

ISSUE #57  
DEC 2014

# HEADINGTON MONTHLY

YOUR LOCAL FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

## INSIDE THIS ISSUE:

- \* OXFORD UNITED UPDATE
- \* THE GARDEN GNOME
- \* PUZZLES & BRAINTEASERS
- \* AND MORE



TAKE ME HOME, FREE!!



# D'OVERBROECK'S

🔥 **An exciting and  
forward-thinking  
place to be.** 🔥

**The Good Schools Guide**



**Entry from age 11 and  
direct into the Sixth Form**

**Scholarships  
available**

**[www.doverbroecks.com](http://www.doverbroecks.com)**

An independent, co-educational  
school in North Oxford





Theatre Arts Schools  
**Stagecoach**™

## Stagecoach is for life... Not just for Christmas!

Stagecoach provides expert tuition in acting, singing and dance. Watch your child build confidence, explore their creativity and develop their communication skills... all whilst making new friends and having lots of fun.

Give the gift that will last a lifetime!



Call Maya on 01869 278600 or visit  
[www.stagecoach.co.uk/oxford](http://www.stagecoach.co.uk/oxford)

QUALITY  
TRAINING  
ESTABLISHED 1988

Who's Who?  
In the HM Zoo



Nick Allnatt  
Founder/Publisher

**GET IN TOUCH**

Nick: 07850 120116

[nick@headingtonmonthly.co.uk](mailto:nick@headingtonmonthly.co.uk)

**Cover Image:**

"Christmas" by  
JEFF WEESE

- Wikimedia Commons License

**DEADLINES FOR JANUARY 2015**

Commercial:

3rd December 2014 5pm

Charity/Non-Profit and  
Design Requests

1st December 2014



A Merry Christmas and Happy New Year to all our Readers.

With our new central distribution system we realise many of you may have only recently seen your first copy of Headington Monthly. So we'd like to give you a big welcome to our publication which has already been a huge success in Headington over the last 4 1/2 years. HM has been acclaimed for its contribution to community life and in July 2013 issue we received a ringing endorsement for our work from our Lord Mayor of Oxford, Councillor Delia Sinclair.

We aim to include interesting reading, useful information and events and hope to include more Headington material. We are always interested in new material so please feel free to submit a piece about any subject you think is relevant, in an easy reading or humorous style if possible.

Ben Linus was our editor for a while this year but he is now concentrating on other interesting projects connected to the magazine which we will be announcing as they come to fruition. Meanwhile he is still designing the magazine for you and I'm sure you will agree he does a good job.

If you or someone you know have an organisation or business with dealings in Headington and would like to advertise please contact me for our most competitive advertising rates. I will send you a media pack which gives all the information you will need to advertise. The magazine together with our newly re-launched website will give your advert substantial reach and exposure to the buying public. All of our long-term advertisers will attest to the success of advertising in HM.

Don't forget to leave a mince pie and a glass of sherry for Santa!

Best wishes,

Nick

**THIS MONTH IN YOUR HEADINGTON MONTHLY:**

- 8. OXFORD UNITED UPDATE
- 10. CHOOSING THE RIGHT CHRISTMAS DINNER
- 12. RETRO SWEETS
- 18. THE GARDEN GNOME
- 20. OFFICE PARTY ETIQUETTE
- 22. TOYS FOR BOYS?
- 24. BRAIN GAMES

**Disclaimer**

*Whilst every care has been taken to ensure that all the information in this publication is accurate, neither the publishers, nor their editorial contributors can accept liability to any part for loss or damage caused by errors or omissions resulting from accident, negligence or any other cause whatsoever. All artwork, including logos and designs, is accepted on the strict understanding that by submitting, you are warranting that the content is owned by you and that you have the appropriate rights to submit. Additionally, advertisements are accepted on the understanding that products and services offered are accurately described. Headington Monthly does not officially endorse any advertising material published within this publication. Content contained in this magazine does not necessarily reflect the views of the publishers, the magazine or it's employees/associates. No part of this publication can be reproduced, stored in any retrieval systems or transmitted in any form, without the prior express consent of the publisher.*





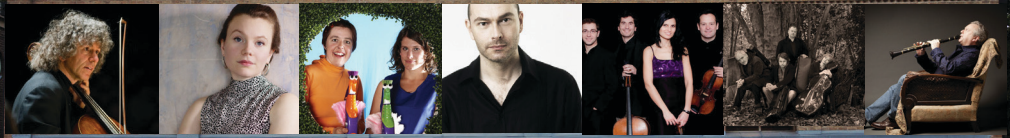
# JDP JACQUELINE DU PRÉ MUSIC BUILDING 2014-2015 CONCERT SEASON



**Book Tickets**  
Oxford Playhouse  
ticketsoxford.com  
Tel. 01865 305 305



**Contact Us**  
[www.st-hildas.ox.ac.uk/jdp](http://www.st-hildas.ox.ac.uk/jdp)  
[jdp@st-hildas.ox.ac.uk](mailto:jdp@st-hildas.ox.ac.uk)  
Tel. 01865 286 660



ST HILDA'S COLLEGE, COWLEY PLACE, OXFORD, OX4 1DY

# Cinderella Green The Recycling Queen

The Jdp FAMILY CHRISTMAS PANTOMIME by Emma Boor

20 shows at various times from 14-22 December 2014  
see the website for more details: [www.st-hildas.ox.ac.uk/jdp](http://www.st-hildas.ox.ac.uk/jdp)

Tickets: £7.00 or contact [jdp@st-hildas.ox.ac.uk](mailto:jdp@st-hildas.ox.ac.uk) for school group discount



