

ISSUE #94

JANUARY 2018

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Nick Allnatt
Founder/Publisher

GET IN TOUCH
Nick: 07850 120116
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Dear Readers

A Happy New Year to you all even though you may be seeing this before Christmas.

So here we go again. NY resolutions time. After eating mountains of food we now have to repair the damage. It really isn't worth it, is it? If we just ate normally we'd feel a lot better (I speak for myself of course). We'd waste a lot less food if we didn't eat so much! My wife has a photo on our fridge door of a lady hanging her enormous underwear on the washing line. The legend underneath reads 'Life's too short to be thin'.

I'm going to try to get fit. If the lately publicised ladies in their latter years can do weight lifting so can I. I used to do weight lifting as a teenager - until I dropped one on my foot! :)

Thankyou for your kind comments and support over the years.

We frequently receive compliments and this is down to your efforts

to contribute articles as well as our own. Producing a new issue each month can be quite fraught but we are optimistic for growth in 2018. I'm sure once the Brexit negotiations are concluded we'll see a pick-up in national mood whatever the outcome. We'd like to welcome PlumbedWright Ltd as a new advertiser and to thank them for their long booking. There is always plenty of business for trades in a magazine like ours due to the high level of owner occupied properties in OX3. Please support them where you can and encourage any business contacts you have to give us a try.

I'm off down to the gym. My gym is Headington. I get a fair bit of exercise walking round the shops delivering the magazines twice a week. My wife attends a fitness class where they all stand in line clapping their hands and dancing from side to side. To the sound of much mirth when there's a big turnout someone always gets shoved in the broom cupboard!

By the way, the latest message from my bathroom scales - 'No coach parties! :)

Have a fit new year.

Nick

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Fit Not Thin in 2018

Many people will make a resolution to lose weight in 2018. To be fair lots of us made the same resolution on January 1st 2017...and 2016...

What if we're looking at it all wrong? What if a better resolution was to get fit in 2018? Fit not thin.

I'm not saying you shouldn't aim to lose weight. If your knees buckle when you try to stand up and you have a family history of cardiovascular disease maybe you should. But maybe that family history of cardiovascular disease should prompt you to think more strategically.

Obesity is linked to cardiovascular disease but that's not the whole story. Lack of fitness also plays a role. Tackle the fitness and a side effect may be that you also tackle the obesity. And seriously, getting fit is way more fun than dieting. A friend once told me about the shift in her mindset when she decided to focus on fit not thin. "As I got fitter I became more than I was before. Whenever I'd tried to lose weight in the past I'd focussed on being less. That was the main difference for me."

Personally I think that if society paid more attention to fitness rather than weight loss, we'd actually have less obesity. If we (especially women) focussed on how far we could run or cycle, or how many push-ups we can do, we would naturally be more active and less obese because focussing on fitness actually makes weight loss easier. The fitter you get the more you view food as fuel and the more you want to eat high quality nutritious food because it helps you get fitter. It's positive reinforcement.

And let's be honest, society is horribly biased against fat

people. But if fitness was the Holy Grail we wouldn't automatically assume that not-thin equates to not-healthy. We need to stop being obsessed with weight-loss and thinness. If we get involved in more conversations about fitness rather than how to lose extra pounds, our fat-bias would diminish and maybe more overweight people would feel comfortable joining the gym or that exercise class they always fancied.

Both fat and thin people would be healthier if they aimed for fitness rather than thinness. Even if overweight people stay overweight weight, they still get all the protective benefits of exercise. And there are many thin people who are terribly unfit and are at risk of cardiovascular disease. Thin does not always or even often equate to healthy, in spite of popular myth.

It's not an either-or situation but if you only aim to end 2018 thinner you might succeed, you might not, but you'll still be unfit. If you aim for fitness you will probably lose weight, gain confidence, friends, a new skill or two, and in the words of my friend be more than you were by the end of the year. I know which route I'm going to take.





