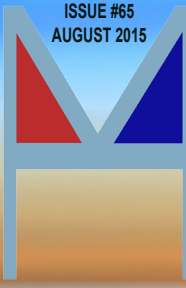


ISSUE #65  
AUGUST 2015



# HEADINGTON MONTHLY

YOUR LOCAL FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

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**INSIDE THIS ISSUE:**  
\* FARMER'S MARKET CHANGE  
\* NATIONAL CARE HOME DAY  
\* GARDENING  
\* BRAIN GAMES  
...AND MORE!

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Hello there

I'm suffering from writer's block. It's been so mad this week coming up to the magazine deadline I haven't even thought about what I'm going to write here.

First the computer program had a meltdown and I couldn't do any design work so had to get Ben to do most of it. (What would I do without him). Then I have to feed a near neighbour's cat twice a day while they're away. Yesterday I fell over my feline friend and hurt my pride (very painful - the cat was ok though). My desk is so full of papers I have a cricked neck from trying to see the computer monitor. All together now 'Poor old Nick!'. I was born on Christmas Day so that's why they call me 'Old Nick', at least I think that's the reason.

Perhaps we could start with the Headington Farmer's Market. We have a piece from Headington Action this month on page 18 outlining the plans for the market. A lot of people think I run the market so I'm getting them to make it clear at the bottom the article is theirs. I couldn't run a wheel stall let alone a market, or a magazine (hmpfl).

We have three new advertisers this month and welcome them to the magazine. We depend on our traders to give Headington some character so please give them some trade to bolster our local economy. Otherwise Headington will be full of supermarkets, coffee houses and charity shops. We need those but we need more independent, interesting stores too.

Have you been following the £12m proposals to improve Access to Headington from the County Council? I have. All very laudable. Apparently they want to improve cycle paths all round the area and block off the exit to Churchill Drive by installing a bus and ambulance only lane. They also want to remove parking bays from the lower part of Headley Way and the beautiful cherry trees from outside the shops in Cherwell Drive. Old Road will have its green verges largely removed to accommodate wider cycle paths. The traffic in Roosevelt Drive is already a nightmare at home time and now they want to make it worse.

Is all this worth £12m? Will you leave your car at home and cycle on a wet January day? What about waiting for a bus after a nightmarish day at work? Let us have your views and we'll publish them if we get enough responses. You can see the plans at <https://consultations.oxfordshire.gov.uk/consult.ti/accesstoheadington/consultationHome>

There. It's amazing what comes out when you just start writing (or appalling, depending on your point of view).

Best wishes, Nick

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## THIS MONTH IN YOUR HEADINGTON MONTHLY:

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A quantity are also available at Headington Library, Euro Dental , Manor Dental, Gardiner's Opticians, Richards Medical Centre, E Pilling Solicitors.

Kiln Lane Risinghurst: Risinghurst Community Centre | Girdlestone Road: Girdlestone Laundrette

### Woodfarm:

Atkyns Road - The Happy Cod Chip Shop, Post Office, Coop, Woodfarm Bakery.

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# THE BOUNTY HUNTERS

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I have happy memories of my dad, wearing comical over-size headphones, wandering up and down various beaches with his metal detector, pausing periodically to dig up yet another ring pull or bottle top. We kids hoped for treasure; instead dad found foreign coins, old pennies, and once, an engraved wedding ring, which we handed in to the local police station.

Dad's metal-detecting was a harmless and somewhat seasonal hobby, but recently I was surprised to learn that modern-day metal detecting is a subject which provokes controversy among archaeologists, the police and landowners.

Most metal detectors admit that becoming rich or finding something of immense value is about the same as winning the lottery. But it does happen. In 2009 Terry Herbert, who had been metal-detecting for 18 years unearthed what has become known as The Saxon Hoard: the largest collection of Anglo Saxon gold and silver ever seen. Valued at £3 million it is still the most expensive treasure ever found on British soil. Terry did nothing wrong; he informed all the right people and behaved properly throughout his discovery, yet many archaeologists were very unhappy.

Archaeology is a deeply political profession and a very academic one. Archaeologists feel that the past belongs to everybody; that finds should be in a public collection on display and accessible for study on the internet or in books. They see those who use metal detectors as being very object-

orientated while they, the academics, are educated to take a broader view.

