

ISSUE #76

JULY 2016

HEADINGTON MONTHLY

YOUR FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

IT'S THAT TIME OF YEAR AGAIN!

SUMMER HOLIDAY

INSIDE THIS ISSUE:

- * LOVELY LOLLIES
- * WIMBLEDON
- * WILDLIFE GARDENING
- * CROSSWORD & SUDOKU
- & MUCH MORE...

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SUMMER 2016

**Legally Blonde
Esmerelda and the Cowardly Dragon**



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



Nick Allnatt
Founder/Publisher

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

Dear Readers

It's holiday time again. At least it'll be coming up by the time you read this. I took this cover shot on holiday in Marjorca in 2014. I thought it summed up the tranquil relaxation of a foreign beach destination making the stress of work and life seem far away in a distant land. I call it 'Waves of Thought'. Hope you like!

So the 'Access to Headington' proposals have been approved by OCC. It seems work is likely to begin near where I live in July/August so I might as well cancel any holiday plans as we'll be trapped in. I somehow wish it was 'Access OUT of Headington' as we are always blocked in at peak times and the proposals will make it worse. Prepare yourselves for a time of traffic gridlock if you have to commute into and out of OX3. I only hope the work is worth it at £12.5m! I can't see how making car commuting next to impossible will make owners get out of their pride and joy. And yet in a recent survey, when asked what they loved most in their life respondents said, 'their car'. When they have to drop kids off to school on the way to work, don't want to stand in a bus queue in the pouring rain, and have paid more than a year's wages for the privilege and convenience of owning it in the first place, why would they use other methods, unless forced to.

The outcome of the EU Referendum will be known by the time most of you read this. The consequences may take a bit longer to emerge. Whatever happens I think it will be the most exciting political event for years and could be great news for some and very bad news for others. I'm not saying which! The whole campaigning process has brought to mind 'ferrets in a sack' and 'night of the long knives'. If it wasn't such a serious matter I'd laugh at the the politicians - but it is!

I hope it works out well for Headington.

Nick!

COVER IMAGE
"WAVES OF THOUGHT"
-NICK ALLNATT

DEADLINES FOR
AUGUST 2016
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THIS MONTH IN YOUR HEADINGTON MONTHLY:

5. WIMBLEDON 2016
6. THE OXFORD WELSH MALE VOICE CHOIR
8. WHY IS IT IMPORTANT TO FEED BIRDS IN SUMMER
10. LOVELY LOLLIES
22. INTO THE WILD
24. WHAT'S ON

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WIMBLEDON 2016

Wimbledon fortnight is the annual event which enthuses even non-tennis-lovers. Here are some Wimbledon facts to muse on as you enjoy the matches. Wimbledon is the only Grand Slam event to be played on grass, which is cut to exactly 8mm for the competition.

There is a strict dress code. Players must dress in mainly white clothing and umpires request them to comply. Even Roger Federer was asked to change his shoes because they had orange soles!

There are 250 ball boys and girls (known as BBGs) at Wimbledon. Their average age is 15. They are all volunteers selected from participating schools. Historically only boys were selected but in 1977 girls were used for the first time though it was only in 1985 they were allowed to appear on centre court.

More than 50 000 tennis balls used at Wimbledon every year! 700 or so go missing when they accidentally fly into the crowd. Balls are replaced every 7-9 games, and those not in use are stored in special refrigerated containers to make sure they are kept in peak condition.

Wimbledon is synonymous with strawberries and more than 140 000 tubs will be consumed by spectators this year. Players on the other hand prefer bananas for energy and will consume around 15000 of them!

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Oxford Welsh Male Voice Choir are actively recruiting for new members

On Thursday July 21st the choir are holding an open rehearsal to find new members by giving a taste of singing with one of Oxfordshire's oldest choirs. The choir started in 1928 and membership is currently a little lower than the recent peak of over 50. Not only does the choir want to pass that figure again for the 90th anniversary in 2 years time, they want to maintain the growth as they look ahead to their centenary.