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MOVIE REVIEW

BY OSCAR DUXFIELD

Green Room is a 2015 film written and directed by Jeremy Saulnier, about a rock group touring round America attempting to get famous, when they decided to perform one final gig in a secluded part of the Pacific Northwest to a group of neo Nazi's. Once there, they witness a murder and attempt to flee but become trapped in the venue of their gig, surrounded by the Nazi's attempting to cover the murder up. While the premise may sound ridiculous, the film manages to keep all the characters grounded in reality and their actions and motivations realistic. This film is genuinely terrifying at moments as lead characters are killed off one after another. You can always tell that an indie film is going to be good when attracts actors like Patrick Stewart, Anton Yelchin (Star Trek 2009-2015) and Alia Shawkat (Arrested Development) on a tiny budget (in film terms) of just £5m. It usually means the A-listers are doing it because they want to rather than for the pay check.

Patrick Stewart plays “chief” Nazi of the antagonist and this is possibly the scariest role you'll ever see him in. Although there is never an outburst in anger or violence from him, the way he speaks and the orders he gives show us

how much power and influence he has over this small community. He is truly menacing.

The writing in this movie is some of the best I've seen in a long time. Clearly the writers wanted to go for a realistic tone, something most Hollywood films nowadays are sorely lacking in, and this film certainly delivers. From the conversations characters have to quality of the acting in the scariest moments, everything in this film feels natural and authentic. However, you may be shocked by the violence and the way in which the camera likes to linger on some of the goriest scenes; needless to say, this isn't exactly the ideal movie to watch while enjoying a meal.

A lot of the tension in the movie arises from the uncertainty about what will happen to our 'heroes' as each attempt at escape leads to the death of another key player. It's a huge contrast to the vast majority of films, where protagonists survive or only die at the very end. We are never quite sure with Green Room where we should be investing our emotions or in whom.

Overall this film is a definite thumbs up and I would highly recommend that you watch it, so long as it's been two hours since your last meal and you're not in the room with a toddler.



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It is often said we should try to walk lightly and live a life so our footsteps we leave behind are invisible, or at least, minimal. Let's spin that a little and let me ask, how many of us do the same in our own garden plots, and garden with a light touch?

My opinion is, the best gardeners, be they wildlife gardeners or traditional gardeners, work in a way that often leaves little trace that they have actually been there. Yes, they prune, they mow, they weed, and they even tidy, but shall we say the joints are hard to find. By that I mean, they keep it looking natural.

When they prune, the cuts are not always obvious, and they certainly don't prune everything to within an inch of its life.

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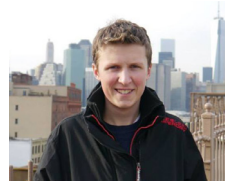


Online



In person

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



Who doesn't love Late Goals?

By Tim McGovern

Since early November, Oxford only had a handful of games, but went through the full spectrum of highs and lows in that time.

Things began at home to Northampton. This fixture is much regarded as our second or third 'derby fixture' behind Swindon and possibly Wycombe Wanderers, so pride was on the line. Despite going down early on, Wes Thomas netted to equalise on 44 minutes. But poor focus led to a Northampton counter and they struck before the break on 45 minutes to leave the result as a 2-1 loss.

Oxford's game then sky rocketed at Plymouth in a 4-0 demolition of the Pilgrims. Ryan Ledson got an early penalty converted, before second half goals from Wes Thomas, James Henry and Jon Obika all followed in a game that showed great resilience and quality after the last few games.

Oxford then returned to the Kassam against a tough Blackburn side. Unfortunately, Oxford hopes of a second win in two games were shattered after finding the team 3-0 down after 20 minutes had gone. Although Oxford bagged a goal through Wes Thomas before the break, the final score ended at 4-2 to Blackburn

The majority of fans were not optimistic about the prospect of then facing Southend away from home. It has been nearly 14 years since Oxford last beat Southend away from home, with a 1-0 victory coming on the 28th December 2003. Mark Rawle netted the winner on that occasion having signed for Oxford from Southend the summer before. Travelling fans were disappointed to see their side go 1-0 after 19 minutes, but bounced back right away. Wes Thomas scored again. It was

a closely fought game, and both sides took a point away from Roots Hall.

