

The logo for the Bicester Garth Gazette is prominently displayed at the top of the page. It features the word "BICESTER" in large, bold, white capital letters with a black outline, set against a background of bare tree branches. To the right of "BICESTER", the words "Garth" and "Gazette" are stacked vertically in a smaller, bold, black sans-serif font.

Garth Gazette

NEWS

ELECTION RESULTS

COMMUNITY

WHAT'S ON



BICESTER Garth Gazette

CONTENTS

Welcome	2
News	3
Mayor's Review	4-5



Elections	6-7
Community	8



News	9
Community	10-11
Healthy Bicester	12-13
What's On?	14-16

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For editorial contributions and diary entries, please call or write to Samantha Shippen on 01869 252915 or at samantha.shippen@bicester.gov.uk. To advertise, please call Lucy Lavers on 07813 846569. Produced and designed by Push Start Marketing Ltd. Printed by Oxuniprint. Distributed by the Royal Mail.

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Samantha Shippen

Welcome

I am very pleased to be introducing some new (and some familiar) Bicester Town Councillors who won their seats at the local election at the beginning of May, and also welcome Jason Slaymaker as Bicester's new Mayor. This year, the boundaries have been changed and there are now four wards, Bicester North, East, South and West; the new map can be found on page 6.

There are lots of town council events to look forward to this year with Summer Bicester Carnival along with Armed Forces Day, our new SuperHero's Activity Day, Motown and 80s Sledgehammer nights, as well as community organised events such as Bicester Festival. Please be sure to save the dates in your calendars so you don't miss out.

Samantha Shippen

Chief Officer, Bicester Town Council

Annual Mayor Making Ceremony and Good Citizen Awards

On the 13th May the new Mayor Jason Slaymaker was sworn into office at the annual Mayor Making Ceremony and this year's Good Citizens were announced by outgoing Mayor Sean Gaul.



Mechelle Harris -

The Hummingbird Centre - in recognition of her dedicated service as founder of The Hummingbird Centre



Gill Hawkins -

ARCh (Assisted Reading for Children) - in recognition of her voluntary work at Kings Meadow School and the ARCh office.



PC Vicky Lees -

Thames Valley Police - in recognition of her commitment & involvement with the development of the new skate park in Garth Park



Brian Tegg -

Oxfordshire Home Guards - in recognition of his service to preserve and promote the memory of the Oxfordshire Home Guards.



Mr Nigel Woods -

Oxfordshire Fire & Rescue Service - in recognition of his service as an on call firefighter for 34 years.

Congratulations to all the above and thank you for all you do in our community.

MP for North Oxfordshire, Victoria Prentis.

It's over four years since I was first elected to represent North Oxfordshire.

There are great things happening locally. We've welcomed new residents to Bicester, opened facilities including Whitelands Farm Sports Ground and the skate park. Support for the town centre is on the rise and I was pleased to be involved in the former Mayor's 'Shop Experience Enjoy Bicester' (SEE Bicester) campaign. I've held regular surgeries, and enjoyed visiting businesses, charities and schools. Since 2015, my team and I have dealt with over 22,000 cases from constituents, ranging from immigration and benefits to housing and healthcare.

The next few months won't be easy, but I look forward to continuing to represent the people of Bicester.



DEMS Training Regiment to be given the Freedom of Bicester

A further military regiment is set to be given Bicester's highest honour – the Freedom of the Town.

Bicester Town Councillors unanimously agreed to grant the honour to the Defence Explosive Ordnance Disposal, Munitions and Search (DEMS) Training Regiment, based at St George's Barracks, near Bicester.

Preparations are now underway for a church ceremony and special parade, which will take place in Bicester town centre on Sunday, July 7. It is hoped residents will line the streets to celebrate the regiment receiving this honour.

Freedom of the Town, also known as Freedom of Entry, is a ceremonial award and is the highest civic honour the town council can grant. The decree means the regiment can march through the town with swords drawn, bayonets fixed, drums beating, band playing and colours flying.

Former Mayor Sean Gaul commented: 'The town

council is both honoured and delighted to recognise the DEMS Training Regiment. After moving to St George's Barracks in 2013, the regiment has forged a close relationship with the town council and town's residents. We feel the Freedom of Entry is a perfect way to honour the men and women of the regiment, as well as being a gesture of our continued support'.

The DEMS Training Regiment moved to the state-of-the-art specialist training centre at St George's Barracks in 2013 and trains tri-service personnel in bomb search and disposal techniques ready for operations across the world.

