



A Bicester Town Council
Newsletter for
the Community

BICESTER

GARTH GAZETTE

January 2022



**A LOOK BACK OVER
2021'S EVENTS**

**BICESTER LIGHTS UP
FOR CHRISTMAS**

**COMMUNITY GROUPS
GO FROM STRENGTH
TO STRENGTH**

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Your Councillors

Your local Councillor is democratically elected to represent the people of the town on the Town Council. Bicester is divided into four wards, with elected Councillors in each ward.

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richard.mould@bicester.gov.uk
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For editorial contributions and diary entries, please call or write to Phil Evans on **01869 252915** or at phil.evans@bicester.gov.uk. To advertise, please call Lucy Lavers on **07813 846569**.

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Log in to Bicester Town Council at: www.bicester.gov.uk, or email us at: enquiries@bicester.gov.uk. Phone on: **01869 252915**. Our office: The Garth, Launton Road, Bicester, OX26 6PS. Please note the office is currently closed.

 Find us on Facebook: www.facebook.com/BicesterTownCouncil

 Find us on YouTube search: **BicesterTownCouncil**

If you don't see your organisation, group or activity listed or covered in the Garth Gazette, please email at lucy@psmkt.co.uk or call on **07813 846569** to find out how to get free editorial space or book advertising.

Welcome

Welcome - Happy New Year!

This New Year edition has enabled us to look back over a few of the events in 2021 as well as look forward to all that is happening in 2022.

As I write this, uncertainty continues about the pandemic, and people continue to worry about how it will affect their day-to-day lives and their families. What is not uncertain is the strength of the Bicester community, and I am confident that whatever we face in 2022 we will do it as resolutely and with as much gumption as the town has shown in 2021.

I am looking forward to an exciting year of face-to-face activities and community events that will bring us all together and encourage those not so confident to embrace all Bicester has to offer.

Phil Evans

Phil Evans

Service Manager, Bicester Town Council



An introduction to Julie Trinder

We continue our series of helping you get to know the Town Council staff better. In this edition, we talk to Julie Trinder, Administration Officer (Civic and Democratic).

Could you describe your role?

Busy! The civic side of my role involves arranging civic events such as the Civic Service and Remembrance Day Service. I am also the Mayor's PA, and as part of my democratic role I take minutes of committee meetings.

What is one thing that surprised you about your role?

How popular the Santa Fun run has become. When I first joined 12 years ago, we had approx. 60 runners; we now have over 500.

What is your favourite place in Bicester and why?

It has to be in my back garden on a summer's day with my family and friends.

What was your first job?

My first job was a secretary in Oxford for a photocopier company, in the days when you typed on a manual typewriter and shorthand was used!

What are your hobbies outside of work?

Flower arranging and going for walks in the country with my 16-year-old

Jack Russell, Stella. I still dream of being a florist.

What three words would your friends use to describe you?

I've just messaged my friend and she said I am *Fun, Loyal and Compassionate*. (I'm not going to tell you the other three words she used!!)

Do you have a hidden talent?

It goes back to flower arranging - I love picking foliage that I have hand-picked whilst out walking and making it into a fabulous display that doesn't cost a penny!

