

ISSUE #77

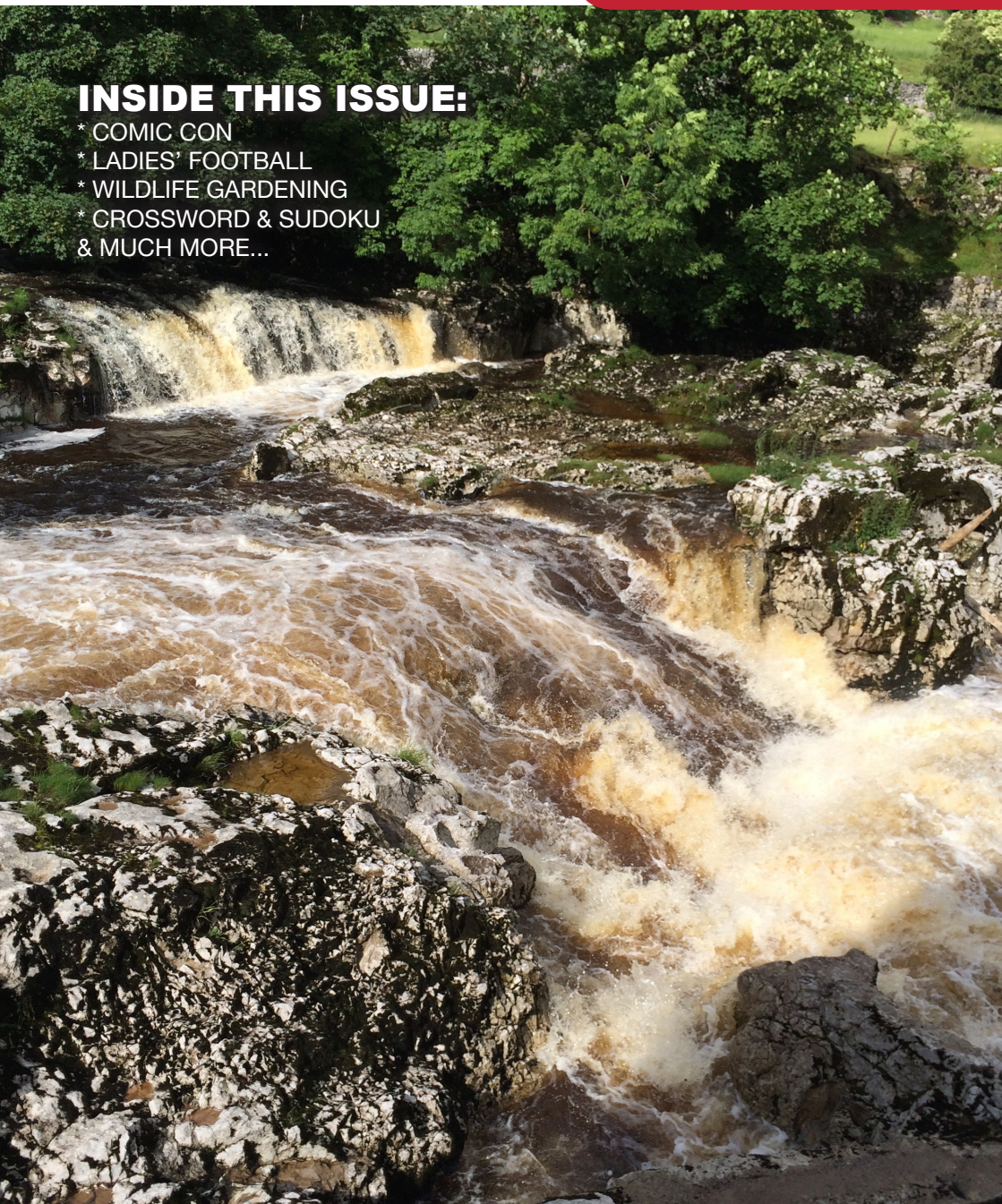
AUGUST 2016

HEADINGTON MONTHLY

YOUR FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

INSIDE THIS ISSUE:

- * COMIC CON
- * LADIES' FOOTBALL
- * WILDLIFE GARDENING
- * CROSSWORD & SUDOKU
- & MUCH MORE...



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SUMMER 2016

**Legally Blonde
Esmerelda and the Cowardly Dragon**



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



Nick Allnatt
Founder/Publisher

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

Dear Readers

I hope you like the new look of the magazine. We didn't say anything last month as we wanted to wait and see if there were any comments. As none have been received we take it you like it.

