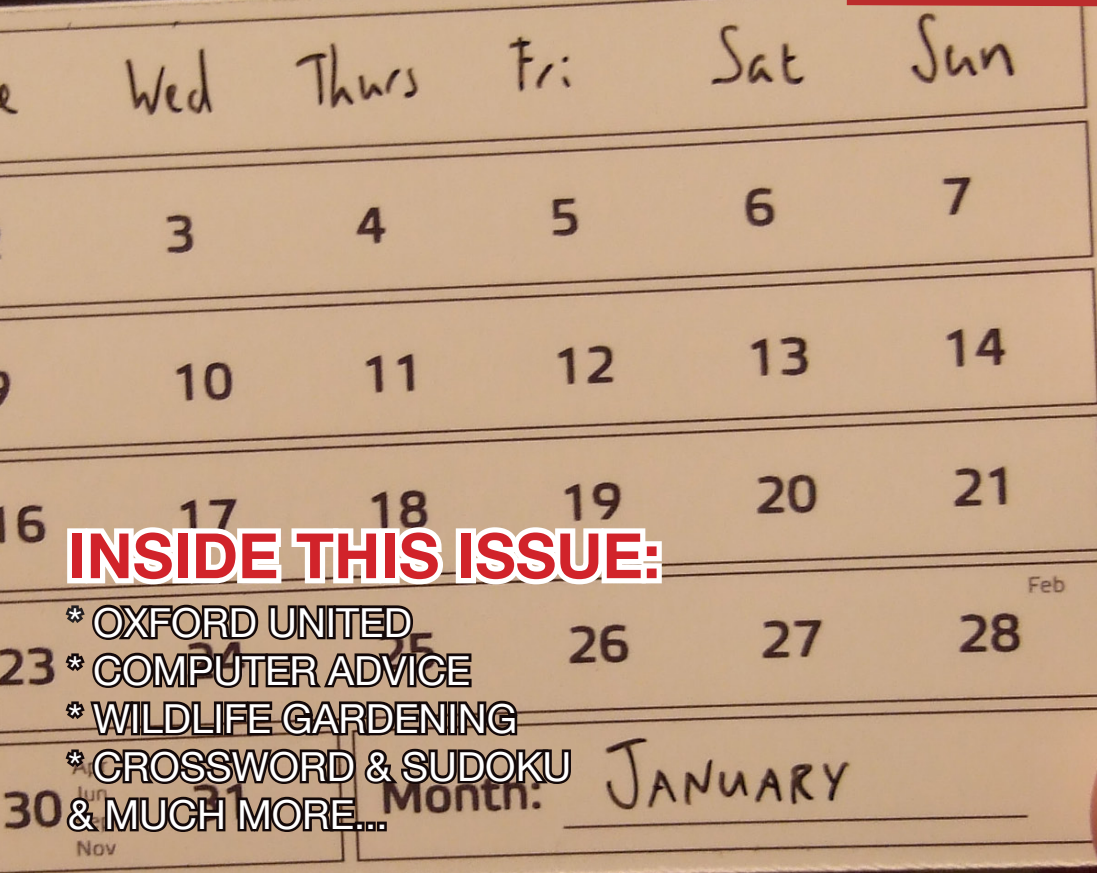


ISSUE #70
JANUARY 2016

M HEADINGTON MONTHLY

YOUR LOCAL FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

FREE!!!



INSIDE THIS ISSUE:

- * OXFORD UNITED
- * COMPUTER ADVICE
- * WILDLIFE GARDENING
- * CROSSWORD & SUDOKU
- & MUCH MORE...



NEW YEAR
PREPPING YOUR
WILDLIFE GARDEN

TAKE ME HOME, I'M FREE



D'OVERBROECK'S

Join us

A forward-looking, highly successful school with stimulating and engaging teaching, a busy sports and activities programme and excellent results

Open Morning

Saturday
6 February 2016
10am-1pm

reserve your place
www.doverbroecks.com



TIME TO TAKE THE STAGE

Acting, singing and dance classes for 4 to 18 year olds.

Find out more and start your child's journey today

stagecoach.co.uk/oxford

01869 278600

oxford@stagecoach.co.uk



Theatre Arts Schools
Stagecoach[™]

Stagecoach Theatre Arts Schools are operated under franchise and are independently owned by their Principals. Stagecoach is a registered trademark of Stagecoach Theatre Arts Ltd.

QUALITY
TRAINING
ESTABLISHED 1988

Dear Readers

Happy New Year!

As usual we all think about our NY resolutions at this time. For many of us, me included, that's as far as it goes. Apparently if we make a resolution and want to make sure we keep it we must tell everyone about it. So I'm not telling anyone, if I even if I get as far as thinking about one. See more information on page 14.

We have more new advertisers this month but some have slipped away. Some plan to come back. It's important to support our local businesses where possible as they support the magazine and help to improve Headington generally when they're doing well. Lets make this a resolution to support them as much as we can especially the independents. Hopefully the government will do their bit too. We can live in hope.

Good to see Oxford United doing so well. Last time I saw them play I was about 12 years old. I went with my friend Tony and we saw them play Oxford City. They were Headington United then and City beat them 2-1 at the Manor ground. I used to work at Unipart and one of the original players worked there. I told him about seeing that match and he said that dated me. And that was in 1975!

Are you all ready for the grand laying of the heat exchange pipelines between the JR and the Churchill? Should be a fairly quick job. Starts in January and finishes in June (ish). London Road and Old Road will be simultaneously down to one lane of traffic controlled by traffic lights for at least 6 weeks. Didn't know about this? Seems like no one did until it was almost a 'fait accompli'. Contact Oxfordshire County Council to complain. Go to www.headington.org.uk, click on the 'Forum' link and see the whole posting under 'Disruption'.

