

Jan 2019

BICESTER Garth Gazette



NEWS

COMMUNITY

CHRISTMAS EVENTS

WHAT'S ON



A Bicester Town Council
Newsletter for
the Community

BICESTER Garth Gazette

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Samantha Shippen

Welcome

It was hard to fit everything into this edition of the Garth Gazette with all that has happened in Bicester in 2018. The number of community groups, volunteers and businesses that support Bicester residents continues to amaze me. I am delighted that the Mayor recognised three community champions and took them as guests of honour at his charity ball.

The children and young people of Bicester also deserve a special mention for their hard work and dedication to the new Skate Park and their involvement with the Lantern Parade and Christmas lights celebrations, not to mention the many initiatives happening to broaden their horizons.

I hope that 2019 proves to be even more exciting and successful for Bicester.

Samantha Shippen

Chief Officer, Bicester Town Council

Bicester Town Council is saddened to announce the death of former Mayor Jim French

The flags at the Council's headquarters in Garth Park were lowered as a mark of respect and colleagues paid tribute to a 'hardworking' and 'dedicated' former Councillor and Mayor.

He was elected to the Town Council in 2007 to represent the Town ward and stepped down in February 2017 due to ill health.

During his mayoral year 2015/16 Mr French raised money for Homestart Bicester and Oxford and 2507 (Bicester) Squadron ATC.



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Mayor's Community Champions

Bicester's Mayor, Sean Gaul, wanted to thank the unsung heroes across the community for their 'selfless hard work' running organisations, fund raising and supporting people in the town. After putting a message out on Facebook he was inundated with nominations, but three names kept coming up; Andrew Beaumont, Gary Waddup and Helen Mackay.

Gary Waddup was nominated for the support he gave to a local family whose lives were turned upside down after a cancer diagnosis. Helen Mackay was nominated for her work with the Salvation Army. For many years she has helped with both fund raising and running the centre in Hart Place. Andrew Beaumont's nomination described how he had 'tirelessly' collected litter during walks and runs around the ring road and Langford Village.



The trio became Bicester's first 'Community Champions' and were guests of honour at the Mayor's annual charity dinner held at the officers' mess at St George's Barracks, near Bicester, on Friday, October 12th.

Cllr Gaul said: 'To me, these people are true community champions and I wanted to make them my guests of honour at my centrepiece evening of the mayoral year. I felt it was the very least that I could do to thank them for all the good they do in this town year in and year out'.

Former Mayor financially boosts three town charities

On Tuesday November 21st, Cllr Les Sibley, Bicester's Mayor for the year 2017/2018, handed over almost £10,000 to three good causes; The Hummingbird Centre, £3263.88, Auditory Verbal £3263.88 and Bicester Foodbank £3257.34.

Cllr Sibley raised the money through a range of events including the Mayor's charity dinner, a last night of the proms concert, an artists in the town exhibition, golf days and Bicester Carnival.

Cllr Sibley said: 'I would like to offer my sincere appreciation and thanks to the many Bicester's businesses', individuals and the Town Council staff who supported and made these charity events

possible. Being Mayor gave me an insight into just how much hard work, time and dedication is given by volunteers that goes into keeping these groups and charities running'.

During his mayoral year, Cllr Sibley, who was supported by his wife Mary as mayoress, also held a series of one-off events to raise cash for other organisations including the Royal British Legion, Bicester Foodbank, Soldiers of Oxfordshire Museum, Bicester Green and Alexandra House of Joy. Cllr Sibley raised a total of £14,371.05 for good causes during the year.

All it takes is one distraction

Did you know that one in three people rescued from house fires in Oxfordshire are rescued from cooking fires? Or that distraction is the main cause of cooking fires?

It's easy to get distracted — the phone rings, someone's at the door or a TV show catches your attention. If you need to leave your cooking, even for a couple of minutes:

Turn down the heat, set the timer or ask someone to watch it for you

Find out more at: www.365alive.co.uk/cooking



REMEMBRANCE

100 years remembered by 1000s

Thousands turned out to pay their respects on Remembrance Day in Bicester and mark the Centenary of the end of the First World War.

