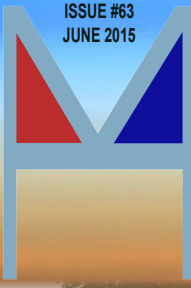


ISSUE #63  
JUNE 2015



# HEADINGTON MONTHLY

YOUR LOCAL FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

**FREE!!!**



**INSIDE THIS ISSUE:**

- \* THE GARDEN REVAMP
- \* VOLUNTEERS WEEK
- \* FATHER'S DAY
- \* PUZZLES & CROSSWORD
- \* AND MORE

**SUMMERTIME IS HERE!**



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Hi again

Finally the London Road roadworks are finished. Now I can put the old jalopy away and get the sports car out. Wind in the hair motoring again at last. I thought it would never end, then suddenly the workmen and equipment were gone. I'm not sure the finish is quite as smooth as it could be but it couldn't be any worse than it was before. Who am I to be so picky. I should be grateful for small mercies.

Don't forget lads and lasses it's Headington Festival on 30th and 31st of May. Many of you will see this in time as a reminder. We've repeated the main details on page 30. You could take this magazine with you so you know what's where and when, or better still if you have it take last months issue which has full details on page 26. And you can post your competition entries in Wishy the Walking Post Box who will be out and about in Headington in the week leading up to the Festival. The competitions entries are in the shops and businesses in Headington.

We have some more events in Headington in June. The Friends of Old Headington are holding their annual open gardens event on 21st June. Please see their advert on page 9 for details. They have some lovely gardens to visit in lovely surroundings. We also have a piece from local garden designer Marilyn Po on how she helps you decide on a design plan for your outside space. Then how she goes about creating the design, doing the work, and maintaining it. Phew, just the very thought makes me feel exhausted so perhaps I should call her in.

I'm sure you'll be welcoming the appearance of some summery weather at last and I hope you are all looking forward to a well earned holiday. I'm planning to take my wife on a holiday to the seven wonders of Didcot (six-and-a-half now three of the power station towers have gone). We're flying out from London Oxford Airport in a barrage balloon! (Whoops, I read this to her and she was speechless.)

Best wishes Nick



Nick Allnatt  
Founder/Publisher

**GET IN TOUCH**

**Nick: 07850 120116**

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

COVER IMAGE

"GOTCHA - FUN AT HEADINGTON

FESTIVAL 2013"

-BY PETE WEST

DEADLINES FOR

JULY 2015

Commercial:

3rd Jun 2015 5pm

Charity/Non-Profit and

Design Requests

1st Jun 2015 5pm

**DON'T FORGET OUR WEBSITE,  
[WWW.HEADINGTONMONTHLY.CO.UK](http://WWW.HEADINGTONMONTHLY.CO.UK)**

## THIS MONTH IN YOUR HEADINGTON MONTHLY:

- 8. THE GARDEN RE-VAMP
- 14. VOLUNTEERS WEEK 2015
- 18. FATHER'S DAY 2015
- 20. THE MARSTON GREEN HEALTH WALK
- 22. THE GARDEN GNOME - PHENOLOGY
- 24. BRAIN GAMES
- 26. A GOOD READ
- 28. WHAT'S ON



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## WHERE TO FIND YOUR HEADINGTON MONTHLY

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

### Headington Centre:

London Road - Oxford Furniture Warehouse, Oxfam, The Windmill, Mojo's Sandwich Bar, Natwest Bank, Headington Post Office, W.H Smith, Bury Knowle Health Centre, Headington Coop, Posh Fish, BBB Stores, Cancer Research UK, Clic Sargeant, Marie Curie, Sainsbury's, British Heart Foundation, Coco Noir, Tesco's, Andrews. Windmill Road - Ice Hair Salon, Helen & Douglas House, The Wellbeing Clinic, Armends Walk-In Barbers, Sue Ryder Foundation. Grays Road: Grays Road Stores.

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

### Woodfarm:-

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

### Marston:

Cherwell Drive - Marston Medical Centre, Coop, Padsn'Paws, Mediterranean Fish Bar.