Last year, the Freedom of Entry was given to 1 Regiment RLC, which has been based at St David's Barracks since 2014 after moving from Germany. The Liberty of Bicester had previously been given to 23 Pioneer Regiment, which disbanded in 2014 as part of restructuring in the Armed forces, and 2507 (Bicester) Air Training Corps.

The Mayor's Review

When I was asked what my most memorable moment was from my year as Mayor, it was impossible to choose one as there have been so many amazing events and activities, so we decided to highlight a few of the events I am particularly proud of, for myself and for Bicester with images.

One image I don't have, but a particularly poignant moment for me was on Christmas Day, when I went to visit South Central Ambulance Service and one of the emergency call handlers had delivered his first baby over the phone. A real right of passage in his profession and a fantastic Christmas Day moment for everyone.

The Civic Service and Freedom of Entry Parade for 1Reg in July 2018 was quite incredible to be a part of.

Remembrance Day is always a special time for Bicester, but the 100-year anniversary of WW1 made the day particularly special.

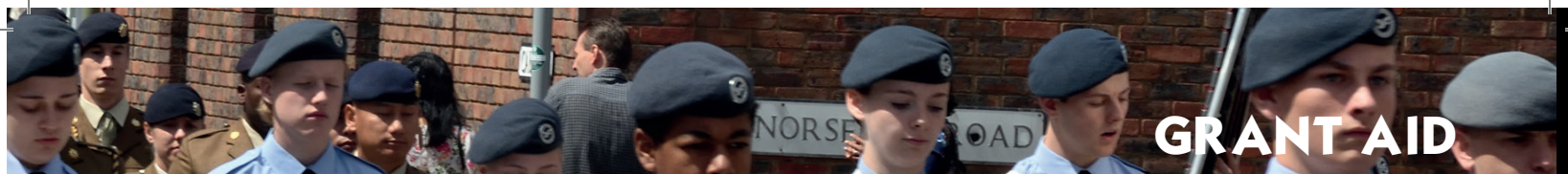
I was incredibly pleased and proud to be able to invite Bicester's Community Champions Andrew Beaumont, Helen Mackay and Gary Waddup as VIP guests to the Mayor's Charity Dinner.



The Carnival and Armed Forces Day (as is every Bicester Town Council's summer event) is always great fun and this year was no exception.

One of my aims for my mayoral year was to support Bicester town centre and with representatives from Bicester Town and Cherwell District Council, the Chamber of Commerce and many Bicester Businesses we launched SEE Bicester and have been able to realise some real benefits for our town's businesses.

Sean Gaul - Former Mayor



Grant Aid 2018-19

ORGANISATION	AMOUNT AWARDED
1st Bicester Intrepid Scout Group	500.00
1st Bure Park Scout Group	350.00
2507 (Bicester) Air Training Corps	330.00
7th Bicester (Stratton Audley) Scout Group	250.00
ARCh	750.00
BCOS	600.00
Bicester Baby Bank	500.00
Bicester Floral Club	350.00
Bicester Food Bank	1000.00
Bicester Good Neighbour Scheme	750.00
Bicester Green	750.00
Bicester Junior parkrun	750.00
Bicester Matinee Club	300.00
Bicester Rugby Union Football Club	750.00
Bicester Sculpture Group	300.00
Bicester Townswomen Guild	250.00
Bicester Widows Club	370.00
Blive - The Mill Arts Centre	619.00
Bubbles Preschool	400.00
Dance Creative	750.00
DEMS Training Regiment	800.00
Elmsbrook Community Organisa-tion	350.00
Grassroots Bicester	200.00
Hanover Gardens Retirement Es-tate	350.00
Home-Start Banbury, Bicester and Chipping Norton	500.00
Jack & Jill Pre-School	750.00
Kabin over 50s club	350.00
Kingsmere Community Ministry for St Edburg's	350.00
Langford Village Community Asso-ciation	750.00
OneBicester CIC	1000.00
Orchard Baptist Church - Graven Hill	350.00
Orchard Baptist Church - Bicester East Funday	300.00
Saxon Court Residents Association	300.00
Silver Threads Club	300.00
The Hummingbird Centre	500.00
Trinity Camerata Orchestra	350.00
TOTAL	18,119.00

Election Special 2019

On May 2nd residents of Bicester went to the polls to vote in the Local Elections; all 15 seats were up for election. Town Councillors look after a budget of close to £1.7 million pounds and influence decisions concerning issues including open spaces, allotments, the cemetery and events in Bicester. We wanted to introduce you to each of your new Town Councillors and give you a little information about the different roles played by your local elected officials; Town and District Councillors. This year, the Town Council's boundaries have changed. The former five wards have been split into four wards, now known as Bicester East, Bicester South, Bicester North and Bicester West.