The service began outdoors with a call to attention, then a sole bugler played the Last Post to signal two minutes' silence. Wreaths were laid on the war memorial followed by the church service, during which thousands of red poppies were dropped from the bell tower in an 'act of remembrance'.

The grounds of St Edburg's Church were packed for the service to commemorate Armistice Day, and the service had to be broadcast outside. Opening the church service, the Rev Verena Breed of the Bicester team said it was a 'privilege and honour' to host the service. There were readings from Bicester's Mayor and Lt Col Robinson.

Among the many dignitaries who attended were town, district and County Councillors, Deputy Lieutenant Miranda Markham, Bicester Town Mayor



Cllr Sean Gaul and Mayoress Louise Gaul, Lt Col Lyndon Robinson of Bicester Garrison, Major Barker and Major Ekman, both of 1 Regt RLC. Also in attendance were officers and soldiers from 1 Regiment RLC, and Bicester Garrison and the DEMS training regiment, joined the parade.

Afterwards, family members of those who lost their lives in the First World War joined serving soldiers, veterans, the Royal British Legion and representatives from local groups and organisations including Scouts, Guides, Cadets and the Fire Service, to march in the Causeway, around Market Square, where crowds, six deep in places, lined the causeway waiting and clapping as the parade led by the 2507 ATC Sqd Band marched past.

Mayor Cllr Gaul said: 'I was so proud of the people of Bicester. It was wonderful to see so many people turn out to mark the Centenary of Armistice Day at the church, joining the parade and lining the streets. I think we had the biggest crowd for many years. This year, family members of those from Bicester who lost their lives in the First World War joined the parade which I felt this was a fitting tribute to their loved ones'.



Bicester full of festive cheer to mark the launch of Christmas!

Organised by Bicester Town Council, the annual event took place on a Saturday for the first time, so that it could be enjoyed throughout the day.

One of the highlights this year was the lantern parade, organised by OYAP, which involved scores of children walking holding their dazzling lanterns, from the Methodist Church around the town centre and finishing in Market Square. Mayor Cllr Gaul then had the 'difficult' job of choosing the three best lanterns, Aisling, Martha and Billy Ray were then invited onto stage to help turn on the town's Christmas lights.

Cllr Gaul said: 'It was fantastic to see so many people in the town enjoying the Christmas lights event. I think we can safely say it was a huge success'.

Throughout the day, which coincided with Small Business Saturday, there was a host of activities and entertainment, such as traditional toddler fair rides, huskies, and street entertainers including roller-skating baubles, cheeky elves, and the Snow King and Queen.

OneBicester organised a Christmas market with stalls selling arts and crafts, gifts and traditional festive refreshments.

The Market Square hosted the main stage and there were performances from a host of local groups including Bicester Rock Choir, local bands Bangtail Feathers and Rhythm Street, and students from Adele Peters Performing Arts School, who performed on stage and took part in a 'flash-mob' dance outside Sainsbury's in Pioneer Square.

The event culminated with the switch on from the stage with an accompanying light show.



Annual Santa Fun Run

BICESTER town centre was a sea of red and white again as hundreds of Santa's took to the streets for an annual fun run, cheered by a waiting crowd. The event on 16th December, organised by Bicester Town Council, attracted a record 500 people taking part.

Mayor Sean Gaul, who donned a Santa costume to start the race said: 'Our thanks must also go to Evolve Health and Fitness who kindly sponsored the event for the fifth year running'.

A busy Autumn for OYAP @StudiO2 has seen some 'firsts' for Bicester in 2018

August: LGBTQ day: the first Bicester event specially for young people facing the challenges offered by living differently in a very conventional world. Organised by the Youth of Bicester team, there was a range of crafting, music and social activities, and a chance to meet, discuss, get mutual support and feel valued.

September: 'The Art of Women' art exhibition: in association with Bicester Village, OYAP hosted a wide range of local artists and graduates of OYAP programmes to show and sell their work in support of OYAP. This was a test of our new space as a showcase for the creativity present in and around Bicester.

October: Fright Night: in association with the Mayor, Councillor Sean Gaul, OYAP participants transformed StudiO2 into a scary Halloween hall. Young actors

supported by Cherwell Theatre Company devised a site-specific promenade performance around the old school and the churchyard, setting everyone's spines tingling!