Haven't the politics of the last few weeks been amazing? Last month I commented on the 'neverendum' and noted it would be 'ferrets in a sack' and 'night of the long knives'. The day after the magazine had gone to print there was the tragic murder of Jo Cox MP. I consequently felt terrible about this but could never have known it was going to happen, and it was too late to change things. As it turned out the comments were more apposite to later events than I could have imagined. Gove stabbed Boris in the back and Andrea Leadsom stepped down leaving Theresa May (initials reversed MT - Margaret Thatcher, according to some sources) with the premiership in her lap only two hours after preparing her two week internal party campaign for the leadership. And that's just the Tory party side of things.

I've been on holiday to the Yorkshire Dales. The cover pic is one of over 200 I did. We were staying right next to these falls. It was amazing up there. We had a lot of fun despite or because of the rain, as the water falls and river rapids were spectacular. We climbed up Mallam Cove, all 417 steps, just wearing shorts, shirts and fleeces, and when we got to the top the heavens opened leaving us to descend like drowned rats, me with a soggy foot where I stepped in a deep puddle! This sort of thing is seeming to become a habit with us. It's beautiful there though and well worth a visit if you've never been. We even saw peregrine falcons nesting there with two youngsters.

Finally just a word of thanks to Headington Action and all those who took part for another great Headington Festival. It gets better each year thanks to all your hard work.

Best wishes
Nick

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COVER IMAGE

"LINTON FALLS - YORKSHIRE DALES"

-NICK ALLNATT

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SEPT 2016

Commercial:

3rd AUG 2016 5pm

Charity/Non-Profit and

Design Requests

1st AUG 2016 5pm

THIS MONTH IN YOUR HEADINGTON MONTHLY:

6. BARTON UNITED FOOTBALL CLUB APPEAL
8. THE GARDEN GNOME
10. WINDMILL PRIMARY SHOOOL AUTUMN FAYRE
12. OXFORD UNITED - AUGUST UPDATE
14. TOUGH MUDDER
18. COMIC CON
20. BRAIN GAMES
22. BRITAIN'S WATERWAYS

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BARTON UNITED LADIES FOOTBALL CLUB NEED YOUR HELP!

Founded in 1981, Barton United Football Club are based in Headington, Oxford and started life as a boys football club. Over many years they have also branched out into providing girls football, but had always struggled to sign enough players to be competitive within a league, However, after forming our first ladies team for the 2013-2014 season, we are now entering in the Thames Valley Counties women's football league for a third season.

Barton United are at the moment going through a big development. The development west of the Barton estate will include 885 homes, a new primary school and a new ground for the football club, which is home to more than 10 senior and junior teams. During construction, from April 2016 to September 2017, the club will need to be based somewhere else and so far, discussions with Oxford City Council over an alternative have not resulted in an outcome. Due to this we currently have no training facilities for the forthcoming season, so we are having to fund this ourselves. Training is essential for us to play competitively. We have found a summer training venue in Botley and a winter training venue at Oxford Academy for a total cost of £1600. Each player pays a membership fee to cover kit, officials, pitch fees etc, which is £80 per season. If we have to increase the fee to cover training costs we may find we won't have a team for the 2016-2017 season.

We are organizing various fundraising events over the summer but any donations (however small!) on our just giving page would be greatly appreciated by everyone involved

www.justgiving.com just search Barton Ladies Crowdfunding page

If you are interested in joining the team we start pre-Season on Tuesday 19th July 6.30pm - 9pm. We are training at LOUIS MEMORIAL PITCH, LIME ROAD, BOTLEY, OX2 9EG. Any ability welcome, 16years+. We play in the Thames Valley women's football league, Division 1. We have been Barton United Ladies for three seasons, where we have successfully gained a very good bunch of talented and friendly players.

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the garden gnome

Connections - Wildlife and Our Wellbeing - What We Can Learn

The unpredictable weather can play havoc with wildlife in our gardens but somehow it always finds a balance. Weather can have a marked effect on us too, if we choose to allow it, unless we can see past it and learn from nature's adaptability.

Recently my wildlife gardening work has moved into this area, a subtle diversification it could be described as. I'm really exploring the connections between our gardens and our behaviours, individually and collectively. Searching for ways how we can use those insights and bring them into other areas of our lives.