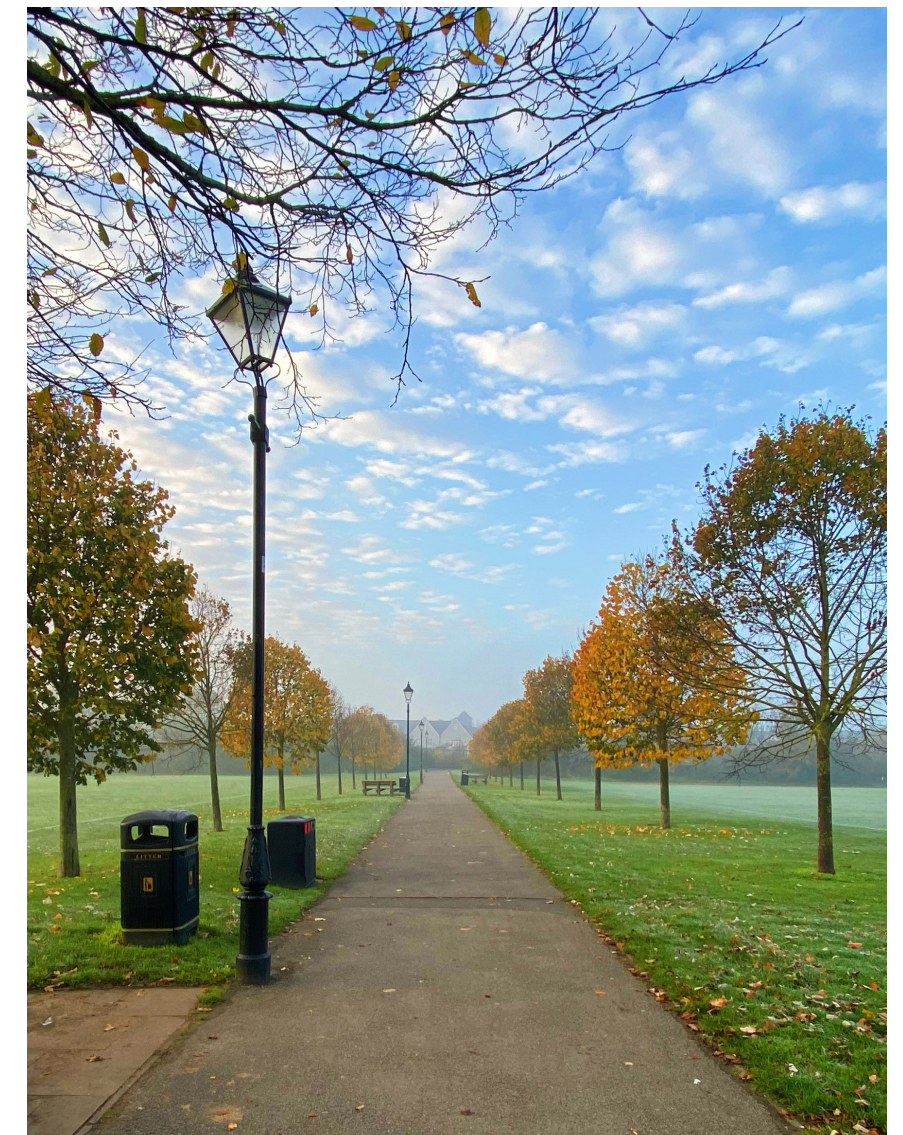
Bicester Town Council Grant Aid Scheme

Charities and community organisations can apply for a financial boost from Bicester Town Council Grant Aid Scheme.

In 2022 there is a reserved pot of £22,000 to help voluntary organisations and community groups that provide a service that benefits the residents of Bicester.

Applications will only be considered from constituted voluntary organisations, registered charities or established community groups that have a bank account in the name of the group and can demonstrate that they have a set of rules which govern their operation, including what happens to funds if they cease to operate. Grants are given to support specific projects and not day-to-day running costs.

Applications will be accepted from March 2022 onwards. Up to a maximum of £1,000 will be considered, but awards will commonly not exceed £500. For more information, visit www.bicester.gov.uk/services/grants-and-awards/





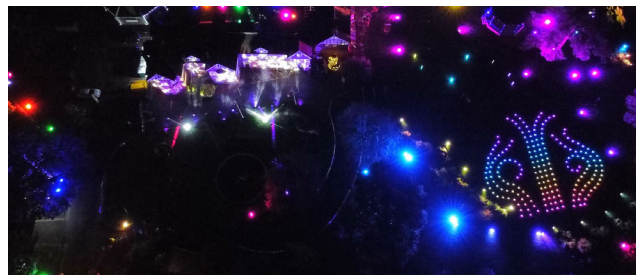
Garth Park transformed into winter wonderland

Bicester's Garth Park was transformed into a wonderland of festive lights to celebrate Christmas 2021.

The first ever Christmas lights trail opened in Bicester's Garth Park on Tuesday, December 7 and ran until Sunday, December 12.

Sponsored by Bicester Village, an array of lights was installed in the Launton Road park, while Bicester Town Council's headquarters, Garth House, was adorned with festive images and messages to share some Christmas spirit.

Thousands of people walked the Christmas lights trail during the six-day display, which was family friendly and accessible for buggies and wheelchairs.



Thousands mark Remembrance Day

Thousands of people lined the streets to mark Remembrance Sunday in Bicester.

Organised by the Royal British Legion, Bicester Town Council and with support from 1 Regiment Royal Logistic Corps and HQ Bicester Garrison, this was the first in-person civic event held since the start of the coronavirus pandemic.

The service of remembrance began outside St Edburg's Church at 10.45am with an introduction by the Reverend Major Nathan King, followed by readings by the Mayor's Cadet Jack Tynan and Miranda

Markham, Deputy Lieutenant of Oxfordshire.

Then at 11am the town fell silent as a bugler played The Last Post to signal the start of two minutes' silence. Afterwards, wreaths were laid on the War Memorial by councillors, individuals and representatives of organisations from across the town.

A smaller number of guests moved inside the church for the rest of the service which was led by the Reverend Peter Wright. The service

was also broadcast online.