Another away fixture saw the Yellows travel to Gillingham for the Second round of the EFL Trophy. All credit to the Oxford fans that travelled to Kent on a cold Tuesday night. But Oxford trailed again after 9 minutes. But almost to schedule, scored an equaliser courtesy of Jack Payne on the half hour mark. Although it looked like going to penalties, Alex Mowatt had other ideas to score another very late goal to win the game and see Oxford progress.

The final game came at home against Doncaster. Nothing of note happened until 78th minute when Jack Payne missed a penalty. A bland 0-0 draw seemed on the cards, but in the end, it was the 96th minute when Josh Ruffels rifled in a shot from 25 yards that gave Oxford the all-important 3 points.

Unfortunately, there is some sad news from the club. Right back, Christian Ribeiro has been forced into retirement due a knee injury, aged 27. He has been a key part of our defence this year and will be sorely missed. He will remain at the club as a coach, but we still wish him all the very best in his future endeavours.

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In 1789 a ship named Adventure ran aground at the mouth of The River Tyne during a violent storm. The sea was too rough for the local men and their boats, so people had to stand by helplessly as Adventure's crew drowned.

British and Irish coastal waters can be treacherous. During the 18th century around 1,800 ships were wrecked around the coasts of Britain and Ireland – everyone who put to sea accepted the risk and assumed there was little anybody could do to save lives.

A London coachbuilder, Lionel Lukin, paved the way for the first purpose-built lifeboat when he designed the world's first unsinkable boat in 1785.

Lukin wanted to improve boat-safety and experimented with a Norwegian yawl (a sailing dinghy) on the River Thames. Lukin incorporated pockets of air in watertight bulkheads, used cork and other lightweight materials in the structure, and included a false iron keel for additional weight to help keep the boat upright.

In 1786 Lukin was commissioned to convert a coble - a type of fishing boat - into an 'unimmovable' lifeboat for Bamburgh. The result was the first known 'lifeboat', and Bamburgh Castle thus became the first lifeboat station.

South Shield's private Law House committee launched a lifeboat design competition with a reward of 2 guineas (around £2.10) for the best design. A parish clerk called William Wouldhave and a boat-builder called Henry Francis Greathead both entered. Wouldhave's design was for a boat made out of copper and cork that would right itself in stormy seas. Greathead's model was built out of wood and was an excellent design, though it didn't self-right.

As neither design was an outright winner the committee blended ideas from both to produce a final lifeboat design. The entrants were offered half the prize money each. William Wouldhave took offence and rejected the offer. So Henry Greathead was asked to build the lifeboat from the final design and went on to become known as the inventor of the first lifeboat. It was called The Original, measured 9m by 3m (around 29 feet by 10 feet) and could carry 20 people including a crew of 12.

Henry Greathead went on to build 31 Original type lifeboats over the next 2 decades for communities around the British coasts, and also abroad. He never took out a patent on his invention, preferring to share his plans for the good of others and lifesaving at sea.

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Forget Brain-Training, Learn an Instrument

We are told we need to keep our brains active as we age, to help stave off cognitive decline and the risk of dementia. A whole industry has grown up around this, and we are urged to buy the latest brain-training apps and books. Yet research has thrown doubt on a lot of the hype surrounding these, with many now dismissed as useless gimmicks.

But there is robust scientific evidence which shows that learning to play a musical instrument is not just beneficial to children: adults benefit too and it may even be helpful to patients recovering from brain injuries.

Playing a musical instrument is a rich and complex experience that involves integrating information from the senses of vision, hearing, and touch, as well as fine movements. Musical training can induce long-lasting changes in the brain. Professional musicians are highly skilled individuals who spend years training, so they provide a natural laboratory in which neuroscientists can study how such changes – called experience-dependent plasticity – occur across their lifespan.

Early brain scanning studies revealed significant differences in brain structure between musicians and non-musicians of the same age. For example, the corpus callosum, a massive bundle of nerve fibres connecting the two sides of the brain, is significantly larger in musicians, and the brain areas involved in movement, hearing, and visuo-spatial abilities also appear to be larger.



