

ISSUE #97

APRIL 2018

HEADINGTON MONTHLY

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Headington Monthly is distributed to residents and businesses in Headington and Marston every month.



Nick Allnatt
Founder/Publisher

GET IN TOUCH
Nick: 07850 120116
nick@headingtonmonthly.co.uk

Dear Readers

At the time of writing it appears we have at least three or four new regular advertisers in the magazine this month on top of the new ones from last month. In addition we have a few one-off adverts from local community groups. This may not be of great interest to you but it's good news for the magazine as we depend on them and it enables us to thrive and continue to produce the magazine that so many of you tell us you enjoy. Please continue to try and use their services where you can as their continuation helps the magazine to support OX3 community groups and charities.

You will see on page 6 Headington Bowls club are holding an open evening on 4th May. What could be more central to our Headington community than this club. There is a perfect example of the type of article we like to feature as it not only advertises the activities of the club but also gives an interesting insight into part of our Headington history.

Please make a note to come along to the open day and enjoy and support the club's offerings and help to build community cohesion. And please if you have an interesting article you could write about for the magazine, whether as a one-off or a regular feature, contact me on my email address on this page.

As I get older (and stupider) I sometimes think what a wonderful day it is for sticking a cucumber through someone's letterbox and shouting: 'Help, help, the Martians have landed'. I quote of course from the late great comedian Ken Dodd who sadly died the other day bless him. If ever a man's humour could make anyone feel better it's this man. Humour is one of life's medicines with no unpleasant side effects. Humour strengthens the immune system. Laughter may improve immune function by blocking production of stress hormones, such as cortisol, and by increasing the release of immuno enhancers, such as beta-endorphin. Humour also relaxes muscles and decreases blood pressure - that's why I look baggy and saggy when I tramp around OX3 delivering the magazines. May we all have a good laugh as often as possible I say!

I'm not joking.

Nick

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HEADINGTON BOWLS CLUB - OPEN EVENING

FRIDAY 4th MAY 6pm ONWARDS

BEGINNINGS

To find the beginnings our club we have to go back to our one-time neighbours, Oxford United!!

The inauguration of Headington United Football Club was in 1893. The founders, Rev Scott Tucker, Vicar, and Doctor Hitchings were seriously committed to providing healthy exercise for young men in the Headington district. However the first match was played in Headington Quarry and only in 1925 the Club moved to the Manor. The pitch was called Mattock's Field where roses were previously grown by the famous rose-growing family.

In 1924 public spirited shopkeepers led by Robert Wylie bought the Ground, as a sports field and placed a covenant on it to keep it as an open field for ever and formed Headington Sports Ground Ltd to manage the football, cricket, tennis and bowls clubs. The cricket and football clubs shared the ground with the cricket club, having use of it in the summer, and the football club in the winter, with obvious ensuing problems. In 1960 the football club became Oxford United.



Only the Bowls Club remains. In 2001 when approaches were made to the limited company to buy the whole site, lock, stock and barrel these were repulsed. Our committee re-acted very strongly to any purchase of this covenant so remarkably the Club remains and Headington Bowls Club is owned by the members (with certain restrictions). A large part of the site was sold in 2001, and is now The Manor Hospital, a sad end to the dreams of the original founders of a great local, fit community.

THE CLUB NOW

Our club has 120 members, plays over sixty matches home and away per summer season, has a very successful mens' A and B league team, and enthusiastic short mat evenings during the winter months. In both summer and winter months members can turn up on a Wednesday afternoon to enjoy a lighthearted 'roll up'. The Mens' League A team has had a very satisfying season, winning the A league trophy, well done!!

JOINING US

There is something for everyone in our Bowls Club. Would-be players can turn up at the Club to try out this fascinating game. Equipment can be borrowed for a short period of time. Join us and enjoy, arguably, the best green in the county, lovely gardens, well stocked bar and good company! For more information contact: Jeff Boyack 01869 351221



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the garden gnome

we are only just beginning to explore

Reading the garden literature that's out there, you can quickly get the impression that the health and wellbeing of our garden is only of interest insofar as it is necessary for optimising the flowering quality and productivity rates.

Its far wider than that but that may be enough for what we gardeners want on a day to day basis, but that thinking can often distract the way we view and perceive our gardens.

We try and tend, manage and control our garden plots. Often acting like overbearing parents and stewards. Nature's stewardship helps show us humans how to appreciate the complex ways our gardens interact with the wider environment that's its placed in. Building and sustaining the less obvious, yet highly important food chains.

Its easy to overlook how overbearing our gardening habits often are, and how those habits can impact on our gardens ecosystems, which is part of any gardens 'success'.

