

**FREE**

**JYC ROSE HILL**  
JUNIOR YOUTH CLUB

## EASTER HOLIDAY ACTIVITIES!

Sessions for school years 1-6  
Thursday 6th & 13th April

Sessions for older youth, ages 11+  
Wednesday 5th & 12th April

For more info, contact Aimee:  
aimee@rhjyc.org  
Register at: rhjyc.org



### Free family allotment sessions

Come along with your family to enjoy fun activities, like carpentry, gardening & pizza making at our JYC allotment!  
Message Aimee: 07983972519

### Rose Hill Community centre



Introducing Philip, our new Fitness and Wellbeing Instructor!

Philip is a PT level 3 instructor, as well as a level 2 Gym Instructor.

He is here to help members achieve their strength, endurance & aerobic goals.

He is passionate about fitness, health & wellbeing and believes that everybody should have the opportunity to develop their fitness, health & wellbeing goals, no matter what their circumstances.

**"I look forward to working with the community and helping to create a fun, all-inclusive experience."**

There is no joining fee or contract.  
£15/month direct debit, or £16.00/month pay as you go.

For those over 65, there is a rate of £10/month.

Junior gym sessions for ages 12-16 have also restarted, at £10/month!

All times & pricing can be found at:  
[www.rosehillcommunitycentre.co.uk/gym](http://www.rosehillcommunitycentre.co.uk/gym)

### Easter fun

St Mary & St Nicholas Church, Littlemore.

Sunday 9th April, 3pm.  
Easter crafts & egg hunt.

Oxford City centre

Egg-splore the Museum of Natural History and Pitt Rivers Museum with an egg-citing egg-hunters trail!

Find all of the hidden eggs around the Museum to discover fun natural history facts.

Free, running throughout the Easter holidays during opening hours. More info:  
[oumnh.ox.ac.uk](http://oumnh.ox.ac.uk)

### Local venues & groups

There's always lots of great activities, groups and sessions at these local venues, check them out:

Rose Buds: FREE Stay & Play Session, for 0-5s and their parent/carer - Wednesdays 10.00am-11.30am at Rose Hill Community centre.

Flo's - The Place in the Park  
[www.facebook.com/flosoxford](http://www.facebook.com/flosoxford)

Oxford City Farm  
[www.facebook.com/OxfordCityFarm](http://www.facebook.com/OxfordCityFarm)

### Free Easter holiday club

Rose Hill Junior Youth club will be providing free and fun activity sessions for children in school years 1-6, this Easter holiday!

Activity sessions for years 1-6 will run on Thursday 6th & 13th April at Rose Hill Community centre, with times to be confirmed after registration.

We're also running our drop-in sessions for young people (ages 11+), on Wednesday 5th & 12th April, from 5:30pm-7pm.

To register, please visit our website: [rhjyc.org](http://rhjyc.org)

### Free meals for families

RHJYC will be serving hot lunches to families for free this Easter holiday.

Families will be able to eat-in or take away meals from Rose Hill Community centre on Monday 3rd, Wednesday 5th, Wednesday 12th & Friday 14th April, between 12pm-2pm.

Vegetarian & halal options will be available.

To register your interest, please message Aimee:  
07983972519

### Our 2022 report

We would like to invite everyone to read our 2022 report detailing all of the work we did in the community last year. Read at:  
[www.rhjyc.org/blog](http://www.rhjyc.org/blog)

### Poem by Carol Davies

Spring is around the corner.  
The lighter nights are here.  
So let's look ahead,  
Now everything is clear.

We have a Community centre,  
On the Rose Hill Estate.  
Why not pay it a visit,  
It's never too late.

There is a pensioners club,  
And Junior Youth.  
Also a lovely café,  
With delightful food.

Keep fit classes, also a gym.  
Keeps you healthy, also trim.

We can not forget the Bingo club,  
And all the other centres hubs.

A social club is also here,  
So come along & have some cheer.

The Advice centre is there for all.  
So if you're worried, give them a call.

## Rose Hill & Iffley Low Carbon

In February, RHILC thermally imaged 41 houses locally, helping people to see where they can insulate their houses.

For example, in this photo, the red patch shows where heat is leaking through the wall, probably from a radiator or boiler.



The resident could put radiator foil behind it to trap heat inside and save on fuel bills.

You can get free radiator foil from RHILC if you write to: [rosehill.iffley.low.carbon@gmail.com](mailto:rosehill.iffley.low.carbon@gmail.com)

### Litter Pick - Sat 11th March

Meet at the Community Centre at 11 am, wearing old clothes and gloves.

You will be given litter-pickers, high-vis vests and bags.

Free snack for all volunteers thanks to the Community centre café and Felltham's Construction.

April Repair Café - Sat 1st April.  
10am-12.30pm, RH Community Centre.