# WHERE TO FIND YOUR HEADINGTON MONTHLY

Shops and other outlets where Headington Monthly can be collected:-

## Headington Centre:

London Road - Bury Knowle Health Centre, Headington Coop, Posh Fish, BBB Stores, Cancer Research UK, Clic Sargeant, Marie Curie, Sainsbury's, British Heart Foundation, Coco Noir, Tesco's, Andrews. Windmill Road - Helen & Douglas House, The Wellbeing Clinic, Armends Walk-In Barbers. Gladstone Road - OX3 Convenience Store

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

## Woodfarm:-

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

## Marston:

Cherwell Drive - Marston Medical Centre, Coop, PadsnPaws, Mediterranean Fish Bar.  
Marston Road - Oxybox takeaway  
Old Marston Road - Coop, Marston Pharmacy, Costcutter.

# architectural & interior design

With a wealth of experience, we have guided many clients through the complexities of the statutory consents process, particularly for listed buildings. We also advise on green issues. Locally based, we are well placed to design and oversee building, conservation, interiors and soft furnishings projects in Headington and Oxford.



www.  
domusdesigns  
.co.uk  
or call  
01865 875690







## E. SMITH

### TREE SURGEON & LANDSCAPE GARDENER ALL KINDS OF TREE WORK UNDERTAKEN

Tree felling . Topping. Shaping. Pruning and spraying.

Fruit tree pruning. And hedge cutting.

Ivy and climbers pruned. All landscaping.

Fencing. Turfing. Patios. And graveling.

Weed control. Wood bark. And jet washing.

Overgrown gardens cleared.

All green and garden waste removed.

NO JOB TO BIG OR TO SMALL.

**TELEPHONE 01865 770528**

**MOBILE 07867910670**

EMAIL Edward-smith1@live.co.uk

Free estimates and advice given

23 years experience

Fully insured

Discount for O.A.P's. Satisfaction guaranteed

# Bury Knowle

HEALTH CENTRE  
Tel. 01865 761651

Our practice is situated next to Bury Knowle Park and has easy access for wheelchairs and pushchairs. We are open Monday to Friday from 8.30am-6pm, Wednesday 6-7pm, Tuesday and Friday 7.30-8.00am and Saturday mornings from 8.15am-11.15am. We provide the best possible care in a professional, safe and friendly manner, and to work with you to improve health. Our healthcare professionals include:

**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 Pain clinics .**

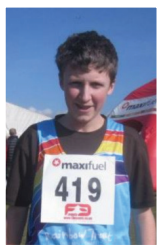
Our recently refurbished Barton branch surgery is now open Monday to Thursday 8.30am-6pm and Fridays 8.30am-5pm, closing for lunch between 1pm and 2pm. On Wednesday the surgery is closed from 12.30pm-2pm. A doctor is available on Monday PM, Tuesday AM, Wednesday all day and Friday AM and a nurse on a 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**

**Bury Knowle Health Centre, 207 London Road,  
Headington, Oxford, OX3 9JA  
Phone: 01865 761651 Fax: 01865 768559  
Email: [buryknowle@nhs.net](mailto:buryknowle@nhs.net)**

**Barton Surgery, Neighbourhood Centre,  
Underhill Circus, Headington,  
Oxford, OX3 9LS  
Phone: 01865 744221**





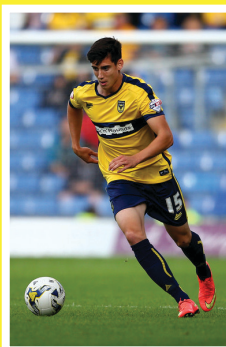
Headington was the home of Oxford United for over a century since it was first formed as Headington United. We continue our series of regular reports on the progress of United written by budding reporter Tim McGovern. Tim is a very keen sports fanatic. He enjoys watching nearly anything sporty (most of all football) and enjoys playing Water polo. He has the ambition to become a football commentator but, before that, he aims to be a sports journalist. Tim has been a local boy for all seventeen years of his life. He was born in the JR Hospital but lived in Iffley before moving to Headington in 2004. He went to St Josephs and is now studying at Abingdon school.

## LET'S MAKE IT A MERRY CHRISTMAS

by Tim McGovern



Since Oxford's late disappointment at home to Dagenham and Redbridge, Oxford continued without an awful lot of luck when looking for a win in the league. The next three games all came away from the Kassam and didn't have a lot of cause for celebration.



A 2-0 defeat in the Johnstone's Paint Trophy to Cheltenham left us angry. But our determination couldn't give us a win against either Southend or Exeter. Both games finished 1-1 with goals from Danny Hylton and Callum O'Dowda (his first goal in senior football).

The Yellows then returned to home and returned to winning ways against Accrington. Danny Hylton, Michael Collins and Tyrone Barnett were all on target as we secured a convincing 3-1 victory. This form wasn't to last however as the following two games resulted in an undeserved 0-0 draw to Stevenage and a 2-0 loss to Luton.

Our unpredictable form left fans questioning whether or not we could win even the "easiest of games" against newly promoted teams. A home win to Newport gave fans confidence in the team again after Michael Collins amazing bounced free kick. Although, the faith in the team was knocked right back down after a heavy and embarrassing 5-1 defeat to rivals Cambridge. To make matters worse, this game was broadcast live on Sky Sports for the country to see. Rumours have it that as punishment, U's boss Michael Appleton made his team watch the whole recorded match together to see their performance. Harsh.