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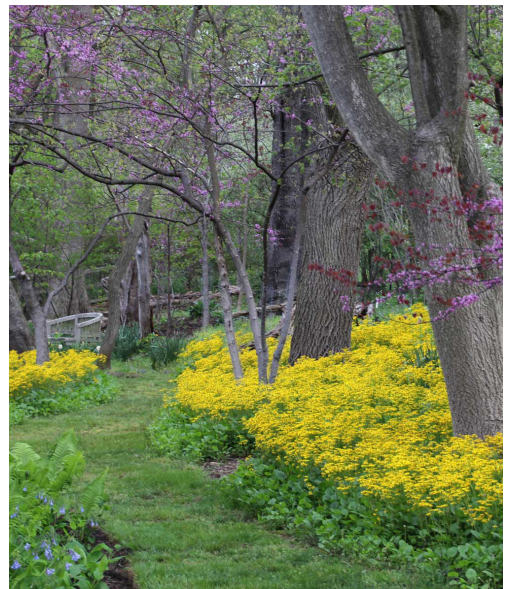
in all their forms hide many natural wonders that in many ways we are only just beginning to explore.

Give yourself permission to step out into your garden and find the nature that's there, right under our noses, often, unnoticed.

A garden with a healthier and happier ecosystem can often be more productive. Give it a try.

Happy Gardening,

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BABY DRIVER

All you need
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MOVIE REVIEW BY OSCAR DUXFIELD



Baby driver is a film written and directed by Edgar Wright. It came out last year and is about a get-away driver for a bank robber named “Baby” who listens to music to keep himself focused and moving while at the same time drown out his tinnitus left over from a childhood accident. The directing is by far the most notable part of this film. Every scene is centred on the music playing from Baby’s iPod, the result being that all the movement in the movie, from people walking to cars crashing, is in beat with whatever song is playing in that scene. This incredibly ambitious concept has been executed perfectly by Edgar Wright.

The music is non-stop throughout the film but it isn’t so overpowering as to take away from the acting or detract from the plot. Edgar Wright was at the perfect point in his career to take this film on having recently directed the “Cornetto” Trilogy, giving him the experience to be able to pull off such an elaborate concept whilst still being young enough to want to take the risk that it might not pay off.

My only problem with this film are the female characters who seem only to exist in relation to their male counterparts needs. The romance between Baby and Debora feels rushed which it wouldn’t if Debora’s character had been fleshed out more so we could understand her motivations and personality. That said, I still loved Lilly James’s performance as Debora as while the relationship between her and Baby felt rushed she still brought significant range to her character. There are some other great performances too. John Hamm plays “Buddy” excellently as does Jamie Foxx (“Bats”). The nervous dynamic Foxx manages to achieve while around every other character is brilliant leaving the audience on edge during all his scenes and unable to predict how he will behave.

Costume design was also prominent in this film. Every character is colour coded in each scene and keeps to the same few colours throughout. This small detail makes it easier to follow characters during the action scenes but, more importantly, subtly reveals traits of each of them before we get to know them fully allowing for faster character development. The film is full of other tiny moments too, that you’d easily miss on your first watch such as Baby quoting lines from films we see him watch at the beginning.

Overall baby driver is an excellently made film that you won’t only appreciate for the intelligent movie it is but also for the fantastic amount of fun it is to watch, from the action to the dialogue you’re bound to be entertained for every one of its 113 minutes.



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Through the Pinhole!

Worldwide Pinhole Photography Day takes place on Sunday 29th April.



With the advent of the smart phone we have happily turned into a nation of photographers, capturing images wherever and whenever we please. We add filters and create digital art so easily that we've almost forgotten a world where this wasn't possible... where photography was more of a dark art. Worldwide Pinhole Photography Day aims to get us back in touch with that magic.

Pinhole photography is photography without a lens. We know that people have been making images using pinholes since the 5th century AD because references to the process have been found in ancient Chinese texts. They knew that objects reflect light in straight lines and that rays from the top of an object, travelling through a pinhole, will appear in the lower half of an image...in other words the image will be upside down.

Greek philosophers and Arabian physicists studied the phenomenon. It was used in astronomy to study the movement of planets and solar eclipses while artists used it to help them paint landscapes.

Sir David Brewster, a Scottish scientist, was one of the first to make pinhole photographs in the 1850s. Photographs taken with a lens can be

rendered very sharp: by contrast pinhole photos are soft. Some photographers liked them because they felt the images were atmospheric, not unlike the paintings of the Impressionists from the same era.