After the service, local groups and organisations including the Royal British Legion, locally based soldiers and uniformed groups mustered in Church Street to march down the Causeway to the Market Square, where the Deputy Lieutenant, Mrs Markham; Bicester's Mayor, Cllr Nicholas Mawer; and Lt Col Helen F Cook, the Commanding Officer of 1 Regiment Royal Logistic Corps, took the salute.



Photo credit: Eddie Gong from Beauty and Bicester

Christmas lights switch on

The whole town turned out to help launch Christmas in Bicester.

Organised by Bicester Town Council and OneBicester, the event involved a full day of fun culminating with the town's Christmas lights being switched on.

Mayor Cllr Nicholas Mawer was joined by two children who won a place on the stage after winning the best lantern competition, and together they pressed the all-important button to light up the town.

One of the highlights was entertainment by local groups who performed during the day on a stage set up in Market Square. These included the MiniPolice from Glory Farm School, dancers from Just Dance, ECU Cheerleaders and

performances by Rhythm Street, Rock Choir and James Farrant. Sparky and Sprite made a welcome return to comper the show.

Returning with its popular lantern-making session was OYAP, which threw open the doors of its Studio2, at the former St Edburg's School, in Cemetery Road, to host a workshop. Then at dusk, all those who had made lanterns took part in a parade along the Causeway and into Market Square to show off their creations.

There were three winners for the best lantern contest: Harley, who attends Glory Farm Primary School, Cooper School pupil Casey, and Alma, who goes to Gagle Brook School.

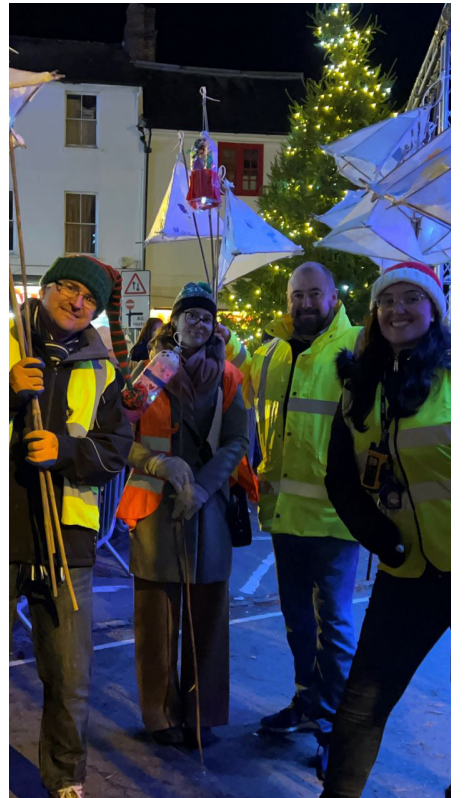


Photo credit: Eddie Gong from Beauty and Bicester

Festive Santa run returns

The festive 5k funrun returned after skipping last year due to COVID-19 restrictions.

In an event organised by the town council, runners of all ages, dressed as Santa, gathered on Pingle Field on Sunday, December 19 to run the 5k loop around the town, taking in Pingle Drive, Oxford Road, North Street, Sheep Street, Market Square, Manorsfield Road, St John's Street, Queens Avenue, Kings End, Church Lane and Old Place Yard. Richard Gould came first with a time of

14:13, 2nd was Luke Scarrott at 15:00 and 3rd was Timothy Jones at 15:20. Congratulations to all who took part.

Anytime Fitness, the Pioneer Square-based gym, sponsored the fun run, with proceeds going to the Mayor's charities: ARCh Oxfordshire, The Countess of Jersey Educational Foundation, and 1st

Bicester Intrepid Scout Group.

Mayor Cllr Nicholas Mawer said: 'I would like to take this opportunity to thank Anytime Fitness for kindly sponsoring this community event, and Tesco for providing the water and bacon rolls to participants. These wonderful community events can't happen without the generous support of local businesses'

A look back over 2021 events

2021 has been a challenging year for many people, but we emerged this summer from COVID 19 restrictions to come together and move our community spirit from the world of online meet-ups back into the real world!



Raising the flag for Armed Forces Day, June

Fun in Garth Park on Superhero Day, August



Abba Stars tribute band plays for the crowd, August



3rd Bicester Scouts work with The Ramblers to clear footpaths, July



The Women's Tour sets off from Bicester, October



Bicester Friday Market returns bigger and better



Christmas Lights Trail in Garth Park, December



The MiniPolice at the Christmas Lights switch-on, December



The Oxfordshire Home Guard

The Oxfordshire Home Guard and Home Front Living History Group have completed a very busy six months or so, ending with Remembrance Parades and wreath laying for members of the Home Guard who died on duty during the Second World War.

We placed six poppy wreaths this year, for Home Guard volunteers from Oxfordshire, and took part in the Remembrance Parade at Crowmarsh Gifford, Wallingford.

