



The following classes run  
@ Madley Park Hall with Janette Cardy:

**MONDAYS (from 5th January)**

- 6.30-7.25 FITNESS YOGA / DYNAMIC STRETCH £40
- 7.35-8.10 FAT ATTACK ABS £32
- 8.15-9.15 FAT ATTACK HIIT £40

**THURSDAYS (from 8th January)**

- 6.30-7.20 FAT ATTACK HIIT / TONE & TIGHTEN £40
- 7.35-8.30 FITNESS PILATES (Pay as you go)
- 8.35-9.15 FAT ATTACK BOX FIT £32

Our courses are 8 weeks

To book your place, or for further information, contact Janette on [janette@janettecardyfitness.co.uk](mailto:janette@janettecardyfitness.co.uk) or 0783 1255532.

[www.janettecardyfitness.co.uk](http://www.janettecardyfitness.co.uk)



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**CHILDREN'S KARATE CLASSES**

**MADLEY PARK HALL**

New Class commencing November 7th

**Lil' Dragons**

4-5 years old ~ Fridays 3.30-4.00pm

- Life Skills including respect, balance & co-ordination
- Safety skills including stranger awareness
- Fun and fitness in a relaxed friendly environment
- Self defence training

For further details call Sam Carpenter on 07702 174977 or just come along.



Madley Park News is produced by Madley Park Residents' Association.

Visit us on Facebook, Twitter, and at:  
[www.madleyparkresidents.co.uk](http://www.madleyparkresidents.co.uk)

Please let us know what you think of our 'new look' newsletter. We always welcome new ideas and are keen to make information as relevant as possible to our readers. If there are any items you would like to see included or information which you think would be of value to our community, please email:

[madleyparknews@hotmail.com](mailto:madleyparknews@hotmail.com) or  
[madleyparkresidents@gmail.com](mailto:madleyparkresidents@gmail.com)

# Madley Park

## News

Winter 2014

### Madley Park Community Carol Singing

Come and join the residents of Madley Park House care home for a time of festive Carol Singing and refreshments. An event for all the family, no singing experience necessary!

The event will take place on Saturday 20th December, 3.30pm at Madley Park House (Madley Way).

Christmas treats will be provided for families and little ones. Come along and join the fun!

For more information please contact Rich White: [rich@coggesparish.com](mailto:rich@coggesparish.com)

### French square consultation

Thank you to all those who completed the questionnaire in our last newsletter. We are collating the responses. Also, many thanks to all who offered to be on a working group to discuss and help move the project forward in order to bring about improvements where agreed.

### Have a say in how your community is run!

We currently have two or three spaces for new committee members on the Residents' Association. Committee meetings are every 4-6 weeks at Madley Park House (care home). If you are interested in joining us or would like to come for a taster meeting, please contact David Bates on 708231. You can visit the Residents' Association at: [www.madleyparkresidents.co.uk](http://www.madleyparkresidents.co.uk). We are also on Facebook and Twitter.

### Funky Fridays

Funky Fridays Toddler Group takes place at Madley Park Hall on a Friday morning, from 9.30-11am. We pride ourselves on being a friendly and welcoming group. Come and give it a try! There are games, craft activities, drinks and snacks as well as

tea and coffee for the grown ups! We are also looking for helpers to assist with setting up and packing away, as well as serving tea and coffee. If you would be able to lend a hand, please contact: [funkyfridaystoddlergroup@gmail.com](mailto:funkyfridaystoddlergroup@gmail.com) or call Louise on 07792 926421.

### Madley Park Hall update

Sunday 14th December: Cake and craft with Santa. £3 per child. Tickets must be bought in advance

We are always trying to think of different community events to hold so if anyone has any ideas, please do share them! Please also 'like' our page on Facebook.

We have regular daytime availability at the hall during the week. If you run a group, or you are thinking about starting a group, please contact Kelly Hale on 07503 244112.

Please remember to enquire early for weekend bookings as we do get very booked up.

