

ISSUE #95

FEBRUARY 2018

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



Nick Allnatt
Founder/Publisher

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

Dear Readers

Welcome to the month of pancakes, Burns and Valentines. Plenty to be going on with. I'm quite good with pancakes - I can toss them like a pro. It's catching them back in the pan that's the problem. My wife usually watches nervously and once the pancake landed on her head. I got ejected from the house at great speed on the end of a rather pointy stiletto.

As you may know we distributed the magazine door-to-door in Headington until 2014. I enjoyed doing that especially meeting many of you at or near your residence. The circulation area was too large for me to cover alone so I had several helpers. But as with many local publications across the country it became very difficult to recruit distributors and eventually my two remaining loyal helpers left for other full-time jobs. This left me no option but to start distributing the magazine through shops, surgeries etc and I now enjoy meeting many of you this way. I can do this type of distribution on my own and some of you will have seen me lugging my bag of magazines about the shops. One of the difficulties we faced with door-to-door distribution was letterboxes. As you will see from Jennifer Byrne's article on page 8 the postie's fingers can get shredded or he can

get a bad back from a low letterbox position. Part of the reason is historic due to changing types and sizes of post delivered. Jennifer had this experience and has written a piece explaining the problems. She recommends an externally mounted lockable post box. These boxes are available in hardware stores and online. Not everyone will be able to do this but it will accommodate larger items and reduce the likelihood of your post being squashed, creased or otherwise damaged. You can see the type of box I mean in Jennifer's article (page 8 bottom right) and installing one of these will avoid having to change the existing letterbox which may be a part of your property's historic character.

We are sad to lose Andrews Estate agents who have left for commercial reasons. Andrews have been a great support to the magazine and we would like to thank them for their help and encouragement over almost 8 years of publication. If you know of any company or business who would like to take their place in the magazine please let us know. It could well be worth your while.

I would like to correct a statement made in Audrey Saunder's article last month. Audrey discussed the difficulties of negotiating Headington by wheelchair and of entering some retail premises. Someone told her it was difficult to negotiate a wheelchair into Barclays Bank via the 'disabled access'. But Elisabeth Cox says this is not the case and she has easily been able to access the premises in her wheelchair for many years.

Happy pancake 'throwing', haggis celebrating and paramour wooing. :)

Nick

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DEADLINES FOR

MARCH 2018

Commercial:
3rd FEB 2018 5pm

Charity/Non-Profit and
Design Requests
1st FEB 2018 5pm

8. SPARE A THOUGHT FOR THE POSTIE
10. THE GARDEN GNOME
12. FARMING RETURNS TO HEADINGTON
16. REAL BREAD WEEK
18. BRAIN GAMES
20. WHAT'S ON
20. DO YOU NEED A HEARING TEST?
22. CONTACTS & COMMUNITY

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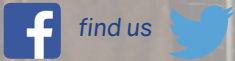
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Spare a thought for your Postie



I recently volunteered to do a mail drop for a local business. I set off in cold but thankfully dry weather armed with a carrier bag of flyers the same size as this Headington Monthly magazine.

After a while of juggling my heavy and cumbersome burden through gates and up garden paths I took to leaving the bulk, wrapped in a trademark orange carrier bag, on the pavement while I delivered to the nearby houses. This package was ignored by all who passed by, young and old alike, with the exception of the local postie who gave it a very curious look. We exchanged a few remarks about the difficulties of putting items through letterboxes.

Here are my observations: slots can be too small [this is a common feature of 1930's house], too low [1960's], too draught-proofed [modern] making it necessary to feed fingers through the opening - worrying, if there is a dog

barking on the other side of the door and almost certain to cause a scrape to the knuckles. Then there are the vertical letterboxes some of which are not only small but are hinged at the top. Boy, did I have trouble with them! But oh, what delight when the house had a post box, lift the lid and drop it in, easy.

How lucky we are to have a delivery to the door; many other countries operate a PO Box system where mail has to be collected. Until this experience I never appreciated the awkwardness posed by many of our letter boxes, so spare a thought for your postie who not only delivers in all weathers but also has to contend with your letter box.

As an act of kindness to my Postie I have installed a post box. My reward was a beaming smile from him with the comment "Yes, your letter box was a bit on the small side."

Jennifer Byrne





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the garden gnome

sit, rest and learn

I'm sitting and writing this particular piece in the cafe above and overlooking the main concourse at Manchester Piccadilly train station. Not far above me is the roof, on which I can see feral pigeons and plenty of moss.

I wonder how many of the commuters below are even aware there is still nature around, even amongst what may appear to be an urban wilderness, barren of nature.

Nature is often all around us. Yes, it's struggling, but as I've said many times, our ability seems to be receding with regard to sensing it, experiencing it, appreciating it.

Sometimes we just need to sit, rest, observe and learn. Tomorrow, when you are out in the midst of somewhere that seems bereft of wildlife, take a few moments. Sit, rest, watch and learn.