Happy commuting!
Best wishes, Nick'

COVER IMAGE
"JANUARY"
-WIKIMEDIA

DEADLINES FOR
FEBRUARY 2016

Commercial:
3rd January 2016 5pm

Charity/Non-Profit and
Design Requests
1st January 2016 5pm



Nick Allnatt
Founder/Publisher

GET IN TOUCH

Nick: 07850 120116

nick@headingtonmonthly.co.uk

**DON'T FORGET OUR WEBSITE,
WWW.HEADINGTONMONTHLY.CO.UK**

**DOWNLOAD THE LATEST ISSUE AND
BACK ISSUES FOR FREE**

THIS MONTH IN YOUR HEADINGTON MONTHLY:

6. FULL CIRCLE
10. A GOOD READ
12. GLOBAL BELLY LAUGH DAY
14. STICKING TO NEW YEARS' RESOLUTIONS
18. PREPARING THE WILDLIFE GARDEN
22. BRAIN GAMES
24. REPURPOSING YOUR OLD COMPUTERS
26. OXFORD UNITED UPDATE
30. SECURITY ALERT!



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.



Daisy Chain

Balloons, cards and gifts

9 Windmill Road, Headington,
Oxford, OX3 7BW

Tel: 01865 744114

Facebook: DaisyChainOxford



It's party time!

For balloons,
banners, cards, gifts, and all
types of party accessories. Complete service.
All your celebration and party goods supplied.
Wealth of relevant knowledge. Expert advice
given. Helpful, friendly and
professional staff.

Personalised balloons £4.99!

When responding to ads please mention Headington Monthly

New for January

Theatre arts classes for adults

Singing, dancing & drama in a fun & friendly environment

No natural talent expected, no experience necessary
and no pressure to learn lines or put on a production!

Taster classes on Wednesday January 6th

10am–midday
Step by Step Studios
London Road, Headington

7–9pm
Wheatley Park School
Holton

Taster class £8, if you love it, sign up for the rest of the term at £15 per week
Booking essential, contact Claire: claire@openstagearts.co.uk or 07768 518967

To advertise, please contact Nick on 07850 120116 or email nick@headingtonmonthly.co.uk



FULL CIRCLE

Windmill Primary School in Margaret Road, Headington, is working with Full Circle, an Oxfordshire charity, to start a weekly intergenerational group at the school, and would like to invite older members of the community to get in touch with Full Circle if they might like to take part.

The idea of Full Circle is that, every week in term time, a small group of older volunteers come together with a small number of children to spend a lunch time session in school. In the session they will have lunch together and then do a simple activity together as a group (for example board games, crafts, planting seeds) which is fun and creative and which helps to develop relationships and build friendships.



The group will be run by a facilitator, who will organise the activities and look after everyone. Through spending time together, older volunteers are able to pass on their skills and life experience and learn about children's lives today, and children learn about other generations and benefit from the care and attention of new friends. With people getting to know each other over time, the group builds up mutual understanding and respect.

"It is good and fun – I like making things and doing puzzles and I like the people." □ – Child coming to Full Circle

"I enjoy it so much – I leave feeling brighter!" □ – Older person coming to Full Circle

We believe that contact between generations helps to make a positive difference to individuals' lives and helps make our communities stronger. No special skills or experience are needed. All we ask is that volunteers are over the age of fifty (there's no upper age limit), enjoy being with children, and can commit an hour a week most Thursday lunchtimes during school term times. Full Circle will fully prepare and support volunteers throughout the process of getting involved.



Please contact Ruth at Full Circle on **07767 692756** to find out more, or look on www.fullcircleoxon.org.uk.



Albany Care Home

Experience a new approach to care

We believe real care is personal and focuses on creating a better quality of life.

- Residential care
- Nursing care
- Respite and long-term care
- Palliative care

For more information please call the Home Manager on 01865 744 444.

Albany Care Home

7 London Road, Headington Oxfordshire OX3 7SN

www.brighterkind.com/albany

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 Nutrition.

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

Visit us at www.buryknowle.org 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**

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

When responding to ads please mention Headington Monthly



Dementia Day Clubs in Oxford

www.daybreak-oxford.org.uk

Daybreak Oxford specialises in day clubs for people with a dementia, and has been running for nearly 25 years. Rosewood Club runs in Greater Leys, 10 -3pm Monday to Friday, and provide an excellent lunch.

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.

To advertise, please contact Nick on 07850 120116 or email nick@headingtonmonthly.co.uk

Penny Kay
GARDEN DESIGN

GARDEN DESIGN



www.pennykay.co.uk

☎ 07432 643670

When responding to ads please mention Headington Monthly

Jacobsen Black Estates

Fixed fees & home visits

Estate Planning

Lasting Powers of Attorney

Wills - Fixed fee

£175 Mirror Will (two Wills)

£130 for a Single Will.

Discretionary Trusts

Property Protection

Probate & Trust Management

Pre Paid Funeral Arrangements

Document Storage

*Reader Offer £25 off when you
present this advert*

Contact David Hurn now on

07753 987 245

or email jacobsenblack@gmail.com

www.jacobsenblackestates.co.uk

20%
off your first clean

*Cleaning services
from a one off
spring clean to
weekly contracts*

- Basic Cleaning • Professional Staff
- Deep Cleaning • Affordable Rates
- Office Cleaning

Staff wanted email Kim on contact@maidinoxford.org

Find us on  **Green products available on request**

Call for a **FREE** estimate
01865 450777 or **07779 933 227**

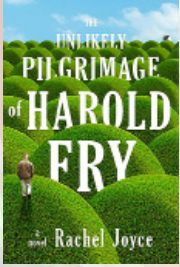
www.maidinoxford.org



To advertise, please contact Nick on 07850 120116 or email nick@headingtonmonthly.co.uk

A Good Read

Girl on the Train by Paula Hawkins



Praise for this novel, first published at the beginning of 2015, has spread like wildfire and it has become THE book to read. So just in case you are one of the few that hasn't succumbed to this thriller, why should you pick it up?