All welcome to come and get clothes, electricals and bikes mended for free. Have a cuppa with your neighbours too!

## Rose Hill Methodist Church

Hello, my name is Liz, and I'm the recently appointed part-time Community Chaplain serving the Rose Hill area.

Currently, the two main projects that I am involved in are:

A Monday Drop In, an intergenerational group that meets on a Monday afternoon from 2pm-4.30pm.

The Community Cupboard Food bank, which meets on Wednesdays between 1:15pm-3:30pm at the church.

I'm gradually starting to visit other groups that meet in Rose Hill and look forward to meeting you soon!

Follow us on Facebook:  
[Rosehill Community Chaplaincy.](#)

## Clean Heat Streets comes to Rose Hill

Is your boiler getting old? Then you may be interested in this new project specially designed for Rose Hill.

Clean Heat Streets is a partnership between Oxford's two Universities, the City and County Council, Samsung and RHILC.

Clean Heat Streets is offering government-subsidised air source heat pumps with a free technical survey and follow-up help.

The scheme will be open to residents of the following roads:

Annesley Rd, Ashhurst Way, Asquith Rd  
Courtland Rd, Dashwood Rd, Fiennes Rd, Hunsdon Rd, Jersey Rd

Rowney Place, Spencer Crescent, St Martin's Rd

If you are not a resident of these streets, you can still get a grant for a heat pump through the Government's Boiler Upgrade Scheme.

More info at:  
[www.cleanheatstreets.com](http://www.cleanheatstreets.com)  
[info@cleanheatstreets.com](mailto:info@cleanheatstreets.com)

## Littlemore Library

The Oxford Academy Campus  
Sandy Lane West, OX4 6JZ

Free groups, also open during the school holidays.

**Book group:** Every 1st Monday, 2pm

**Teen time (craft & create):** Mondays 3:30pm-4:30pm

**Stay & play for parents/carers and their under 5's:** Tuesdays 2pm-4pm, Thursdays 10am-4pm

**Friendly Fridays (crafts, games, chat):** Fridays 10:30am-12pm

**Saturday craft (families):** Saturdays 9:30am-12pm.

## Early Lives - Equal Start

We are a new community project based out of Flo's the Place in the Park, which aims to support pregnant women and those with babies under the age of two living in the OX4 postcode area.

Our focus is especially on supporting mothers and babies from African, Caribbean, Asian, Middle Eastern and other minoritised backgrounds, who may face greater barriers to accessing health and wellbeing support.

We are currently setting up a program of drop-ins, classes, and signposting resources to better support mothers in our local community and help ensure a positive start to parenthood and a thriving start for babies.

More info: [earlylives@floxoxford.org.uk](mailto:earlylives@floxoxford.org.uk) or get in touch with Melissa Latchman, our Maternity Advocate & Community Organiser: [maco@floxoxford.org.uk](mailto:maco@floxoxford.org.uk).

Y	L	L	O	I	L	I	D	O	F	F	A	D	S
L	Y	R	B	E	B	A	P	R	I	L	I	E	B
S	I	Y	P	C	U	S	L	S	G	G	U	D	L
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O	L	B	P	Y	P	M	P	B	L	L	C	S	P
I	B	U	N	N	Y	C	S	I	R	O	O	L	Y

### Spring wordsearch

10 words to find:

APRIL PICNIC  
BLOOM SPRING  
BLUEBELL  
BULBS  
BUNNY  
DAFFODIL  
EGGS  
MAY

## Debut novel! Dreams by C.D. FOX



My name is Chris Fox, and I have lived in Rose Hill since 2013.

My first novel, Dreams, was published in December by Arrow Gate Publishing.

### What is Dreams about?

It's the story of Hugo Swann, an undergraduate at Oxford University, who finds himself plagued by a series of strange dreams - like he's watching a box set about someone else's life.

When he meets a mysterious older woman with a troubled past, his dreams begin to worsen, forcing his girlfriend, Alice, to seek answers for his affliction.

But when she finally establishes the cause, will Hugo want to know the truth of what she discovers?

### The theme

Having always enjoyed psychological thrillers, I became interested in the psychology of dreams, which is a central theme in the novel, and which allows me to tell this story from an unusual perspective.

### Writing the book

The process of writing a novel is incredibly hard, but inhabiting a fictional world for a few hours a day and watching a blank page transform into a page of writing is fabulous, especially at the end when you get to read the whole thing back to yourself.

### Where can we read it?

Currently, the book is available in hardback-only, but paperback and e-book versions are due out in the spring.

It can be bought online from all good bookstores, and from my website, which also contains some early details about my current writing project and next book, White Nile:  
[cdfox.weebly.com](http://cdfox.weebly.com)

**Editors note:** Dreams is a great story, I really enjoyed reading it! Chris has generously donated a copy, which can be found at the Rose Hill Community centre library!