District Council

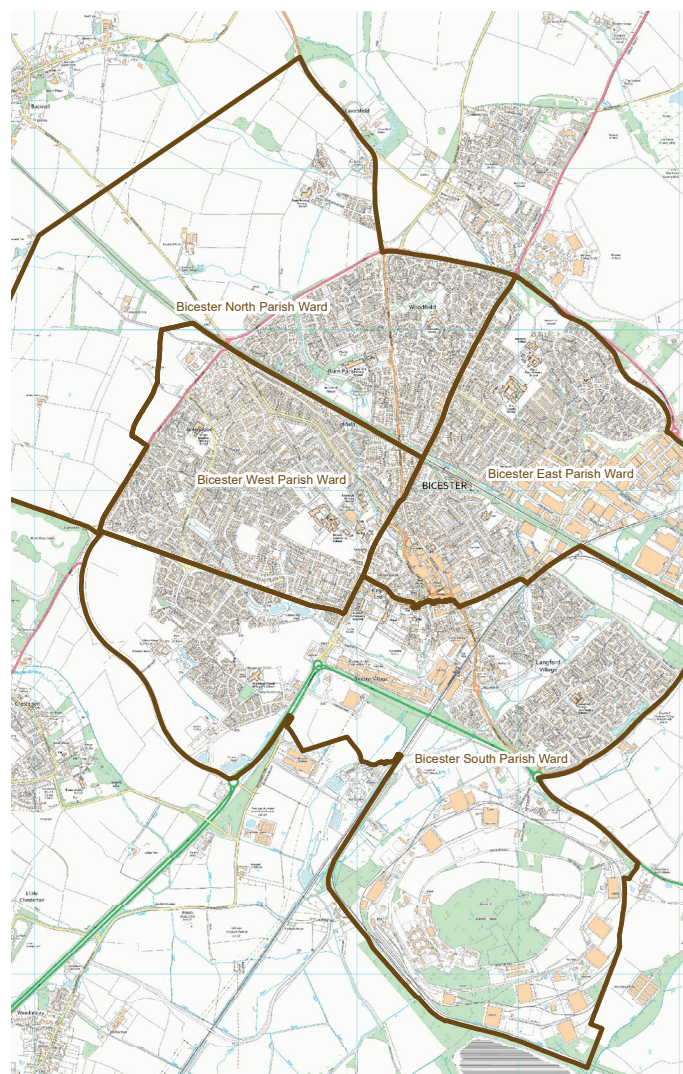
District Councils are the middle tier of local government, and deal with a range of local issues and spending. The District Council is a large organisation which plays a big part in the local economy and influences many aspects of the district. A large proportion of the work Councils do is determined by central government. Cherwell District Council cover a range of local services which include;

- rubbish collection
- recycling
- Council Tax collections
- housing
- planning applications

and many more. Visit their website to find out the full range of responsibilities and your local District Council elected member representative.

Town Council

Your Town Council is the first line of local government which deals with many local spending issues. Bicester Town Council provides the following services for local residents;



- allotments
- public open spaces, including verge cutting in partnership with Cherwell District and Oxfordshire County Councils
- events e.g., summer 'music in the park' and Christmas Lights
- sports pitch hire and management
- bus shelters
- play areas and play equipment
- grants to help local organisations
- is a consultee for all planning applications within the Bicester Town boundary.

Visit the Bicester Town Council website www.bicester.gov.uk to find out details of your local elected representative.



North Ward



Jason Slaymaker (Mayor) – Conservative

Jason has lived in Bicester his whole life. He is passionate about the environment and works at Bicester Green, a centre for recycling, skills & sustainability. Jason is passionate about our community and is instrumental in the organising of the annual Bicester's Big Lunch since 2012.



Nick Mawer – Conservative

Nick has lived in Bicester since 2002, moving from the West Midlands. He has represented the North Ward on Cherwell District Council since 2008 and previously represented the West Ward on Bicester Town Council. Nick is often seen about Bicester walking his dog and reporting things that need fixing.



Lynn Pratt – Conservative

Lynn has lived in Bicester since 1998 and in North Ward for 10 years, prior to retirement Lynn worked at North Bicester Surgery. Lynn has represented North Ward since 2003. Lynn is Vice-Chairman of Policy and Planning and also sits on the Environment and Events Committees.



Alex Thrupp – Conservative

Bicester has been Alex's home for the last 3 years. He feels passionate about giving back to the community that has given him so much. Alex was elected in 2019. He is also a proud member of Oxfordshire Home Guard Living History Group.