Whether you are a regular commuter, like the central character Rachel, or not, you will easily be able to identify with the opening section. How many times have you sat on a train and looked out of the window into the garden or kitchen windows of the houses that back onto the tracks, as you speed past on your way to your final destination. As you catch glimpses into a life that you don't know, do you wonder about the people that occupy those houses?

Rachel doesn't have to wonder. She passes familiar houses every day and purposefully looks for Jess and Jason, a young professional couple who live a perfect life. She knows them and is in many ways envious of their relationship. Seeing them in their garden is a moment of comfort as her own life is falling apart.

But is all as it seems? On one day, as the train slows down at a signal by the house, Rachel notices that something is amiss. Suddenly she is sucked into a nightmare that seems destined to reveal everything, and that will shock you as her commuter journey turns out to be anything but normal. It's a small world, but when that world comes crashing down around you, it becomes all too clear that this small world is a lot smaller than you first thought.

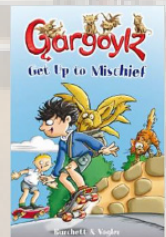
Midnight for Charlie Bone by Jenny Nimmo

It is now nearly a decade since the last Harry Potter book was published, and a new generation are quite rightly discovering this wonderful world of wizards and magic. Just like the generation before them, they are left with a void after reading them all, and so where do they turn? The Charlie Bone series of books may well be just what they are looking for. Published in 2002, *Midnight for Charlie Bone* is the first of this eight book series.

Charlie is a fairly normal 10 year old boy. His father died when he was little, and he lives with his mum and two grandmas, and hangs out with his best friend Ben. One Friday Charlie hears voices coming from a photograph, and then his whole life changes. He learns that his three unmarried great-aunts, known as the Yewbeams, are going to fund his education and a private school called Bloor's Academy.

Charlie is not happy about this: he knows the school to be a stuffy place for geniuses, and he certainly won't fit in there. But the Yewbeams are insistent: and besides, they pay for his mum's living expenses and so he really has no choice. They explain to Charlie that he is 'endowed' and can read the minds of people in photographs.

Everyone at Bloor's Academy has a talent. Charlie's father went there and he was a musician. But what is Charlie's talent? Placed in the music department at Bloor's, despite having no musical talent, it becomes clear that there is another group of children at the school who are all endowed with some mystical magical talent. Soon he finds that he was born into a world he never knew existed.



DRAGONFLY GARDEN SERVICES

- Hedgecutting • Weeding/clearance/tidyups
- Grasscutting • Close board fencing • Turfing
- Fully Qualified • Insured to £5million
- LOCAL SERVICE - WE NOW COVER HEADINGTON!



Call Rowland on
01869 233603/07947277931
Now listed on the Age UK
Business Directory
www.gardenerbicester.co.uk



When responding to ads please mention Headington Monthly



the butchers arms
headington

The Butchers Arms
Wilberforce Street
OX3 7AN
Tel: 01865 742470



Past the Shark, then first left, first right....

Come and check out our cask ales, great selection of wines, spirits, & soft drinks in our lovely friendly pub!

Quality, fresh, locally sourced food served daily: pizza, pasta and more... Full menu on our website
www.butchersarmsheadington.co.uk

Dogs welcome, child friendly, & wheelchair accessible

Headington's best kept secret!

To advertise, please contact Nick on 07850 120116 or email nick@headingtonmonthly.co.uk



GLOBAL BELLY LAUGH DAY

Global Belly Laugh Day takes place on 24th January. Its aim is to celebrate the gift of laughter.

Whilst there are many different languages spoken throughout the world, laughter can be said to be a universal language. It also has no boundaries: it happens somewhere 24 hours a day, 7 days a week and across all continents.

The day was created by Laughter-Yoga Teacher Elaine Helle in 2005. She says it's a chance to celebrate with the people in your life past and present, who laugh with you and help you laugh and smile... and also to remember the strange, funny, 'now I can laugh at it' moments.

One of the main features of the day is the Belly Laugh, Bounce Around The World. All are encouraged to smile, throw their arms in the air and laugh out loud at 1:24pm local time so as to literally send laughter around the world.

Laughing is of course mostly about having fun, but there are health benefits too. Research shows that a good laugh can: lower blood pressure, boost our immune system, reduce some stress hormones, increase vascular blood flow and oxygenation of the blood, provide a work out for the diaphragm, abdomen, respiratory system, legs, face and back and increase alertness, creativity, memory, learning and our positive

emotions. Even so-called fake laughter can bring these health benefits and this is the principle on which laughter yoga relies. Plus of course many of us find that laughter is infectious and laughter yoga usually takes place in groups to make the most of this.

The Global Belly Laugh Day symbol consists of a smiling sun with 7 rays and 1 and 24 dimples. There is also an associated laughing oath which was written by Diana Loomans and Karen Kolberg, it reads:

I do solemnly swear from this day forward
To grease my giggling gears each day
And to wear a grin on my face for no reason at all!

I promise to tap my funny bone often,
With children, family, friends, colleagues and clients,

And to laugh at least fifteen times per day.
I believe that frequent belly laughter
Cures terminal tightness, cerebral stiffness,
And hardening of the attitudes,
And that HA HA often leads to AHA!
Therefore, I vow, from this day forth,
To brighten the day of everyone I meet,
And to laugh long and prosper.