December: Lantern Parade: for the second year, OYAP organised school and community lantern workshops and the Lantern Parade leading to the Christmas Lights switch-on.

OYAP Trust is committed to creating spaces for young people, arts and culture in Bicester. It is currently one of the Mayor's Charities of the Year. StudiO2 is a 'meantime-use' space, now owned by Bicester Village/Value Retail.

For more information please contact:

admin@oyap.org.uk

www.oyap.org.uk | 01869 602560

Skate Park set to be completed January 2019

Work is underway to build a brand-new £150,000 skate park in Bicester in a bid to boost facilities for young people.

This project has been three years in the making, but it is hoped the new park will be ready to open in January.

The initiative has been jointly funded by Bicester Town Council, Cherwell District Council through developer contributions, Sport England, as well as fund raising by the young people themselves.

Councillors and officers have worked in partnership with PC Vicky Lees, who led the initiative, and the young people to make the new park a reality.

PC Lees said she became involved in 2015 after reports of anti-social behaviour in the town centre, which included BMX riders and skateboarders riding in Pioneer Square.

She said the young people wanted a skate park they could use all the time, but the current facility was in a poor state of repair.

So, she encouraged them to attend a Town Council

meeting to raise their concerns — and the move set the ball rolling.

PC Lees said: 'The young people made a conscious effort to keep the park clean and tidy and also set about fund raising.

'It was never going to be easy to try and find £150,000 for a new park to be built, so this has been a real team effort. We are so excited to see this become a reality. The Olympics in 2020 are introducing BMX Freestyle and Skateboarding, just maybe our new skate park will attract potential Olympic hopefuls'.



Friends of Bardwell School is Sainsbury's Charity of the Year!

We would like to say a big thank you to everyone who voted for us. Thanks to you, this year, we have got the chance to raise the profile of our school and our students in the local community.

We have already had our launch weekend, which was a great success. The students really enjoyed chatting with the public and helping shoppers pack their bags. Pupils have also been approaching local businesses for prizes for our Super Raffle, which took place just before Christmas and developed their functional ICT and Communication skills by deciding which businesses to contact, what information they would need to share and who they would need to talk to. They drafted letters, phoned companies and went door to door confidently putting their preparation into practice. Once again, the support we received from local businesses was amazing. Funds raised this year will enable our students to have once in a lifetime experiences on residential trips with their



classmates. Previous destinations include Devon, Liverpool, Yenworthy, Centre Parcs and Barcelona. These trips would not be possible without the funding we receive through the 'Friends of Bardwell'.

If you or your organisation are interested in working with Bardwell School to sponsor a key initiative or role, such as an enterprise project, facilitate a work experience placement, or set up a staff team building day on a school project at Bardwell, please contact: **office.7029@bardwell.oxon.sch.uk**. Alternatively, if you are interested in raising funds for 'Friends of Bardwell' please contact: **friendsofbardwellschool@bardwell.oxon.sch.uk**.

Bicester Good Neighbour Scheme wins a Dignity in Care Award

Bicester Good Neighbour Scheme is a voluntary organisation that offers friendship and support to older people in Bicester and nearby villages. We match those who need some company, or help, with local people who donate a few hours of their time each week. We were honoured to win an Inspiration Award at the 2018 Dignity in Care Awards, recognising the dedication of all our volunteers.

Our volunteers tell us that they love getting to know the people they are paired with, who soon become their friends; reminiscing about their working lives, renewing an old hobby or getting out for a pub lunch.

If you would like to have visits from a volunteer, or want to know more about volunteering, donating or fundraising please call: **07849 799530**, Monday to Friday, during office hours. Or email: **bgns@live.com**

For more information visit:

www.goodneighbourscheme.com

or find us on Facebook.



B-Counted Street Dance Project

B-Counted is an exciting, fun, new high-energy street dance project for 11-16 year-olds. No previous dance experience is necessary to take part. Come and join us to learn new dance skills or to develop an existing talent.