We attended a number of events throughout the year, putting on displays of 1940s' equipment,

both military and civilian, and to demonstrating the training and drill that would have been carried out by the Home Guard.

Our event list for next year is already filling up and it is always difficult to know which to choose; this is

decided at meetings held during the winter.

For anyone interested in joining our group, take a look at our website **www.oxfordshirehomeguard.uk** or come and see us at one of our events.

Activate You in 2022

261 Fearless Club Bicester is a friendly running group which aims to empower women through running and education.

Many women don't know how or where to start exercising; they can feel intimidated and embarrassed – we are here to hold your hand.

'For the last couple of years my lifestyle had been completely sedentary. I had also put on a lot of weight. Because of this I was very intimidated about trying to start into exercise.'

This inspiring lady has recently completed our Activate You programme. She has learned 'I am more capable than I thought I was

and I really enjoy exercise'. Her advice to anyone who is thinking of coming along – 'definitely take part. Taking part has definitely changed my life for the better'.

You can try it out for free. After your first session, it is only £2 per meet/run or £40 annual membership. We can even subsidise membership fees if finance is a barrier to participation. Meet us at Whitelands Farm Sports Ground every Thursday at 9.30am and 18:30pm. For more information, visit **www.261fearless.org** or email **261fearlessBicester@mail.com**



Causeway Carers Bicester RETHINK Group

We are back with face-to-face meetings!

The group was formed some twenty years ago, to provide support to those caring for a relative or friend experiencing severe mental health problems. The current remit means we have extended our reach, to include carers of those who have depression and anxiety.

The group meets in the Littlebury Hotel here in Bicester on the SECOND MONDAY of each month,

starting at 7pm until 9pm. We are a friendly bunch and always ready to welcome new members. Matters considered range from anxiety and provision for care, to support and information. We occasionally invite speakers on various subjects, ranging from GPs, psychiatrists, the police to Beekeeping. Everything discussed in the meetings is kept confidential and handled in a non-

judgemental way.

If you are struggling to support someone with these worrying conditions, please come along and join us. We will be delighted to try and help you along what can sometimes be a troubling and seemingly never-ending path.

Michael Wyatt (Chair), Bicester
01869 246853 | 07941 507052.

Bicester Jubilee Big Lunch 2022

OneBicester C.I.C the organisers of Bicester's Big Lunch are planning a return of the event on Sunday 5th June 2022 working with Bicester Town Council and the wider community on a programme of events as part of the Queens Platinum Jubilee Celebrations for the town.

The Big Lunch needs YOUR help!

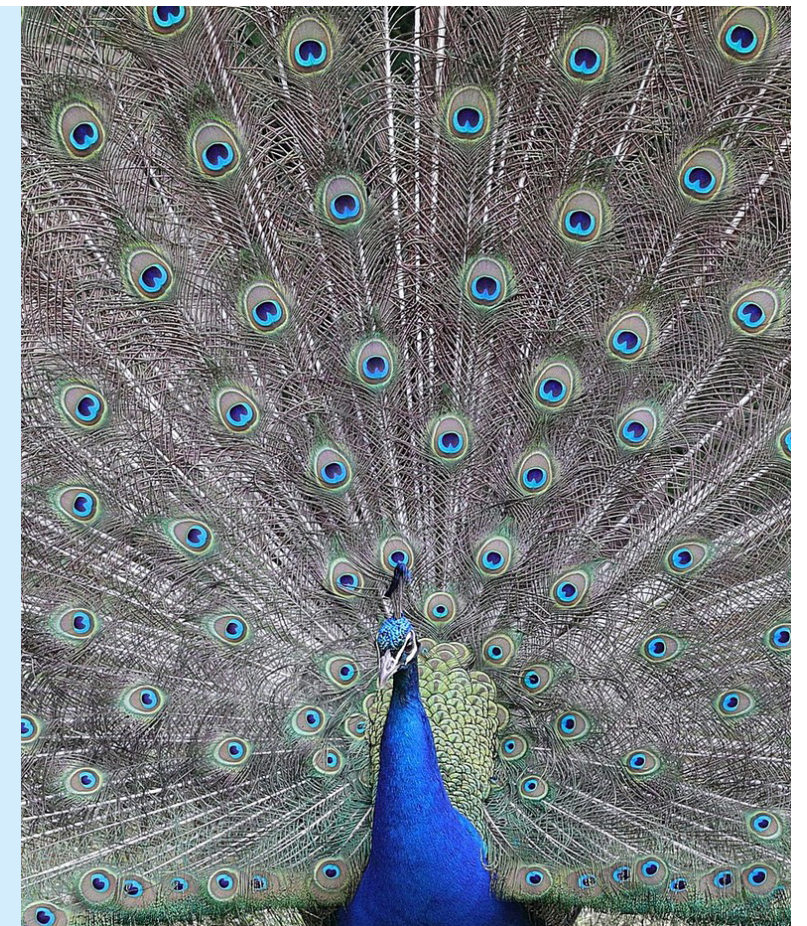
The Big Lunch is a community event that is put on by volunteers. Volunteers can get involved in so many ways: Committee Members, Help decide how the events are organised and Event Volunteers that can help on event days by: Setting up the event, stewarding, running activities, clearing the event down.