So on Global Belly Laugh Day and every space day 'have a laugh.' If you are struggling to find inspiration, why not look through some old photos, watch a funny film or wear some crazy clothes - laugh and the world laughs with you, and its free!

the
**Alexander
Technique**



Want help with -

- * *Releasing over-tense muscles?*
- * *Freeing up stiff joints?*
- * *Relieving tension and anxiety?*
- * *Feeling confident and building self awareness?*

Alexander Technique is great for all these and more!

See
www.AnEasierWayToBe.com

or call Marion Crombie on
07595 627476

Now at Wellbeing Clinic, Headington
www.WellbeingClinic.com

Semi-Permanent Make-Up

Do you draw on your eyebrows or eyeliner everyday? Thinning or over plucked brows?

See my website for more info



Foresthillmassage.com
07786 364505

When responding to ads please mention Headington Monthly



The Marston Barber

402 Marston Road,
Oxford, OX3 0JE

Modern and Traditional Styles
Discounts
Junior Cuts

We operate a non appointment service
We hope to see you soon!

www.themarstonbarber.co.uk
info@themarstonbarber.co.uk

Telephone:
01865 250527



To advertise, please contact Nick on 07850 120116 or email nick@headingtonmonthly.co.uk



Did you know that people have been making (and breaking) New Year's Resolutions for more than 4,000 years? Some historians believe that the practice dates back to the Babylonians. Their New Year began in springtime, with a festival dedicated to the rebirth of the sun god, Marduk. The Babylonians believed that making promises to the gods would help them start their New Year off on a positive note. The Romans kept the tradition up, although they changed the date of the New Year to January 1st.

These days, New Year's Resolutions tend to focus on self-improvement, whether it's eating healthier, quitting smoking, or getting a new job. Millions of us make a resolution each year, but only 1 in 10 people stick to it. If your resolve is already wavering, here are a few tips to help you stay strong:

Write it down. Writing down a goal and reviewing it regularly improves your chances of success by up to 95%!

Involve other people. Tell people what your aim is, and ask them to help. Will your partner join you on your healthy eating mission? Do you know someone who fancies going jogging with you?

Have a plan - A goal isn't enough; you need to know how you're going to get there. Resolving to exercise more? How many times a week are you going to work out? What combination of exercise are

you planning to do? Do you need to get anything in place to help you achieve your goal, such as a new tyre for your bike?

Break your goal into smaller ones - So you want to lose two stone by your summer holiday. How many pounds do you want to lose this fortnight?

Remind yourself why you're doing it - Do you want to make more money so that you can buy a house? Do you want to be healthier so that you can watch your kids grow up?

Make it pleasurable - There are usually more ways than one to reach a goal. You don't have to join a gym to get fit, for example; you could take up a dance class, or try karate.

Keep track of your progress - Create a spreadsheet, download an app, or just celebrate each small success on Facebook.

Give yourself rewards along the way - Save the money you'd normally spend on cigarettes or chocolate and treat yourself with it at each small milestone.

Get back on the wagon - We're only human, so we all slip up sometimes. One fry-up doesn't mean you also have to skip the gym. Think about why you slipped and consider how you can stop it happening again.

Good luck!

How Dementia affects us all!

We all have wants and needs; hopes and dreams. We all wish to feel appreciated, accepted and needed. We all like to contribute, to be friendly and to be helpful. We all like to feel safe and secure.

People who are unfortunate enough to have a dementia are just the same. However having Alzheimer's or some other type of dementia means that the person does not always express these feelings in ways that we understand. Imagining how the person might be feeling often leads to helping someone with a dementia.

Imagine being in a foreign country unable to understand or be understood. This may well make you feel frustrated, angry or dejected. You would like someone to show kindness, to offer help, or to interpret. So when meeting a person with dementia, we must try and be that someone.

Saying their name with a big smile is likely to elicit a very positive response from the person with dementia. They will feel accepted, welcomed and safe because you know them – even if they don't remember you. Being calm and patient in manner will show that you value them, and care about them. Using short sentences with one idea in it will best enable them to contribute to the conversation and feel included. Direct factual questions can be threatening, so ask 'did you enjoy your holiday?' rather than 'where did you go?' And because verbal skills are affected facial expressions and hand gestures can be helpful in reassuring the person of your good intentions.

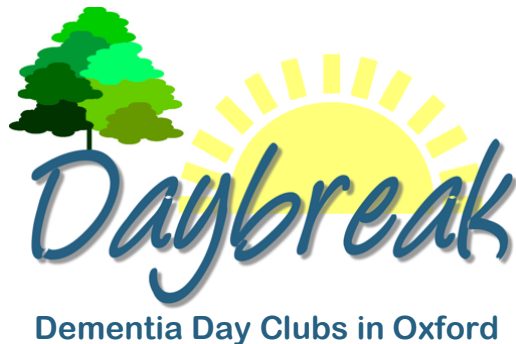
So how can we all help people with a dementia?

Being the partner of someone with a dementia can be very rewarding, but it can also be very demanding, stressful and exhausting. Families often come together and help so that the main carer, usually an elderly partner/spouse, has time for themselves.

Most couples wish to stay together and the carer just needs help to achieve this.

Couples where one partner has dementia tend to find that friends drift away. So stay in touch, visit and chat. Include them in everyday things they enjoy like cards, bowls etc. Help them to get out of the house by taking them for a drive. You could help their carer by doing some shopping or mow their lawn and help ease their workload. If you cannot provide physical help, a phone call shows you care.

Dementia day clubs like those run by Daybreak provide fun and stimulation for a person with dementia whilst giving their carer a brief break from their caring responsibilities. They are very welcoming running from 10-3pm, don't cost much and transport may be available. Call me on 01865 776744 or email director@daybreak-oxford.org.uk to arrange an informal visit. We look forward to meeting you.