Participants will create a short performance piece that will be showcased alongside professional dance company shows in both Banbury and Bicester in March. They will also get the opportunity to watch the two professional dance companies in action as part of the project.

The project will be led by acclaimed choreographer Em-J Morbey, founder of professional dance company, Body Politic.

These workshops are being presented as part of the year-long B-Live project led by Banbury's Mill Arts Centre to test and explore the appetite for varying arts events and performance to inform development of future programmes in the town.

The project has been made possible by grants from Arts Council England, Big Lottery and The Foyle Foundation, as well as support from Cherwell District Council and Bicester Town Council.

Weekly Sessions take place at OYAP Studio 2 from 5pm – 6.45pm starting Tuesday January 8th through to mid-March.

For more information please contact:

Angharad.arnottphillips@themillartscentre.co.uk

or visit: **www.themillartscentre.co.uk/shows/b-counted/**



FREE practical skills training courses

Just beside the Garth Town Council building in old Claytons' Yard, the team at Bicester Green have converted three 40-foot shipping containers into purpose-built workshops, all designed for volunteers to learn different repair skills; a bike workshop that also sells refurbished second-hand bikes; a wood workshop where volunteers turn waste wood into products and an electrical repair workshop and shop where we sell repaired, refurbished, recycled and refillable goods.

All courses are run by Bicester Green supported by Oxfordshire Community Grants and funded by the Skills Funding Agency and the European Social Fund to provide new skills for those who are not currently in employment. Each course culminates with a mandatory Back to Work session to equip job seekers in their return to work.

Electrical Repair — The basics of safely and correctly repairing household electrical items.

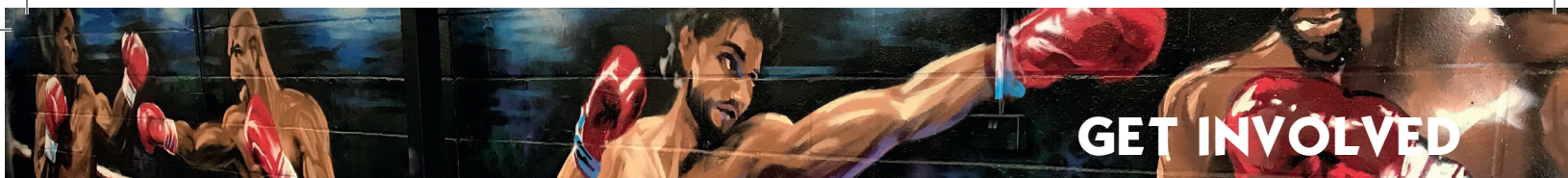
Woodworking — The basics of woodworking; using tools and making new things from reclaimed wood.

There are three weekday sessions (10.30am – 2.00pm) per course planned for January and February — exact dates to be confirmed so please check our website or Facebook.

Bike Reconditioning — Learn how to service and repair your bike: Every Friday until end of February 2019 (10.00am – 2.00pm)

For more info or to book contact: **info@bicestergreen.org.uk**, visit us on Facebook or:

bicestergreen.org.uk or (Mon, Tues, Thurs, Fri or Sat) at The Yard, The Garth, Launton Road, Bicester.



Bicester Camera Club

The Camera Club is pleased to announce we have moved to new premises. We now meet at the new Kingsmere Community Centre, Whitelands Way, Bicester, OX26 1EG. Meetings start at 7.00pm and last until around 9.00pm. We are a friendly club which aims to improve photography by a mixture of practical sessions, speakers, outings and technical tips. We recently had a tour of the old buildings on

the Upper Heyford Base, which is a fascinating piece of local history.

Whatever your abilities, you are welcome to come along. We meet on alternate Mondays throughout the year. You can check out the meeting dates and programme on our website: **bicestercamera.club**, send us a message through the website or give us a ring on: **01869 601576** for further information.

Reading is fun with Bicester Book Group

If you love to read and would like to share your thoughts with a variety of like-minded people, then the Bicester Book Group is for you! We meet at The Littlebury Hotel, 7.30pm usually on the first Tuesday of the month. There is also a sub-group that meets on the second Monday of the month, 2.30pm at The Nightingale in Langford who read different books.