OneBicester also has Sponsor opportunities for local businesses to get involved and support the event. Local community groups and schools are also invited to get involved. To find out more information please visit our website **onebicester.org.uk** or **bicesterbiglunch.org.uk** or email us at **info@onebicester.org.uk**

Bicester Camera Club has a new meeting venue

We are back to meeting face-to-face at the moment and are enjoying getting back together after a long period of Zooming. We are now meeting at Upper Heyford Village Hall, Somerton Road, Upper Heyford, Bicester OX25 5LB. The hall has plenty of space to get our cameras out for our various practical sessions, and a large, grassed field which has proved useful for our Painting with Light evening. We are a friendly club and welcome photographers of all abilities. We meet on alternate Monday evenings throughout the year, from 7.00 pm - 9.30pm.

More details from:
lynnhooper@virginmedia.com
or check out our website:



The Healthy Bicester partnership

The Healthy Bicester partnership is all about helping people to lead happy, healthy lives by making it as easy as possible to make good choices about health and wellbeing. We've worked with Bicester Town

Council to install the fun additions to our Blue Line health walks, encouraging families to stay active together, but that's only one of the achievements the partnership has been up to!



Extra help to manage your long-term condition

Residents in Bicester can benefit from additional primary care support this winter with video group clinics, connecting people with similar conditions in a supported environment with a GP or health coach.

Bicester Healthy Groups offers a 90-minute online group consultation for people suffering similar health

concerns, including 40 minutes with a medical professional, in addition to their current healthcare appointments.

Patients are asked to fill in a quick online form, so they can be grouped into the most suitable sessions. They will then be sent the link to the video group clinic with around eight other people, where they can discuss

their experiences and ask a clinician questions about their conditions.

Sessions will include: living with chronic fatigue; cancer (and after treatment); menopause; type 2 diabetes; and chronic pain.

For more information, search www.cherwell.gov.uk/BicesterHealthyGroups or call 0300 303 0919

Working well from home

Bicester residents who are continuing to work from home can get the motivation and tools they need to manage their mental wellbeing by attending a Working Well from Home mental wellbeing session.

We are working with Oxfordshire Ming to offer the courses, which will explore the challenges and solutions of working from home with a particular focus on the importance of managing wellbeing to optimise productivity. The sessions are just over an hour long and are free to attend.

Anybody living or working in Cherwell district can take part. Businesses can also sign up for private webinars, with up to 16 people able to join a workshop.

For more information and to book your place, go to www.cherwell.gov.uk/wellbeing-mental-health under the section 'Mental Health at Work'.



Keeping the wheels turning in Bicester

Hundreds of people turned out in Bicester in October to wave off the Women's Tour. While the race itself was spectacular, it was the sight of more than 60 women and girls taking part in a community ride which really captured the imagination. Cycling is big in Bicester and there's lots of work going on to help even more people onto two wheels:

A new Cycling for Schools programme has already delivered extra bike activities in three primary

schools in Bicester. The feedback shows that children are riding their bikes more, out of school, as a result of the sessions.

New bike libraries have started at Longfields and King's Meadow schools, helping children who don't have a bike to get involved in cycling. There are more planned for other Bicester schools this year.

The FAST bike scheme has given 46 bicycles to families who need them the most. These bikes are

donated and upcycled by partners including Bicester Green. If you'd like to take part by donating or receiving a bicycle, email FASTbikes@cherwell-dc.gov.uk.

New Guide Rides are coming to Bicester, giving families the chance to join volunteer-led bike tours together. This follows on from the successful Breeze Ride scheme, offering guided group cycling sessions for women. For more details, search www.letsride.co.uk/guided-rides

You Can Dance! The creative way to move more!

We all know that exercise is good for us. It boosts mental and physical wellbeing, helping to ward off conditions including type 2 diabetes, depression and dementia. But for some, even the thought of leaving the house can be a challenge.

You Can Dance! is a free programme, welcoming people of all ages and abilities, and encouraging them to use different dance styles to help them move more. Participants can use a range of fun accessories – from pompoms to beanbags – moving to the beat and feeling free to be as creative as they wish.