Many of us relax when out in our gardens, taking in the sights, sounds, smells, tastes, and textures. Especially if you've read other articles of mine that describe one of our most common behaviours as walking around like unaware zombies.

At work, if you are overrun it's often the hectic pressure that overwhelms us. At work try using what you do out in your garden to relax quite naturally, which is 360 degree peripheral sensing. When at work try using your peripheral vision to see the colour spectrum or those subtle movements and rhythms around you. Try listening to the soundscape of your workplace. The bass tones of the humming computers mirroring the buzzing bumble bee. The high pitched bleeps of the photocopier mirroring the chirps of a Robin.

Try this with all your senses and see the parallels with your workplace and nature in your own garden.

Many people find nurturing and tending to young seedlings every need relaxing when

we grow them on in our garden, adjusting the watering as needed etc. Yet at work, when overwhelmed by all the work we forget to nurture and check on ourselves. Every couple of hours check on how you feel by picking one word that describes how you feel, no explanations just one word.

Then act on it like you would those seedlings needs. If you need some light go for a walk, if you are a bit warm, open the window for some air.

The biggest thing gardeners do that helps stress in the workplace is planning ahead. Do that at work too; try visualising upcoming problems, like you would out in the garden. Plan and prepare well and if that situation does arrive, you are poised and ready to adapt.

If you visualise a challenge, when it comes, you often react well. Time seems to move slower and things are generally more calm if you've visualised it, as you've kind of been there before and it isn't a step into the unknown.

Above all you give your plants space, time and air to flourish. Do the same for yourself at work. Take a deep breath, get the Oxygen into your lungs and then into your blood stream as more Oxygen circulating is good for concentration.

As you can see, my mind is expanding the wildlife gardening theme, as I think there is much we can learn from Mother Nature in our gardens.

Have a look at your own behaviour in your own gardens and see what can be adapted and replicated back in the workplace.

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Windmill Primary School Autumn Fayre 8th October 2016 “Let’s Play!”

You might know Windmill Primary School as one of the local Headington schools for children age 4-11. You might even have attended yourself as a child. You might not know that it is one of the biggest and most successful primary schools in Oxford. The school has expanded over recent years (due this autumn to be home to 600 pupils), and was recently rated “Outstanding” by OFSTED.

As a school we are always looking for ways to reach out to the local community. One way we do this is through our annual Autumn Fayre. The fayre is a really big event in the life of the school; it brings us all together and raises much needed funds.

Each year, the focus of the fayre is different. This year, we have a really pressing need to raise money to update the school’s playground equipment. We have climbing frames, monkey bars and outdoor benches, but they have been with us for some time. Well used and well loved by the children they are, as a result, in extremely poor condition. Some equipment has fallen into disuse because the school can’t afford to repair or replace it. As the school continues to grow, so does the need to provide a safe and up-to-date environment for pupils to play as well as learn. This led us to our theme: ‘Let’s Play’.

The Autumn Fayre this year will all be about play. It will be a mixture of tried and tested classics (bash a rat, hook a duck) and new things to try (mini go-karts, obstacle races). The children showcase their talents through song, music and dance. Refreshments keep families happy, including a tuck shop, brilliant cakes and the famous Autumn Fayre soup!

A big focus of our event - and a key way for us to raise the funds we need - is our raffle. We would like to invite local businesses to be part of our event by donating prizes. These could be big or small - we appreciate any and all support. Donations will be acknowledged in the Fayre’s programme, and through posters and newsletters in the weeks leading up to the event. We believe this is a great opportunity to build links between local businesses and our thriving school.

We also want to take this opportunity to invite the Headington community to come along and enjoy our event - look out for advertising boards nearer the time - and help make it our best Autumn Fayre yet!

To find out more about the Autumn Fayre, or to donate a raffle prize, please contact us at windmillautumnfayre@gmail.com. Thank you so much.

Windmill School Association

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Tim is a 20 year old sports fanatic and has been living in Headington since 2004 which was when he saw his first Oxford game. He wishes to pursue a career in Sports Journalism. Tim enjoys taking part in triathlons and is a member of the local club. He is a season ticket holder at Oxford United home games and won the 2015 Oxfordshire Young Sports Reporter competition organised by BBC Radio Oxford.