[Madleyparkhall@hotmail.co.uk](mailto:Madleyparkhall@hotmail.co.uk)

### Recycling for Rainbows

If you use baby food pouches (such as Ella's Kitchen), Rainbows would be very grateful for them to help with their fundraising. This has replaced the baby wipes recycling scheme, which has now finished, but they are still collecting Tassimo discs as well. Please bring empty, clean baby food pouches or Tassimo discs to the hall, where there is a collection box in the foyer. If the hall is closed, please contact Kelly at: [madleyparkhall@hotmail.co.uk](mailto:madleyparkhall@hotmail.co.uk). Many thanks to all those who have helped with the recycling schemes so far.

### Contemporary Knitting Club!

A local knitwear designer has offered to help a local knitting club to knit up her contemporary hand knits.

Take a look at her website [www.lindawhaley.co.uk](http://www.lindawhaley.co.uk) and read her latest interview about her career as a knitwear designer at:

<http://blog.loveknitting.com/>

If you would be interested in helping to set up / be part of a new contemporary knitting club, please contact [madleyparknews@hotmail.co.uk](mailto:madleyparknews@hotmail.co.uk)

For more information on Linda's designs, contact her at [lindawhaley@btconnect.com](mailto:lindawhaley@btconnect.com)

### Grit Bins

With no real snow last winter our grit bins are currently full. However please use the grit sparingly as we only have funds sufficient for one refill this season. One level spadeful should be sufficient to grit a road junction if spread/ thrown across thinly. It takes 10+ minutes to fully work with vehicles driving over. Please also only use for public roads and pavements where necessary and not for personal driveways or front entrances.

### Get ready for winter

Find useful tips on how to help keep your home warm and energy efficient at:

<http://www.westoxon.gov.uk/residents/environment/climate-change-home-energy>

### Local events

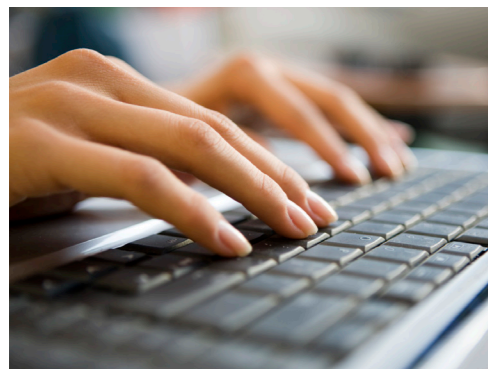
**Friday 12th Dec:**  
Carols by candlelight, Cogges Farm, 7.00-8.30pm

**Sunday 14th Dec:**  
Cake and craft with Santa, Madley Park Hall. Booking essential.

**Saturday 20th December:**  
Community Carol Singing, Madley Park House, 3.30pm

**Sunday 21st Dec:**  
Carol Service, St Mary's Church, Cogges.

For details of Christmas events in town, see [www.woolgateshoppingcentre.co.uk](http://www.woolgateshoppingcentre.co.uk) and [www.marriottswalk.co.uk/events-offers](http://www.marriottswalk.co.uk/events-offers)



## Better access to online planning services

West Oxfordshire District Council has launched a new planning system to enable you to view, track and comment on applications online quickly and easily. It can be found at:

[www.westoxon.gov.uk/news/nov/new-planning-system/](http://www.westoxon.gov.uk/news/nov/new-planning-system/)

The new 'Public Access' system allows you to:

- View all planning applications made to our council in West Oxfordshire
- See where applications are on a map
- View documents and plans giving details of proposed works
- Submit and view comments on applications
- Monitor applications or appeals - including associated plans and documents
- Save personalised searches for a particular ward/parish or application type
- View decision notices

You can do a quick postcode, street name, keyword or application reference search to find applications, view weekly/monthly lists of applications for specific areas or the district as a whole, and - for the first time - register to track and receive email notifications about applications of interest as they progress.



## Madley Brook School needs you!

Madley Brook County Primary School is a bright modern school with a serious attitude to learning and is very much at the heart of the Madley Park community. It is your local school and it needs your help.

We need volunteers to come in regularly and listen to our children read. With so many things for our teachers to cover in one day, not every child gets to read to an adult as often as we'd like.

We don't expect you to come in every single week, we understand that you have busy lives, but a couple of hours on a regular basis would really make a difference to our children.

