summertown since 1820'

A Taste of Lebanon

Crushed wheat and lamb shells filled with minced lamb, onions, spices and pine kernels; pastries that melt in your mouth - overflowing with pistachios, almonds, pine nuts or dates and oozing with honey and richness. The Lebanese Delicatessen and Sandwich Bar adds real flavour to our eclectic mix of such services in the heart



of Summertown, and authentic dishes are prepared here daily. Key savoury ingredients are starches and whole-grains with vegetables, chicken or lamb with olive oil, garlic and fresh herbs. *Sumac*, a Middle Eastern

spice, adds a distinct, tangy, lemon flavour. Little red meat, cream or butter is used. 'Mezze' is a selection of small, colourful dishes that are offered to visitors in the Middle East, where here we might offer nibbles or biscuits! The owner of LB's for 18 years, Fawzi Harb, left the Lebanon in 1976 when war troubles were looming; there he had been a teacher of Arabic. Over the years here he has prided himself on getting to know his regular customers as friends, seeing their children grow up with his. Long may we have the chance to sample the delights of Lebanon's special cuisine!

NOA Treasurer Urgently Needed

Are you a retired accountant or good with figures?

North Oxford Association urgently require a treasurer to support the wide-reaching activities and services of this invaluable community association, based in the Ferry Centre, Diamond Place since 1971. Please contact **Rosemary Welham** tel **01865 552295**

info@northoxfordassociation.org.uk

An All Age Quiz!

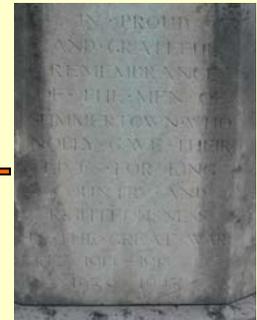


1. The Old Slaughter House. Where is it?



2. What is this tree? Where is it? How old is it?

In proud and grateful Remembrance of the men of Summertown who nobly gave their lives for King Country and Righteousness in the Great War 1914-1918 1939-1945



3. Where is this Memorial?



4. Where is this Blue Plaque?



5. Where are these old steps?

Answers in next edition of Guardian Angel

News from Cutteslowe Centre....

The Association has had to restructure funding for its core activities and this has brought staff changes too. It's a sad farewell and big thank you to Chris Bonfiglioli. A new role of Community Centre Manager is taken on by Allie Noel whose hours are **9am-1pm Monday to Friday**. cutteslowecca@gmail.com

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OXFORD AERIALS



St Michael & All Angels Church
All are welcome!

Sundays

8.00 am Holy Eucharist - a short service.
10.00 am Parish Eucharist - with choir and hymns.
Have a coffee and a chat afterwards.

Children's Church - Meets in the church during 10.00 am Eucharist. We have a Godly Play session every 4th Sunday. On the 1st Sunday of the month the children participate in the All-age Eucharist.

6.30 pm Taizé Worship - A short candlelit service which includes chants and silent prayer.

3.30 pm 3rd Sunday of month: Messy Church
Cuttleslowe Community Centre, Wren Road.

Weekdays

9.30 am Morning Prayer

10.00 am Tuesdays: Baby & Toddler Group
Play for children and chat for grown-ups!
Contact Juliet Field (see below for details)

8.00 pm Tuesdays: 20s/30s (Twerties Group)
For fellowship, fun and learning.
Contact Daisy and Yin at yinyaodong@yahoo.co.uk

10.00 am Thursdays: Holy Eucharist
Ministry of healing on the 1st Thurs of the month.

5.20 pm Thursdays: St Michael's Choristers age 4+:
Term-time only. Contact Alice on 07791 328108

6.30 - 7.45 pm Thursdays: Adult Choir Practice
Contact Stephen on 07717 852020

9.00 am Saturdays: Men's Breakfast
An informal social on 1st Saturday of the month.
Contact Steve on 01865 552475



Michaelmas - What is it?

Each new academic year begins in September with the new term called Michaelmas. The meaning of the name comes from the Feast of St Michael who is the chief of all the angels of God. Michaelmas literally means the time of Michael. Naturally the church of St Michael & All Angels, Summertown celebrates this saint who is our patron.

This festival celebration is on Sunday 29th September. This year we are inviting Angela Tilby to preach. She regularly presents Thought for the Day on Radio 4 and is a former religious affairs producer for the BBC.

All people of the parish are most welcome to this special service at 10am and to join us for a Bring and Share Lunch on this festival day!

Living Love, Loving Life



A course exploring Christian faith - from your own personal viewpoint

Each 2.5 hour session starts at 7.00pm with an evening meal followed by a themed talk with storytelling or a film, then small group discussions. To register your interest in attending contact Rob Gilbert at St Peter's email: LivingLoveSWCP@gmail.com or tel: 01865 276070.

- 30/9 Why believe there is a God? 7/10 Does Jesus matter? 14/10 How on earth can God forgive or heal me? 21/10 Does being a Christian make a practical difference in life? 4/11 Does prayer work? 11/11 Why does a loving God allow suffering? 18/11 Why should I bother going to church?



Christian Aid Week collection 2013

Summertown, Cuttleslowe, Wolvercote & Waterways together raised £8873.96

This pipped the total of last year by £185.24!

Thank you to all who donated and collected for this charity which helps the world's poorest people.

Contact details

Revd Gavin Knight (vicar)
01865 556079 / 07833 251939

St Michael's has a lovely family atmosphere. We can be found just off the Banbury Road opposite BBC Oxford.

Come and join us!



The upper & lower Church Halls (with kitchens) are available for hire. We advise early booking.

Contact Juliet Field
01865 311762 or email:

summertownchurchhall@tiscali.co.uk

Sports update

On a gorgeous August evening, a St Michael's Church XI played Bartlemas Cricket Club (originally



Oxfordshire Probation Service) on the immaculately kept Lincoln College sports field. Bartlemas batted first and scored 98 in 20 overs. St Michael's reached 94 and required five runs to win in their 20th over; they failed by one run!

St Michael's also featured and won the Oxford Churches Golf challenge. Competing against strong opposition, the winning team, captained by the vicar, Gavin Knight, were presented with a beautiful punchbowl. We like to play at St Michael's. If you would like to join us you are most welcome.