Why would anyone say nice things about an agent?

Ask Linda, Rosemary and Edward.

We can say we're great, tell you about our local expertise, shout about our four new awards – and promise all the tools to get you moving, fast. But what really matters is what our customers think.

So instead of listening to us blow our own trumpet, find out what Linda and all our other happy customers have to say:
www.andrewsonline.co.uk/testimonials



* Free valuation does not apply to valuations conducted for insurance or mortgage purposes.

We apologise for any inconvenience caused if you are not considering selling or letting your property or changing your agent. If you have instructed another agent on a sole agency and/or sole selling rights basis, the terms of those instructions must be fully considered to avoid a liability to pay two commissions, or before you switch to a new agent.



ANDREWS

e

HIGH
QUALITY
SERVICE VERY
POSITIVE HAPPY
A GREAT WITH THE
TEAM AND LEVEL OF
EXPERIENCE VERY
IMMEDIATELY IMPRESSED
UNDERSTOOD OUR EXTREMELY
REQUIREMENTS FRIENDLY
EXCEEDED EXPECTATIONS INFORMATIVE
A PLEASURE TO DEAL WITH THANK
ENTHUSIASTIC YOU
SPEEDY A BREATH OF
RESOLUTION FRESH AIR
WITH A GREAT FULL WENT THE
OUTCOME MARKS EXTRA
PROFESSIONAL MILE
CALM & HELPFUL

Book your free valuation today*

Sales

Call 01865 763 443

Click headington@andrewsonline.co.uk

Lettings

Call 01865 759 555

Click oxford.lets@andrewsonline.co.uk

Visit 101 London Road, OX3 9AE



Prepare Your Wildlife Garden For Winter

By Stuart Mabbut, Wildlife Gardener

Gardens can appear dull in winter, yet as well as providing habitats for a host of overwintering wildlife; a good winter wildlife garden will attract ample species of birds.

Natural foods for birds often look attractive – brightly-coloured berries, windfall apples, ivy berries and the architectural seeds of teasels are ideal.

Small tortoiseshell butterflies hide in sheds during winter. Try to avoid disturbing them.

Ladybirds gather in large groups during winter on dead plant stems, particularly in more sheltered areas.

Dragonfly larvae are active often for most of the winter, so always clean your pond with care. They are wonderful predators for what many call pests in a garden.

People tend to tidy their gardens in autumn; it's easy though to take it to the extreme. Help wildlife by leaving tidying up until the end of winter.

Spread fallen leaves over your flowerbeds, they create a foraging habitat for thrushes and blackbirds in winter. Frogs and invertebrates also like to overwinter among leaves.

Don't cut back ivy growing on walls and fences until March so the berries are available and to act as a foraging habitat for insect-eaters such as tits.

Put a few clay roof tiles in you pond to provide cover for frogs and other aquatic wildlife.

It's a giant jigsaw this wildlife gardening lark, see how many pieces of the jigsaw you can put together in your garden this winter.

Gardiners Opticians

Independent Family Practitioners Est. 1923

www.gardinersopticians.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.

Gardiners Opticians (Oxford) Ltd.

5, Manor Buildings, Osler Road

Headington, Oxford

OX3 7RA

01865 761459

When responding to ads please mention Headington Monthly

domus
DESIGNS

architectural and interior design



We can provide advice and guidance on every aspect of home improvement, whether new build, extension or refurbishment, from initial design, advising on planning, conservation and listed building issues, to the selection of a builder

and the management of the contract. The first visit is free and without obligation.

Contact us via our website, or call Jeremy Price on 01865 875690



www.domusdesigns.co.uk

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

Peaceful Yoga



Bring peace
into your life

Autumn Yoga Classes

Mindful movement, relaxation and tranquillity

Classes every Friday at

The Coach House, Headington Quarry, Oxford OX3 8NU

Beginners / drop-in class 9.30 am - 10.45 am,

beginners / intermediate class 11.00 am - 12.30 pm

£99 for 10 classes • £12 drop-in (concessions retired/unwaged)

Contact:

Sarah Goodwin on 07892 401486

or sarah@peacefultyoga.co.uk

www.peacefultyoga.co.uk

When responding to ads please mention Headington Monthly

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



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

To advertise, please contact Nick on 07850 120116 or email nick@headingtonmonthly.co.uk

slimFit

feeling fit for life

Fitness Nutrition Weight Management



FREE taster class with this advert *

Want to lose weight but fed up with diets that leave you still feeling hungry?

Want to feel fit and fabulous but dread the thought of the gym?

Try one of our classes which are supportive, great fun and include exercise and/or weight management with a healthy eating plan that leaves you feeling full and satisfied.

St Anthony of Padua Church Hall, Headley Way

Mondays 10:00 - 11:15 am

St Nicholas Primary School, Marston

Wednesdays 5:30 - 7:00 pm

United Reformed Church Hall, Risinghurst

Thursdays 7:15 - 8:40 pm

Classes also in Cowley, Botley and Farmoor,

* Please bring ad to class to claim taster. M/ship Fee £10.00. Class Fee £6.50. Ask about our Fitness Pilates Courses.

