

ISSUE #99

JUNE 2018

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



Nick Allnatt
Founder/Publisher

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

Dear Readers

Are you all ready for Headington Festival? As this issue will be distributed from 22nd May you should see this in time. You can see what's coming in the Festival advert on page 19. Should be lots of fun.

This month we have an article about using a smaller dinner plate to lose weight. I have considered using a bull-dog clip on my mouth. A local supermarket is planning to stock speak your weight machines. Could be embarrassing at a family gathering as some of my extended family are porkers. The last time I stood on one it said 'No football teams'.

There has been a debate on the Headington and Marston Forum and on Twitter about an incident in Old High Street which was reported in the Sun newspaper. This is exciting stuff for Headington. The incident involved a car driver overtaking parked cars and coming head-to-head with a cyclist coming the opposite way resulting in an angry confrontation. A few roads in OX3, usually used as rat runs in rush hour, can have this problem notably in Quarry Hollow, also in Copse Lane Marston. Here impatient drivers wanting to bypass queued traffic waiting to pull out onto Cherwell Drive will overtake the queue and turn right into the service road at Cherwell Drive shops. This can place them head-to-head with traffic turning left from Cherwell Drive onto Copse Lane. In the case of the Old High Street incident everyone blames the car driver but as a driver myself it is often impossible here to see oncoming cyclists before pulling out as the road curves to the left past The Croft blocking them from view. However there are gaps between the parking bays allowing cars to pull over so patient drivers should not have a problem.

Many years ago my old schoolmate Tony, who joined the police, was sent on point duty to the junction between Horspath Road and the ring road where there was once a roundabout before the current traffic lights were installed. It was a very quiet Sunday with no traffic anywhere except he observed an older chap on a bicycle proceeding from Horspath Road onto the roundabout towards Horspath. As the chap negotiated the roundabout he noticed to his left side a solitary wheel complete with tyre rolling down the ring road carriageway towards him. This had apparently come off a car half a mile up the road towards the Shotover flyover - no sign of the car. He was uncertain of the speed of the wheel and whether he should stop and let it pass in front or continue quickly so it passed behind. In his prevarication the wheel hit him and knocked him off his bike.

Mind how you go. :)

Nick.

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JULY 2018
Commercial:
3rd JUN 2018 5pm

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

THIS MONTH IN YOUR HEADINGTON MONTHLY:

- 6. NEVER TOO EARLY
- 8. THE FOREVER BUSINESS OPPORTUNITY
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- 14. GIVE BLOOD
- 16. NATIONAL VOLUNTEER WEEK
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Never Too Early

Book an eye examination for your child



vision defect.

- Frequent eye rubbing
- Dark circles under the eyes
- Obvious discomfort in bright sunshine
- watery eyes
- One eye larger than the other
- One or both eyes turning inwards or outwards, even if it's only sometimes
- A white pupil visible in

A child's development and learning can be hindered by undiagnosed or uncorrected sight defects, so early and regular eye examinations are essential to give them the best chance of succeeding in their education.

Rapid visual development takes place between birth and 3-4 years of age. Many visual defects such as long-sight (hyperopia), short-sight (myopia), a turning eye (strabismus) or a rugby ball-shaped eye (astigmatism) can be inherited.

Most visual problems are treated better if they are diagnosed early on. It's not necessary to wait until a child can read the letters on a conventional chart before taking them for an eye examination. Special picture charts and tests can be used and it's quite possible to take certain measurements without any interaction from the child at all.

Doctors, health visitors and some school nurses will carry out rudimentary vision checks, but only an optometrist will be able to provide a comprehensive accurate assessment.

Here are some signs to look out for but it's important to say that some children show no signs of anything being wrong at all, yet they may still have a serious underlying

family photos, particularly where flash has been used

- Holding books very close
- Aversion to reading
- Sitting right next to the TV
- Red-rimmed eyes, or sore-looking eyelids
- Excessive blinking
- Short attention span for close-up tasks
- Poor eye-hand co-ordination

It might sound obvious but choose an optometrist who likes children (not all of them do!) and who puts them at ease. When you go into the practice there should be children's books or possibly a toy or two available to keep them occupied while they wait. A child-friendly optometrist will understand if your toddler wants to run around the room periodically or alternatively doesn't want to engage at all. If your child has special needs such as autism or anxiety and needs to visit the practice to see the room and meet the staff before attending for an appointment this should be an option. Choose someone you feel comfortable with and your child will probably feel comfortable too.