South Ward



Nick Cotter – Independent

Nick has been on BTC for 16 years. He has lived in Langford Village with his family since 2001. Nick is passionate about Bicester South. He is concerned about Green Issues and Housing in particular re youngsters being able to live in Bicester. Nick is a busy Lawyer in his day job.



Zoe McLernon – Conservative

Zoe has lived in Bicester all her life and attended two local schools. She is a former Chairman of the Bicester Youth Council and volunteers for the charity Greenfields. Zoe is passionate about the community, environment and supporting young people. She is looking forward to representing Bicester South.



Dan Sames – Conservatives

Dan resides in Langford Village, Bicester with wife Susan and sons Thomas and Harry. He has been a Town Councillor for 20 years and is also a District and County Councillor. Dan served as Mayor in 2005/06 and 2012/13. Dan is interested in promoting young peoples' issues, heritage and environment.



James Metcalf – Conservative

Having lived in Bicester all his life he thought it was about time that he gave something back to the community. He has been involved in Bicester's Big Lunch as Vice Chairman for a couple of years and very proud to be part of this very large event.

West Ward



Les Sibley – Independent

Les has lived and worked in Bicester for over 40 years. He has represented Bicester West as a Town and Cherwell District Councillor since May 1995 and was privileged to have been the Mayor of Bicester twice in 1997 and 2017. Les sponsors the Town's Annual Best Back Garden Competition.



Fraser Webster – Independent

Fraser is proud to have been elected for Bicester West ward. He has lived in the town since he was 3 years old, served on the youth council and has a keen interest in sport and recreational facilities and the life and vibrancy of our town centre.



Dan Halett – Independent

Has lived in Bicester with his wife, Carolyn since 1999, and has two teenage sons. Dan lives in Bicester West Ward. He is a committee member of 1st Bicester Intrepid Scout Group and has a keen interest in planning, infrastructure and promoting local employment opportunities as Bicester grows.



Harry Knight – Independent

Harry has lived on Leach Road with his wife Lorraine for 43 years, he has 3 grown up sons. He volunteered for a number of years with the Princes Trust working with vulnerable children and young adults. He has a keen interest in infrastructure and environmental issues in Bicester.

East Ward



Sean Gaul – Conservative

Sean has lived in the Bicester East Ward most of his life. A former Glory Farm, Cooper School and local paper boy. He is accessible on social media sites and involved in town events. He has lobbied on play area upgrades, taken part in litter blitz's and welcomes resident's feedback.



Richard Mould – Conservative

Richard has lived in Bicester since 1987. He has been a councillor since 2008, a previous Mayor and currently Chairman of Policy Committee. Richard is a Trustee of the Rainbow Playgroup & Feeoffee charity, a governor of Bicester School Campus and a Cherwell District Councillor and member of the executive.



Robert Nixon – Green

Robert has lived in Bicester for over 17 years. He was educated at The Cooper School and now studies Computer Science at Oxford Brookes University. Robert got involved in the council as a way to give something back to the community he has lived in for most of his life.



The Poppy Appeal 2018

The Poppy Appeal 2018 was a huge success with a record-breaking £52,000 raised by Bicester businesses and the Bicester community. A BIG THANK YOU to everyone who helped to collect this incredible amount of money.

There is always space for more Poppy Appeal collectors to join the team. Collecting is easy and

anyone can do it – you don't have to be a Legion member. You need to be over 16 to collect on your own, but you can collect for us with your university, company or regiment. If you can and would like to get involved, please get in touch.

Contact Chris Dalby, our new Poppy Appeal Organiser on bicesterpoppyappeal@gmail.com

The Royal British Legion

The Royal British Legion is not just about the two weeks of the Poppy Appeal, it is a year-round, 365-day operation that provides lifelong support for the Armed Forces community, serving men and women, veterans, their families, and the Bicester and District Branch needs your support.

We meet at 7.30pm on the third Wednesday of each month (except August and December) at the Littlebury Hotel in Bicester.

Come and meet us at the Armed Forces Day on the 29th June at Pingle Field, Bicester and at the 2019



Poppy Appeal Launch at Sheep Street, Bicester on 26th October 2019.

Bicester Green, License to Refill

Our nearly 2000 Facebook followers and our regular customers will know what we've been up to lately, but most of Bicester and the surrounding areas might not know we even exist! We've a feeling that more and more local folk are becoming aware of us as a resource and we're certainly seeing more new faces coming to find out about what we do and how they can get involved. Are we seeing 'The Attenborough Effect' in action?

We hope so.