Tel: 01235 512908 louise@slimfitclasses.co.uk www.slimfitclasses.co.uk

**We lost over 31 stones together
at SlimFit Classes**



When responding to ads please mention Headington Monthly



WHERE TO FIND YOUR HEADINGTON MONTHLY

**Shops and other outlets where Headington Monthly
Is available for collection:-**

HEADINGTON CENTRE: London Road - The Pet and Garden Store, Oxford Furniture Warehouse, The Windmill, Mojo's Sandwich Bar, Natwest Bank, Headington Post Office, 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 **Windmill Road** - Ice Hair Salon, Helen & Douglas House, Armends Walk-in Barbers, Vente Tsunami, Sue Ryder Foundation, Daisy Chain **Gray's Road** - Gray's Road Stores **Girdlestone Road:** Girdlestone Launderette **Wilberforce Street:** The Butcher's Arms

WOODFARM: Atkyns Road - Happy Bite, the Post Office, The Coop, Woodfarm Bakery

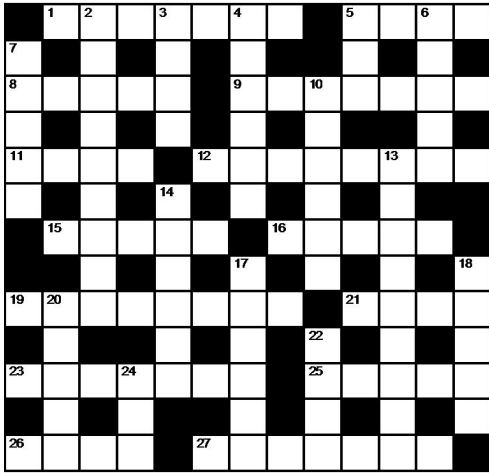
MARSTON: Cherwell Drive - Marston Medical Centre, The Coop, Pads n Paws, Mediterranean Fish Bar **Old Marston Road** - The Coop, Marston Pharmacy, Costcutter **Marston Road** - The Marston Barber

QUANTITIES ARE ALSO AVAILABLE AT: Headington Library, Bury Knowle Health Centre (London Rd and Barton), Richards Medical Centre, E. Pilling Solicitors, Eurodental, Manor Dental, Gardiner's Opticians

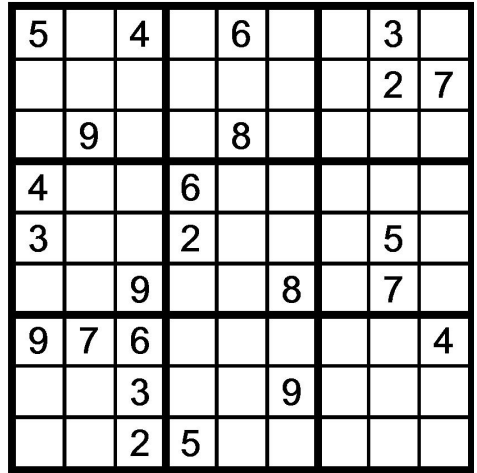
We would like to thank all our stockists for their kind assistance in making the magazine available to readers. Please note: If you cannot see the magazine displayed in the above locations please ask. The management may not have space available to display it prominently. If they have run out of stock please call Nick on 07850 120116.

To advertise, please contact Nick on 07850 120116 or email nick@headingtonmonthly.co.uk

CROSSWORD



SUDOKU



CROSSWORD CLUES

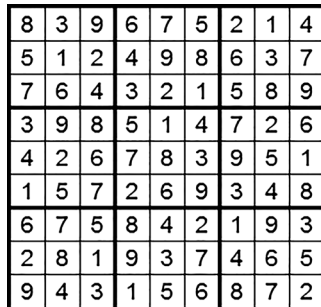
ACROSS

- 1 Loss of hair (7)
- 5 Royal male (4)
- 8 Permit (5)
- 9 Musical performance (7)
- 11 Curved structure (4)
- 12 Noblewoman (8)
- 15 Backless seat (5)
- 16 Jack in a pack of cards (5)
- 19 Contemplate (spiritual) (8)
- 21 Egyption goddess (4)
- 23 Small onion (7)
- 25 Flat-bottomed boat (5)
- 26 Grasp, clutch (4)
- 27 Proof of payment (7)

DOWN

- 2 Assigned (9)
- 3 Daybreak (4)
- 4 Ordinary, unremarkable (6)
- 5 Ornamental fish (3)
- 6 Approaches (5)
- 7 Underwater detection device (5)
- 10 Slapstick circus performers (6)
- 13 Listen surreptitiously (9)
- 14 Mail service (6)
- 17 Effigy, maybe bronze or marble (6)
- 18 Benefit, advantage (5)
- 20 Volatile flammable liquid (5)
- 22 Adept, capable (4)
- 24 Chop, clip (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.

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

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

When responding to ads please mention Headington Monthly

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

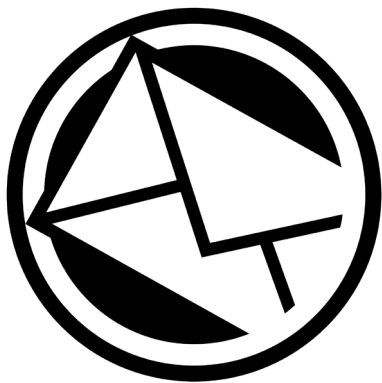
23 years experience

Fully insured

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



To advertise, please contact Nick on 07850 120116 or email nick@headingtonmonthly.co.uk



Repurposing your old machines

by Steven Pitcher, computer medic

Steven is based in Headington and has over 20 years' experience with all types of computer systems, and is an expert in Windows, Mac OS and Linux systems. Call him on 07572 283159 if you need help with your computer. See ad on page 28 for details.

Christmas has come and gone, and it's the end of 2015. among the presents are new devices, some that are replacing older devices that are now considered 'obsolete'.

Did you know that it's fairly easy to breathe new life into your older computer? If you don't plan to use it as your main computer, old machines can be installed with a different operating system, and recycled into machines that function quite adequately as guest computers, or a data storage unit, or - as is becoming more of a necessity nowadays - a media server for your televisions and devices at home.