You may be out in the street, shopping centre, car park, or even in your own garden. Believe me, perceived barren spots for wildlife are often far from it. In gardens, many think the barren areas are behind the shed, under some conifer trees, or in the middle of a scorching hot lawn. The list can be endless.

I'd suggest though, there are very few barren sections in any garden. Wildlife is very adaptable; we just need to take time to see it.

Try sitting for a while, quietly, still. You'll soon start to notice all sorts of little movements from the ecosystems around you. Watch, see what is happening to the wildlife there. What is it doing? How is it using the area in front of you? The answers are there, before you, you don't need me giving a running commentary.

By simply watching what's going on, we can all learn what habitats and gardening techniques we could incorporate in any given environment to give nature a helping hand. It's the same wildlife we are perhaps overlooking on a daily basis?

Sometimes, all we need to do is, sit and rest for a while. Answers and solutions often come in that silence.

Happy Gardening,
Stuart Mabbutt



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Farming returns to Headington

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In a perfect world, most of us would love to eat fresh, locally produced food all the time. The benefits are obvious: it tastes better, it is better for the environment and it connects us to the land around us. However, a recent study showed that only around 1% of food consumed in Oxford is produced locally. It seems odd that the figure should be so low; we might not be able to grow pineapples here, but surely our lettuces do not need to come from Holland?

Take a brief step back in time and you'll see this was not always the case: Headington has a rich history of farming. Take a look at old photographs of Headington and you'll see cultivated fields stretching either side of Windmill Road. This is one of the reasons so many back gardens in Oxford have apple trees and also why the soil in our gardens is extremely fertile.

Since moving to Headington 10 years ago, I have become an increasingly passionate gardener and I have been amazed year after year by the richness of our soil. I grew up in a city apartment; I do not come from farming stock and I didn't grow my first bean until I was in my late 20s. Yet here I am starting a commercial vegetable farm, right in the heart of Headington.

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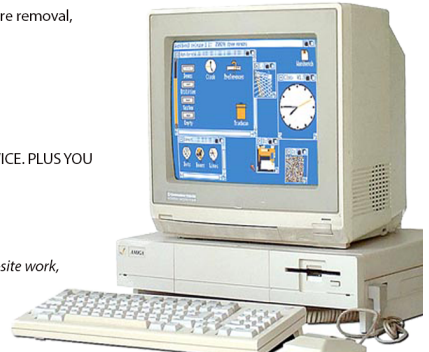
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Real Bread Week

February 24th – March

It's the 10th anniversary of Real Bread Week: the annual celebration of local, independent Real Bread bakeries, and home-baked bread.

Bread is one of the oldest prepared foods. It dates back to Neolithic times, when lumps of unleavened dough (made without yeast or other raising agents), were placed on hot stones in the embers of a wood fire. Archaeologists have correlated the development of human civilisations with the evolution of what is now regarded as the modern species of bread wheat.

Over the centuries bread became synonymous with life. In England bread defined the social hierarchy. The word "Lord" comes from the Anglo-Saxon hlaford meaning "loaf ward", the master who supplies food.

Bread-making is chemistry-you-can-eat. Our ancestors discovered that ground grain mixed into a rough porridge with water could be transformed into a tasty, moist, puffy, mass that was crisp on the outside, simply by placing it near a fire. It was an extraordinary discovery. These flat breads as they are called are still meal staples in the Middle East and the Indian subcontinent.

Somewhere along the way we also discovered that if the porridge mixture was left in the open air for a few days it magically began to rise and could then be baked into the most wonderful cloud-like substance, leavened bread.

Although bread has occupied a central role in our lives and diet it hasn't all been plain sailing. The rise of ultra-refined industrial

bread in the middle of the last century led to mass-produced tasteless dough devoid of much nutritional benefit. Then there was the bread boycott led by Dr. Atkins and his low-carb, high protein comrades. But real bread - naturally leavened, long-fermented, and hearth-baked is enjoying a comeback, thanks to bread pioneers in artisan bakeries across the country. They use an array of flours and traditional grains, like emmer and spelt. It's now possible to buy high quality, beautiful, tasty loaves on many high streets.

More of us are making our own bread too. There are bread-making classes and online tutorials. At the most basic level, it's fairly straightforward to transform flour, water, salt and yeast into a loaf of bread and this is why the Real bread Campaign is keen to get children involved. The joy of nursing their first loaf from raw ingredients to mouth-watering yumminess slathered with butter and jam should not be underestimated. From then on it becomes a highly addictive pastime: fruit loaf, crusty rolls, focaccia...the urge to experiment and perfect the dough takes over. It's the perfect family activity...and you can eat the results. What could be nicer?