Oxford then had the challenge of facing newly relegated Tranmere and, at the time, were the only team below Oxford in the table. Oxford put on their brave faces again to see off a poor Tranmere side and rose up to a solid 2-0 win. Goals from Tyrone Barnett and Alfie Potter secured the points after Danny Hylton couldn't have come more close to scoring if he tried after hitting the underside of the bar.



Northampton fell to Oxford as well when we took the three points from Chris Wilder's side after a 3-1 victory. Two goals from Danny Hylton and one from Alfie Potter saw off the former Yellow's boss.

But, knowing Oxford, form wasn't exactly consistent. We threw away a healthy 1-0 lead to Carlisle, which the northern team went onto to win 2-1 in the 73rd and 90th minutes. To add to the pain, Oxford lost the local derby at home to Wycombe. After a controversial penalty, we took the lead from Danny Hylton. But two goals from the Wanderers after half time saw them victorious. Danny Hylton had the chance to level the match in the 90th minute with another penalty, but skied the ball over the bar.

Oxford face Grimsby away in the FA Cup and sit 19th in the table, with Danny Hylton topping the League scoring chart.

# An Elegant Way To Enhance Your Home...

Display Doors  
Now In Headington



- Beautifully designed bespoke doors for faultless operation
- Maintenance free, safe and secure for those little fingers!
- 20 year manufacturer's guarantee
- Delivery within 5 working days

**Display Doors:**  
Choice Tiles  
10 Windmill Road  
Headington  
Oxford OX3 7BX  
01865 742284

Or Contact Chris  
01280 818786

Multifold Doors



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

## Specialist Truck Mounted Carpet & Upholstery Cleaning from your trusted family firm.



**Honest pricing** - its all included!  
**Cleaning packages** - we advise  
you pick!

**Written referrals** from *YOUR*  
area - (probably your street!)

**Allergy control** - Promite  
licensed.

**No high pressure sales!**

**Friendly family run!**

**Market leading truck mounted  
systems as standard!**



Jonathan Hunt  
Owner

### Headington Monthly Reader Offer

**£15 off with this coupon**

Min Charge applies.



**01865 389689**

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

**Watch  
the  
World  
go by!**

**Relax  
in the**

**Centre of Headington**

**With a lovely organic coffee....etc!**



**La Croissanterie Café**  
3-5 Old High Street, Headington  
Oxford, OX3 9HP  
Tel: 01865 762712





# CHOOSING THE RIGHT CHRISTMAS DINNER

We all want our Christmas dinner to be special and a meal to remember for the right reasons! So how can you make sure that your bird is the best choice?

First take the time to buy your meat from a source you trust. You might prefer a trusted butcher, farm shop or mail order company.

Knowing how your meat has been reared and where it came from can help you determine the likely quality of the meat. Usually higher quality comes from younger animals that are subject to greater welfare standards. Of course prices will also reflect this so battery-reared birds will be much cheaper than those which have been subject to a mainly organic diet and free-roaming.

Look for birds with unblemished skin, and if buying fresh check whether they will be dressed or whether you will need to do additional preparation.

Consider carefully the size of the bird you require. General recommendations allow around half a pound or 225 g per person for boneless meat and three quarters of a pound or 340g per person for meat with a bone in. Of course appetites vary and you may want to buy larger deliberately, in order to have enough for leftovers.

Choose well and enjoy your Christmas Dinner!



# THAMESDOWN FARM NURSERIES GARDEN CENTRE

155-157 Oxford Road, Garsington  
Nr Cowley, Oxford  
TEL: 01865 361265

## CHRISTMAS SHOP

DECEMBER OPENING: 9:30AM - 7:00PM  
7 DAYS A WEEK UNTIL 24 DECEMBER

- CHRISTMAS TREES & WREATHS FROM 2 DECEMBER
- LOCAL FRESH CHRISTMAS TREES: NOBLE FIR, NORDMAN, TRADITIONAL SPRUCE - CUT, AND IN POTS
- HUNDREDS OF HAND-MADE HOLLY WREATHS: CROSSES - DOOR WREATHS AND SPRAYS - SWAGS & LONG LASTING OASIS SPRAYS TO CHOOSE FROM, MADE FRESH EVERY DAY
- CUSTOM MADE INDIVIDUAL ORDERS
- TABLE CENTRE DECORATIONS
- PRIMROSE POTS - SUITABLE FOR GRAVES
- POULTRY FOOD: LAYERS PELLETS, GROWERS PELLETS, MIXED CORN
- LARGE SELECTION OF TOPIARY, CLIPPED BOX SPIRALS, PYRAMIDS AND BALLS
- STANDARD BAY TREES, OLIVE TREES AND CLIPPED CONIFERS, IDEAL FOR GROWING IN POTS ETC
- WINTER FLOWERING HEATHERS
- WINTER HANGING BASKETS
- LARGE CYCLAMEN & INDOOR PLANTED BOWLS - IDEAL CHRISTMAS GIFTS

OUR FARM SHOP SELLS FRESH EGGS! COME CHECK US OUT!

ALL MAJOR CREDIT AND DEBIT CARDS ACCEPTED

# Retro Sweets



**T**his Christmas why not take your loved ones back to their happy childhood-days by buying them some retro sweets.

Lots of treats from yesteryear are now available again, and you can buy them in all shapes and sizes from single items to whole boxes of your favourites, and some that are gift packaged in hampers or used to create tree or flower designs.

Many of us will remember sweets such as Space Dust, Black Jacks, Flying Saucers, Refreshers, Sugar Mice, Parma Violets, Midget Gems, Wham Bars and Traffic-Light Lollies- and I could go on to name many more. For me it was a Friday treat to have 10p to spend and select carefully 'one of those and one of those etc' which the assistant would

then place into a little white paper bag and hand over to me. I would then joyfully savour them as I walked home from school taking ages to decide in which order I'd eat them.