Jake Wright



Kemar Roofe



# Transfer central: In? Out?

## Appleton's shakin' it all about!

By Tim McGovern

### IN

Oxford have been one of the most active teams in the league so far. To begin with, former Oxford keeper Simon Eastwood has re-joined after his release from Blackburn. Defenders Christian Ribeiro (Exeter), Aaron Martin (Coventry) and Curtis Nelson (Plymouth) were all snapped up on free transfers after being released and signed 2 year deals. In midfield, youngsters Joe Rothwell, 21, (2 year deal from Manchester United) and Dan Crowley 18, (season long loan from Arsenal) have been added to the roster.

Finally, so far, in attack, experienced Wes Thomas (2 year deal from Birmingham City) signed as well as Oxford tying up a contract with Chris Maguire, who was with us for most of last season for one more year. Benji Buchel and Josh Ruffels have both been offered one year contracts as well.

### OUT

Many key players from our promotion push last year are sadly no longer with the club. This is sad as they contributed so much to the team in recent years, so we wish them all well with future ventures.

Jordan Bowery, who joined one free from Rotherham last season has moved onto Leyton Orient after a solid half season with Oxford.

Patrick Hoban, who was on loan at Stevenage and Grimsby last season has signed for Mansfield after being released, while loan signings Jonjoe Kenny and George Waring have returned to Everton and Stoke respectively.

Long standing defender Johnny Mullins and

Danny Hylton have both moved onto Luton. Johnny signed on loan from Rotherham initially in 2012 before joining full time in 2013. He made 149 appearances and scored 9 goals, and also Captained Oxford at Wembley in the JPT Final at Wembley. Danny turned down a new contract with Oxford and scored 30 times in 91 appearances including our second goal at Wembley this year. Both great servants to the club.

As we all know, Kemar Roofe is magic. A truly unbelievable talent who shone in the yellow of Oxford. Kemar signed for Leeds United for an undisclosed fee (which is believed to be around £3m). He scored an incredible 32 goals in 60 games, 26 goals came last season. He joined on loan from West Brom January 2015. His notable moments include two very memorable goals against Swindon in the JPT 2nd round, and two against Swansea in our famous FA Cup Giant-kill. I'm sure we'll hear more from him in the future! Safe to say, when we won promotion, we sang his name all night!

Finally, the end of an era... Jake Wright left the club after seven seasons but immediately joined Sheffield United, linking up with former boss Chris Wilder. 278 appearances, 2 promotions, 1 captain. The last of our Conference Play-Off 2010 survivors. A real club legend who famously never scored in his time at Oxford. He will be remembered by many for a long time to come, and I am very sad to see him go. Thank you Jake.

Thank you very much again to all the players leaving Oxford United!  
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The phrase 'tough mudder' is usually heard in relation to events which combine mud and obstacle courses. Inspired by British Special Forces training, they are designed to take participants out of their comfort zone and test physical and mental strength. They also encourage team work as runners often need to help each other in order to complete the course.

Events take place throughout the UK all year round. There are variations on the theme, including shorter 'half' courses and special events for children, but all include huge challenges.

Some of the amazing titles of events taking place in August include:- Total Warrior, Tough Mann, The Adrenaline Rush, Gauntlet Games, Mudnificent 7, Brutal 10 and The Bear Grylls Survival Race.

I was personally astounded when I watched my friend John Harrison complete the 'Tough Guy' course in Wolverhampton a few years ago. This takes place annually at the end of January, in some of the coldest conditions. It originates back in 1986 when the name was given to a cross country run where some obstacles had been added. The event now includes a massive 250 natural and man made obstacles which are designed to test

participant's fears of heights, tight spaces, fire, water and electricity!

Another provider Tough Mudder, has run over 200 events, for more than two and a half million participants, in six countries

since 2010. Globally themed, their obstacles include: - Everest 2.0, The Block Ness Monster, King of the Swingers, Pyramid Scheme, and Arctic Enema 2.0. Typically 500,000 litres of A Grade mud are used in their events as well as 40 tons of ice.

Many people take part in this type of event just once, to prove that they can. Some raise money for charities and wear fancy dress. Others become addicted to the toughness of the activity, love the camaraderie and participate time and again. Safety is of course paramount. Some organisers provide free downloadable training programmes, whilst others run their own courses or work in partnership with gym brands.

If all this sounds a bit too tough and you're female then perhaps you could try one of Race for Life, Cancer Research UK's Pretty Muddy @ events instead. These are 5 kilometres long and offer a gentler way to get 'down and dirty' on obstacles such as climbing nets and a muddy slide. Kinesiologist Karen Thrush from Wiltshire recently completed one of these. She says; *'It was great fun and more exciting than just running 5k.'* I've been inspired to sign up for my own local event after looking at Karen's photos. I'm certainly not ready to do a full 'tough mudder' but who knows, maybe next year!