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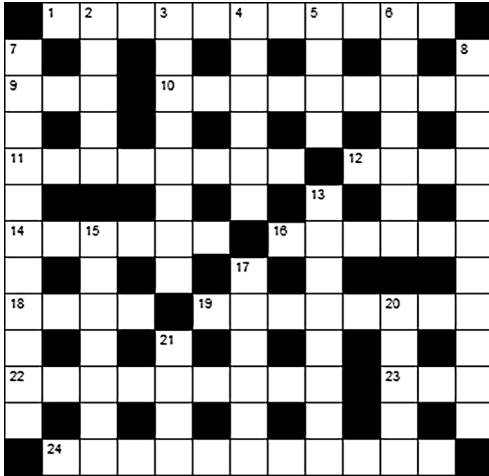
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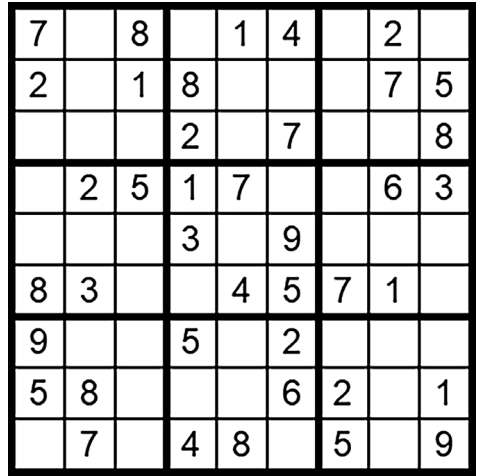
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## BRAIN GAMES

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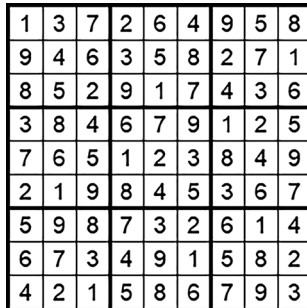
#### ACROSS

- 1 Place where you can stargaze indoors (11)
- 9 Member of the clergy (abbr) (3)
- 10 Seductive woman (9)
- 11 Rigidly, inflexibly (8)
- 12 Ban, prohibit (4)
- 14 Regional style of speech (6)
- 16 Oat-based breakfast food (6)
- 18 Alone (4)
- 19 Loosely fitting (8)
- 22 Came together again (9)
- 23 Sense of self-esteem / self-importance (3)
- 24 No hearing at all (slang) (4,2,1,4)

#### DOWN

- 2 Crowbar (5)
- 3 Observing, seeing (8)
- 4 Eastern place of worship (6)
- 5 Appraise, estimate (4)
- 6 Rubbish, no good (7)
- 7 Intruders, infiltrators (11)
- 8 League, club (11)
- 13 Congested (6,2)
- 15 Light perfume (7)
- 17 University grounds (6)
- 20 A bet with equal stakes on both sides (5)
- 21 Dog's bark (4)

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



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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 2 January with your events for March 2018.

### HEADINGTON LIBRARY

#### Rhymetime for the Under 5s

Thursday 1st, 8th, 15th and 22nd January 2018

11:00 to 11:30am

All children must be accompanied by an adult.

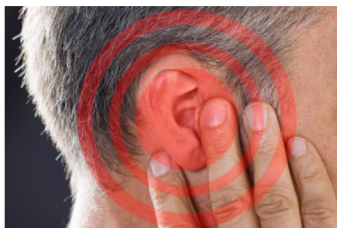
## Do You Need a Hearing Test?

Here are five simple ways to tell if it's time to check your hearing:

**You often ask people to repeat themselves** - It sounds as though people around you are mumbling all the time and you find it hard to hear people unless they're facing you directly. It's more common to experience hearing loss in the high frequencies so another sign is having trouble understanding women and children who tend to have higher-pitched voices.

**Your family complains that the TV is too loud** - If you're turning up the volume to a point where those around you complain about how loud it is, it might be time to pay attention, especially since listening to excessively loud music can do further damage to your hearing.

**You hear a ringing or buzzing noise in your ears** - Tinnitus occurs when you hear sounds like ringing or buzzing noise in your ears when no such sound is present. Sometimes it's temporary e.g. after attending a loud concert. But ringing which



doesn't fade away, without any apparent cause is a common first sign of hearing loss.

**You strain to hear in noisy places** - You struggle to focus on what people are saying in places with background noise, such as a restaurant or shopping centre. This can make you feel very tired.

**You miss everyday sounds** - If people complain you miss their calls or say they have to knock for ages before you answer the door consider it a warning sign, especially if combined with people complaining you have the TV or radio set too loud.

Whilst it can be tough to admit your hearing isn't as good as it used to be, it's best to take action early on. With the right support and technology, hearing loss doesn't need to keep you from enjoying all the fun things in life. Book an appointment with your GP or an audiologist today.



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headington

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Tel: 01865 742470



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

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# CONTACTS, COMMUNITY, CALENDAR.

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

## Doctors:

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

## Dentists:

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

## Chemists:

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

## Libraries:

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

## Other Useful Numbers:

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

## City Councillors for Headington:

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

## School Terms 2017-18

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

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



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