Using the Linux operating system, even a computer that is 10 or more years old can be brought back to life with another purpose. With a stripped down, but highly capable operating system, you could store your family's documents all in one place, accessible to all of your computers, televisions, phones and tablets. You could use an old machine to replace your home internet router, giving you options and far more control than the one provided by your service provider. Imagine being able to control every aspect of what goes on in your home network? Maybe you'd like to be able to restrict your children's access only, or filter websites based on which computer is being used.

Perhaps you have a DVD collection, and now you'd like to digitise it and store it. Most TV's nowadays are 'smart' and can read the media from a media server.

Taking the responsibility of these jobs from your main computer will also give you the added bonus of a performance improvement, as you delegate the tasks that would use up your computer's resources to one that doesn't matter if the screen locks up.

So before you go ahead and bin those old machines, think about recycling them and getting more life out of them.



The Cherwell School
Oxford

Examination Invigilators

£9.26 per hour

We are looking to add to our team of casual invigilators required during exam periods throughout the academic year.

Requirements:-

Good organisational skills

Reliability

Punctuality

Flexibility

Willing to work as part of a team

DBS checks will be required

Please contact the Exams Office

Tel:- 01865 558719 x 223/283

Closing date 31st January

COMPUTER BROKEN?

YOU HAVE 2 OPTIONS

OPTION 1: BIG REPUTABLE PC-GLOBE TYPE COMPANY

*£50 before they will look at it

*Support staff are required to try and sell products

*Nosy technicians going through your private stuff

*Expensive problems identified that you probably don't need to fix.

*Waiting time of 2-3 days

OPTION 2: STEVEN DOES IT

*£25 no quibble, no strings. Full PC Health Check, virus and trojan removal, spyware removal, hardware check, software optimisation.

* Same day service. Drop off in the morning, collect in the afternoon.

* I have no products to upsell to you

* I have no interest in your private files

OPTION 2 IS HALF THE PRICE OF THE BIG CHAIN, BUT TEN TIMES THE PERSONAL SERVICE. PLUS YOU ARE SUPPORTING LOCAL BUSINESS, AND NOT THE FACELESS GIANT.

If it's a gadget, I can make it better.

CALL STEVEN ON 07572 283159
TO CHECK YOUR PC SECURELY!

OK



When responding to ads please mention Headington Monthly

GARDENER

24 Years Experience (Local)

Weeding, Feeding, Mowing,

Growing, Edging, Hedging,

Trees and More

ALL YEAR ROUND

Call Mark on

07963475957

K.H Property Refurbishments

Kraig Haines

07554 434 724

kraighaines@yahoo.co.uk

Painting & decorating, plastering, kitchens & bathrooms, exterior work, fencing and general maintenance. All work undertaken, please call for free quotations and design consultations.



Small family run business

To advertise, please contact Nick on 07850 120116 or email nick@headingtonmonthly.co.uk

Tim is a 19 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.



Solid defence sees Oxford go top!

By Tim McGovern



Alex MacDonald

Oxford started this month with a unique derby match, the town varsity match against Cambridge United. After a close opening to the game, Oxford broke through the Cambridge defence after Ryan Taylor scored the only goal of the game to seal the three points.

Oxford then had their FA Cup first round replay against Braintree after a 1-1 draw in the away fixture. Oxford trailed after just half an hour after conceding a penalty. But Liam Sercombe equalised shortly before the interval. Paddy Hoban then netted after an hour, and then again ten minutes from time from the penalty spot.

Oxford keeper and Liechtenstein international Benji Büchel saved a penalty just before the final whistle. The score ended at 3-1.

Oxford then travelled back to Dagenham and Redbridge in the league having faced them weeks before in the JPT. Kemar Roofe netted a sublime free kick with five minutes still to play to win the match 1-0.

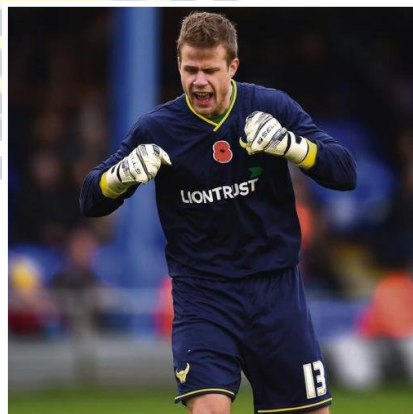
The next game took place back at the Kassam against Newport. Once again, Oxford found themselves a goal down in the first half thanks to a 25 yard solo goal from Lennell John-Lewis. Despite dominating possession, Oxford could only claw one goal back thanks to Paddy Hoban.

The next trip Oxford would take would see them make a long ride to the North East to visit Hartlepool. It was a close affair for most of the game, but Danny Hylton found the back of the net after Alex MacDonald made an inch perfect cross on the back of a counter attack.

The FA Cup then returned to the Kassam as Oxford took on Conference side Forest Green. The Gloucestershire side definitely arrived with a point to giant kill and came close on a number of occasions. Oxford however proved why we are in the league above, as Kemar Roofe scored from just outside the area with 15 minutes to go to win the game and send Oxford to the Third round.

The final game was also at home, but against Yeovil in the JPT regional semi-final. An early 40 yard wonder strike from Fulham loanee Jordan Evans, a composed finish from Callum O'Dowda, and a placed shot from Rotherham loanee Chris Maguire secured a place in the Southern final against Millwall after the match finished 3-2.

Oxford currently sit top of League 2 on goal difference, above Plymouth and Northampton, whilst also having drawn Premier League Swansea City in the FA Cup at home. The JPT fixture against Millwall will be played over two legs and the winner will play the Northern winner (Barnsley or Fleetwood) in the grand final at Wembley! COME ON YOU YELLOW!