Frequently you read about research concluding that singing makes you happier and healthier. The "Oxford Welsh" have known it for years and want you to come and enjoy life with them.

A Welsh male voice choir combines the majesty of a choral society, the serenity of a chamber choir, the power of a rock choir, the fun of barbershop, the joy of gospel singing and the inclusivity of a community choir. They sing uplifting anthems, stirring choruses, reflective airs and melodic ballads.

The choir sings in 4-part harmony so anyone should find their natural voice amongst the tenors or basses. Rehearsals are every Thursday night from 7.30 – 9.30pm, throughout the year and they perform concerts at least once a month in venues ranging from



Oxford Town Hall 2014

small halls and churches to the Royal Albert Hall (where they're booked to join many other choirs again in 2018). There's an annual subscription which is surprisingly low, compared with many other hobbies and activities. – working out at less than £1.50 a week.



Helen Swift - Musical Director

No auditions, no sight reading and no experience is necessary and you don't have to be Welsh either, but you do have to be male. You just need to be able to hold a note, enjoy singing and be free on Thursday nights for weekly rehearsals. From under 18 to over 80, studying, working, unemployed or retired, everyone is welcome. No matter if you're a novice who can't read music or an experienced musician you'll be made welcome.

They're a fun, sociable bunch too; after most concerts a good number of the choristers reprise the evening at an "afterglow" with more singing in a nearby pub. They also have an annual dinner and summer and Christmas gatherings which include wives and partners.

Phone or email to register - 07966 088606 or owmvc.taster@gmail.com

You can find also more information at www.oxfordwelshmvc.org.uk/taster or www.facebook.com/Oxfordwelsh



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the garden gnome

Why it's important to feed birds in summer.

The breeding-season is now in full swing for the birds, with adult birds are feeding their young constantly and at a voracious rate. Maybe time how frequently the adults return to the nest within any 5 minute period. You may be surprised at how many visits are needed and how much energy the adult birds expend especially if the weather it not that great.

There is plenty of food around naturally in summer so we don't need to feed as much. It's more about supplementary feeding.

Various seeds and even cereals broken up to prevent young birds from choking is important.

Food containing calcium for healthy bone development and something high in vitamins A,B and E for healthy bill and feather formation

High energy fat nuggets are good which contain a variety of tiny seeds, perfect for young without the risk of choking. Nuggets also contain mealworms - high protein-source.

Many garden birds family favour feeding close to the ground, so a slightly elevated ground-feeding tray attracts a range of garden birds.

Place mealworms on the tray and you may even be lucky enough to attract Green Woodpeckers who will also be digging around in ants nests in lawns trying to get the ants to eat.

Summer is a good season to have a suitable bird food in numerous forms for numerous species, and you could really attract large volumes of birds to enjoy. A myth that abounds is that feeding birds during the summer will make the birds dependent or lazy. Studies have shown that wild birds typically receive no more than 25 percent of their daily food from feeders, and for many garden species the total is even lower.

What is important is to feed your birds good, nutritious food that sustains and fortifies them. Not just bread that bloats them, with very little benefit. Feeding with just bread could mean our birds have full bellies but low in energy, meaning they are less able to collect enough food, to feed their growing young, that could end up dying through lack of food.

So by all means, feed the birds in summer, but do so wisely.

Happy Gardening

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Lovely Lollies

Do you share the same childhood memories of summertime as me? When it got hot, did you take out the ice cube tray, fill it with diluted cordial and eagerly wait for it to set so that you could enjoy impromptu homemade ice



lollies? And were you usually disappointed when you came face to face with crunchy, crystallised cubes of weakly flavoured water rather than the delicious, mouth-watering, thirst-quenching, temperature-cooling creations you were expecting?!

Legend has it that the ice lolly was invented in 1905 by an 11 year old American boy named Frank Epperson, who accidentally left a glass of soda with a mixing stick poking out of it on his porch overnight. The next day, he found he had made a delicious frozen treat. Regardless of their origin, homemade ice lollies offer endless possibilities. Orange and lemon, minted milk, strawberries and cream, pineapple and coconut, grapefruit and campari or vodka and tonic are just some of the flavours you could try.