Longitudinal studies (which track people over time) have shown that young children who undertake 14 months musical training exhibit significant structural and functional brain changes compared to those who do not. Learning to play a musical instrument not only increases grey matter volume in various brain regions, but also strengthens the long-range connections between those regions. Other research shows that musical training enhances verbal memory, spatial

reasoning, and literacy skills: professional musicians usually outperform non-musicians in these areas.

More recently, it has become clear that musical training facilitates the rehabilitation of patients recovering from stroke and other forms of brain damage. It also seems to have a protective effect against the onset of dementia.

One problem with commercial brain training products is that they only improve performance on the skills involved; musical training on the other hand has what psychologists refer to as transfer effects; in other words, learning to play a musical instrument seems to have a far broader effect on the brain and mental function, and improves other abilities that are seemingly unrelated, such as working memory and language.

Learning to play an instrument strengthens the brain in a way that nothing else does, so put down the Sudoku and pick up your ukulele. You know it makes sense.

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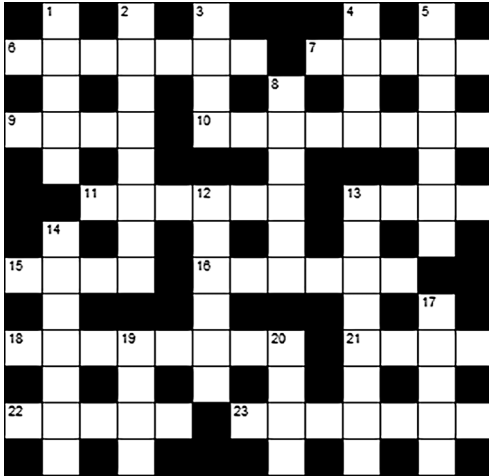
**ajhoad@gmail.com**

**Local Company - Local Service**

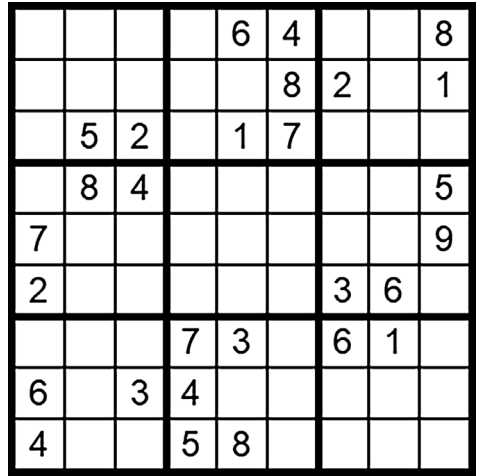
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## BRAIN GAMES

### CROSSWORD



### SUDOKU



### CROSSWORD CLUES

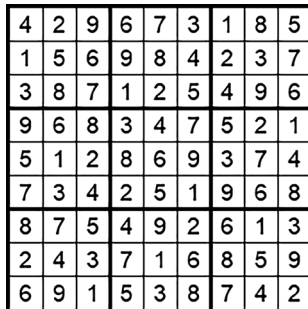
#### ACROSS

- 6 Trailblazer, trendsetter (7)
- 7 Sacked, given P45 (5)
- 9 Wooden shoe (4)
- 10 Measuring rod, inept person (8)
- 11 Belongs to a club (6)
- 13 Jab, prod (4)
- 15 Cat (informal) (4)
- 16 Glace, sour, Morello (6)
- 18 Valve in the loo cistern (8)
- 21 Did not tell the truth (4)
- 22 Oozy goo! (5)
- 23 High military rank (7)

#### DOWN

- 1 Undulating landscape (5)
- 2 Chortle, titter (8)
- 3 Imprisoned, incarcerated (4)
- 4 Perfect, spanking-new (4)
- 5 Toasted fruit-bun (7)
- 8 Thinly dispersed (6)
- 12 Call forward with a gesture (6)
- 13 Adjacent lines indefinitely equidistant are said to be \_\_\_\_\_ (8)
- 14 Responsive to medical treatment (7)
- 17 Turkish meat dish cooked on a skewer (5)
- 19 Floppy (4)
- 20 Part of the underside of a boat used for stability (4)

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



### How to Play SUDOKU

It's so simple!  
Fill in the grid so that each row, column and 3x3 box contains the numbers 1 through to 9 with no repetition.  
You don't need to be a genius. These puzzles use logic alone.