Behind those items, all laid out in small trays on the counter, were shelves crammed with tall glass jars, containing items such as Pear Drops, Bon-Bons, Pineapple Cubes and Cherry Lips, all of which were more commonly bought by the quarter.

There are now many shops with these layouts again, selling retro sweets. These range from tiny independents to chains that have many branches across the country. They all create a sense of nostalgia, and I've watched grown ups get such joy in once again telling the assistant 'I'd like one of those and one of those etc.' They are even known to whoop with delight when they find an old favourite again for the first time.

Such retro sweets have also become firm favourites at weddings, where special candy carts are sometimes set up for guests to enjoy.

So if you are old enough to remember when Snickers used to be called Marathon, chances are your friends and family are also of the right era to enjoy a Sherbet Dip liquorice stick or some Fruit Salad chews. Why not take them back to their carefree days, pop in to an old fashioned sweet shop and tick another present off the shopping list.

You could also arouse the interest of your younger relatives too, who won't be familiar with these sweets but are sure to find them as delightful as we did.





**TreeScape**  
Professional Tree Surgery



**Friendly, Reliable, Local. 01865 240 459**  
**Free Quotes & Advice. 07834 811 239**

- **Qualified.**
- **Experienced.**
- **Insured.**
- **All work to British Standards.** 
- **All materials recycled.** 

Antony Johnson  
30 Gladstone Road  
Headington  
OX3 8LJ

info@treescapeoxford.co.uk  
www.treescapeoxford.co.uk

**Christmas at  
St Andrew's Church  
Old Headington, OX3 9DL**

Sunday 21st December  
6.30pm – Lessons and Carols

Christmas Eve  
4pm – Crib Service  
11.30pm – Midnight Mass

Christmas Day  
8am – Eucharist (BCP)  
10am – Festival Eucharist

**All Welcome!**  
[www.standrewsheadington.co.uk](http://www.standrewsheadington.co.uk)

## **Shaun Guard**

# **TV AERIAL SERVICES**

-  **Poor Reception Solved**  
- For Analogue and Digital TV
-  **TV and Radio Aerials**  
- Repair and Installation
-  **Extra TV Points**  
- For Aerial and Sky
-  **Sky TV**  
- Also Foreign Language Satellite

**Call Oxford**  
**01865 400141**

...now a part of

 **OXFORD AERIALS**



*Ann-Louise*  
**Massage & Beauty Therapist**

Fully Qualified & Insured

Popular treatments include:-

- \* Back, Neck & Shoulder Massage
- \* Full body Massage
- \* Facials
- \* Manicures and Pedicures
- \* Waxing

*Located in the rural village of Garsington, just a short 10 minute drive from Headington. Free car parking.*

[www.english-rose-beauty.co.uk](http://www.english-rose-beauty.co.uk)

**Tel: 07895 843506**

Please phone for an appointment

*Ladies only*

ENGLISH  
**ROSE**  
BEAUTY

at Garsington, nr Wheatley



*We clean your oven... so you don't have to.*

Your Local, Family Run, Friendly, Reliable and Affordable Oven Cleaning Company.

We use fixed pricing that includes all racks and trays that come with the oven, so there are no surprises and I will confirm the price before the job is started.

We only use cleaning solutions in your home that are Environmentally Friendly, Non Toxic and Fume Free.

Call me to have your Oven, Aga, Hob, Extractor or Microwave professionally cleaned.

Call now to book your oven valet.

**01865 326130**

E: [tyronesmith@ovenwizards.com](mailto:tyronesmith@ovenwizards.com)

W: [www.ovenwizards.com](http://www.ovenwizards.com)

**ELECTRICIAN**  
**D.W.PATRICK ELECTRICAL**

NICEIC APPROVED DOMESTIC INSTALLER



**HOME - SHOP - OFFICE**

NEW WIRING - REWIRES - EXTENSION

EXTRA LIGHTS - SOCKETS

FUSEBOARD UPGRADES

TELEPHONE POINT- SECURITY LIGHTS

SMOKE & CARBON MONOXIDE ALARMS

EMERGENCY SERVICE

NO JOB TOO SMALL - ADVICE GIVEN

ALL WORK INSURED AND GUARANTEED

**FOR FREE ESTIMATES CALL DENNIS ON:**

**01865 767779**

OR

**07801 533523**

# CITIHEAT

Your **Local** Heating, Plumbing and Gas Engineer

Specialist Heating Design  
Gas Boiler Service, Repair  
And Replacement



Tel 01865 767642 Mob/text 07702 285263

Email: [steve@citiheat.co.uk](mailto:steve@citiheat.co.uk)

Web: [www.citiheat.co.uk](http://www.citiheat.co.uk)

39 York Road, Headington, Oxford, OX3 8NR

**REGISTERED  
PLUMBER**



## ***PODIATRIST (CHIROPODIST)***

**Jo Woodin, DPodM, MChS**

20 years NHS experience

Private treatment in your own home or at:

***Bury Knowle Health Centre***

Provision of full

***Assessment***

***Diagnosis and***

***Treatment***

of foot health problems.

Treatments range from the provision of basic foot care to the management of foot conditions resulting from more serious health problems such as Diabetes, Rheumatoid Arthritis or poor circulation

### **Contact:**

**Daytime:** (07973) 558569  
(*answerphone available*) **or**

**Evenings:** (01844) 214512

**HPC Registration: CH 09810**

## **Friends of Saint Andrew's Church Old Headington**

The 22nd Annual Evening  
of Christmas Carols & Readings

Sunday 14th December 2014 6pm



Followed by mulled wine and mince pies.