Your child's sight is precious. Book and eye examination today.



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The Forever Business Opportunity

(advertorial)

Unlock Your Potential! Many of us hold aspirations of being in control of our destiny, having more time and flexibility, building something we feel passionate about, balancing time for family versus regular work commitments. Ever thought of working for yourself?

Often the leap that is required involves leaving a salaried role, which is difficult when we have bills to pay. The start-up costs and time it takes to generate a profit can seem so overwhelming that we stay where we are, in our perceived comfort zone, which really isn't all that comfortable. It's precisely for these reasons that starting a business with Forever is such an attractive option.

It can be worked around existing commitments without making drastic changes or large financial investment; in fact, you start your business by investing less than £200. For 40 years now, Forever has been providing this flexible opportunity under the umbrella of a global brand for ordinary people to start their own businesses. It's an opportunity where you are in business for yourself, but not by yourself because you are backed with training and support, all provided by an established and global company.

Who are Forever? Forever is the world's largest grower, manufacturer and distributor of Aloe Vera. Over its 40-year history Forever has seen continued growth in all its market sectors, operating in over 150 countries, including health and wellbeing (to include nutritional supplements), weight management, beauty and skincare, and home and animal products.

As a direct selling company, Forever provides individuals with a flexible opportunity to build a business around their existing commitments. Forever business owners come from all walks of life, ages and backgrounds and each have their own individual goals and reasons for starting their business.

Here are the thoughts of Aman, a local independent Forever business owner.

Aman says: *"We joined Forever in December 2017, after a successful career of over 20 years in the Oil & Gas Industry, having seized this wonderful opportunity to work for ourselves! It took a leap of faith but has proved to be very worthwhile!"*

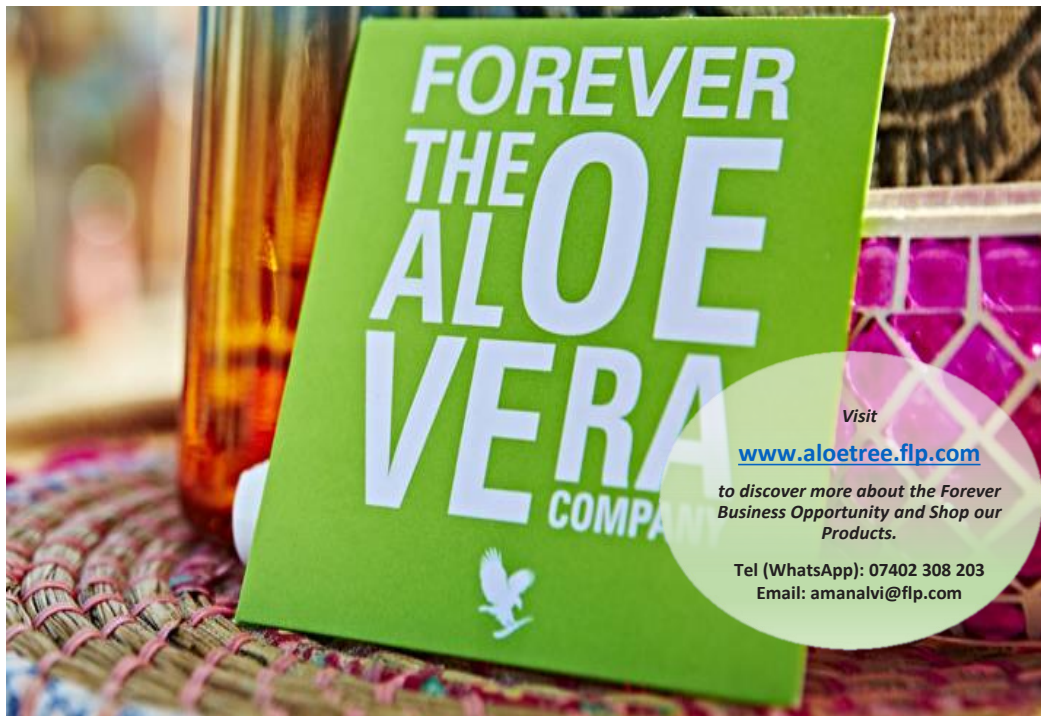
"People start businesses with Forever for a host of reasons - yes, of course, to make money, but equally important to many is the recognition that comes as you progress."