Most metal detector enthusiasts do operate legitimately, but some work on the wrong side of the law. Archaeologists call these treasure hunters 'nighthawks', because they go out to archaeological sites under cover of darkness to raid them for artefacts, which they can then sell over the internet. They often cause considerable damage in the process.

So does that mean we shouldn't go out metal-detecting? No, it's a fun hobby and can be absorbing, exciting and educational. But there are some rules all enthusiasts should obey.

Do not trespass

Adhere strictly to laws concerning protected sites.

Minimise ground disturbance when you dig.

Adhere to the country code (close gates, don't litter etc.)

Report any finds to the relevant landowner.

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# CLEANING UP

## WHAT WORKS IN THE HOME

Cleaning products will generally remove visible dirt and grease and create a cleaner-smelling atmosphere. They do not however kill germs, but disinfectants do. Whilst scientists say that many of the bacteria in our homes are friendly bacteria and do not cause diseases, they do recommend that danger areas such as kitchens, bathrooms, rubbish bins and drains are treated with a good quality disinfectant regularly.

Of course new products are being developed all the time, but for most it will currently be appropriate to use some of the stand alone disinfectants around the home as well as multi-purpose cleaners.

If you are using disinfectant however you need to remember that to be effective, it has to sit for at least 5-10 minutes in order to have time to kill the bacteria. Read the product label for exact instructions. Household disinfectants generally work by destroying the cell wall of microbes or by interfering with the metabolism of organisms that are living on the objects.

In the kitchen, work surfaces and handles particularly cupboard and refrigerator handles can be home to germs. An E-coli bacterium comes from raw meats, listeria from soft cheeses, and salmonella from chicken and raw eggs. In the bathroom, waste particles can stick to the hands,

which may then be transferred to the flush and the door handle. Viruses such as the flu, rotavirus, and rhinovirus which cause muscle aches, vomiting, and cold symptoms respectively can also breed well in bathrooms due to the warm, steamy atmosphere which germs love. As work surfaces and handles can't be washed in a basin of hot soapy water, disinfectant sprays and wipes are ideal for these areas.

In addition to sprays and wipes, disinfectant frequently comes in liquid form either in a regular formula or a concentrated variety. There are special varieties for outdoor use for instance for paths and drains and also some versions usually prefaced by 'antiseptic,' which can be used on the skin. Read the instructions carefully though as most general disinfectants can irritate the skin so the use of rubber gloves is recommended and you should avoid contact with the eyes. They also generally have a strong odour so should not be used in tight airless spaces.

Many household varieties have a chlorine base but in commercial and hospital environments forms using alcohol or ammonia are commonplace. Defra also provide regulation around disinfectants which can be used alongside animals.

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# ALBANY CARE HOME CELEBRATES CHANGE AT NATIONAL CARE HOME DAY

There was music and dancing at Albany Care Home in Headington on 19th June when it welcomed guests from the local community to celebrate change at Albany Care Home Open Day.

Visitors, residents and staff enjoyed entertainment and were even given the opportunity to have a taster session of OOMPH which exists to transform the quality of life of older people everywhere through fun, exercise and meaningful activities.

St Andrews the local primary school brought along a selection of models that they made as part of the school project. The Deputy Mayor Colin Cook Opened the event and spoke about the importance of the community coming together and how proud he was to be part of the day.

Anna Clews Home Manager for Albany said: "This day was a great chance for people to come along and visit our home celebrate the changes and meet the team. We always love welcoming visitors and we find that when people see our home, it changes their perceptions of what a care home is really like." Anna went on to explain about the brighterkind proposition which has been developed around the three core components of high standards of individual personalised care; an enhanced recreation and activities programme and a superior dining experience

Staff were on hand to speak with anyone wanting to find out more about Albany and the care services on offer.

Albany care home plans to hold regularly events and activities for its residents and surrounding neighbours. In addition to nursing care for the elderly, the home offers, respite care and palliative care for 38 residents.

Visit the home's web page on [www.brighterkind.com](http://www.brighterkind.com) to find out more or call 01865 744444 for more information on Albany Care Home.