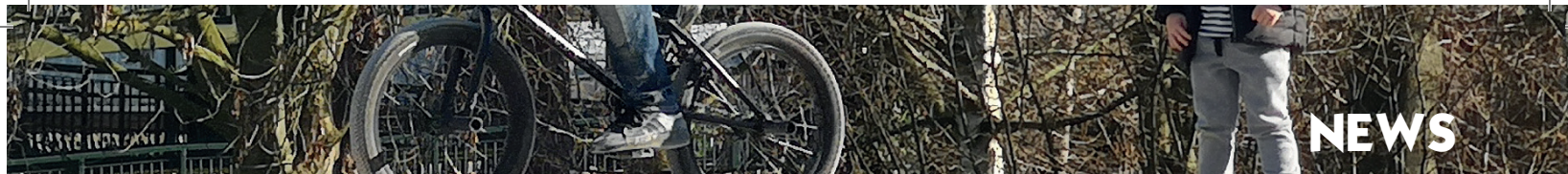
Did you know?

We offer various SESI household cleaning products as refills. This means you bring your own container to Bicester Green, refill it with non-bio laundry liquid, fabric conditioner, washing-up liquid, hand soap, all-surface cleaner, vinegar for cleaning or dishwasher powder, and save the single-use plastic heading into the ocean. Prices are very reasonable and the products are all vegan, cruelty free and natural.

Having started with only three products in May 2018 before expanding to seven in February of this year, we have already refilled over 300 containers! And it doesn't have to be a washing up bottle that you refill washing up liquid in, it can be any container that you have; we've had a Port bottle refilled for non-bio!

Even better, Bicester Green's wonderful volunteers and staff make the wooden dispensers for Oxford-based SESI (a fellow Community Action Group), who then distribute the dispensers and Northampton-made products all over England, from Birmingham and Norwich to Sussex and Somerset, and of course Bicester!

To find out more about Bicester Green and try SESI Refills for yourself, call in to see us (Monday, Tuesday, Thursday, Friday or Saturday) at The Yard, The Garth, Launton Road, Bicester, OX26 6PS, follow us on Facebook.com/BicesterGreen, or visit www.bicestergreen.org.uk.



After four years of hard work Bicester Skate Park opens!

On Friday 22nd February the gates of Bicester's new skate park opened to the young people of Bicester after four years of lobbying by local residents for the rebuild.

£150,000 was needed for a new skate park as there were fears the old one was dilapidated and dangerous, and it was hoped a new park would help stamp out the antisocial behaviour problems that have plagued Bicester.

PC Vicky Lees got involved with the project in 2015 after a rise in reports of skateboarders and bike riders causing problems in the town centre. She said several of the young people complained there was little to do in the town centre and of the state of the existing park. She then led the campaign for the new park, encouraging local residents to lobby councillors for improvements. Funds were raised through developer contributions, Sport England, Bicester Town Council, Cherwell District and by the skate park users themselves at community events.

PC Lees commented, 'I have received awesome feedback from the community, particularly the young people and this means everything to me. All the hard-work has paid off. This project has showed great community spirit and just what can be achieved by working together'.

Ironically, although it was hoped the new skate park would reduce anti-social behaviour, the new skate park was vandalised part-way through the build with a pickaxe but, undeterred, the skatepark was shut completely for the works in October 2018. Mayor Jason Slaymaker, who was also involved in the project, said it has completely transformed the site 'for a new generation'.

He added: 'The town council has really enjoyed working with PC Lees, the young people and our other partners to get this project off the ground. This project has been a real community effort — the young people involved are a credit to the town'.

Bicester will soon be buzzing

Bicester Town Council has given the green light for two bee hives to be installed at an allotment site. Langford Village Orchard Group has been given the go ahead to install the hives at Claypits Allotments in March.

It is hoped the move will help increase bee activity and reverse the current decline which has seen as many as 35 bee species under threat of extinction.

Bees are vital for a healthy environment and as pollinators helping plants to grow and produce food.

The hives will be pegged to the ground and have lockable lids and will be managed by a resident who is a member of the British Bee Keeping Association and has received full training.

Play Area Refurbishment at Sunderland Drive

At a committee meeting on the 5th February 2019, it was confirmed that Sunderland Drive will be the ninth play area in Bicester to receive refurbishment following completed refurbishments and new equipment to Launton Meadows, Villiers Road, Kestrel Way and new paint work to Bryony Road, George Street, Meredith Close, Kings Meadow and Merganser Drive.