We read all sorts of books from fiction to non-fiction, from fantasy to crime thrillers, nothing is off

limits. All members are encouraged to suggest books for the group to read and we select books a couple of months in advance.

Everyone is welcome, and we are always open to new people coming along. There are no joining or subscription fees. So, if you want to see what it's all about, search, Bicester Book Group on Facebook or pop along to our next meeting.

Punching above its weight: Bicester Boxing Club

The Bicester Boxing Club has made some great improvements in the past few months

Firstly, refurbished new premises kitted out with all the latest boxing equipment right in the heart of Bicester. Our new top-class training facility is at 51 Wedgwood Road, Bicester.



Secondly, we've registered the boxing club with 'England Boxing', so we're part of the only national governing body for Olympic-style boxing in England, opening up opportunities for our boxers to compete in numerous national and international championships including the Olympic Games.

We have a great team of amateur and professional boxers/trainers, as well as a fully functional exercise facility for people that would like to use boxing training as a way to get fit.

For more information visit: **Bicesterboxing.com**



COME BACK TO BRIDGE

Friendly, daytime bridge at Bicester Bridge Club. If you haven't played bridge for a while, come to a Learn & Play session any Thursday from 2.00pm to 4.00pm in central Bicester.

Or there's the bidding and cardplay refresher - this starts in January and lasts for one term of ten lessons. More details at: www.bridgewebs.com/bicesterlearning Please call Ken Langdon on: 07850 616069 to discuss possibilities.

3rd Bicester Scouts off to Slovakia with your help

In August 2019, 3rd Bicester Scouts are hoping to send 16 Scouts and four adults to Eastern Slovakia for a two-week expedition where they will meet up with local Slovakian Scout Groups and spend time learning more about each others' culture by taking part in various activities; including helping with the restoration work of a historic castle.

To enable as many of the children to participate in the trip as possible, we have a fundraising programme running and we hope that people will support the children as best they can in achieving their goal. We also hope the Slovakian Scouts will be able to make a return visit in the future.

Anyone interested in helping should email: **SlovakiaFundraising@3rdbicesterscouts.org.uk**

Bicester Ladies Circle floating with Santa

Bicester Ladies Circle helped out with the Round Table's Santa float throughout December — money for local charities and spreading festive cheer. On December 4th, we were honoured to be joined by Rich and Annabelle from Jack FM radio station. In support of fellow presenter Trevor, who recently suffered a stroke, we were pleased to hand over a cheque for £100 to the Stroke Association at the end of the night.

Ladies Circle is an international organisation for ladies aged 18–45, for fun, friendship and fundraising. We meet twice a month for social events and activities, and enjoy giving back to the community. Whether you're new to Bicester or just looking to add to your social life, we would love to meet you. Find us on Facebook or email: **bicesterladiescircle@gmail.com** for more details. Lads can check out Bicester Round Table.



Friendship and Lunch Club for older people in the Bicester area.

Forget Me Not's lunch club recently celebrated their first birthday with live entertainment, a buffet and lots of visitors including the Mayor, Sean Gaul.

On November 30th, we were delighted to be presented with the Age UK Oxfordshire Dignity in Care Award for 'A care or support service'. One of our volunteers, Gordon Round, also won Volunteer of the Year.

We are open on Tuesdays and Thursdays from 9.00am–3.00pmm for refreshments, a freshly cooked two-course meal and a variety of activities such as seated exercise, hand massage and manicure, a reading group, board games and craft. We have a passion for people and a passion for fun; our aim is to prevent the loneliness experienced by some older people in Bicester and offer respite for carers, who can feel comfortable leaving their loved one in a safe and happy environment.

For further information please give us a call on: **07507 749931** or email: **mail@forgetmenotbicester.co.uk**



Perch Co-working helping local business and community groups

Perch Co-working Community in Bicester's town centre has been busy helping local businesses and community groups find a professional space to work from and a venue to hold various larger events. After receiving a grant from Bicester Vision, Perch has been able to support many community groups and new and small businesses within Bicester to achieve greater success. The grants have been used against six-month memberships to enable 13 businesses make Perch's co-working space their first office away from home and 17 businesses have had access to use the meeting rooms without having to worry about budget.