We would give you the initial training and guidance you need to show you the ropes and a member of staff will always be close by should you have any questions.

Our children are aged between 3 and 11 years so you will listen to an exciting range of levels and ages. This is a really rewarding experience. One of our recent volunteers said: "I have really enjoyed working with the children and building up a rapport, listening to them reading. It has made me feel part of the school and the community and it has built up my confidence."

If you are interested in offering a small amount of your time to help the next generation, please contact Mrs Launchbury on 01993 862 976.

## Police Community Support Officer update

Please be aware that bicycles, scooters, etc. should not be left unattended. A bicycle was taken from Madley Brook School in October and we urge everyone to make sure that bikes are always locked up, particularly when outside the school or shop.

Christmas is just around the corner so please take care not to leave presents on display in the house or car.

Your local Police Community Support Officers can be contacted on [witneyneighbourhood@thamesvalley.pnn.police.uk](mailto:witneyneighbourhood@thamesvalley.pnn.police.uk), or by dialling 101.

PCSOs Tracy Waller and Heather Jones

## Changes to waste and recycling collections

Please note the following changes to waste and recycling collection dates over the Christmas period:

Thurs 25th Dec	Mon 29th Dec
Fri 26th Dec	Tues 30th Dec
Mon 29th Dec	No change
Tues 30th Dec	No change
Wed 31 Dec	No change
Thu 1st Jan	Fri 2nd Jan
Fri 2nd Jan	Sat 3rd Jan

NB: No garden waste collections from 20th December to 4th January.

Normal collections will start again on Monday 5th January 2015.

To find your house's bin and recycling collection dates and download a waste and recycling calendar, go to: [www.westoxon.gov.uk/residents/bins-recycling/bank-holiday-bin-collections/](http://www.westoxon.gov.uk/residents/bins-recycling/bank-holiday-bin-collections/)

Madley Park Residents' Association wish you and your families a very Happy Christmas and a wonderful 2015 to come!



## Janette Cardy, Oxfordshire's Sportswoman of the Year, shares her tips on how to avoid weight gain over Christmas:

1. Plan ahead: Eating out later on? Look up the menu and choose in advance.
2. Chocolate boxes: Never have more than one box of chocolates open at a time, and keep unopened boxes out of sight. They won't go off: stagger them over the next few months if necessary.
3. At the Christmas buffet: Do not hover by the buffet table. Make your selection then step away from the table. Think about what you're putting on your plate - make it one portion and do not make repeat visits. Choose a smaller dessert-sized plate, and

avoid the high saturated fat offerings like sausage rolls and quiche; instead load up on fruit, skinless chicken and vegetable crudites.

4. At work: If everyone brings in Christmas goodies to share, make your contribution festive satsumas, and EAT THEM rather than the high-calorie communal chocolate and mince pies.
5. At the supermarket: Make a shopping list and stick to it. Avoid the aisles of temptation and make your Christmas snacks plain popcorn, pretzels, and vegetable crudites with a low fat dip.
6. The bird: Turkey is a great source of protein and a low fat meat. Most of the fat that is present in a cooked turkey will be found in the skin. So don't eat the skin. Simple!
7. Perfect portions. Even on Christmas Day, when turkey, stuffing, chipolatas and bacon rolls are begging to be eaten, make sure vegetables take up one third of the space on your dinner plate. If you're in charge of cooking, steam veg where possible or

use only a small amount of water. Brussel sprouts, peas and carrots can all be served unbuttered

8. Plan your exercise schedule and stick to it: Know when you're going to class, book your new year courses and know you have them to look forward to.
9. Bottoms down: Who doesn't drink more at Christmas? At the very least, steer clear of sweet cocktails and creamy liqueurs. Have a glass of water after every alcoholic drink to keep down the calorie count - it also has the benefit of leaving you with a clearer head the next morning.
10. Pie wise: The average mince pie contains around 250 calories and that's before you've added cream. Can't resist this Christmas treat? Always remove the lid to cut its calorie-count.

Enjoy your Christmas  
Janette.

[www.janettecardyfitness.co.uk](http://www.janettecardyfitness.co.uk)