To start, a free home pack is available, containing dance equipment, a booklet and a link to an online tutorial. People are then invited to take part in six free, live sessions, either through Zoom or face-to-face at the Clifton Centre in west Bicester.

It's part of Active Oxfordshire's Active Reach programme, supporting people hit hardest by COVID-19 to improve their health, wellbeing and life chances through the power of physical activity. It is also supported by Cherwell District Council's Move Together project, delivering a tailored approach to physical activity for those with long term health conditions.

For more information about You Can Dance! email info@dance-creative.co.uk, search www.dance-creative.co.uk or call Caroline on 07815 120 727.

For more on the Move Together programme, go to www.cherwell.gov.uk/MoveTogether or call 01295 221575.



“I feel so much more alive”

Find out how to get stronger, fitter and healthier through dance.
starting January 2022



Forget Me Not (Bicester) Ltd celebrates its 4th anniversary

The club, whose aim is to prevent loneliness and social isolation for older people, has been helped by the Bicester Village Make a Difference grant award to provide lovely 'welcome back' days after lockdown ended, with live entertainment and special lunches.

This has enabled people to relax and enjoy themselves, providing that 'feel-good' factor. These photographs show people enjoying themselves at the club's 4th anniversary celebration which was held in November.

People took flowers home, as a reminder of a very happy day.

If you think you may be interested in volunteering with us, or for more information about joining the club, please phone **07507 749931** or email **mail@forgetmenotbicester.co.uk**



Bicester Ladies Circle back together

Following a strange year of trying to make Zoom meetings exciting, Bicester Ladies Circle members have been pleased to meet up in person again and join in with community events.

Early November meant the return of the Round Table Pingle Field Firework Display, a huge event which we always enjoy contributing to. A record-breaking turnout meant a great night and lots of money raised for local charities.

At the time of writing, we are in the midst of Santa season, going out with our friends from Round Table and spreading festive cheer on the streets of Bicester. As always, it's a joy to meet people and we really appreciate everyone coming out to donate and meet Santa.

Other events this year have included a litter pick in the town centre, a pamper evening, and cocktails. Coming up, we look forward to hopefully being able to continue in-person meetings, including celebrating our 60th anniversary with a dinner and games afternoon.

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.

Lads, check out Round Table, and for those over 45 the fun continues in Tangent and 41 Club.



Mehiel Foundation's Christmas Sacks of Hope

Mehiel Foundation, a small charity based in Bicester, has undertaken over 30 projects in 14 countries, providing sacks of groceries to underprivileged families in Bicester, Kidlington and Thame as well as in Uganda, Ghana, Zambia and Pakistan every Christmas for the past three years.

They work with local schools and churches to identify vulnerable families who would benefit most from a festive holiday dinner, and deliver to them before Christmas. Every sack includes vegetables, fruits, pasta, rice, cans of soup, sweets, a whole chicken and lots of other goodies costing around £23.

Lawrence Patrick, Mehiel Foundation's founder commented: 'With over 8 million Brits being affected by food insecurity and the ongoing pandemic pushing this number ever higher, a sack of groceries is the least we can do to support our local community during such challenging times.'

Email **support@mehiel.org** or search **www.mehiel.org**

Calling all bridge players - Try duplicate bridge for free

If you play rubber bridge at home or in a club golf or wherever, you may well get added enjoyment out of the great game by trying out duplicate bridge. Bridge is bridge; but duplicate bridge has some added features and benefits.

How is duplicate different?

In a duplicate bridge club we play in partnerships as usual, but we change opposition at the end of each round by East/West moving tables. The cards move round as well. They are held in 'boards' keeping the hands exactly the same for each partnership to play. So, by the end of an event you will have played against every pair in the room and played the same boards as all the other pairs playing in your direction, East/West or North/South.

How do you try it out?

Your first couple of sessions are free, then our table money is £4 an evening including refreshments - surely the best value night out in the area!

You can try duplicate in three clubs in and around North Oxfordshire:

King's Sutton Bridge Club

9.45 Wednesday morning supervised bridge in the Memorial Hall

18.45 Thursday evening club night in the Memorial Hall

Bicester Bridge Club

19.00 Monday night club night in Highfield Social Club

2.15 Wednesday afternoon online bridge

Banbury Online Bridge club

19.00 Thursday evening online bridge

For more information, phone Ken Langdon on **07850 616069** or visit our website **www.bridgewebs.com/kingsutton**

Quick update from Bicester Heritage

A very happy New Year from our team here at Bicester Heritage!

We are delighted to support the NHS with the vaccine centre planned to stay on our site for the provision of COVID-19 booster jabs.