Perch has also been able to support a variety of community-led initiatives. Andy and Vashti Bedwell, Managers of Perch, commented 'The Town Traders hold their monthly meetings in Perch, which was also HQ for the Bicester Big Lunch. We have hosted several networking events, the launch of Bicester Arts Week and we've even been used as a film studio for an advert, a photography studio for headshots and as a theatre when Banbury Mill Arts used us as a roving venue as part of their B Live program'.

To enquire about working from Perch or opportunities for community groups within Perch, call: **01869 690126**, visit: **perchcoworking.co.uk** or simply pop by between 10.00am and 4.00pm Monday to Friday, when someone will be available to speak to you.

Bicester Concert Band

Bicester Concert Band is a well-established and expanding community band. The Band has played an important role in Bicester life since its inception twenty years ago. As well as hosting their own concerts, the Band has played at the Bicester Festival, Healthy Town Launch, Civic Ceremony and local fetes and events. The Band has a long tradition of also welcoming new and rusty players and providing them with a nurturing environment in which to improve.

The Band is currently looking for trombone and percussion players in particular. Band rehearsals take place every Tuesday in term time in St Edburg's School Hall, Kingsmere, Bicester. We meet at 7.45pm in order to set up and be ready to play at 8.00pm; we finish at 9.45pm and we have a half-time break for coffee and a chat.

For more information please visit our website and use the contact us form or email: **info@bicesterconcertband.org.uk**



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When: 10.00 – 12 noon

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Where: The Salvation Army

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To book phone: 01869 369160
or visit: capmoneycourse.org



Bicester Hospital League of Friends

Hello from the League of Friends. We hope you all had a lovely Christmas and we wish you a happy, peaceful and healthy 2019.

We held our Christmas coffee morning/bring and buy at the Littlebury Hotel on Wednesday November 21st, 2018. It was a very successful event and it was good to see so many of you coming to support our hospital; there was plenty of chat and laughter, and thanks to you all we raised £475.

At this point, I would like to thank Michael McKeon for once again giving us, free of charge, use of the dining room and supplying the tea, coffee and cakes, and his staff who look after us so well. Thank you, Michael.

League of Friends purchase gifts and our Santa (Ray Rushby) visits the hospital on Christmas Day to take gifts to the patients who were in hospital over the Christmas period. Ray has been visiting the hospital on Christmas Day for 18 years. A big thank you to Ray for giving up part of his family Christmas Day to come into the hospital. For more information contact Rose Stratford at: roseljstratford@outlook.com

Royal British Legion, Bicester and district branch — POPPY APPEAL 2018/19



The Poppy Appeal 2018/19 has again been a huge success and at the time of writing the sum collected had reached a magnificent total of £50.8k+. This total is another record-breaking collection.

An amateur production by arrangement with The Really Useful Group Ltd

LYRICS by
Tim Rice & Andrew Lloyd Webber

MUSIC by
Tim Rice & Andrew Lloyd Webber

EVITA

Originally directed by Harold Prince

30th May - 1st June
7.30pm
The Cooper School
Bicester

Adults £14
Children £6

buy online: bcoswining.org.uk
(booking fee applies)

in person: **Coles Books**
Crown Walk, Bicester

by phone: **0333 666 3366**
(booking fee applies, please have your debit/credit card ready)

BCOS
Bicester Choral & Operatic Society
registered charity no. 1109779

David Crabbe is relocating back to Wiltshire and has stood down as the Poppy Appeal Organiser for the Bicester Area after six very successful years collecting in excess of £250k. Mr Chris Dalby will be taking over the role. David wishes to express his 'most sincere gratitude to the public of Bicester, all volunteer collectors, E.P. Barrus Ltd, Sainsbury's Bicester and Tesco Lakeview Drive for their support. This splendid achievement is only made possible by such generous people'.