To avoid the disappointing results I experienced, here are a few tips to ensure success at the freezer.

1. Make the mixture too strong. Cold numbs the taste buds, so add extra lemon juice, balsamic vinegar or even chilli to give the lolly oomph!

2. Sugar improves the taste and softens the texture. Too little will result in a solid

block of flavoured ice; too much will result in a lolly that is partially liquid. Healthier alternatives to sugar include date syrup, honey and coconut sugar.

3. When filling the mould,

leave about 5mm at the top to allow the mixture to expand.

4. To make sure the sticks stand upright, freeze for about an hour and then insert the sticks. Alternatively, cover the top of the moulds with foil, make a slit and insert the sticks through it.

5. Freezing quickly reduces the amount of ice crystals. Turn the freezer to the coldest setting and place the moulds at the back. Lollies on average take around 4-5 hours to freeze but set faster, the higher the water to sugar ratio. Alcohol slows the process, with too much alcohol resulting in a slushy lolly!

6. To un-mould, immerse in hot water for 20-30 seconds. Dip just below the top rim and pull hard on the sticks to yank the lollies out.

7. Store frozen lollies in sealable freezer bags or waxed paper. Make sure they are airtight to prevent ice crystals from forming inside.

8. For super quick lollies, simply freeze pieces of fruit. Cover bananas in peanut butter or chocolate spread before freezing or blend fruit puree with plain yoghurt. Frozen Angel Delight tastes just like mini milks!

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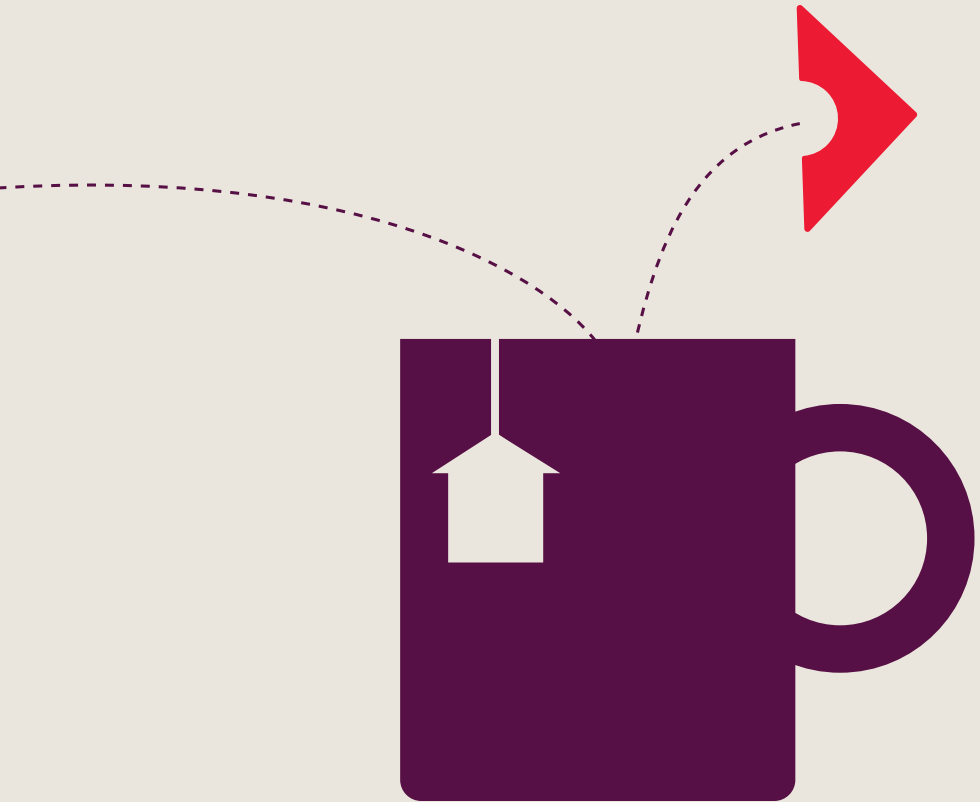
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# Oxford Welsh Male Voice Choir are recruiting



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We're holding an open rehearsal to give you a taste of singing with one of Oxfordshire's oldest choirs. You don't have to be Welsh, but you do have to be male.