The remaining play area requiring refurbishment as part of the 1-2 year section of the improvement programme is Sunderland Drive with a guide budget of £30,000, which will include a mix of new equipment including the fencing, surrounding area and climbing apparatus, a slide and a zip-wire as part of the refurbishment.

Bicester Book Group - 10 years old!

We have been meeting for the last 10 years to discuss and review a book every month. We meet at The Littlebury Hotel, 7.30pm, usually on the first Tuesday of the month. 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!

You will be introduced to books you may never have thought of reading. We can't promise you'll always enjoy them but they should hopefully provide plenty of lively discussion. 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. Recent books include:

Silas Marner by George Eliot and The Pants of

Perspective by Anna McNuff - two very different books.

There is also a sub-group that meets on the 2nd Monday in the month, 2.30pm at The Nightingale in Langford, reading different books to those mentioned above.

Everyone is really 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, please look up 'Bicester Book Group' on Facebook or pop along to our next meeting.

<https://www.facebook.com/groups/Bicesterbookgroup/>

Bicester Hospital League of Friends

The League of Friends continue to support the hospital; our volunteers make beds and serve drinks morning and afternoon. We raise funds to support the hospital by purchasing items that the NHS do not supply.

In the year 2001, we purchased a special vehicle for the hospital. Eighteen years on, like some of us, the vehicle has seen better days. We have now purchased a new vehicle, which we took delivery of at the end of March. It is a special vehicle that

meets all the needs of the patients and staff.

It is through all of your support that we are able to raise monies to enable us to make these purchases. We are always pleased to receive donations; cheques should be made payable to League of Friends Bicester Community Hospital and sent to Bicester Community Hospital League of Friends, Treasurer, 8 Queens Court, Bicester, OX26 6JX

For more information please e-mail
rosetjstratford@outlook.com

Join the Volunteer Driver Service

Volunteer Driver Service North Oxfordshire was established in April 2012 as a project of Citizens Advice. Volunteer drivers use their own cars to take people to appointments where no reasonable alternative transport is available. Passengers pay a 45p a mile charge to help cover the driver's fuel cost.

Please call **0300 3030 125** for further information or to book a journey.

We already have 40 drivers that do over 200 journeys and 4000 miles a month, but the bigger

our service, the more people we can help, and your support would make a big difference.

Our Facebook page is a good way of letting people know what we're about and what we're up to.

www.facebook.com/volunteerconnect.uk.org

We are also on the Citizens Advice website:

www.canosn.org.uk/Pages/Category/community-transport

It's not worth the risk

Do you know that 95% of collisions are due to human error? Distraction, speeding, not wearing a seatbelt and driving under the influence of drink or drugs are the big fatal four on our county's roads.

Could you?

- put your phone in your glove compartment or set your phone, to do not disturb, before you start your journey;
- adjust your speed and make sure you have time to react to the unexpected;
- make sure everyone is wearing their seatbelt before you set off;
- get a taxi or the bus, or be the designated driver on a night out;



- make sure you're safe to drive the morning after, you could still be over the drink drive limit, even if you feel fine.

Oxfordshire County Council Fire and Rescue Service have put together top tips to help you avoid the fatal four, and have created a handy 'don't get caught out the morning after' guide 365alive.co.uk/fatalfour.

Bicester Ladies Circle

Bicester Ladies Circle have had a busy few months. We've been fundraising for Marie Curie on Sheep Street and at Bicester Avenue; volunteering at the Bicester Triathlon; and we were very pleased to present a cheque for £250 to Maggie's Oxford. This money was raised by the people of Bicester who donated to the Santa Float in December, and will go towards the running costs at Maggie's centre, who provide support for people affected by cancer and their families. We are also planning an evening of Black Tie Bingo at The Angel, in aid of local charity Alexandra House of Joy. Away from fundraising work, we have recently enjoyed a photo scavenger hunt around Oxford and a night in making glitter tattoos.



We are a friendly society for women aged 18-45 for fun, friendship and fundraising. We'd love to meet you! Find us on Facebook and Instagram, or www.ladiescircle.co.uk/bicester. Lads, check out Round Table, and for those over 45, the fun continues in Tangent and 41 Club.

Perch Hosts 'Grand Designs: The Street'

On May the 9th Channel 4's Grand Designs: The Street, in which Kevin McCloud followed 10 households as they embark on an epic five-year mission to construct their own homes, creating a brand-new street in Britain's biggest self-build project including Godfrey and Pauline's self-build on Bicester's Graven Hill.

Andy Bedwell, director at Perch commented: 'It was a great night hosting the Pioneers in Perch. What a fantastic group of people, so inspirational hearing their journeys and seeing how close-knit their street community has

become'.