NEW BRANCH COMMITTEE MEMBERS

The Branch would also like to hear from anyone who is interested taking on the role of Branch Treasurer. For more information about this role or joining the Royal British Legion please contact Katharine or Maggie at:

Bicester.secretary@rbl.community or:
bicester.memsecretary@rbl.community

LIVE ON





Supported using public funding by
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ENGLAND**

Cherwell

DISTRICT COUNCIL
NORTH OXFORDSHIRE



FOYLE FOUNDATION

Lost in Translation in partnership with Jacksons Lane present



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WWW.BICESTERLIVE.CO.UK BOX OFFICE 01295 279002

New Year, New You

Some ideas from the Healthy Bicester team at Cherwell District Council to help inspire you to do something different in 2019!

The One Bicester team, who organise Bicester's Big Lunch, are working in partnership with the Council and the Eden Project's Big Lunch to support residents, community groups and schools to help them to organise their own 'Little Lunch' event for their immediate neighbours. This event will help to bring neighbours and communities together and can start new friendships and prevent loneliness.

The organisers of the Big Lunch are now looking for enthusiastic volunteers to help organise this year's Big Lunch event and if you think you can help please email: onebicester@gmail.com.

Top tips to keep active and stay healthy this winter

We know how hard it can be to stay active in the cold weather, so here are some activities you could try.

1. Free Outdoor Gyms

New state-of-the-art outdoor gyms were installed in Garth Park and Spider Park, Keble Road this summer. These exciting new facilities are free for you to use all year round and are a great way of getting fit in the fresh air. You can track your progress to fitness by using the 'TGO Activate' app.



To download the app scan the QR code below or visit: getapp.tgogc.com

2. Walk, run or cycle the blue Health Routes

You can walk, run or cycle the three 5K blue Health Routes at Bicester west, Bicester Langford or Bicester north-east. They are proving to be very popular and were recently re-marked with blue permanent thermoplastic paint, so you won't miss them!

Plus, we now have plans to introduce the TGO Activate app to the three Health Routes, so you can track your progress on these too. Look out for signage with the scannable QR code, which will be installed at the START and END of each of the km points along the routes. Your start and end point can be at any of these signs!



3. New Junior Parkrun comes to Bicester

Junior Parkrun is a series of 2k events for children aged between 4 and 14, held in green spaces around the UK. They are open to all, free, and are safe and easy to take part in.

Oxford, Buckingham and Milton Keynes hold Junior Parkruns and soon Bicester will have one too!

If you are not a junior, you can join the popular Adult 5km Parkrun, which meets on a Saturday morning in Langford Park, Bicester. For more details visit: www.parkrun.org.uk/

BICESTER SOCIAL CYCLING

WE ARE A CHAT AND PEDAL SOCIAL CYCLING GROUP. THERE IS NO CHARGE FOR CYCLING WITH US TO TRY IT OUT.

Meet: 1st Sunday and 3rd Saturday monthly
Where: The Saxon, top of Sheep Street, opposite the Methodist church

REGISTER YOUR INTEREST TODAY:
CONTACT MONICA ON 07974821009 FOR MORE DETAILS.



OPEN TO ALL ABILITIES AND NON-COMPETITIVE

Helping people make successful building insurance claims



Imagine the scene — you have a burst pipe in your home, it's the middle of Winter and your insurer is stacked out with other claims. You're stressed about the state of your home and trying to get hold of contractors. Here's a story of how Aspray Oxford helped one home owner.

When Chris suffered a burst pipe in his loft in March 2018, temperatures were below freezing and he was left with a flooded house and no power. There was water damage to the bathroom and its ceiling, as well as to the downstairs cloakroom directly below. Although Chris had mopped up throughout, it was cold and damp everywhere.



Without electricity, Chris had no heating, no lights, no wi-fi, and no way of recharging his mobile or laptop for keeping in touch with the insurers.

Despite limited power on his mobile phone, he was able to contact his insurers, as well as get in touch with a plumber to ensure that the burst pipe was sealed off and isolated. He tried frantically to get an electrician but could not find one available.

His loss adjusters were fully aware of his incident, but were exceptionally busy because of the 'Big Thaw'. Chris was miserable, living in a house where all the electrics had blown and needed to be assessed. Luckily, friends were able to accommodate Chris and his dog for a few nights, before he then moved into a local hotel, not knowing whether the costs would be covered by his insurer. Eventually, on the tenth day after the burst pipe, the insurer sent an electrician to the house to restore power.