**Thursday 21st July 7.00pm – 9.30pm**

**St Francis School, Horspath Rd, Cowley, Oxford OX4 2QT**

*A male voice choir combines the majesty of a choral society, the serenity of a chamber choir, the power of a rock choir, the fun of barbershop, the joy of gospel singing and the inclusivity of a community choir. We sing uplifting anthems, stirring choruses, reflective airs and melodic ballads.*

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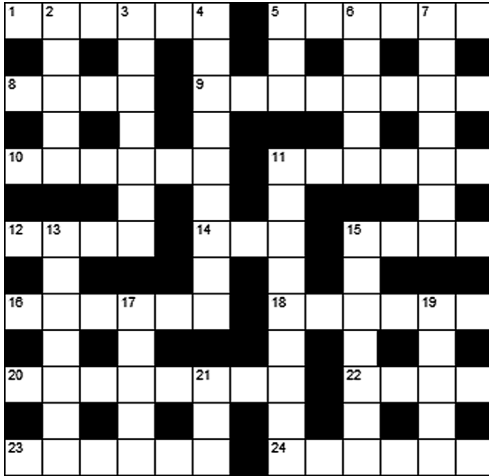
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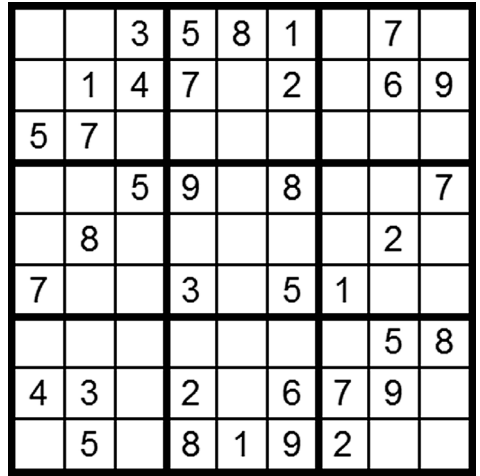
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## BRAIN GAMES

### CROSSWORD



### SUDOKU



### CROSSWORD CLUES

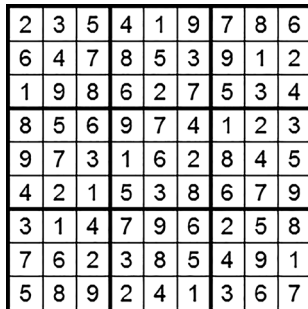
#### ACROSS

- 1 Thick material used to make tents (6)
- 5 Backless sandals with toe-post (6)
- 8 Planting medium (4)
- 9 Green vegetable (8)
- 10 Fruit beloved of monkeys (6)
- 11 Sauce served with seafood (6)
- 12 Area (4)
- 14 Frozen water (3)
- 15 8 Bits (computer term) (4)
- 16 Expression (6)
- 18 Waterproof jacket (6)
- 20 Sticky insect trap (8)
- 22 Acclaim, cheer (4)
- 23 Capital of Russia (6)
- 24 Brine (6)

#### DOWN

- 2 Fragrance (5)
- 3 Rural community (7)
- 4 Boat, or type of sandwich! (9)
- 5 Also (3)
- 6 Golden award (5)
- 7 Chivalrous (7)
- 11 Reference book for writers (9)
- 13 Shakespearean tragedy (7)
- 15 House of ill-repute (7)
- 17 Savoury jelly (5)
- 19 Extra-terrestrial (5)
- 21 Foot (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.  
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But beware! Sudoku is highly addictive.