Tickets £5 for adults (on the door) - Children free

*Although held in the church this is not a religious service*



# Unbeatable price

## Superior service

We pride ourselves on our award-winning letting service. And with our Match It!\* promise, you can now experience it first hand.

Give yourself an unfair advantage. Instruct us today.

**Call** 01865 759555

**Click** [oxford.lets@andrewsonline.co.uk](mailto:oxford.lets@andrewsonline.co.uk)

**Visit** 101 London Road, Headington OX3 9AE

\*If you find a comparable service offered for less by any other ARLA regulated letting agent within 3 miles of our branch, we will price match their commission fee. This offer is subject to our minimum fee, written proof of the package you are being offered and applies to new instructions only and must be agreed before signing our Terms of Business.





**ANDREWS**



**Andrews. Get ahead.**  
[andrewsonline.co.uk](http://andrewsonline.co.uk)

## Winter Looms

As we face winter and all she brings, I always like to look back at what autumn offered us.

Rich earth tone colors, falling leaves, everything preparing to take a well-deserved rest over the winter. Migrant's from north, leaves turning falling, fungi. A season of mists and mellow fruitfulness - beautiful colours signaling the coming winter and end of year - harvest. Crunchy leaves conkers and new school uniforms. Bejeweled cobwebs glittering in the autumn sun after a frost or a mist.

These are just some of the descriptive terms you have mentioned to me. What about winter though, what to you reflects the winter season?

Plenty to do out in the wildlife garden in winter though. Fruit trees and hedges to be pruned, but don't overdo it, leave some to berry to provide food and shelter. The pruning's can be turned into stick piles and used to thicken up the bases of hedges as well.

It's a great season in which you may have the time to consider some big projects - digging a pond, for example, making some new wildlife nestboxes or digging out a new flowerbed.

What the wildlife wants at this time of year though is food, water and shelter, so don't

be tidying everything away or raking up every leaf in sight. Under a layer of leaves can be a degree or two warmer so that's where much of the wildlife could be. Garden by all means but care needs to be taken to avoid wholesale destruction. It won't just be hedgehogs hibernating under those leaves under your hedge.

The world won't come to an end if those leaves stay there will it?

Happy Gardening  
-Stuart Mabbutt



# Gardeners Opticians

Independent Family Practitioners Est. 1923

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

High quality eye care for all your family.

State of the art Digital Retinal Imaging now available.

Diabetic and Glaucoma screening.

Private and NHS Eye Examinations.

Wide range of Budget to Designer Frames.

Most types of contact lenses available.

**20% discount off a new frame and lenses available to all NHS staff and all staff and students from Oxford University & Oxford Brookes excluding any other offers.**

Please telephone or call in to arrange an appointment.

**Gardeners Opticians (Oxford) Ltd.**

**5, Manor Buildings, Osler Road**

**Headington, Oxford**

**OX3 7RA**

**01865 761459**

**SlimFit**  
feeling fit for life

Fitness Nutrition Weight Management

**Classes suitable for everyone! From age 10-100... any shape... any size... two left feet? We're all different...**

**FREE trial class with this advert**

We are committed and passionate about helping our members to lose weight as well as become fitter and healthier. We will do everything we can to support YOU in achieving YOUR goal.

Our classes consist of a discreet weigh-in with personal nutritional advice, a motivational talk and an optional exercise session catered to every age and ability. New members will receive our fantastic 133 page interactive Members Handbook\* with additional free booster pages for further inspiration and a professional Body Composition Analysis printout.

**St Anthony of Padua Church Hall**, Headley Way  
Mon 10.00 – 11.15 am

**Headington Quarry Village Hall**, Quarry Road  
Fri 6:00 – 7.15pm

**United Reformed Church Hall**, Collinwood Road  
Thurs 7.15 – 8.40 pm

**St Nicholas' Primary School**, Raymund Rd, Marston  
Weds 5.30 – 7.00 pm & 7.00 – 8.15 pm

*Classes also in Botley, Cowley, Farmoor and Kennington*



\*Handbook received in Week 3. Membership Fee £10.00. Class Fee £6.25

Tel: 01235 512908

[louise@slimfitclasses.co.uk](mailto:louise@slimfitclasses.co.uk)

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

Like us on  
facebook





Many of us look forward to celebrating Christmas with our work colleagues. It's a chance to get out of the office and have a bit of fun. But for some employees the morning after is full of embarrassment and regret. Your behaviour at such events could seriously damage your career. Equally, if handled correctly you can also do a lot of good for your career at the annual festivities. So here are a few tips to help you be remembered for all the right reasons:

Always attend- whilst you may think not attending is the safest option, it is best to go along even if it's for just a short while as this demonstrates your willingness to be part of a team.

Dress appropriately- you may be excited by the opportunity to get out of your work attire but remember that you are still with work colleagues and probably your boss. Where you are going will have an impact on how you dress but whatever the venue its best to avoid clothing that is overtly sexual.

At many parties there will be alcohol and it can be tempting to over indulge, especially if the boss is paying. But it's best to drink in moderation and alternate alcohol with water. If you feel you may be getting a little too relaxed opt for soft drinks. Remember to eat well to soak up the alcohol.

Do socialise and chat to lots of people at the party. It can be a good time to build relationships with colleagues from other departments, or those you'd like to impress but don't usually get chance to speak to, so do circulate. Don't be boring by talking about nothing but work however. Usually some general conversation about holidays, families and hobbies will suffice and can stand you in good stead when you need to get these people on side for your next work deal. Don't be tempted to be drawn into gossip or talk about others or the organisations latest ideas in a negative way. You never know who's standing behind you. Of course don't swear, be impolite or vulgar.