Marston Road - Oxybox takeaway

Old Marston Road - Coop, Marston Pharmacy, Costcutter.

**Please note: Some retailers are unable to display the magazine prominently by their tills. If you don't see it please ask for Headington Monthly Magazine.**

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# IS IT TIME FOR A GARDEN REVAMP?

It's that time of year when the garden has burst into growth and colour. You may not know where to start when tackling your garden or perhaps you have a more ambitious project in mind. This is where I come in...

If you were to commission me to design your garden, this is how it would work:

## Design process

We would kick things off with a chat about your vision. Are you looking for something contemporary, a woodland retreat or a country cottage? My training and knowledge help you to figure out the style and mood, which I distil into a practical, detailed Design brief.

## So what does a Design cover?

### *Design Plan:*

This is where we think about seating areas, patios, or arches – all the hard landscaping – and where best to place it (see picture, 'bottom right'). I'll do 2D elevation drawings to bring the visuals of the design to life.

### *Plant Design:*

This is about much more than choosing some of your favourite plants. I suggest plants that will bring colour and interest all year round. No one wants a bleak garden in the middle of winter so why not have some gorgeous February-flowering Hellebores and some bright spring bulbs? I also include evergreens which give your garden structure, whatever the season.

I consider the overall impact of the garden, looking at the form of plants and how they will work together. I think in contrast and harmony with clipped forms such as Buxus balls, arching grasses and dome-shaped *Achemilla mollis* alongside button-head and spherical flowerheads of *Astrantia* and *Echinops*, and light and airy plants such as *Verbena Bonariensis*.

I think about height, spread and texture. How many times has a plant that you thought wouldn't grow big ended up gobbling up an entire section of the garden? I look at soil type, the aspect and other factors that affect light and shade, such as trees and buildings. I'll do 2D elevation drawings so you can visualise the borders' shape, along with Mood Boards to illustrate the plants.

## The practical bit

Once we agree the design, I clear the garden, source the plants, arrange delivery, mulch, plant up and fertilise. If you are not much of a gardener and just want to enjoy it, I can also look after the garden long term with ongoing maintenance.

Please do get in touch -

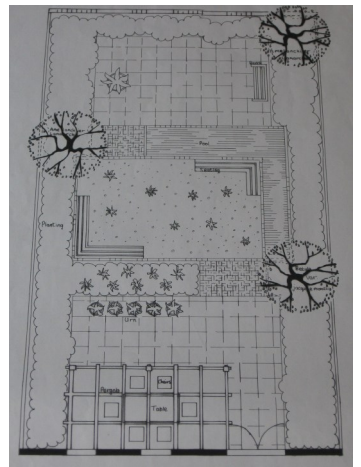
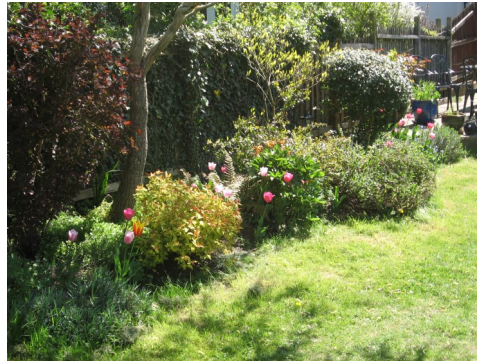
Marilyn Robinson-Po, Beautiful Gardens, Garden Designer

Tel: 07758357585

Email: [marilynpo@yahoo.co.uk](mailto:marilynpo@yahoo.co.uk)

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



The Friends of Old Headington are holding their annual *Open Gardens* event on Sunday 21<sup>st</sup> June 2015. From 2.30 – 5.30 pm.

There are some lovely gardens in the local Old Headington area for you to enjoy – some new ones that are open for the very first time and some much-loved favourites.

Gardens that are open to the public will have a poster advertising the fact on their gates. Collect a leaflet with map, either from your first garden or from the Parish Hall in Dunstan Road.