Graven Hill also chose Perch to host their **#NewHomeYourWay** event on the 11th May to help those interested start on their self-build journey.

For more information on Perch as a flexible working and meeting space, please visit www.perchcoworking.co.uk

For more information on Graven Hill, please visit www.gravenhill.co.uk

Healthy New Town becomes Healthy Bicester

A unique celebration event was attended by 60 local stakeholders of Bicester Healthy New Town on 28th February 2019 to review the programme's progress and to enable local organisations to help shape the programme going forward.

There continues to be excellent support for the Bicester Healthy New Town scheme and the ideas and suggestions proposed at the event will be fed into the delivery plan for the next phase of the programme.

Key suggestions and points noted were that while reducing obesity and loneliness should remain the priority objectives for the programme, the issues should be reframed in more positive terms:

1. To improve physical health: Increase the numbers of residents enjoying a healthy weight.

2. To improve mental wellbeing: Increase the numbers of residents who feel well connected.

A third outcome from the celebration was also strongly supported by those who attended, which was

3. To increase community cohesion.

This was agreed to be a key outcome required if Bicester is to be a great place to live and work.

It was also agreed that with the end of NHS England funding, the programme would now simply be known as Healthy Bicester (with no reference to the New Town), as this was more inclusive and reflected the whole town approach that has been adopted from 2016.

More ways to get happy and healthy in Bicester this summer

As spring turns into summer, Bicester residents are invited to take part in a range of outdoor activities designed to bring communities together and help them enjoy the unique opportunities the town has to offer.

Bicester's Big Lunch Cherwell District Council is once again teaming up with One Bicester to bring you Bicester's Big Lunch. The ever-popular event will take place on Sheep Street and the surrounding area in the town centre on Sunday, 2nd June. Families and friends, old and new, will share food, fun and laughter at the event, which is now into its seventh year. And with around 5,000 people taking part, it's one of the most successful Big Lunches in the country. There's a mixture of food and drinks stalls selling an array of produce, and you can always bring your own picnics to enjoy. This year, there's a challenge to come to the event in the healthiest way possible, with the amount of steps everyone takes being totalled to see how far across the world they reach. There's also a special prize draw to win a Fitbit. Just head to the Healthy Bicester stand on the day.



But for those of you who can't make it, a brand new initiative aims to bring all the fun of The Big Lunch closer to home. This year, Cherwell is working with the One Bicester Team and The Eden Project (the group originally behind The Big Lunch idea) to help residents, community groups, charities and schools in Bicester to organise their very own street party, called...



HEALTHY BICESTER

The Little Lunch, it can be big or small, and arranged for any day. There could be a theme; a celebration of sport, or a walk down memory lane, for example. Special information packs are available from Cherwell's community services team, full of ideas about how to put on your event. Everything from a checklist of things you'll need to do, to details about where you can hire tables and chairs. There are even PA systems available for bigger gatherings and you can ask permission to use one of the town's local parks! Just call **01295 221980** or email **community.services@cherwellandsouthnorthants.gov.uk** for more information.

The Little Lunches are a great way to bring neighbours together, start new friendships and help support each other, as well as a brilliant excuse to have a party. It all goes hand-in-hand with the Healthy Bicester programme, which not only aims to get people more active and eat more healthily, but also looks at things which can be done as a community to help people feel less isolated.

And if you need a way to burn off a few calories after all the tasty food at Bicester's Big Lunch or

your own Little Lunch, there's some exciting news from the Healthy Bicester team. After remarking the three 5k Health Routes in blue thermoplastic paint, residents can now track their exercise along them.

Track your exercise on the health routes

In May, a little sign (pictured) will be added at each kilometre point along the routes to allow you to scan a QR code, to tell your phone that you've joined the route. You'll need to download the 'ACTIVATE' app in advance:-



the QR code shown here should get you started. This app can also be used to connect via Bluetooth to the energy-producing outdoor gym equipment at Garth Park and Spider Park (just off Keble Road) to track your efforts there!

And for the cyclists, plans for this year's Bicester Bike Fun Day are in full swing. It's happening at Spider Park on Saturday 20th July between 11am and 3pm. So, make 2019 your summer of fun by getting happy and healthy in Bicester.

SUMMER CONCERT

Sunday 30 June - 3.45pm
St Edburg's Church, Bicester

Brahms - Variations on a theme by Haydn

Reinecke - Flute Concerto

Mendelssohn - Symphony No 4 'Italian'

Conductor - JAMES HAM

Soloist - EMMA HALNAN

Woodwind winner BBC Young Musician 2010

Trinity
Camerata

Tickets: Coles Books £10 in advance
or £12 on the door. Under 16s half price
www.trinitycamerata.org



making
music



You are invited to the inaugural
Jolanta Lis Memorial Lecture

on
Wednesday 16th October 2019 at 7.30 pm
in St Edburg's Church

'Beyond tolerance: building a truly inclusive society'.