"Those who are most successful have a can-do mindset, are open to learning and sharing and have that commitment to see things through."

"Building a Forever business takes hard work. There isn't a magic bullet. The difference with a Forever business is that the potential rewards are significantly greater and that the freedom and flexibility many achieve can be accessed in a relatively short time frame compared with conventional employment."

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About Pilates

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the garden gnome

a solid consistency



Well, the weather has been unpredictable of late I'm told, or has it? The ebb and flow of the seasons reliably go through their transitional processes. The date and times may fluctuate, but none the less, the seasons do reliably come and go.

So why do we say it unpredictable? Impatience? Assumptions? Attachment? Don't ask me, I've no clue either.

What I do know is, nature, in all its forms, is a solid consistency in all our lives. Nothing is constant except change, and nature is constantly evolving.

Nature is us, and we are nature. We are enveloped in those seasonal ebbs and flows.

I'm spending lots of time just sat out in nature whenever I can. Not naming and categorizing, just enjoying nature for what it is. A bird is a bird, a butterfly is a butterfly, a fish is a fish. To sit in nature, and just be, is something we can all forget to do with the conditioned behaviours of boxing up and containing.

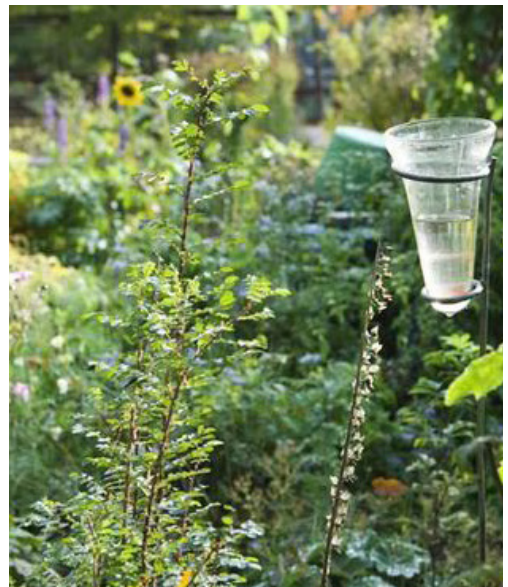
I often sit, quietly, with an open mind and just be with the nature around me. Somehow, I can sense my ancestors who also likely gazed upon the changeable skies, heard the joyous

birdsong, smelt the grass pastures, felt the wind and rain on their faces, and tasted the first crops of the season.

Wildlife gardens are a healing medicine to my soul, and always a pleasure to visit one. Bringing us predictable, not unpredictable, contentment and connections.

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The Friends of Old Headington are holding their annual *Open Gardens* event on Sunday 1st July 2018. 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 £5 which covers admission to all gardens (*accompanied children are admitted free*). Members of the Friends of Old Headington are charged £3 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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If you know of any other good collection points for the magazine please let us know

Please note: If you are unable to see the magazine displayed in any of the above locations please ask the management as they may not have a space to display it prominently. Stocks are topped up at least twice weekly. If the location is out of stock please call Nick on 07850 120116.

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GIVE BLOOD!

World Blood Donor Day is June 14th

Most of us have had or know someone who has had a blood transfusion. Blood donation is vital to help treat thousands of seriously ill patients every day and new donors are desperately needed. Currently only 4% of the eligible population are active blood donors.

Here are 10 reasons to consider giving blood:

Life-saver - You change lives each time you give blood. Every blood donation can save or improve the lives of up to three adults or six children.

Desperate need - NHS Blood and Transplant needs many more donors to come forward to make sure the nation's blood stocks remain at a safe level for the future.

Day-to-day needs - You may think blood is only used for massive blood loss in A&E patients, but your blood could help many different people. Donated blood is also used for patients having surgery, maternity emergencies, and for people with cancer or blood disorders.

6000 donations are needed per DAY! - It's true that changes in medical practices mean demand for donated blood has reduced. But hospitals across England and North Wales still need around 6,000 blood donations every day to treat patients.

A quick pint - If you book an appointment, the whole process takes less than an hour. One hour, every three to six months. Just a short amount of time to do something wonderful for another human being.