Nowadays the pinhole camera is still popular. It is another tool at a photographer's disposal. Like any tool it has advantages and limitations.

One big advantage is that a pinhole camera is very easy to make. It's basically a light box, with a tiny hole in one end and film or photographic paper in the other. Designing and building your own camera is great fun and taking pictures with it is a very satisfying and pleasurable experience. There are helpful videos on You Tube and even ready-made pinhole camera kits.

Pinhole cameras can - and have been - made from almost anything: drinks cans, cereal boxes, biscuit tins, shells and even an old refrigerator. A cardboard kit is probably the best material for a beginner, but the only limit is your imagination.

Photographic paper and developing fluids can be purchased very cheaply from camera shops and some good art retailers.

Check out the link here to the Worldwide Pinhole Camera Website, where you can find instructions to build your own pinhole camera. You could even upload your efforts to the WPPD web gallery. Have fun.

www.pinholeday.org (the WPPD website)



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Declutter Your Life

It's that time of year when we get the urge to Spring Clean



If you can't lay your hands on items you need because they're buried under piles of junk; if you're constantly moving items from one pile to a new 'temporary' pile; if you find yourself thinking, "I can't throw this away, it might come in useful one day," you're probably a clutter-victim.

Californian blogger Dave Bruno wrote *The 100 Thing Challenge*. He set himself a year-long experimental task of reducing his belongings to 100 items. Although it started as a challenge he actually chose to keep living by his new rules afterwards, saying he prefers the simplicity.

It would be tough for most of us to emulate Bruno exactly, but he has a point. Most of us probably put far too much time, effort and money into acquiring, keeping and storing possessions, and sometimes it's good to let go.

If you're ready to de-clutter, then we have a few simple tips. If you feel you need help, there are experts in de-cluttering who will guide you through the process of letting go.

De-cluttering Tips

Deal with one room at a time the task will seem less daunting. Stick with that room until it's finished.

Choose a nice day - Take the room contents outside. Psychologically it's easier to sort and let go if you're one step removed. It's also less likely that the clutter will make it back inside.

Sort everything into three piles - Label them dump, donate and keep. Be realistic: if the item in question hasn't been used for over a year it is unlikely you will ever use it.

Deal with the dump and donate piles - Do this before anything comes back into the house. It's much harder to mess up your good work if the stuff is physically gone.

Sort and label - Place the remaining items in clearly labelled boxes. Make sure there is one temporary box to house items which really belong in another room. As each room is sorted those items can be replaced, and other misplaced items can be housed there while the de-cluttering process continues.

Replace everything that remains - The maxim 'A place for everything and everything in its place' is a good one. Keep small items in clear plastic boxes and store them in cupboards or wardrobes.

When you're done instigate a 'one thing in: one thing out' rule. It will make you think twice about acquiring something if you know something else must go.

Finally, once a week, take two bags and go through your home. One bag is for rubbish, the other for items in the wrong place. When you've finished throw the rubbish away and replace the misplaced items.

Follow these small steps and you too can de-clutter your life.



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Angie Ward

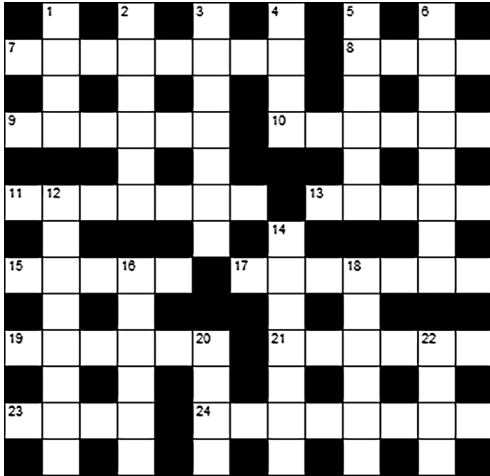
SAC DIP, FHPT SAC, DIP, FHPP

Tel 07796 881157

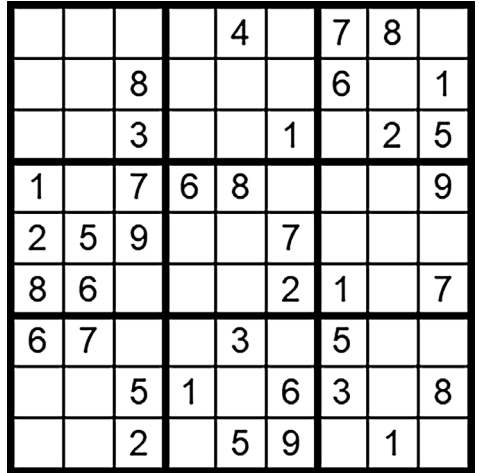
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BRAIN GAMES