Our Scramblers membership, opening up the world of historic motoring and motion, continues to go from strength to strength, with around 6,000 members. Keep an eye on our social media channels for the chance to attend our next themed Members Assembly on the 29th of January. We will soon be announcing the exciting range of themes for the spring months, so it's worth signing up to keep up to date.

Our on-site brewery, The Wiggly Monkey Brewery, will soon be opening its doors from Wednesday to Saturday nights, with a variety of food trucks planned. Check out their website for more details. Also, did you know we are home to Sky Wave Gin? Check their website for opening times and their latest batch of gins, which are distilled on site.



Thank you from Alexandra House of Joy

As co-founders of Alexandra House of Joy, Ian and I, the Board of Trustees, and the team of volunteers, want to say the deepest and most sincere thank you possible for the incredible support and donations so many of you in our local community have given to our charity.

Your interest and continued support have been wonderful, and we hope and pray that you will continue to walk this walk with us in our mission to build a very much needed and unique Multipurpose Centre for adults with learning disabilities in Bicester.

Our aim is to raise the much-needed funds in two years, so thank you from the bottom of our hearts for your encouragement and belief in AHJ. We deeply appreciate it. Secondly, we pray that you will have a peaceful and safe Christmas, and that you will

know and feel the joy that comes from knowing and understanding the real purpose of Jesus's birth.

We are looking forward to 2022 with great hope and many prayers. God bless, Ian & Rachael Scott-Hunter'.

Bicester football coach raises £11,000 for one of his boys

Nearly 200 people attended a 12-hour long football marathon, at Whitelands Farm Sports Ground, on Sunday 14th November, organised by football coach Adam Robinson to raise funds for an operation for one of his players, eight-year-old Billy Humphreys.

Billy has severe mobility problems but has never been diagnosed with Cerebral Palsy by the doctors and, without a diagnosis, he is unable to get the £85,000 operation on the NHS, which doctors say he needs to be able to walk.

Adam Robinson said: 'It was better than I expected. I was kind of hopeful that we have just enough people to

get through the whole 12 hours, but we had more than enough, and we had to set up two or three pitches just to accommodate everybody'.

Adam has been able to raise approximately £11,000, which exceeded his target of £10,000.

We've still got a raffle, and we've got some bits to auction off as well, which is really cool, so I'm hoping

we might be able to get to around £15,000 if we're lucky.'

Ben Hillier, Chair of Bure Park FC, said 'Adam and the disability team are a testimony to what we aspire towards at Bure Park FC – inclusivity, inclusion, tolerance, mutual support and a love of football,' he said.

To donate, www.justgiving.com/fundraising/billyhumphreys

Bicester Good Neighbour Scheme in 2022

BGNS is a voluntary group that offers friendship and help to older people in Bicester and nearby villages. Our service is free, as we simply match volunteers who donate their time with local residents who would enjoy some company or need a bit of support.

Our volunteers usually visit weekly, to chat over coffee, or help with small every-day tasks that a less mobile or visually impaired person can find tricky.

It only takes a couple of hours each week to make a big difference to an older person's life, especially when they live alone. Very often, the people we introduce become great friends.

We would like to help even more older people in 2022, so if you are a friendly, positive person aged 18+ who is interested in volunteering, please contact our Coordinator.

To get some help or further details, call Kat on **07849 799530** or email bgns@live.com or for more information visit www.goodneighbourscheme.com



Could you support children with their reading?

ARCh is Oxfordshire's award-winning reading charity for children. We are proud to be one of Bicester Mayor's chosen charities.

A love of reading for pleasure and purpose is a vital skill and can provide the key to a happy and successful life. Many children in Oxfordshire struggle, as they may not have anyone to read with at home, have no books of their own or have just not found a book that interests them. The disruption to schooling during the Covid pandemic has exacerbated the problem, and the evidence indicates that children from the most deprived backgrounds have fared the worst.

ARCh reading helpers support children by giving their time and sharing a love of books, which makes all the difference, not only with reading, but with a child's self-confidence, thus enhancing their life

opportunities.

Volunteers must complete the ARCh application form, attend an interview and undergo vetting including an enhanced DBS check and references before completing the ARCh training course. They must be able to attend their sessions regularly and commit to a minimum of one year.

Children selected for ARCh support by their school benefit from two half-hour sessions with their volunteer each week. Sessions involve sharing books, games and conversation. Volunteers continue to work with the same children for the entire year, allowing a special friendship to develop.



ARCh interviews, trainings and workshops are currently being held via Zoom. The charity has full Covid safety procedures in place for reading helpers.