You're probably eligible - You need to be in general good health and weigh over 50kg to donate blood. If you are looking to donate for the first time you need to start on or before your 66th birthday. To check if you are eligible go to www.blood.co.uk

You might be a missing type - Blood from all groups is needed but some blood groups are particularly vulnerable to shortfall such as O negative – which can be given to all patients in an emergency; think of those episodes of Casualty or ER where the doctor in charge yells 'Where's the O-NEG'!

You might be young - We need more young donors. Around half of current donors are aged over 45. The more young people get involved the better future blood stocks will be safeguarded. You can start donating at 17.

You might be BAME - Are you black, Asian or from an ethnic minority? Please consider becoming a donor as some rare blood types are more common among these communities. Conditions such as sickle cell and thalassaemia are also more likely to affect these groups and patients require regular blood transfusions, ideally from donors from a similar ethnic background.

There are biscuits - Free food! Around 6 million biscuits are eaten by donors every year. Aren't we a greedy bunch? But the post donation biscuit and cuppa are important because sitting quietly while eating and drinking something helps the body to recover.

If I've inspired you to become a donor go to www.blood.co.uk or call 0300 123 23 23





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NATIONAL VOLUNTEER WEEK

1st-7th June



This year, Volunteers' Week is about volunteering for all – celebrating the huge range of people who give their time in so many ways.

Could you volunteer, and why should you bother?

Studies have found that taking time out to help others reduces stress levels, improves immunity and increases life-satisfaction. This is because helping someone else interrupts tension-producing patterns and replaces it with a sense of purpose, which leads positive emotions.

Whether you're looking for a change in career or advancement in your current one volunteering is an excellent way to boost your prospects. Volunteers tend to create a positive impression, appearing more innovative, creative and skilful.

In an Adweek article on the state of recruitment in 2015, they found that recruiters rank volunteer participation higher than personal presentation, political affiliations and spelling and grammar errors when looking at a candidate's potential. This is probably because employers value transferable soft skills and volunteering gives you plenty of those, particularly problem-solving, teamwork, leadership and people skills. Candidates with real-world experience also tend to be more insightful and ready to be more hands-on in projects.

Away from the corporate world many people look around their community and

long to make a difference but don't know how. Look for community volunteering projects and get involved. It gives you the chance to think about the kind of community and world you want to live in, and to be part of something bigger than yourself.

If you're still not sure where to start your volunteering journey think about where your passions lie. Maybe you love animals, are passionate about butterflies, or you want to share music, or life experience, or gardening skills. Look on the web, there will probably be some volunteer group where your passion or knowledge will be useful.

If you are feeling adventurous volunteering abroad allows you to travel with a purpose. Before deciding on a programme it's advisable to ask:

- How will it benefit the local community?
- Does the organisation respect the local culture?
- What is the reason behind your volunteering trip?
- What problem will the end-product help solve?

Volunteering abroad changes how you see the world as you meet people daily from different countries, backgrounds and quality of life.

Many of us are lonely in our modern lives. Maybe we moved away from our families for work, or we're divorced, or widowed, or the children have left home. Volunteering introduces you to people from all walks of life and provides a means of making real friends who can have a lasting impact on you.

Volunteering can shake you out of old routines and help you figure out where you want to head next. You might come up with ideas on how to improve your own community, or even discover a new life calling.

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Downsize Your Dish^{ooo} and your dress size

Smaller plates may be a key to weight loss. Several years ago, a food psychologist called Brian Wasink gathered a group of 85 food and nutrition experts. He gave each of them a small bowl or a large bowl and a small scoop or a large scoop. Then he asked them all to serve themselves a 'portion' of ice cream. Now these were people who knew about nutrition, yet they scooped 31% more than the average serving size into the large bowl and 15% more from the large scoop.

Studies at the University of Pennsylvania conducted similar experiments hypothesising that giving student subjects a smaller scoop would mean they would take more than one, but most of the students took only one scoop regardless of size.

So, what can those of us who want to shed a few pounds take from this? Swap your 10 inch /

25cm dinner plate for an 8 inch / 20 cm one and put fattening foods like gravy or salad dressings into small bowls with small spoons. Put salad stuff and vegetables in a big bowl with a large serving spoon and then tuck in.

Downsize with science!



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Never Again?

by Steven Pitcher

steven@headingtonmonthly.co.uk

I grew up in a world where the freedom to share ideas and opinions was not only welcomed, but actively encouraged.