CROSSWORD



SUDOKU



ACROSS

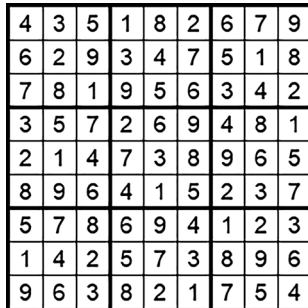
- 7 Take away from (8)
- 8 Grows old (4)
- 9 Small dash between words (6)
- 10 Mystery, conundrum (6)
- 11 Disappoint, fail to satisfy (3,4)
- 13 Toy bear (5)
- 15 Coniferous tree (5)
- 17 Ill-prepared, off guard (7)
- 19 In danger (2, 4)
- 21 Enclosed by (6)
- 23 Type of sound system (2-2)
- 24 Had faith in (6, 2)

CROSSWORD CLUES

DOWN

- 1 Compulsory task (4)
- 2 Inscribed in metal (6)
- 3 Beautiful nocturnal bird (4, 3)
- 4 Cease (4)
- 5 Blind with light (6)
- 6 Quiet and sheltered from view (8)
- 12 Uses mains power or a battery (8)
- 14 Clever-clogs (4-3)
- 16 Sour, astringent (6)
- 18 Respect and admiration (6)
- 20 Stone edge to a path (4)
- 22 Chemical symbol is Fe (4)

Last month's Brain Games solutions:
did you get them right?



How to Play SUDOKU

It's so simple!

Fill in the grid so that each row, column and 3x3 box contains the numbers 1 through to 9 with no repetition.

You don't need to be a genius. These puzzles use logic alone.

But beware! Sudoku is highly addictive.

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39 York Road, Headington, Oxford, OX3 8NR



To advertise, please contact Nick on 07850 120116 or email [nick@headingtonmonthly.co.uk](mailto:nick@headingtonmonthly.co.uk)

Have an event? We happily publicise non-profit, community and charity events through this page. Please email [ads@headingtonmonthly.co.uk](mailto:ads@headingtonmonthly.co.uk) with the subject heading "Community Events" before 2 April with your events for May 2018.

### HEADINGTON LIBRARY

**Rhymetime for the Under 5s**

**Thursday 5th, 12th, 19th and 26th April**

11:00 to 11:30am

All children must be accompanied by an adult.

**BRAHMS GERMAN REQUIEM and  
VIVALDI GLORIA**

**SUNDAY 15th APRIL at 3.00 pm.**

Exeter College Chapel, Turl Street, Oxford, OX1  
3DP

Kennington & District United Church Choirs.  
Charity concert.

Free admission. All Welcome.

Collection for Lotus Flower Trust

### **FLEXICARE COMMUNITY WALK**

Does the sound of a lovely walk on and around the Ridgeway, followed by all the (free) cakes and sandwiches you can possibly eat, sound appealing to you? If the answer is "yes", please read on! Flexicare (a small local charity supporting families with severely disabled children) is holding it's annual fundraising walk on Sunday 13th May from Snells Hall in East Hendred. Booking out is from 9-10am with a choice of a 10 or 5 mile walk, or a 2-3 mile buggy/wheelchair route. You can register (free of charge) on [www.flexicare.org.uk](http://www.flexicare.org.uk), where you will find registration, sponsor forms and more info.

### **SILVER JOGGERS**

Looking for a gentle way to get active and meet new people? Silver Joggers are a friendly, welcoming jogging group with qualified leaders. Our beginners group is a gentle way to start with the help of a supportive group. Meet at the London Road entrance to Bury Knowle park Thursdays at 10.30am. No need to book! No charge! Contact [silverjoggers@gmail.com](mailto:silverjoggers@gmail.com) for more info or visit <https://groups.runtogether.co.uk/SilverJoggers>



**\*Ladies\***



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Beginners**



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***Do you love children and want to invest  
in their learning?***

We are looking for two friendly and committed people to join the team:

- a **qualified supervisor**
- an **enthusiastic assistant**

**The pre-school is open 23 hours per week,  
term time only. Hours to be discussed.**

For more information email  
**[nmpreschoolcoordinator@gmail.com](mailto:nmpreschoolcoordinator@gmail.com).**

Closing date: Friday 13th April 2018.

*The pre-school is committed to  
safeguarding and all successful candidates  
will be subject to DBS checks.*





**the butchers arms**  
headington

The Butchers Arms  
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Quality, fresh, locally sourced food served daily  
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[www.butchersarmsheadington.co.uk](http://www.butchersarmsheadington.co.uk)

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# CONTACTS, COMMUNITY, CALENDAR.