Benji Büchel

Singing for Better Breathing

For adults living with a lung condition or breathlessness

However you feel about your voice, come along whenever you're free and have a go. We use tried and tested exercises to relax and open up our breathing. No need to read music - a variety of songs are taught by ear at a pace to suit you.

Thursday 14th & 28th January, 11th & 25th February, & 10th and 24th March 2016, 11am – 12 noon OXSRAD, Marsh Lane, OX3 0NQ

Suggested donation £3 per session

Other Sound Resource projects include:
Barton Sings!
Singing at Ark-T

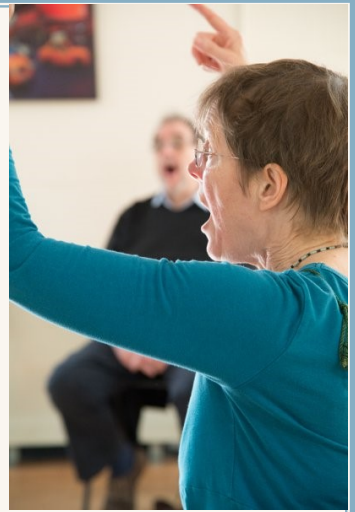


Photo: www.judiewaldmann.co.uk

To find out more get in touch with
Liz Hodgson, community singing practitioner,
songliz@aol.com 01865 792434



www.soundresource.org.uk

When responding to ads please mention Headington Monthly

OXFORD SKINCARE CLINIC

See website for a fuller description of services.

Contact me for a free initial telephone consultation

07938 179 137

dr.anderson@oxford-skin.com

A NEW WAY OF GETTING THE VERY BEST AND MOST AFFORDABLE COSMETIC SKIN CARE

- Expert professional advice on acne, rosacea, uneven pigment, sensitive skin and skin ageing.
- Mole mapping photography service.
- Removal of moles, skin tags, verrucae, warty growths, cherry spots, spider veins, and other blemishes using a wide range of the very best equipment.



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,
1 Windmill Road
Oxford, OX3 7BL
Tel: 01865 751111**

www.oxford-skin.com

To advertise, please contact Nick on 07850 120116 or email nick@headingtonmonthly.co.uk

D L HANCOCK LTD

Funeral Directors & Monumental Masons

Established 21 years and still independent

WE ARE NOW OXFORD'S LONGEST ESTABLISHED

INDEPENDENT FAMILY OWNED & RUN FUNERAL DIRECTORS

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



~~~~~  
Serving Oxford and all Surrounding Areas

~~~~~  
Private Chapel Of Rest

~~~~~  
New 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



When responding to ads please mention Headington Monthly

### 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)

# ice

## Hair & Spa

11 Windmill Road, Headington  
Oxford, OX3 7BW T: 01865-750055  
E: [enquiries@icehairandspa.co.uk](mailto:enquiries@icehairandspa.co.uk)

**Coming early 2016 - More  
massage and body treatments,  
and a relaxation room to  
enhance your treatment and  
enable us to cater for small  
groups.  
More details to follow.**

# AVEDA™

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

## School Terms 2015-16

| Term               | Date             | # Days |
|--------------------|------------------|--------|
| Term 1             | 1 Sep - 23 Oct   | 39     |
| Oct. Holiday       | 26 Oct - 30 Oct  |        |
| Term 2             | 2 Nov - 18 Dec   | 35     |
| Christmas Holiday  | 21 Dec - 1 Jan   |        |
| Term 3             | 4 Jan - 12 Feb   | 30     |
| Feb Holiday        | 15 Feb - 19 Feb  |        |
| Term 4             | 22 Feb - 24 Mar  | 24     |
| Apr Holiday        | 28 Mar - 8 Apr   |        |
| Term 5             | 11 Apr - 27 May  | 34     |
| Late Spring        | 30 May - 3 Jun   |        |
| Term 6             | 6 Jun - 20 Jul   | 33     |
| School Year Begins | 1 September 2016 |        |
| 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.*



How can we protect ourselves against online fraud?

**T**hese days we are required to use so many PINS and passwords that many people choose something simple to remember, such as their child's name or date of birth. Fraudsters know this and in their hands such information becomes a valuable tool. But how do they get hold of such information?

Careless talk. How many of us publish personal details on Facebook and other networking sites? We announce our favourite books, films; the names of our children and our pets for all to see.

Can you keep a secret? In a research study carried out for the Infosecurity Europe trade show, four out of five subjects questioned happily handed over the user name and password for their work PC to those carrying out the research. More surprising, were many of those who would not initially reveal their passwords did so after being bribed with chocolate!

Gone Phishing NEVER click on links in unsolicited emails purporting to be from your bank or building society. If in doubt phone them first.

Proper Passwords The best passwords are a completely random mix of characters and letters. Fraudsters have a hard time guessing them, even when they use dedicated software.

Security experts suggest that we use a separate password for each account we possess. But given that most of us have trouble remembering two or three passwords, you can see the problem with this approach.

Fortunately, there are password managers available for under £30 which remember your various passwords and PINS but encrypt them to make them useless to anyone else. If you want the very latest in security technology, you can purchase a fingerprint reader for around £100 or an iris scanner for under £300.

Most importantly, make sure you keep your PC's security software updated. And beware people with clipboards offering chocolate!



# 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

When responding to ads please mention Headington Monthly

# 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



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

# Why settle for anything less than award-winning?



## Unbeatable price<sup>\*</sup>, superior service

**Call book your free<sup>\*\*</sup> valuation**

Call 01865 759 555  
Click [oxford.lets@andrewsonline.co.uk](mailto:oxford.lets@andrewsonline.co.uk)  
Visit 101 London Road, Headington, OX3 9AE

 /andrewsonline

 @andrewsonline.co.uk

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

\* 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.

\*\* Free valuation does not apply to valuations conducted for insurance or mortgage purposes.