Invaluable support through the claim process

Then, by chance, Chris came across Sushma Long, of Aspray Oxford. Sushma made immediate contact with the loss adjusters and acted as an intermediary from that day until the refurbishment work was signed off.

Chris said: 'I have been so happy with the support provided by Sushma. She showed empathy with my situation and always clearly explained the process and how things would proceed when she was managing my claim with the insurers and their loss adjusters'.

CALL US
TODAY TO RECEIVE
A £100 VOUCHER*

Sushma took over the negotiations and communications with the insurer's loss adjuster and helped to ease the stress, speeding up the process and always keeping Chris up-to-date with everything.

Sushma then used her trusted contractors to dry out the property and to carry out the refurbishment work.

Chris said: 'She liaised with contractors and made sure I was always kept informed and at any necessary meetings with contractors. In essence, I would have found life even more difficult without her tenacity on my behalf'.

If you have experienced damage to your home or business and need to make a claim on your buildings insurance, Aspray could help. We negotiate a settlement with your insurer on your behalf. There is no charge for the Aspray service, provided we can instruct and oversee contractors who carry out the reinstatement works. We aim to restore your property as swiftly as possible. We manage all types of property damage insurance claims.**

Call: **01865 479195** or
visit: **aspray.com/aspray/oxford/**

*Aspray will give you £100 towards your insurance excess when you instruct us to manage your claim and all reinstatement works have been completed. Terms and conditions apply. **Aspray are paid directly by the insurance company. Any excess will still apply. Aspray (Oxford) is a franchise owned and operated under licence by Long Property Services Limited and is an appointed representative of Aspray Limited which is authorised and regulated by the Financial Conduct Authority under reference 466101 for claims handling only.

What's On? 2019 Summer Events

PROPOSED EVENTS	PROPOSED DATE	TIME	VENUE
Bicester Carnival	Saturday June 29th (Armed Forces Day)	12 noon - 5.00pm	Pingle Sports Field
Bicester Activity Day	Wednesday August 7th	11.00am - 3.00pm	Garth Park
Christmas Lights	Saturday November 30th	TBC	Sheep Street / Market Square

Please check www.bicester.gov.uk or our facebook page for latest info on Summer Events

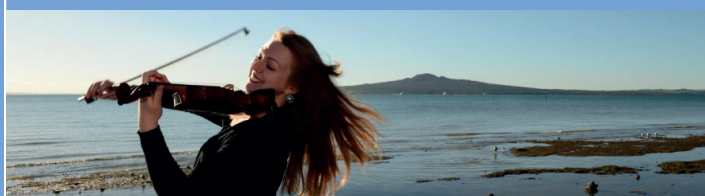
Trinity Camerata

A SPRING AFTERNOON TEA CONCERT

Sunday March 31st 2019

3.45pm

St. Edburg's Church, Bicester



Brahms — Violin Concerto

Soloist Alexandra Lomeiko

Strauss — Die Fledermaus: Overture

Schumann — Symphony No. 1 'Spring'

Conductor: Sam Laughton

Tickets: £10 at Coles Books

£12 on the door

Great music on your doorstep!



MAKE A CHANGE, BECOME A LOCAL COUNCILLOR

Bicester Town Council is calling on residents, passionate about their community to stand in the local elections in 2019. Due to be held on Thursday May 2nd.

What do councillors do?

Councillors are the champions of their community and give residents a voice on the decisions the council makes. Becoming a councillor will allow you to make a real difference in your community by engaging with residents, local groups and businesses to find out their needs; making decisions on which services and projects the council should take forward; and getting involved locally to ensure the services are meeting your community's needs.

Can I stand?

You must be 18+, a British citizen, a citizen of the Commonwealth, or the European Union and live or work in the area served by the council.

What are the timescales?

The notice of election is published on 26 March 2019, and nominations are open until 3rd April. Publication of the statements of persons nominated is on the 4th April with Polling Day on 2nd May.

Want to get involved?

Contact Bicester Town Council via:

bicester.gov.uk or call: **01869 252915**

To find out more or visit:

www.nalc.gov.uk/elections