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# Farmers' Market to be held every Saturday in London Rd and New High St

In 2007, Headington Action – the registered charity that acts as an umbrella group for Headington's residents' associations, major employers, and other institutions – decided to try to establish a Farmers' Market. The Chair at that time, Rev. James Bloice-Smith, charged me with implementing this decision, and, with a great deal of help from many people – most notably Beckley pork producer Robert Eadle – the first market was held at the top of Kennett Road in September 2007.

Headington Action had several aims in setting up the market. The first was to promote a greater sense of community in Headington – a street market is a great place to bump into neighbours and chat while shopping. Another aim was to provide a direct outlet for local food producers, and a third aim was to do what little we could to keep retail activity going in the area. One bonus of having the market is that the stall fees have provided a source of income for Headington Action to promote other local causes, such as the annual Headington Festival, the Headington Neighbourhood Plan, and other one-off contributions, for example to the local Girl Guides.



The market was initially held once a month, on the fourth Friday, but after a couple of years it was decided to add a

second monthly market. The decision to go for Fridays was taken because many stalls had other commitments on a Saturday, and we were not sure that we could get a critical mass of stalls to come at a weekend – though of course we knew that a weekend suited shoppers better.

Headington Action has now decided to go for a weekly market, every Saturday. Most shoppers are never sure whether a Friday is or isn't a market day, and we hope that a weekly market will become part of residents' shopping patterns. St. Andrews' school has kindly agreed to provide parking on Saturdays for stallholders' vans. (Initially this was provided by the Britannia Inn, but after they sold their car park, parking became problematic).

The location in Kennett Road necessitated a road closure on market days, with some inconvenience to residents. However, at the last two Headington Festivals we have found it possible to put stalls down the top of New High Street without requiring a road closure. The County Council has agreed to let us hold the market along London Road and New High Street for a three-month trial period, which will start on July 25th.

The success of the market of course lies with you, the residents and workers in Headington to generate enough business to make it worthwhile for an attractive range of stalls to come to Headington each week.

*-by Charles Young of Headington Action, organisers of the Farmer's Market*



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## International Left Handers' Day August 13th

Since 1976, sinistromanual people the world over have been celebrating their 'right' to be left handed - see what I did there?! Even though around 13% of the world's population are left-handed they are, as one disgruntled leftie put it, "the most discriminated against minority" around!

No one knows for sure why a person is left-handed, but research suggests it is genetic and left-handedness does tend to run in families.

As any left-hander knows, the world isn't really designed to cater for them, so having a whole day dedicated to raising awareness of the everyday issues and challenges faced by the left-handed population is one way of changing that.

In days gone by left-handers may have been forced to use their right hand (at school for example) but nowadays the world is becoming a friendlier place. Tools such as scissors, tin openers, vegetable peelers, knives and tape measures are all available for the non-right-handed.

Left-handedness is controlled by the right side of the brain, which means that lefties are likely to be creative - excelling in music, the arts and media. They are also inclined to be good at ball sports and at anything requiring hand-to-eye co-ordination.

Though being left-handed might once have been considered a disability, today's lefties refuse to let it hold them back. "I may be left-handed," says one, "But I'm always right." I'm not going to argue!



**G**rowing up, I lived within throwing distance of the local primary school, yet every morning I arrived late and was greeted with a chant from other children: “You’re late, you’re late, your dinner’s on your plate!” I hated being singled out in this way and it has taken me years to shake off the ‘late’ label.

I’m sure I’m not the only child to be labelled for a particular habit or behaviour. For others it might be “lazy”, “quiet”, “disruptive”, “noisy” or “disorganised”. But whatever the past may have held, the start of a new school year brings with it a clean slate and the chance to start anew. Defeat and discouragement should be left where they belong – in the past – while children take the chance to reinvent themselves and work towards a brighter future.

Education experts say that getting a new school year off to a good start can influence a child’s attitude, confidence and performance both socially and academically. So how do we give our children the best chance of making a positive new start?

First and foremost, our children need to want to change for the better and adopt the right attitude for achieving this. They need to accept responsibility for their own conduct and make a commitment to change. For example, they might decide to be punctual or polite or to get their

homework done on time. As parents we can help by being positive and encouraging.