The admission fee is £4 which covers admission to all gardens (*accompanied children are admitted free*). Members of the Friends of Old Headington are charged £2 as long as they have their membership card with them!

A plant stall will be available at the Parish Hall in St. Andrews Road from 2.30 – 5.30pm. The Parish Hall also provides the venue for viewing and buying books relating to Old Headington, plus refreshments of lovely tea and cake provided by Otmoor W.I from 3.00pm.

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**HPC Registration:** CH 09810



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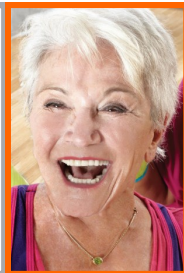
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**Visit us at [www.buryknowle.org](http://www.buryknowle.org) to find out more about SMS Text Reminders, Appointments Online, Repeat Prescription requests Online & Pre-registration Online**

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Oxford, OX3 9LS  
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To advertise, please contact Nick on 07850 120116 or email [nick@headingtonmonthly.co.uk](mailto:nick@headingtonmonthly.co.uk)



## **Volunteers Week 1 -7 June 2015**

**V**olunteers' week is a fantastic annual celebration of the amazing work that millions of volunteers do across the UK. It's been running for over thirty years and aims to showcase volunteering work and its benefits.

Volunteers now work in many different types of organisations. Last year in my immediate local area I interviewed a small sample and they included: dog-walkers for the Retired Greyhound Trust, a lady who was part of the costume team at a theatre, a school governor and a volunteer baker at one of the oldest watermills in Birmingham.

There are a vast array of options for all ages and abilities. You can volunteer in your local neighbourhood, online or even abroad. Close to home, you could for instance, work in a charity shop, run a scout group, take part in conservation work at your local canal, help do the administrative tasks for a charity, be a Guide at a National Trust Stately Home or befriend those in hospital for instance

Some employers give staff paid time off to do occasional volunteering and some have employer-supported volunteering schemes

To find out about opportunities, you can contact charities and organisations directly or get in touch with your local Volunteer Centre. One of the main online resources is the National Council of Voluntary Organisation website: - <https://www.ncvo.org.uk> . On there, you can find links to thousands of positions as well as lots of valuable information.

They suggest that if you are looking for a voluntary role, you firstly need to consider what type of cause you want to work for and then seek out relevant organisations. When you have selected some preferred organisations, you should research them thoroughly and try to speak to some of those who currently volunteer for them to find out what it's really like. You should also consider the skills you have to offer or want to acquire and the time you have available so that you can select the most suitable type of role. It's also a good idea to undertake a trial period or shadowing so that both parties can see if it will be a good fit.

There are many potential benefits to volunteering including: a sense of pride at having given something back to your community, making new friends, a chance to gain new skills and work in an environment or for a cause that you are passionate about.

If you'd like to add travelling to your outcomes, you could also consider volunteering abroad. Take a look at the websites such as Volunteer Services Overseas, <http://www.vsointernational.org>, Tourist Concern <http://tourismconcern.org.uk/volunteer> and UN Volunteers <http://www.unv.org> to find out more.

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# FATHER'S DAY 2015

**F**ather's Day is celebrated worldwide in recognition of the contribution fathers make to the lives of their children. In the UK it takes place on the third Sunday in June.

There are various stories about the origins of the day. Some believe it is associated with pagan sun worship as the sun is known as the father of the universe and the June solstice occurs around the same time as Father's Day each year.

Others claim that the tradition originated in the ruins of Babylon. It is said that a young boy called Elmesu carved a father's day message on a card made out of clay around 4,000 years ago.

The UK is believed to have followed on after the USA started celebrating the annual occasion. Again there are different versions, but most link the commencement of the modern Father's Day with the campaign led by Sonara Smart Dodd.

When she was 27, Sonara decided after listening to a Mother's Day Sermon that there should be something similar for fathers. The local Spokane Ministerial Association and the Young Men's Christian Association supported her and a local celebration took place in 1910. The popularity of the day spread across the USA and it became officially recognised by President Woodrow Wilson in 1916.