Speaker: Imam Monawar Hussain

Honorary Fellow, Edward Cadbury Centre, University of Birmingham
Founder, The Oxford Foundation,
Muslim Tutor at Eton College, Windsor

Followed by refreshments | All welcome

Further information: jane@janeclements.org.uk



BIG, BOLD AND BALANCE



- Strength
- Flexibility
- Balance
- Confidence

Day: Thursdays (starts 25th April)
Time: 1.30 - 2.30 pm
Place: Kingsmere Community Centre, Whitelands Way, Bicester OX26 1EG
Cost: £2

*Parking available
Carers of participant are welcome and can join in for no fee*

Tel: 01235 849403
generationgames@ageukoxfordshire.org.uk
www.generationgames.org.uk

Registered Charity No. 1091529

STRENGTH & BALANCE



Strength
Flexibility
Balance
Confidence

Day: Thursdays (starts 25th April)
Time: 2.45 - 3.45 pm
Place: Kingsmere Community Centre, Whitelands Way, Bicester OX26 1EG

Please call to book your place

Tel: 01235 849 403
www.generationgames.org.uk

Registered Charity No. 1091529

Have you or someone you know been affected by cancer?

It can leave you feeling...

Do you want to get
back in control of your
life?

Unclear
Stressed
Anxious
Confused
Sad
Irritable
Tired
Bewildered
Worried
Depressed
Unsure
Perplexed
Lost

Why not attend one of our FREE hope courses?

The Hummingbird Centre run Macmillan Cancer Support and Coventry University accredited hope (help overcoming problems effectively) self-management programmes...

For people who have completed clinical treatment, are living with cancer or are receiving palliative care:

- 6 week hope course: 3rd June-8th July 2019 or 7th Oct-11th November 2019 (10am to 12.30pm)
- 2 week Take Control course: 1st-8th April 2019 or 2nd-9th September 2019 (10am to 12.30pm)

Self-management programmes for people caring for someone with cancer:

- 2 week course Time & Space: 4th-11th March or 13th-20th May or 18th-25th November 2019 (10am to 12.30pm)

Venue: The Hummingbird Centre, Grange Court Yard, Station Road, Launton, Bicester, OX26 5DX

For further information or to book a place, contact The Hummingbird Centre
Tel: 01869 244244 or Email: AdminHope@thehummingbirdcentre.org.uk

In partnership with
MACMILLAN
CANCER SUPPORT

the
hope
programme

The
Hummingbird
Cancer Support &
Therapy Centre
For the personal care of patients
Registered charity number 104886

Coventry
University



Would you like to play in a friendly
environment with advice from
experienced Bridge players
and teachers?

Join us every Thursday
2.00 pm to 4.00 pm

At the Kingsmere Community Centre,
Bicester, OX26 1EG

£5 per session with tea and coffee provided.

More details at:
www.bridgewebs.com/bicesterlearning

Please call David Tarsky on **0786712618**

CAFÉ PREMISES
BICESTER TOWN CENTRE
— LEASE FOR SALE —

The logo for Wild Property Consultancy features a stylized house icon above the word 'wild' in a large, bold, red font. Below it, 'PROPERTY CONSULTANCY' is written in a smaller, black, sans-serif font.
wild
PROPERTY CONSULTANCY

01869 814 400
wild-property.co.uk

BICESTER TOWN CARNIVAL

in association with Armed Forces Day

Saturday 29th June
12pm Town Procession
12-5pm Pingle Field

TICKETS
Adults £3
Under 16s £2
Under 5s Free

For more information see www.bicester.gov.uk



What's On? 2019 Summer Events

Bicester Carnival

Saturday 29th June (Armed Forces Day) | 12 noon - 5pm

Pingle Sports Field | All Entrants: £3 | Under 16s: £2 | Under 5s: Free

Superheroes Activity Day

Wednesday 7th August | 11am - 3pm

Garth Park — All Areas | All Entrants: Free

Motown

Saturday 10th August | 7.30 - 10.30pm

Garth Park | All Entrants: £10 | Under 16s: £5 | Under 5s: Free

80s (Sledgehammer)

Saturday 24th August | 7.30 - 10.30pm

Garth Park | All Entrants: £10 | Under 16s: £5 | Under 5s: Free

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