Our children need to arrive at school properly prepared. Having the correct equipment such as pens, pencils, rulers, rubber and reading diary are all important, but so are getting enough sleep and having a decent breakfast at the start of the day. It’s been proven that adequate sleep, food and water all aid concentration.

Some food and drink, however, is counterproductive. Foods high in sugar and caffeine can cause hyperactivity, so choose carefully what to eat at lunchtime to avoid a negative impact on their afternoon lessons!

Though ultimately a child is responsible for their own behaviour and performance, parents do have their part to play. Take an interest in what they are doing, ask them about their day when they get home and become involved in school life when you can. Children are our real-life mirrors; they tend to imitate what they see. If they see that they are important to you and that school is important to you, they’ll take it much more seriously and be more responsible.

The start of a new school year should be exciting, a time of celebration, a time to look forward, not back. Good luck as you and your child embark on a future of new possibilities!

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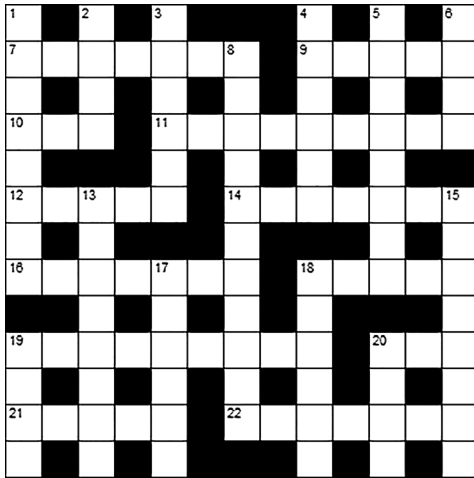
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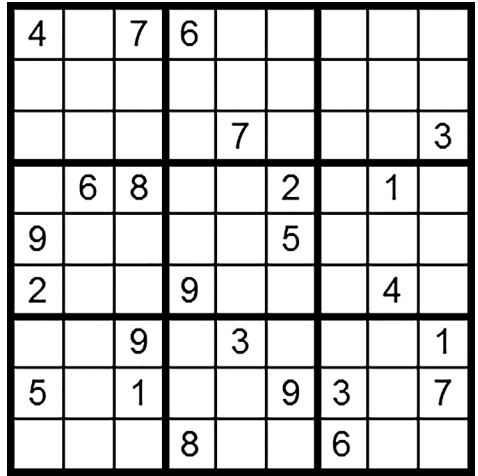
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## CROSSWORD



## SUDOKU



## CROSSWORD CLUES

### ACROSS

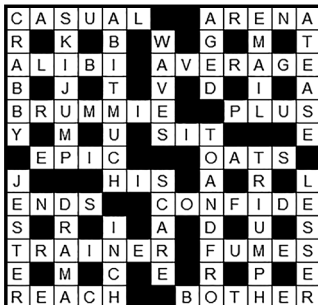
- 7 Voted in, chosen (7)
- 9 Concepts, notions (5)
- 10 Affirmative response (3)
- 11 Outward Behaviour (9)
- 12 Denigrate, exploit (5)
- 14 Enlightened, tolerant (7)
- 16 Analyses, observes (7)
- 18 Stick, cudgel (5)
- 19 Mobilising troops (9)
- 20 Blockade, stopper (3)
- 21 Bamboo-eating bear-like animal (5)
- 22 Ice river (7)

### DOWN

- 1 A decade (3,5)
- 2 Chaos, disarray (4)
- 3 Filling, cloying food (6)
- 4 Baking soda (abbr) (6)
- 5 Not a Republican (U.S) (8)
- 6 Ruler, leader (4)
- 8 Destroying, breaking (11)
- 13 Supplanting (8)
- 15 Monument, feature (8)
- 17 Line joining points of equal atmospheric pressure on a weather map (6)
- 18 Tramp, drifter (6)
- 19 Drug, sedate (4)
- 20 Trickle, plop (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.

## Lumps and Bumps

### Why Self-Examination is important

One in eight women will get breast cancer, yet over a third of women don't check themselves regularly for early tell tale signs that could save lives.