These are are some useful local numbers and school terms calendar. Please advise us if there are any errors or important missing numbers

## Doctors:

- \* Barton Surgery, Underhill Circus, Headington - 01865 744 221
- \* Hedena Health Centre, 207 London Road, Headington - 01865 227788
- \* Manor Surgery, Osler Road, Headington - 01865 762 535

## Dentists:

- \* 310 Dental Care, 310 London Road, Headington - 01865 766975
- \* SDental Studio, Mill Court, 40 Windmill Road, Headington, Oxford, OX3 7BX - 01865 760000
- \* Bury Knowle Dental Practice, 207 London Road, Headington - 01865 308400
- \* Euro Dental Practice, 61 London Road, Headington - 01865 751981
- \* John Miller Dental Practice, 6a The Parade, Windmill Road, Headington - 01865 308 050
- \* Kennett Road Dental Practice, 3 Kennett Road, Headington - 01865 761 965
- \* Manor Dental Practice, 7 Osler Road, Headington - 01865 750 056
- \* Studental, Oxford Brookes University, Colonnade Building, 3rd Floor, Gypsy Lane, OX3 - 01865 689 997

## Chemists:

- \* Barton Pharmacy, 6 Underhill Circus, Headington - 01865 763 106
- \* Boots Pharmacy, 96 London Road, Headington - 01865 762 518
- \* Boots Bury Knowle, 207 Bury Knowle Health Centre, Headington - 01865 765 559
- \* Roundway Pharmacy, 3 Roundway, Headington - 01865 766 994

## Libraries:

- \* Headington Library, North Place, Headington - 01865 762 867

## Other Useful Numbers:

- \* Age UK - 01235 849 400
- \* Childline - 0800 1111
- \* Citizen's Advice Bureau - 0870 200 608
- \* John Radcliffe Hospital - 01865 741 166
- \* Gas Emergencies - 0800 111 999
- \* Power Outages - 0800 072 7282  
(Scottish Power & Southern Electric)
- \* Thames Valley Police - 101
- \* Oxford City Council - 01865 252 900
- \* Rt. Hon. Annelise Dodds MP - 0207 219 2705  
[annelise.dodds.mp@parliament.uk](mailto:annelise.dodds.mp@parliament.uk)
- \* NHS Direct - 111
- \* The Samaritans - 116 123 (Freephone)
- \* Recycling and waste 01865 249811

## City Councillors for Headington:

- \* Ruth Wilkinson - 07789 368 300
- \* Altaf Khan - 07931 345 554

## School Terms 2017-18

| Term               | Date             | # Days |
|--------------------|------------------|--------|
| Term 1             | 4 Sep - 20 Oct   | 37     |
| Oct. Holiday       | 23 Oct-27 Oct    |        |
| Term 2             | 30 Oct - 19 Dec  | 35     |
| Christmas Holiday  | 20 Dec - 3 Jan   |        |
| Term 3             | 4 Jan - 9 Feb    | 29     |
| Feb Holiday        | 12 Feb - 16 Feb  |        |
| Term 4             | 19 Feb - 29 Mar  | 35     |
| Apr Holiday        | 30 Mar - 13 Apr  |        |
| Term 5             | 16 Apr - 25 May  | 24     |
| Late Spring        | 28 May - 1 Jun   |        |
| Term 6             | 4 Jun - 25 July  | 33     |
| School Year Begins | 3 September 2018 |        |
| Total              |                  | 195    |

*This information is taken from the Oxford City Council website. Please contact your school or visit your school's website to check the return dates for your school and obtain dates of teacher inset days.*

The Lime Walk Players

present

**Tickets £9/£7**

**01865 761711**

# SNOW WHITE



**Thurs 26th-Sat 28th April, 7.30pm (& Sat, 2.30pm)**

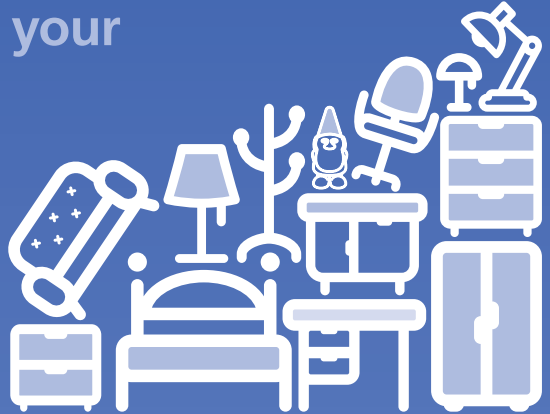
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