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## Padding Pool Safety

It was a sunny Sunday afternoon and Lindsay was visiting her parents with her two children. As she fed 3 month old Eliza, mum and dad busied themselves preparing dinner. No one noticed that 18 month old Aaron was missing. When they did, they found him lying face down in the garden pond.



covered with a substantial grille to prevent youngsters from falling in.

Second, when the paddling pool is out, do not leave it unattended, and assign someone responsible to watch over it.

Third, place armbands or similar flotation devices on your little ones.

Fourth, once the party is over, empty the pool immediately and turn it over (so that it can't fill up should it rain).

The story of Aaron's drowning is true. Fortunately it had a happy ending. His granddad gave him CPR and now Aaron, my stepson, is married with children of his own. But the outcome could have been so different. Avoid a possible tragedy in your family by following the simple advice above.

Drowning is the second highest cause of accidental death in children under five in England, and most drownings of 2-3 year olds happen in the home or garden. Just 5cms of water and 3 minutes is all it need take.

These are sobering facts, not designed to ruin happy family occasions, but intended instead to warn of potential dangers. A few simple precautions can ensure that toddlers and children remain safe.

First, if you have a pond, make sure it is

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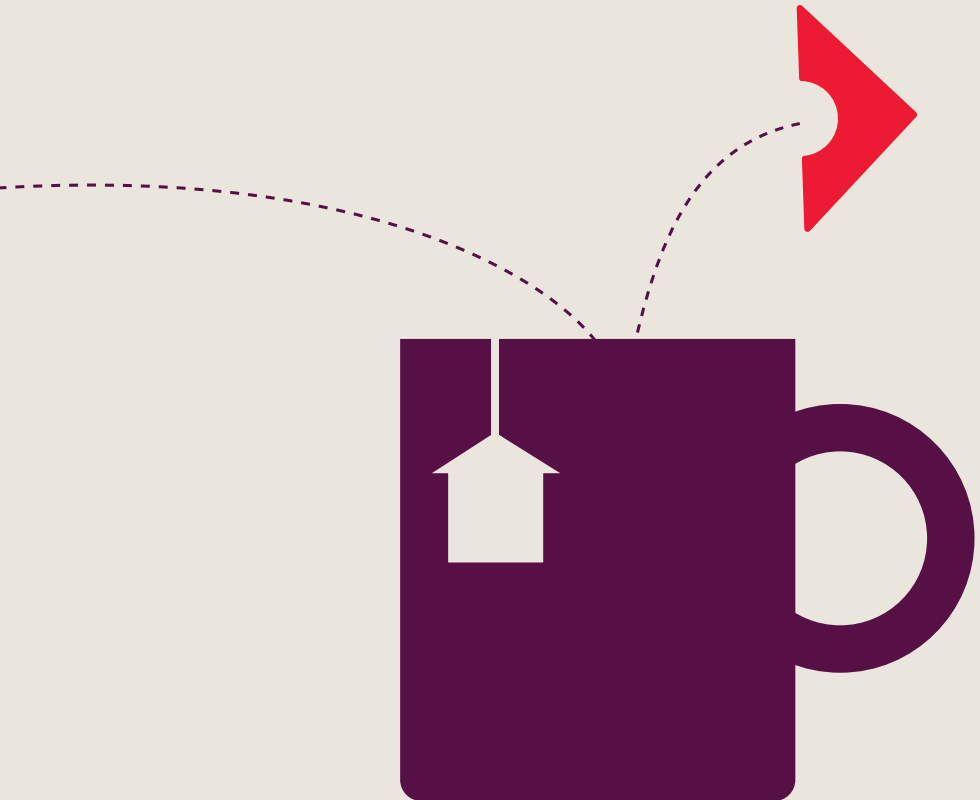


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# Comic Con

Nearly 50 years ago, a few hundred comic book enthusiasts met in a small hotel in San Diego to talk shop and swap books. It was the world's first comic convention and now Comic Con has ballooned into a huge



multimedia event that includes television, film, video games, collectibles, cosplayers and much more! But what exactly is it? I'm no expert but my friend Mark is. Here's his take on it.