It may be that you have fancied one of your colleagues for months ( or they become irresistibly attractive once you've had a few drinks), but insisting that they join you under the mistletoe or showing them your best Dirty Dance moves is not advisable. These could lead to public humiliation at the event and years of teasing and having to avoid a 'certain someone'.

It is possible to have fun at an office party, but for your careers sake, remember everything in moderation!

# Jayne's Eco Cleaning

Environmentally Friendly



- \* Once I've been, you'll LOVE my GREEN CLEAN
- \* FREE Estimate
- \* All natural cleaning products - NO CHEMICALS
- \* Hassle Free
- \* No Contract
- \* Professional Service
- \* Fully Insured

Tel: 07842 084 225

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

## JS ACCOUNTANCY SERVICES OXFORD



- Business Start-Ups
- Full Payroll Service
- VAT Returns
- Final Accounts
- Tax Returns
- Online Filing
- Bookkeeping



A MEMBER OF THE ASSOCIATION  
OF ACCOUNTING TECHNICIANS

**Small Business Accountant**  
**Associate of Certified Public Accountants**  
**Advising and Supporting**  
**businesses throughout Oxfordshire**



Initial 1 hour free advice given Evening or Saturday  
appointments available if required

Telephone: 01865 873637  
Mobile: 07816 634279  
Email: [julie@accountantinoxford.co.uk](mailto:julie@accountantinoxford.co.uk)  
Web: [www.accountantinoxford.co.uk](http://www.accountantinoxford.co.uk)





# TOYS FOR BOYS???

**M**y sister and I grew up with an older brother and we thought nothing of spending Saturday afternoons sprawled on the living room carpet, constructing items out of his beloved Lego. His creations were always more ambitious and sophisticated than ours of course – windmills and tractors and mansions with masses of rooms compared with our rather mundane boxlike structures. Occasionally we would ditch the Lego for a session on his Scalextric racing set. We hadn't a hope of winning, but we certainly enjoyed trying!

It never once occurred to me that I was playing with 'boy toys' which is maybe why, when I became mother to four daughters, I happily bought them their own sets of Lego along with other 'boyish' toys such as remote control cars, science sets and basketball nets (they had their fair share of dolls, prams and jewellery kits too!).

Like it or not, the society we live in stereotypes children according to their gender. Manufacturers influence their choice of toys with labels identifying items such as dolls and tea sets as 'girl toys' in their pretty pink packaging, and cars and construction sets as 'boy toys' in their predominantly blue wrappers.

There is evidence to suggest that girls and boys do naturally select different types of toys. Experiments conducted on primates concluded that male monkeys were drawn

to boy-toys like cars whilst female monkeys preferred girl-toys like dolls.

There are various explanations about why boys and girls have different toy preferences. One theory suggests it is due to testosterone levels, whilst another attributes it to the way the brains are 'differently-wired', and there's no doubt that nurture and socialisation also play a part. Regardless of the reason, the consensus of opinion is that if children are offered a wide range of

toys and experiences, they will develop into more rounded individuals with an expanded range of thinking and skills.

Just as playing with girl-toys like dolls and tea sets fosters the development of verbal and social skills that might be useful to the male population, playing with boy-toys like

cars can help girls with the acquisition of spatial skills. Other 'boy-toys' like science sets, Lego, Meccano and K'nex help develop STEM (science, technology, engineering and maths) skills of which there is currently a shortage in the UK workforce - and why shouldn't girls develop these just as much as their male counterparts?!

Some may argue – and I'm probably one of them – that at the end of the day whether male or female, children will be children and will naturally choose the toys that interest them the most. The important thing is to at least give them that choice!



## IVC Social Events Club

A non-commercial club run by its members offering you an instant social life with like-minded people of all ages in a friendly and informal atmosphere.

**Meet new people and enjoy a huge range of events including:**  
**Badminton, Tennis, Walks, Eating out, Scrabble, Bridge, Cinema and Theatre trips**  
**Book reading, Parties/Discos, etc**

Join us at our **NEW MEMBERS EVENING** on the first Wednesday of every month, 8.15 - 8.45  
Four Pillars Hotel, Abingdon Rd, Oxford, OX1 4PS  
07885 636726 or 01865 841565

For more Information visit  
[www.oxfordshireivc.org.uk](http://www.oxfordshireivc.org.uk)

## Saxophone Lessons

'Teaching music is a passion.  
Every child is unique.  
Music develops creativity and confidence.  
It is important to enable the student to realise their inner potential and to bring pleasure to learning music'

Saxophone lessons for Children

Trish Elphinstone B Sc BA Music

Specialising in jazz and pop improvisation

For grades or fun contact

[trishelphinstone@gmail.com](mailto:trishelphinstone@gmail.com) - 077 969 88722

[www.trishelphinstonequintet.com](http://www.trishelphinstonequintet.com)  
<http://soundcloud.com/trishelphinstone>



## Mill View Plant Centre

Ladder Hill, Wheatley, Oxford,  
OX33 1HY,

TEL: 01865 873488

Growers of top quality bedding plants, shrubs, perennials and hanging baskets.