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# The Marston Green Health Route

A new green project is helping people in Marston and Northway to benefit from accessing outdoor spaces near to their homes. The Oxford-based charity, The Centre for Sustainable Healthcare, has set up the project to help local people to improve their health in a

sustainable way and to encourage doctors to prescribe more 'green prescriptions'. Indeed numerous studies outline the benefits to people's physical and mental health arising from contact with the natural environment.

The Marston Green Health Route has been funded by grants from the Big Lottery 'Awards for All' fund and several other local donors including TOE2 and the University of Oxford Community Fund. The Centre for Sustainable Healthcare has been working with community groups including schools to enable as many people as possible to enjoy the green space in Marston. The walk includes maps and sign posts along the way to encourage people to walk the two and a half mile route.

The Green Health Route also enables local GPs to prescribe exercise to their patients. We are also working with Go Active at Oxford City Council to provide training so that local residents can become health walk leaders, running weekly walks along the route. If you would like to volunteer as a walk leader please contact [info@nhsforest.org](mailto:info@nhsforest.org)

Of course, the route is available for people who want to exercise independently at their own pace and at their preferred time. So go on, get outside and enjoy the local green space in Marston! For more information please visit [www.nhsforest.org](http://www.nhsforest.org) and download your own map of the route from <http://nhsforest.org/sites/default/files/CSH%20Leaflet-1a.pdf>

## Marston Green Health Route Map - Length 2.5 miles approx

The Centre for Sustainable Healthcare has developed the Marston Green Health Route to take in the various nature reserves, schools, church and coffee shops of the Marston area.



Opposite is the Marston Green Health Route map. Please look out for the maps at the Resident Association displays throughout Marston and for signs along the route.



The route is flat and manageable with trainers or sturdy shoes and is suitable for wheelchairs or buggies. You can also stop off for coffee at the local cafe on Cherwell Drive or the 'Over 50's Cafe' at the Scout Hall on a Tuesday morning.



So go on get outside and try to do three walks a week enjoying the fresh air and the great green space in Marston.



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# PHENOLOGY



by Stuart Mabbutt, Wildlife Gardener

'Phenology' is rife in wildlife gardens at this time of the year, it's the study of the season cycles of insects, plants, animals, in fact all wildlife; During spring, I often watch the sequence of events that indicate the accelerating march towards the summer season.

It can be indicated by the birds - the first Warblers, Swallow, Cuckoo and the first Swift, often in that order. Turtle Dove could have one been added to that spectacular list but few of us have that privilege nowadays.

Butterflies signal the seasons too so keep your eyes peeled for the different types around as the months advance.

Various types of blossom rushes through most quickly during spring which is followed weekly by differing flowers opening.

It's always interesting to keep a notebook of the dates you first see certain things appear, and compare those dates year on year. The mind pulls tricks on us and we often feel things are happening earlier year on year. When you compare these notes often things are shown to be getting earlier, very often by just a few days though, not weeks earlier as our memories tell us. I don't trust the accuracy of my own mind, but if you don't believe me, why not take up the study of Phenology yourself and see what you find.

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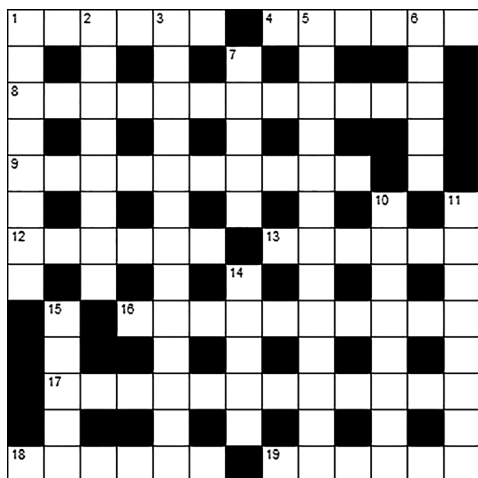
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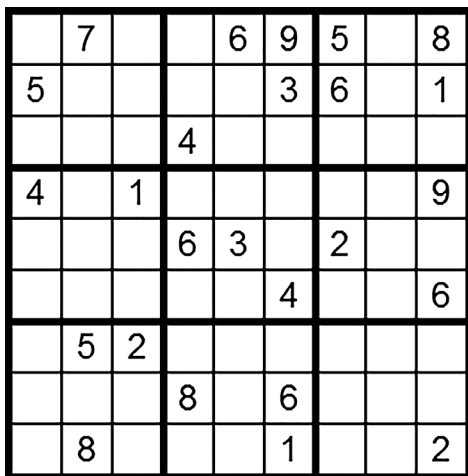
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## SUDOKU