## What is Comic Con?

It's a show, maybe a bit like the Ideal Home Exhibition, usually held over three days at a weekend, where fans of comics, sci-fi, fantasy, video games and the like go to indulge their passion for all things geeky.

## Where does it take place?

There are events all over the world including several in the UK. The biggest British one is in London.

## What happens there?

There are lots of stands where you can buy cool stuff like T-shirts, hats, action figures and memorabilia. You also get the chance to meet your heroes and get their autographs. You might see previews of new film releases and you can also take part in workshops on things like acting, writing or drawing. There are also video and board game tournaments.

## Why do you go?

It feels great to be with and around

people who love the same things as me. It's a chance to show my appreciation and love for fandom - the things I'm really into! There's still a bit of a stigma to being a geek, but there I can just relax and be

myself.

## What is Cosplay?

This is the most important part of the experience for a lot of people. They dress up as their favourite characters. Some of them spend a lot of time, money and effort to get their costume just right. It's a really big deal. Prizes are handed out for the best dressed.

## What has been your highlight so far?

Getting to see the original Batmobile for sure! Where else would I get the chance to do that? Amazing!

## What are your dreams for the future?

I'd love to go to San Diego one day. That's the Glastonbury of Comic Con! It's massive and you get Hollywood studios attending to showcase film premiers, plus the chance to meet many more stars than you would over here.

Ten years ago, the only people you would find at a place like Comic Con were hard core enthusiasts, but the comic-themed renaissance of the past decade has helped turn Comic Con into one of the most important annual events for fans of superheroic films. If you're a fan of geeky films, you're a fan of Comic Con!

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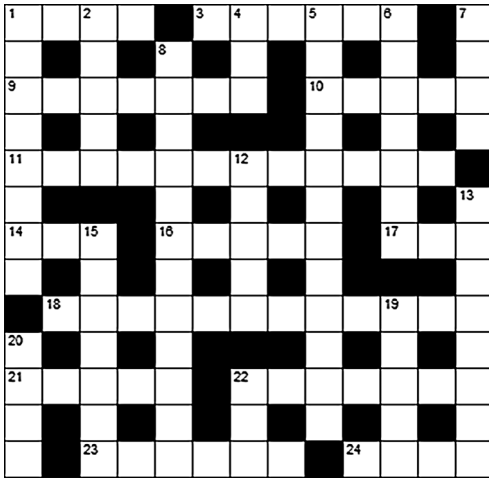
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*Headington's best kept secret!*

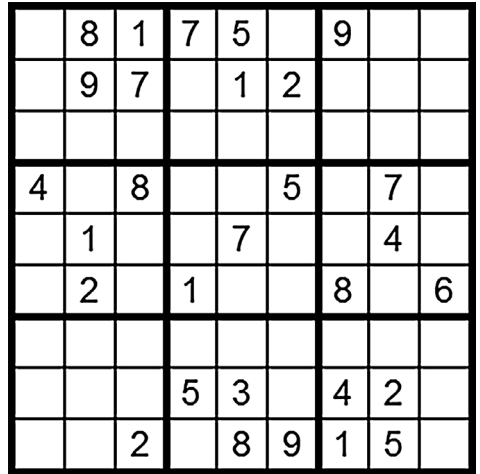
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## BRAIN GAMES

### CROSSWORD



### SUDOKU



### CROSSWORD CLUES

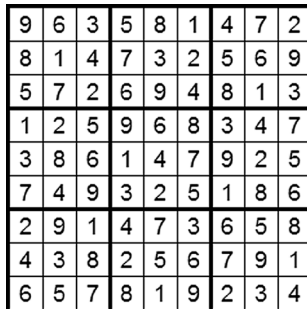
#### ACROSS

- 1 Splatter (4)
- 3 Draft (6)
- 9 Hooked up with (7)
- 10 Garden area (5)
- 11 X-ray treatment (12)
- 14 Roll (3)
- 16 Pick-me-up (5)
- 17 Cheap clutter (3)
- 18 Ephemeral (12)
- 21 Large blood vessel (5)
- 22 Sank the Titanic (7)
- 23 Munched (6)
- 24 Fantasy (4)

#### DOWN

- 1 Verbal onslaught (8)
- 2 Starving (5)
- 4 Infant (3)
- 5 Cassette player (4,8)
- 6 Public area with wifi connection (3,4)
- 7 Let go (4)
- 8 Expensive (12)
- 12 Sharpened (5)
- 13 Toughness (8)
- 15 Mathematical (7)
- 19 Muscular (5)
- 20 Placid (4)
- 22 Hailstone (3)

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.