### Vegetable plants.

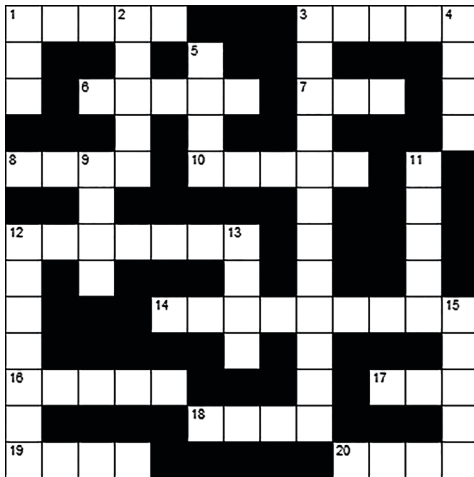
An extensive selection grown on our Nursery.

Pet food, pet bedding and sundries  
including a range of bird food.

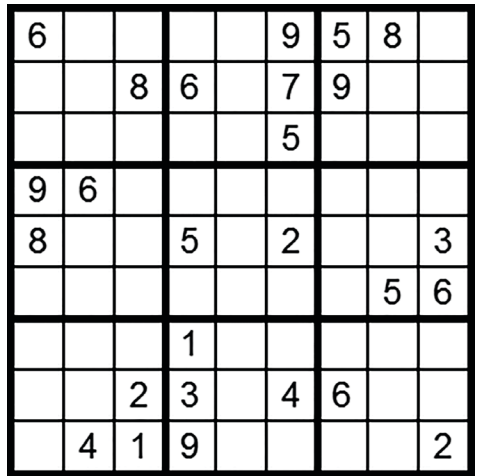
Arthur Bowers compost at special prices  
Multi-purpose compost £4.99 or 3 for £12



## CROSSWORD



## SUDOKU



## CROSSWORD CLUES

### ACROSS

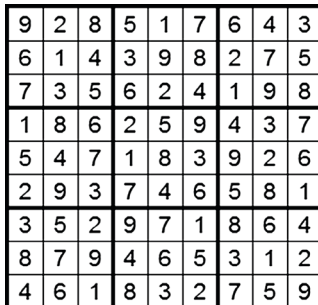
- 1 Traditional Festive drink - rum \_\_\_\_ (5)
- 3 Striped confectionary - \_\_\_\_ canes (5)
- 6 Mary gave \_\_\_\_ in a stable (5)
- 7 Festive colour (3)
- 8 Given by 12 down (4)
- 10 Christmas lunch - \_\_\_\_ turkey (5)
- 12 12 Down came to \_\_\_\_ the baby (7)
- 14 City where King Herod lived (9)
- 16 Also given by 12 Down (5)
- 17 Christmas trees are usually this type (3)
- 18 Mary was told her \_\_\_\_ would be the son of God (4)
- 19 Christmas Carol - The First \_\_\_\_ (4)
- 20 Christmas Carol - Oh \_\_\_\_ Night (4)

### DOWN

- 1 US festive treat Pumpkin \_\_\_\_ (3)
- 2 Christmas song - When a \_\_\_\_ is Born (5)
- 3 25th December! (9,3)
- 4 \_\_\_\_ log (4)
- 5 12 Down followed a \_\_\_\_ (4)
- 9 The \_\_\_\_ sent an angel to Mary (4)
- 11 Might be cranberry or bread (5)
- 12 There were three of them (4,3)
- 13 Fortified \_\_\_\_, drunk after dinner (4)
- 15 Greeting - \_\_\_\_ Christmas! (5)

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.

# Computer Training for Older People



One-to-one tuition in basic computer skills with patient, sympathetic teacher, very experienced in working with older people.

Initial set-up, support and installation offered.

Hourly rates or packages.  
No minimum commitment.  
Free ½ hour consultation offered.

Call Peter on: 01865 876848

# IAN PLESTER

*Qualified and Experienced  
Painter and Decorator*

§  
*Headington based*

§  
*Clients include:  
Oxford University Press  
University Departments  
and Colleges*

§  
*Free estimates  
Competitive prices  
References available*

Tel. 07810 237457

# STONELEY BUILDERS OXFORD

General Builders - all trades covered

Brickwork, Pointing, Plumbing, Plastering

uPVC and Wood Windows

Kitchen and Bathrooms

Roofing, Flooring, Carpentry, Landscaping

Metalwork, Site Welding Facility

**07903 227922**

**01865 765897**

**ajhoad@gmail.com**

**New Cross Road**

**Headington**

## Over 50's

# Keep Fit Classes

Headington Community Centre

&

St. Anthony of Padua  
(Headley Way)

**Tuesdays, Thursdays & Fridays**

**10-11am**

Contact Celia Benson:

e• [celia.benson@ntlworld.com](mailto:celia.benson@ntlworld.com)

t• 07760 120 602

t• 0x 762592





# Headington Live Advent Calendar

**24 days, 24 venues, 24 performances**  
**All Local, All for the Community & All Free**

**Headington Live Advent 2014 invites you to come and watch at any of the 24 'windows' on any of the days of advent. All up to date information is online, including venues, acts and times.**



**all up-to-date information:**

**liveadvent.org.uk**

# CMD CERAMIC



## TILING CONTRACTORS

Family run domestic and commercial floor & wall tiling service covering the whole of Oxfordshire

All aspects of tiling from Kitchen, Bathroom, Extensions, Conservatory and external patio works

o

Fully insured with public liability worth £5million

o

Based in Headington Quarry covering the whole of Oxfordshire

o

Free quotations and advice on request with supplied references

o

So please visit our website or contact us on the following to see how we can help on your next project.

m: 07969 916629

e: [info@cmd-ceramics.co.uk](mailto:info@cmd-ceramics.co.uk)

w: [www.cmd-ceramics.co.uk](http://www.cmd-ceramics.co.uk)