At school I was taught that Bad People of the past used to control their populations by controlling the information they received, and by all accounts, that was a Bad Thing. I was taught, in history classes, how the Bad People stifled individual liberty by burning books en-masse that didn't agree with the narrative-of-the-day, and how those same Bad People encouraged and enacted legislation to control and police the thoughts of others. Where children and families were encouraged to turn in their loved ones if they were discovered to be thinking unapproved thoughts or expressing opinions that didn't fit with the Bad People's Leader's criteria for approval.

Our society couldn't stand for the oppression by the Bad People of others, and we went to war in order to defend our rights and liberties. And we won.

And we said "Never Again"!

73 years have passed since we said "Never Again". I find myself looking around at the world we live in circa 2018, and I find myself pondering why it is that we forgot.

Like the German Student's Union in the 1930s, Student bodies all across the western world seem to think that the destruction of literature and rewriting of history to suit a modern narrative is no longer the purview of the Bad People. Universities and libraries are bowing to pressure to remove books and documents that do not fit with the current narrative peddled by an increasingly fascist ideology, represented by students with very little understanding of the long-term consequences of such actions.

The Bad People have now become the Good People. Over the last few months, we in Britain

have been involved in a massive debate over the freedom to speak and express ourselves in public. The Good People have mobs to police the thoughts of others. Our police service, not having the resources to fight actual crime, descend like SWAT teams upon those who dare to engage in WrongThink on the internet.

I refer specifically to the recent banning by UK authorities of journalists entering the UK under the guise that their opinions are not welcome. Journalists that are not inciting violence or murder, but simply wanting to expose opinions and views that don't fit our current narrative.

I also refer to the recent arrest, trial and conviction of Markus Meecham, who made the mistake of making a joke on the internet that was in poor taste. Poor taste should never be a crime, yet now it is.

We have a long history of defending our freedom to have different opinions. Our freedom to engage in heated debate over beliefs has been a cornerstone of our civilisation since the Magna Carta. And now we watch as our liberty dies to the thunderous applause of the new Bad People who, under the guise of 'protecting us from offence', claim that their actions are good.

They aren't. We are encouraged to turn in our families and friends to the authorities if they engage in a subjective thing known as 'hate speech'. We imprison journalists who have the 'wrong' opinions. We arrest comedians and convict them for making jokes. And we do it all while feeling that we are doing something good for society, when the truth is far more sinister.

The methodology, if not the ideology, of the Nazi party has returned and is prevalent in our mainstream radical left-wing. And this time around we are celebrating it.

Whatever happened to "Never Again"?



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*Nicholas is an extremely intelligent business journalist who has a great depth of knowledge on many diverse topics and whose counsel is always enlightening and useful. I have known Nicholas for many years and he has been a good friend to both me and my business - David Blythman, Managing Director, Scott Frazer, Oxford

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A Good Read



Interview with the Vampire by Anne Rice

Most people are familiar with the vampire myth as originally written by Bram Stoker in the 19th century. A blood thirsty monster whose sole aim is to kill, and perhaps

transform his victims into vampires. For 70 years this was pretty much how vampires were perceived, until Anne Rice published her seminal gothic novel in 1976.

Daniel, a young reporter is approached by a mysterious man who offers to tell him his life story. The man is in his 20s and yet seems melancholy beyond his years. And Daniel soon learns why, as the man – Louis – tells a story that begins in the year 1791 in New Orleans.

Devastated by the death of his brother, Louis gives up on life and at this low point he meets an enigmatic young man named Lestat – who turns out to be a vampire seeking a companion. With his permission he turns Louis into a vampire and the two embark on a lonely life moving from city to city and continent to continent under the cover of darkness.

Known for her gothic style, it is Rice's love of her hometown of New Orleans that comes through in this wonderfully evocative novel. Her descriptions bring the city to life and she gives her vampires a voice that speaks of the agony of eternity. This hugely influential work has shaped the genre ever since.