## CROSSWORD CLUES

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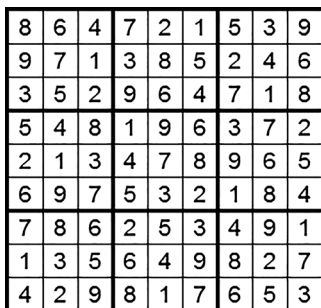
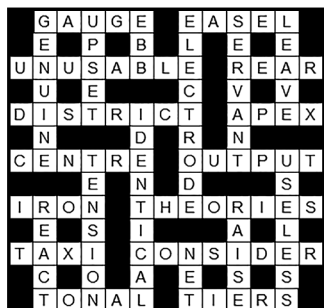
- 1 Hit, clouded (6)
- 4 Abundance (6)
- 8 Institution (12)
- 9 Precise, singular (10)
- 12 Required (6)
- 13 Like better (6)
- 16 Amenities (10)
- 17 Advanced culture, society (12)
- 18 Prompt (6)
- 19 Rides a bike (6)

### DOWN

- 1 Ceasing (8)
- 2 Watched, looked (8)
- 3 Deliberation, Cogitation (13)
- 5 Outstanding (13)
- 6 Cares for (5)
- 7 Concern, problem (5)
- 10 Accredited, authentic (8)
- 11 Gifts (8)
- 14 Stiff (5)
- 15 Father's brother (5)

Last month's Brain Games solutions:

*did you get them right?*



### How to Play SUDOKU

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

But beware! Sudoku is highly addictive.



# Microchipping your dog

**F**rom April 2016 it will be compulsory for a dog to be microchipped in the UK. But what is a microchip and what does it do?

Microchipping seeks to aid reuniting lost or stolen pets with their owners with their pets. It should be used in conjunction with the usual tag and collar.

The computer microchip contains a unique identity number and is housed in a type of glass which is compatible with living tissue. The whole thing is about the size of a grain of rice.

A special syringe and needle are used to implant the chip between your pet's shoulder blades. The insertion isn't painful and a check will be made using a handheld device immediately afterwards to ensure that the chip's data is readable. The code and owners details are then stored on a national database. It is important to update your details on the database if you move.

Many pets are suitable for microchipping including dogs, cats, rabbits and horses. Charities such as the Dogs Trust are so passionate about its importance that they offer it for free at their rehoming centres and run chipping roadshow events throughout the year. Vets and other organisations charge for microchipping, and costs will vary depending on the size of your pet and where you live.

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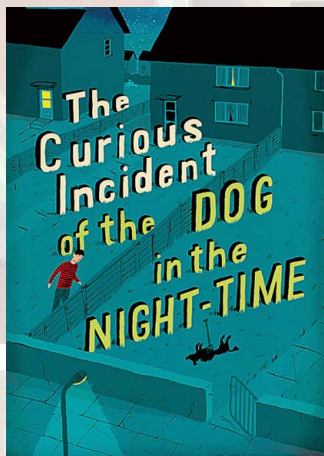
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# A Good Read

## The Curious Incident of the Dog in the Night-time by Mark Haddon



Wellington is dead. He was killed with a fork. That's not quite so odd though. It was a garden fork.

Discovering the body of his neighbour's dog, 15 year old Christopher is determined to find out what happens so he decides to do some 'detecting'. What he discovers will tell him so much more than just who killed Wellington.