# BJ

## Autos Ltd



Mot testing  
Petrol and diesel  
Mot failures repaired  
Service and Repair  
at competitive prices

10% off MOTs on mentioning this advertisement



2 Margaret Road, Headington  
Oxford, OX3 8NG

Tel/Fax: 01865 762 892

[Bj.autos.ltd@unicombox.com](mailto:Bj.autos.ltd@unicombox.com)

# D L HANCOCK LTD

## Funeral Directors & Monumental Masons

Established 19 years and still independent

### WE ARE NOW OXFORD'S ONLY INDEPENDENT FAMILY FUNERAL DIRECTOR

A caring traditional **24 hour service** provided by Mr. Hancock and his team personally

~~~~~

Serving Oxford and all Surrounding Areas

~~~~~

Private Chapel Of Rest

~~~~~

Jaguar Fleet of Funeral Cars



Member of  
The National Association  
of Funeral Directors

Tel: 01865 767780 (24 Hrs)

126 London Road, Headington,

OXFORD OX3 9ED

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

Perfect Choice  
Funeral Plans



## WHAT'S ON IN NOVEMBER

### **Gilbert & Sullivan: THE GONDOLIERS**

Kennington & District United Choirs

7.30 pm on Friday & Saturday 5th & 6th December 2014

Kennington Methodist Church, Upper Road, Kennington, Oxford OX1 5LR

FREE admission.

Charity concert in costume. Collection for Action for Children.

### **A CELEBRATION OF CHRISTMAS**

Headington Singers

Conductor Sally Mears

Carols for choir and audience

With Alfredson Brass

Readings from Dylan Thomas, Sylvia Plath, Laurie Lee and John Julius Norwich

Friday 5 December at 7.30pm

All Saints Church, Lime Walk, Headington

Tickets on the door £10/£8 – children

under 10 free.

### **St Andrew's School Christmas Craft Fair,**

Sunday 7th December 2014, 11.00 – 3.30pm

Admission: adults 50p, children free

A stunning array of handmade crafts, refreshments including barbecue, Christmas music, raffle, children's activities and much more!

### **Headington Festival Weekend** will take place

Saturday 30th/Sunday 31st May 2015. We need

more people to get involved and help organise this community event. If you could help, please contact [headington.action@gmail.com](mailto:headington.action@gmail.com)

### **M.J.H Property Improvements**



Property Maintenance. House Refurbishment. Decorating. Plumbing. Bathrooms. Kitchens. Garden Maintenance. Roofing.

**No Job Too Big Or Too Small**



Quality Work At Affordable Prices & All Work Is Guaranteed.

**Contact Malcolm  
on 07905 595 043**

**[malc\\_haines1952@yahoo.co.uk](mailto:malc_haines1952@yahoo.co.uk)**



# CONTACTS, COMMUNITY, CALENDAR.

We like to support our local community, so if you're a non-profit, charity or community organisation and would like a free listing in this section, or to tell the community about your event at no charge, please contact us at [charity@headingtonmonthly.co.uk](mailto:charity@headingtonmonthly.co.uk). Please note that space is limited and submissions will be accepted on a first-come-first-served basis.

## 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, Headington Hill Campus - 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

## 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.*



Wishing everyone a Merry Christmas and Happy New Year  
[www.walk-in.org.uk](http://www.walk-in.org.uk)



**Advanced Clinical Massage Therapist - Headington**  
**SONA PETKOVA - MFHT, OSM, ITEC, JING**

**£5 OFF Your First Treatment**

*Experienced in treating many conditions including:*

**Low Back  
 Neck & Shoulder  
 Hip & Pelvic  
 Wrist & Arm  
 Leg, Knee & Foot**

*Sciatica, Herniated Disc, Acute Locked Back, Scoliosis  
 Whiplash, Frozen Shoulder, Thoracic Outlet Syndrome  
 Groin Strain, Sacroiliac Joint Dysfunction, Osteoarthritis  
 Carpal Tunnel, Tennis & Golfers Elbow, Tenosynovitis  
 IT Band Friction Syndrome, Shin Splints, Ankle Sprain*

Treatments

**Myofascia Release  
 Soft Tissue Release  
 Advanced Sport Stretching  
 Pregnancy Massage  
 Hot Stone Massage  
 Relaxation Massage**

Prices

**60 min     £45  
 90 min     £60  
 120 min    £75**

*Gift Vouchers Available*

*Every client is unique and your massage will be tailor made to suit your individual needs.*

*For more information please contact me on email : [sona.petkova@yahoo.co.uk](mailto:sona.petkova@yahoo.co.uk) or mobile: 07884 055 618*

# EURO DENTAL

## Now Registering New NHS Patients!



Tel: 01865 - 308865  
61 London Road,  
Headington  
Oxford , OX3 7RD

Evening and Saturday  
Appointments  
Emergency Appointments at Short Notice





# Letting & management to suit your needs

**We offer first time and professional  
landlords a range of options...**

## **Let Only**

We'll let your property, get your tenancy up and running, then hand it back over to you.

## **Rent Collection**

We'll market and let your property, securely collect the rent on your behalf and forward it promptly to your bank account.

## **Full Management**

We'll take care of everything for you and resolve any issues quickly and efficiently. Not only that, we can also prepare tenancy agreements, inventories and arrange annual gas and electrical safety testing checks too.



Call us today for your **FREE\*** rental valuation.  
Oxford City Lettings: 01865 759 555

Visit [andrewsonline.co.uk](http://andrewsonline.co.uk)

 [@andrewsonline](https://twitter.com/andrewsonline)

 [/andrewsonline](https://facebook.com/andrewsonline)