# Heat, Hats, Hydration!



Have you ever had a holiday ruined because of over-exposure to the sun? I have. It was 2007 and I was in

Mauritius. I'd been snorkelling, fascinated by the marine life I was observing, oblivious to the sun beating down on me. Once on dry land, my back started to blister and I developed oozing sores that needed medical treatment.

Sun-starved as we are in this beautiful, verdant land of ours, it is easy to overdo it in the brilliant white sunshine of foreign

holiday destinations, and sun burn is just one condition we may suffer from. Prevention is always better than cure, so here are a couple of tips to keep your holiday happy and carefree!

First, try and limit exposure to the sun during the hottest hours (around 12pm-3pm) and apply sun screen liberally 30 minutes before going out. Dress in T shirts instead of strappy vests and wear a cap or hat.

Make sure you drink plenty of fluids and be sure to carry bottles of water with you when outside. To avoid dehydration, the body needs to take in more fluids than it expels. A fall in water and salt levels can result in nausea, faintness and heavy sweating.

So, have fun in the sun this summer but don't come back over cooked!

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Please also visit our website:

**[www.loftexpert.co.uk](http://www.loftexpert.co.uk)**



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# Britain's Waterways



There are more than 2,000 miles of waterways around Britain, so why not make the most of them?

**Take a stroll:** From a relaxing amble after Sunday lunch, to a full day's hike, our waterways offer numerous opportunities for walking. There are many circular routes you can take and the toll-paths are car-free. The Newton Popleford & River Otter walk in Devon, for example, is a beautiful walk along the river, stopping off in the picturesque village of Tipton St John. Find a route near you at [www.ifootpath.com](http://www.ifootpath.com).

**Cycle:** Many of the canal paths are ideal for cycling. Pick up an Ordnance Survey map, or plan your route with [www.sustrans.org.uk](http://www.sustrans.org.uk). The Trans Pennine Trail is a good option, with more than 60% of the route being traffic-free and fairly flat.

**Enjoy a leisurely boat ride:** Whether you hire a narrow boat for a day, or a week, boating is clearly one of the best ways to enjoy Britain's waterways. Visit [www.waterways.org.uk](http://www.waterways.org.uk) for advice and tips. There are more than 100 boat hire firms, with many of the larger ones offering the option to pick up and drop off at different

locations. You don't need any previous experience, as most firms will give you a short training course before you set off.

**Try canoeing:** Almost 2 million people go canoeing in Britain. It's a great way to keep fit while exploring the countryside. Check out [www.canoe-england.org.uk](http://www.canoe-england.org.uk) for inspiration. Trails are colour coded from easy to challenging, so you can pick a route to suit your ability. Purton to Sharpness on the Gloucester & Sharpness Canal, for example, is classed as

an ideal route for beginners. You'll pass through several villages on route, so may even be able to stop off for a quick cuppa. You need a license to paddle on many of Britain's waterways, which can be bought from the Canal and River Trust: [www.canalrivertrust.org.uk](http://www.canalrivertrust.org.uk)

**Feeling adventurous?** We might think of white water rafting as something to do on holiday, but there are a few British centres. The National White Water Centre, for example, runs sessions on the Welsh mountain river Afon Tryweryn, with prices starting from just £35 for a taster lesson.

**Cast off.** A leisurely day's fishing can be a great way to unwind. You will need to purchase a rod fishing license from the Post Office before you cast off. An annual license starts at £27, though you can also buy licenses for shorter periods of time from just £3.75. Fishing rights are often owned by a local fishing club, but a Waterway Wanderers permit (£20 a year) gives you access to most stretches.

For more information about Britain's waterways, visit [canalrivertrust.org.uk](http://canalrivertrust.org.uk).

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Free ½ hour consultation offered.