As a reader you see the world through Christopher's eyes. A world where maths is in charge and helps to make sense of everything. A world where seeing five red cars in a row is a sign of a 'super good day.' Christopher has Asperger's Syndrome: a form of high functioning autism. This means that he doesn't see things the same as others do. Facial expressions are difficult to decode – his teacher gives him clues to help him – and metaphors are just confusing and don't really help you to understand things because you have to spend so much time trying to work out what it means.

This highly acclaimed novel is an insight into a world inhabited by many people, but alien to most of the population. Haddon also brings out the difficulties of raising a child with Asperger's. His widowed father tries to be patient but struggles with the lack of emotion from his son.

In many ways Christopher has a better way of coping with life as he can shut himself away in a world ruled by algebra, patterns, and prime numbers.

Written in the first person, Christopher's 'voice' is distinctive and original. As the novel draws towards its

rewarding ending you will feel reluctant to leave him as he takes the next steps through life, telling us, "I can do anything." And like many people with Asperger's, he just might.

## Jack Stalwart: The deadly race to space: Russia by Elizabeth Singer Hunt

Most nine year olds only have school to worry about. Jack's life is a bit more complicated than that. He is a secret agent.

It must run in the family as his older brother Max was also a secret agent: only he has now gone missing. Jack must travel around the world battling some of the most dangerous villains there are, in the hope that he will one day find Max.

In this book (the ninth in the series) Jack must find the space project's chief engineer who has gone missing on the eve of the launch of manned mission to Mars. With his spy gadgets, such as gripper gloves and a mind eraser, this appears to be straightforward, but Jack is in for a shock.

The Jack Stalwart books are aimed at young readers aged 7+ and appear to be a natural draw for boys of this age. Hunt cleverly mixes fiction and non-fiction in this series. Each book is set in a different country and contains factual information as part of the story, plus 'fact file' pages in the book. This age is a tricky one when it comes to reading, especially for boys, and the fast-pace of the story, plus the non-fiction aspect is a definite plus



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### Rhymetime for the under-5s

HEADINGTON LIBRARY  
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### Italian Story Time for the under-8s

HEADINGTON LIBRARY  
Saturday 13th June 3.00-3.30pm  
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### Sandhills Primary School Summer Fete

SANDHILLS PRIMARY SCHOOL  
Saturday 27th June 2pm-4.30pm  
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### HEADINGTON FESTIVAL

**Headington Centre & Bury Knowle Park**  
Saturday 30 May and Sunday 31 May  
The Headington Festival weekend is here again. Come and join us in Headington centre and Bury knowle park over the festival weekend, and don't miss out on the great fun and events. There's something for everyone, including:

#### Headington Centre Saturday 30th May

10:00 Street Fair - New High Street  
11:00 onwards - Musical procession along London Road, Morris Minors at St Andrews School, Childrens competitions, Singing, dancing and music along the streets.  
12:00 Fun fair in the park.

#### Bury Knowle Park - Sunday 31st May

13:00 Brass Band Grand Opening  
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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
- \* 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 2014-2015

| Term               | Date             | # Days |
|--------------------|------------------|--------|
| Term 1             | 1 Sep - 24 Oct   | 40     |
| Oct. Holiday       | 27 Oct - 31 Oct  |        |
| Term 2             | 3 Nov - 19 Dec   | 35     |
| Christmas Holiday  | 22 Dec - 2 Jan   |        |
| Term 3             | 5 Jan - 13 Feb   | 30     |
| Feb Holiday        | 16 Feb - 20 Feb  |        |
| Term 4             | 23 Feb - 27 Mar  | 25     |
| Apr Holiday        | 30 Mar - 10 Apr  |        |
| Term 5             | 13 Apr - 22 May  | 29     |
| Late Spring        | 25 May - 29 May  |        |
| Term 6             | 1 Jun - 20 Jul   | 36     |
| School Year Begins | 1 September 2015 |        |
| Total              |                  | 195    |

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

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