But beware! Sudoku is highly addictive.

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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 February 2018.

### **HEADINGTON LIBRARY**

#### **Rhymetime for the Under 5s**

**Thursday 4th, 11th, 18th and 25th**

**January 2018**

11:00 to 11:30am

All children must be accompanied by an adult.

#### **Walking My Way To Running**

The Sports and Physical Activity team at Oxford City Council. We support and run a number of community sports and exercise classes throughout Oxford City

under our GO Active brand. We have a new activity "Walking my way to running" which is a walking based fitness class, which will be running from Bury Knowle Park Tuesdays 10am (starts 9th Jan 2018)

It's completely free and more info can be found at: <https://groups.runtogether.co.uk/WalkingmywaytoRunning> Or by Contacting our instructor Sophie: [walkingmywaytorunning@gmail.com](mailto:walkingmywaytorunning@gmail.com).

### **Negotiating Headington on a Mobility Scooter**

Having recently acquired a scooter here are some observations. The pavements are awful. And some of the slopes by which we cross roads are worse. I was recently stuck in a rut crossing Langley Close, and was pushed out by a passer-by. The one adjacent to Latimer Grange is lethal, - wheelchairs and scooters could tip over.

All supermarkets are easily accessible, as is Boots. Smaller shops vary, and I have found The Garden Shop; Headington Homewear; Mail Box; and the Post Office helpful by serving outside if necessary.

Charity shops are mostly too cluttered. The Sue Ryder shop is best where there is easy access to cards, and to the counter to pay. It is also possible to browse through their clothing if they are not too busy. All shops with steps are a no no.

All banks have reasonable access except Barclays. There is a notice pointing to 'disabled access', but I'm told that it is difficult to negotiate a scooter inside.

Cafes and restaurants vary. Several with outside seating...good service. Good access to the Italian Buongiorno; Starbrooks has a slope but difficult to negotiate inside. Good access at The Britannia but varies at The White Horse.

It would be interesting to hear other people's experiences, as more of us will be using scooters. They are a great boon, helping us to get out and socialise. A BIG THANKYOU to car drivers who give way to us on side roads. Audrey Saunders.







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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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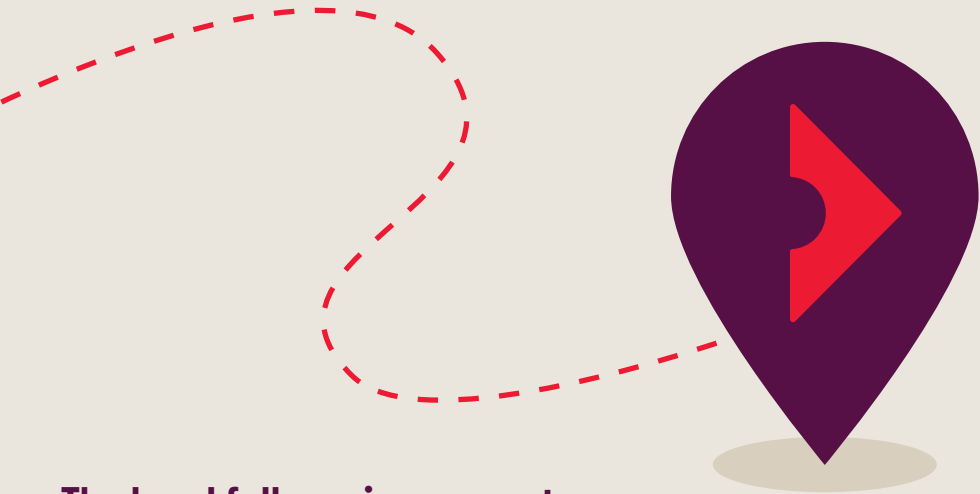


**Telephone: 01865 873637**  
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