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# HEADINGTON MONTHLY

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**HEADINGTON CENTRE: London Road** - Oxford Furniture Warehouse, The Windmill, Mojo's Sandwich Bar, Natwest Bank, Bury Knowle Health Centre, Headington Coop, Posh Fish, Pen to Paper, Cancer Research UK, Clic Sargeant, Marie Curie, Sainsbury's, British Heart Foundation, Coco Noir, Tesco's, Andrews, Barclays Bank, Richard's Medical Centre, Gardiner's Opticians, Holland & Barrett

**Windmill Road** - Ice Hair Salon, Helen & Douglas House, Armends Walk-in Barbers, Adria Pizzeria & Gelateria, Vente Tsunami, Sue Ryder Foundation, Daisy Chain, Headington Homewares, **Gray's Road** - Gray's Road Stores **Girdlestone Road** - Girdlestone Launderette **Wilberforce Street** - The Butcher's Arms

**WOODFARM: Atkyns Road** - Post Office, The Coop, Woodfarm Bakery, Chip shop

**MARSTON: Cherwell Drive** - Marston Medical Centre, The Coop, Mediterranean Fish Bar

**Old Marston Road** - The Coop, Marston Pharmacy, Costcutter **Marston Road** - The Marston Barber

**QUANTITIES ARE ALSO AVAILABLE AT:** Headington Library, Bury Knowle Health Centre (London Rd and Barton), Manor Dental, Gardiner's Opticians, Barton shops & Health Centre.

**Do you know of a good collection point for the magazine? If so please let us know.**

**Please note: If you cannot see the magazine displayed in the above locations please ask. The management may not have space available to display it prominently. If they are out of stock please call Nick on 07850 120116.**

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# Free PHILOSOPHY

Philosophy looks beyond appearances to reality, beyond the transient to eternity, beyond falsehood to truth. It makes the search for these a practical study and not an intellectual exercise.

This ten session course called Practical Philosophy, looks at life and its meaning, the world and its causes, and the application of mindfulness to every moment. Based on the classic philosophies of East and West, it invites us to see life as a place to test the words of the wise. Feel free to join us.

Wednesday evenings

Starting 21st September, 7.00pm

Registration from 6.30pm, no fee.

90 Banbury Road, Oxford, OX2 6JT

[www.practicalphilosophyoxford.org](http://www.practicalphilosophyoxford.org)

[info@practicalphilosophyoxford.org](mailto:info@practicalphilosophyoxford.org)

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tel: **01865 248639** for Shop or  
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Refurbishments**

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Single Will £130 Joint £225

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or [sarah@peacefultyoga.co.uk](mailto:sarah@peacefultyoga.co.uk)

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

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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 1 August with your events for September 2016.

### HEADINGTON LIBRARY

#### Councillor Roz Smith Surgery

Saturday 6th August 3.00-4.00pm

#### Summer Reading Challenge for Children "The Big Friendly Read"

Storytime and Craft workshop

Monday 1st August 1100-1200am

#### WI CREAM TEA

Old Marston WI are holding a 'Cream Tea' to raise funds for Churchill Partners who at present fund a cancer research nurse through Ca research UK.

Saturday 6th August 2.30-4.30pm in Old Marston church hall.

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*We now stock a large range of bird food, small animal food, cat food and dog food!*

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We aim that days at our clubs should be fun, sociable and stimulating for the person with dementia. Carers of people with dementia also need time away from their caring responsibilities.

If you or someone you know wishes to know more, why not phone and arrange an informal visit. You can come and meet the staff and other club members. You can see what we do, and ask any questions over a cup of coffee or two.

Please contact Julie on 01865 749349 or email

[Rosewood@daybreak-oxford.org.uk](mailto:Rosewood@daybreak-oxford.org.uk).

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

# CONTACTS, COMMUNITY, CALENDAR.

These 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

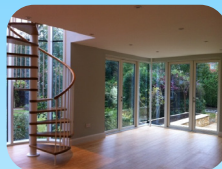
## City Councillors for Headington:

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

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All levels of experience, age, fitness welcome

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[www.yogaforeveryoneoxford.com](http://www.yogaforeveryoneoxford.com)

Email: [a.partridge4@ntlworld.com](mailto:a.partridge4@ntlworld.com)

Mob: Alison - 07709 638560

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About

**Dr Angie Anderson**

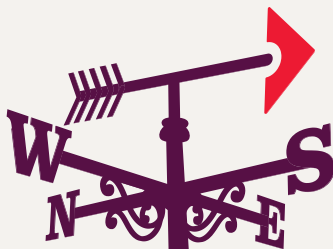
Qualified at University of Cambridge, I work locally as a GP with a special interest in dermatology. I am very experienced in dermoscopy which is now considered essential for accurate diagnosis and management of blemishes. I have also done minor surgery at the practice for over twenty years.

**Find me at: The Wellbeing Clinic,  
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Oxford, OX3 7BL  
Tel: 01865 751111**

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

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