Regular self-examination should take place around the same time every month to help you become familiar with the natural shape and feel of your breasts. Any changes should be easily detected, in particular puckering and dimpling of the skin, new pain that doesn't go away, lumps or bumps not present in the other breast, and unusual discharge, bleeding or rash from the nipple.

Whilst breast cancer is more common in women over fifty, testicular cancer is a young man's disease, with males aged 15-35 being most at risk. Early diagnosis can be life-saving, yet only 1 in 5 men check themselves monthly.

During or after a warm bath or shower is the best time to self examine, when the muscles are relaxed and hang lower. Danger signs include pain or discomfort in the testicles or scrotum; a dragging feeling in the scrotum; a dull ache in the groin or lower stomach; excess fluid in the scrotum; blood in the sperm and discharge from the penis.

For more information about how to self-examine, visit Channel 4's Embarrassing Bodies website [www.channel4embarrassingillnesses.com](http://www.channel4embarrassingillnesses.com), where there are excellent video tutorials available.



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# A Good Read

## Mum on the Run by Fiona Gibson



Running is increasing in popularity these days, and Laura decides to get in on the act. A disastrous attempt in the Mum's race at Sports Day spurs Laura on to change her life. She joins a 'fat club' and takes up running, determined not to be humiliated at Sports Day the next year. Oh yes, and there is the matter of Celeste: the young, alluring French teacher she sees flirting with her husband, Jed. So, the running sessions in the local park begin, spurred on by her new running partner. Who happens to be called Danny, but she doesn't tell Jed that.

Full of humour and wit this novel is a great summer read. Mums all over the country will identify with Laura as she tries to survive life as the mum of three children, including a hormonal soon-to-be-teenager and a pre-schooler. Fears that her marriage is over lead Laura to make decisions that have unforeseen consequences: ones that she would probably rather not repeat! Laura is a character that the reader warms to straightaway and you find yourself rooting for her to succeed – in her running and in her love life.

The storyline may be a tad predictable at times, but that does not spoil your enjoyment of this book. A perfect summer read.

## Robot Girl by Malorie Blackman

How would you feel if your dad created a robot? More specifically, a robot who looked like you, with your memories? This is the situation that Claire finds herself in, when her inventor dad introduces her to AI-E. But all is not as it seems. Claire finds AI-E repulsive and surprisingly vulnerable with her squidgy soft skin. She wonders how her dad can do this to her. Sharing her concerns with her mum, she is reassured that everything will be okay if Claire can just learn to control her feelings.

But she can't, and so she plans to destroy AI-E. Until she learns ... well, that would spoil it, wouldn't it?

This very short story (only 72 pages) from acclaimed children's writer Malorie Blackman was originally published as a part of an anthology in 1997 and was published as a standalone book for the first time in 2015. Given its length this may be one for the library than purchase, but don't let that put you off. Aimed at a younger audience than Blackman's other novels (8+) this book is marketed specifically for struggling, reluctant, and dyslexic readers, but is sure to be enjoyed by everyone.





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# Attracting Butterflies To Your Garden

**A**ttracting butterflies involves growing plants that meets the needs of all life stages of the butterfly. The insects need places to lay eggs, food plants for their larvae (caterpillars), places to form chrysalides and nectar sources for adults.

If you don't "grow" caterpillars, there will be no adults. Bringing caterpillar food plants into your garden hugely increase the likelihood of attracting an array of butterflies, giving us all another opportunity to plant an increasing variety of plants. I often say the key to wildlife gardening is starting with plant diversity. Caterpillars often feed on limited varieties of plants, rarely causing the leaf damage to our prized plants. My observation is many eggs are laid and caterpillars emerge on the stems of long grass, but Wisteria, Willow, Holly & Ivy, Plum, Alder, Sycamore, Vetches, Legumes, Thistles, Honeysuckle, Mallows, Nettles, Mistletoe and Lupins are all cost caterpillar hosts.

Butterflies are attracted to red, yellow, orange, pink and purple colours that are open and flat in nature, or very short tubular flowers. Butterflies need nectar ongoing throughout their life span. So plant a succession of flowering plants that follow on from each other, giving us gardeners ongoing colour to enjoy too. Plants should receive full sun from mid-morning to mid-afternoon as butterflies often feed only in the warming sun.