We need more reading volunteers in Bicester, so if you are an individual who would like to help or donate or a school who would like to work with ARCh, please visit the website www.archoxfordshire.org.uk or email info@archoxfordshire.org.uk

Let wildness help cure the winter blues

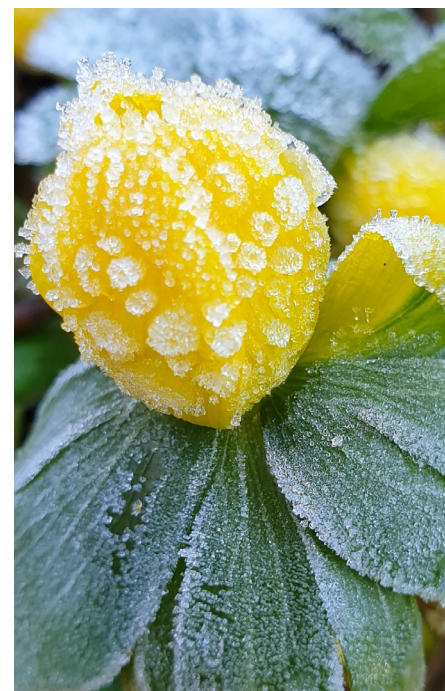
At first glance this time of year can seem a bit bleak, but nature has plenty of gifts to offer, even in the depths of winter.

Drifts of snowdrops poking up through the woodland floor and along riverbanks are a welcome sight during these cold winter months and are a sure sign that spring will return again; flocks of thrushes chatter in the hedgerows feasting on berries; frost forges delicate, glittering sculptures on every surface; ducks dabble and dive on local lakes and reservoirs; and rain-soaked mud and freshly fallen snow preserve the footprints

of birds and mammals, leaving perfect tracks to be discovered.

Getting closer to nature can also help you pull on your winter woollies for an afternoon exploring one of Bicester's many green spaces – including Bure Park, Kingsmere, or Langford Fields. Getting out to enjoy our wonderful winter wildlife can help to cure those winter blues.

To be part of Wild Bicester head to: bbowt.org.uk/wild-bicester



A warm welcome at the Bicester Pop In Centre

We are the Pop In at Manorsfield Road, and welcome over-50s to join us for reasonably priced coffee, tea, hot chocolate and squash with a couple of biscuits. We are open on Mondays, Wednesdays and Fridays, from 10.00am to 12.00 noon. For further details call **01869 245566**

What's on at Bicester Methodist Church?

MONDAY

Catch 22

9am – 1pm, closed group referrals only.

Age UK Strength and Balance

12pm – 2.30pm, call **01235 849403** or email info@generationgames.org.uk for more information.

BMC Wives Club

2.30pm – 4.15pm, friendly group often with speaker, new members welcome.

Bicester Widows

12pm – 1.45pm, help, friendship and support, 1st Monday of every month.

TUESDAY

Forget Me Nots

9.30am – 3pm, friendship, activities & Lunch Club for seniors! Email mail@forgetmenotbicester.co.uk for more info.

Age UK - Latespring Bereavement Group

1st and 3rd Tuesdays of month (limited spaces, to find out more, call Linda **0345 450 1276**)

Tuesday Fellowship

2pm, call for dates (not 1st Tuesday of month)

Bicester Floral Club

Call for dates and more info **07449506637**

WEDNESDAY

Bicester Memory Cafe

2pm – 3.30pm, 2nd Wednesday of the month

Bicester Art Club

2pm – 4pm, please call for more info.

THURSDAY

Forget Me Nots

9.30am – 3pm, friendship, activities & Lunch Club for seniors! Email mail@forgetmenotbicester.co.uk for more info.

U3A Bridge Club

7pm – 9pm, members only, meets 1st and 3rd Thursday of month. Email membership.secretary@bicesteru3a.online for more info.

Narcotics Anonymous

7pm – 9pm, help, support and advice.

FRIDAY

TBC

SATURDAY

Bicester Crafters

1st Saturday of the month 10am – 3pm

Open Doors Coffee Morning in the Church Foyer

10am – 12pm, every Saturday.

For more information on any of the above classes, or to enquire about hiring our halls, please email churchadmin@bicestermethodist.org.uk or phone the Church office on **01869 323030**.

INTRODUCING SKY WAVE GIN

The home of the World's Best Contemporary Gin*



We've opened the doors to our new distillery at Bicester Heritage and we'd love to welcome you and your friends for a Distillery Experience & Curated Gin Tasting

Join us for 75 minutes of all things gin from botanicals to banter, accompanied by a fine array of award-winning gins. Gift vouchers are also available



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Strength & Balance



**BALANCE, STRENGTH,
FLEXIBILITY**

feel ENERGISED after the session!

**Bicester Methodist
Church**

Mondays 12:15 - 13:15

Mondays 13:30 - 14:30

£5 per session

Booking essential!

generationgames@ageukoxfordshire.org.uk | 01235 849 403
www.generationgames.org.uk