# ice

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

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

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

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

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

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Sarah Goodwin on 07892 401486  
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# Into the Wild

Get back to nature with a weekend survival course!

If you're looking to unleash your inner Bear Grylls, or just get back to nature, a survival course may be the answer. You could throw



yourself in at the deep-end by jetting off to the wilds of Zimbabwe, or the hot sands of the Sahara. Or you could ease yourself in gently, with a weekend survival course right here in the UK.

Weekend activities differ depending on the course you choose, but you'll likely end up learning to build a fire, find food and create a shelter. You could also find yourself mastering other skills, such as making traps and snares, preparing game, or wood carving.

The Survival Schools in Devon and Staffordshire offer a choice of several weekend courses. You could craft traditional weapons and tools, including bows and arrows, or find out how to track animals in the wild, for example.

If you fancy getting back to nature with the family, you could try the Family Bushcraft & Canoe Overnighter at The World of Bushcraft Centre in Bedford. Suitable for age eight and over, the experience includes learning to paddle a canoe down the gently flowing River Ouse. You'll set up camp in the woods for the evening (using a canvas bell tent), learn how to light a fire with a bow drill, and make a fixed blade knife, amongst other activities.

Ray Mears Bushcraft also offers weekend experiences for families. From building shelters, to sharing stories round

the campfire, it's a great way to switch off from technology and reconnect with your family. Other two day experiences include a weekend trip learning how to navigate through UK woodlands.

Wildwood Bushcraft runs survival weekends in Scotland and Surrey, with activities such as fire lighting, foraging and building shelters. If you love wandering through the woods, but don't fancy sleeping in them, some centres also offer half day activities, which don't involve camping out. You could learn to forage for wild food with Woodland Ways for example, learning about different types of edible plants and fungi, and how to gather and cook them.

Most survival courses don't need you to bring any specialist equipment, but some are self-catering and you will need suitable clothing and a few essentials, such as a sleeping bag, reusable water bottle and torch. You should receive a list of any kit that's required when you book, but if not, do ask. Your team members may not be too happy if you forget your toothbrush...

There are several survival centres around the UK, including:

Survival School:  
[www.survivalschool.co.uk](http://www.survivalschool.co.uk)

Woodland Ways: [www.woodland-ways.co.uk](http://www.woodland-ways.co.uk)

Ray Mears Bushcraft:  
[www.raymears.com](http://www.raymears.com)

Wildwood Bushcraft:  
[www.wildwoodbushcraft.com](http://www.wildwoodbushcraft.com)

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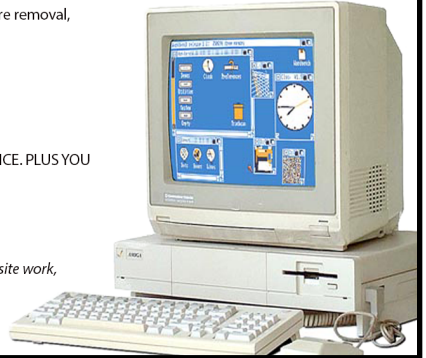
*\* Please note: The £25 offer only applies to drop-off/collection. For call-outs and on-site work, the fee is £40/hour. Same Day Service applies if dropped off before 10am unless abnormal issues arise.*

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## Dementia Day Clubs in Oxford

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

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

Have an event? We happily publicise non-profit, community and charity events through this page. Please email ads@headingtonmonthly.co.uk with the subject heading "Community Events" before 1 July with your events for August 2016.

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# 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.*

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OX33 1 HY Tel: 01865 876471

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About

**Dr Angie Anderson**

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

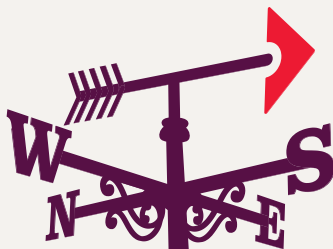
**Find me at: The Wellbeing Clinic,  
1 Windmill Road  
Oxford, OX3 7BL  
Tel: 01865 751111**

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