Butterflies require sun to warm their wings so having bare soil or flat stones in your garden to provide space for butterflies to sunbath a bit.

Butterflies often gather in the wet puddles around the edges of ponds, they are maybe extracting minerals from damp puddles so don't fill your wildlife garden with plants to the brim. Bare soil is important on so many levels as I have explained, even if rather briefly.

Good plants to attract butterflies with, Verbena Bonariensis, Lavender, Marjoram, Buddleia, Perennial Wallflower, Hebe, Phlox, Chives, Thyme, Catmint, Golden Rod, Senecio and Sea Holly.

Plenty for you readers to be getting on with there then!

Happy Gardening  
Stuart Mabbutt  
Wildlife Gardening Specialist

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**Doctors, Nurses, NHS Dental Practice, on site Pharmacy, NHS Counselling and Psychology, NHS Physiotherapy, Midwifery, District Nurses and Health Visitors. Our clinics at Bury Knowle include minor illness, minor surgery, and drop in baby clinics. Non NHS services available at our premises include Podiatry and Nutrition.**

Our Barton branch surgery is open Monday to Thursday 8.30am-6pm and Fridays 8.30am-5pm, closing for lunch between 1pm and 2pm. On Wednesday the surgery is closed from 12.30pm-2pm. A doctor is available on Monday PM, Tuesday AM, Wednesday AM, Thursday AM and Friday AM and a nurse on a Monday and Wednesday morning. Non NHS services available at Barton include a monthly carers' clinic and a weekly affordable counselling service provided by The Listening Centre.

Visit us at [www.buryknowle.org](http://www.buryknowle.org) to find out more about **SMS Text Reminders, Appointments Online, Repeat Prescription requests Online & Pre-registration Online**

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Email: [buryknowle@nhs.net](mailto:buryknowle@nhs.net)**

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### Science event for children HEADINGTON LIBRARY

Wednesday, 26th August 10.30-11.30  
Please contact the library for more information

### County Councillor surgery HEADINGTON LIBRARY

Saturday, 1st August  
With councillor Roz Smith 3.00-4.00 pm

### Explore Learning For Children HEADINGTON LIBRARY

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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
- \* Bury Knowle Health Centre, 207 London Road, Headington - 01865 761651
- \* Manor Surgery, Osler Road, Headington - 01865 762 535
- \* The Richards Medical Centre, 12 Old High Street, Headington - 01865 741 211

## Dentists:

- \* 310 Dental Care, 310 London Road, Headington - 01865 766975
- \* Bury Knowle Dental Practice, 207 London Road, Headington - 01865 308 400
- \* Euro Dental Practice, 61 London Road, Headington - 01865 308400
- \* 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 484 608

## Chemists:

- \* Barton Pharmacy, 6 Underhill Circus, Headington - 01865 763 106
- \* Boots Pharmacy, 96 London Road, Headington - 01865 763 106
- \* 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 - 08000 929 282  
(Scottish Power)
- \* Thames Valley Police - 101
- \* Oxford City Council - 01865 252 900
- \* Rt. Hon. Andrew Smith MP - 02072 194 512
- \* NHS Direct - 111
- \* The Samaritans - 08457 909 090
- \* Recycling and waste 01865 249811

## City Councillors for Headington:

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

## School Terms 2014-2015

| Term               | Date             | # Days |
|--------------------|------------------|--------|
| Term 1             | 1 Sep - 24 Oct   | 40     |
| Oct. Holiday       | 27 Oct - 31 Oct  |        |
| Term 2             | 3 Nov - 19 Dec   | 35     |
| Christmas Holiday  | 22 Dec - 2 Jan   |        |
| Term 3             | 5 Jan - 13 Feb   | 30     |
| Feb Holiday        | 16 Feb - 20 Feb  |        |
| Term 4             | 23 Feb - 27 Mar  | 25     |
| Apr Holiday        | 30 Mar - 10 Apr  |        |
| Term 5             | 13 Apr - 22 May  | 29     |
| Late Spring        | 25 May - 29 May  |        |
| Term 6             | 1 Jun - 20 Jul   | 36     |
| School Year Begins | 1 September 2015 |        |
| 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.*

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