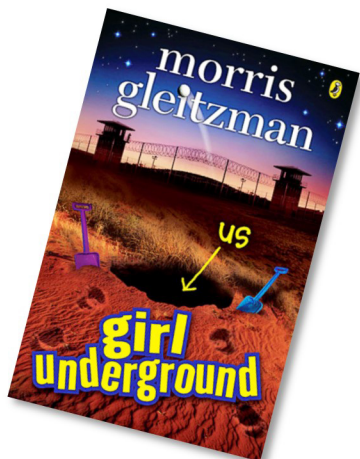
Girl Underground by Morris Gleitzman

Bridget is an 11-year-old girl who is about to start at a new school. Not just any school, but one of Australia's top private boarding schools. All she wants is to stay anonymous in the hope that no one will find out about her family.

You see, Bridget isn't like the other pupils, and her family is not what you'd expect. Her dad does a roaring trade in dodgy Russian blenders and smuggling goods out of Turkmenistan, whilst her brother is in prison for robbery. Yes, Bridget is worried she will say the wrong thing and give herself away.

So, when her new friend, Menzies, asks her to help him she is worried that people might start asking questions. Especially when it turns out that it involves breaking into the Australian government to try and see the Prime Minister!

This hugely entertaining novel from Gleitzman deals with the serious issue of refugees in Australia, and debates the rights and wrongs of keeping them in detention centres as illegal immigrants. The reader will identify with the views of both Bridget and Menzies who cannot see the fairness in keeping children 'behind bars' when all they have done is escape from their homeland in fear for their lives. This is one to spark discussion!



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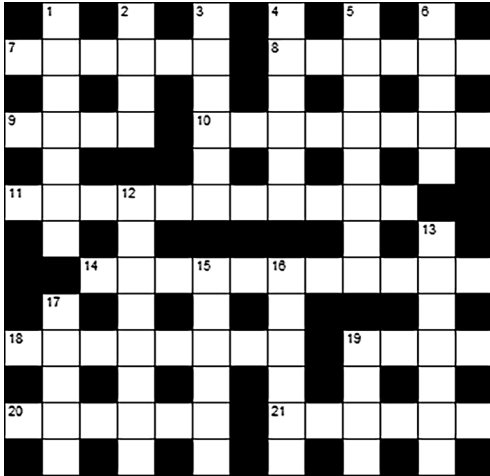
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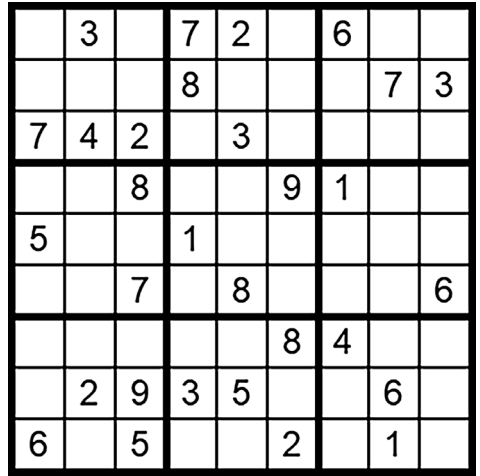
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BRAIN GAMES

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SUDOKU



CROSSWORD CLUES

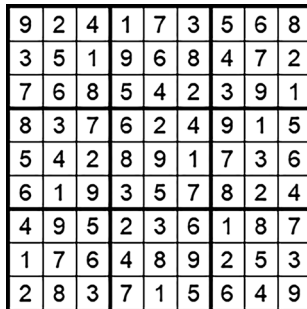
ACROSS

- 7 Important Hindu God (6)
- 8 Latin name for the onion family (6)
- 9 Sudden dull sound (4)
- 10 Anywhere, all over (8)
- 11 State of havoc or catastrophe (11)
- 14 Club, guild or union (11)
- 18 Athletic, strapping (8)
- 19 Spirit, energy (4)
- 20 Homing bird (6)
- 21 Character, disposition (6)

DOWN

- 1 Bleach (7)
- 2 Cast, discard (4)
- 3 Get the better of (6)
- 4 Skill, flair (6)
- 5 19th Century US soldier (8)
- 6 Female monarch (5)
- 12 Replied (8)
- 13 Console (7)
- 15 Antagonise, provoke (6)
- 16 Land surrounded by water (6)
- 17 Red-breasted bird (5)
- 19 Medieval stringed instrument (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.
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For Dog Show contact Kim Gilder-
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Saturday 30th June 2018 at 7.30pm

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(free admission, collection for The
Abingdon Bridge - counselling and
supporting young people)

Friday 6th and Saturday 7th July at
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# GOOD BOY!

## Houstrain your puppy



Dogs are more likely to want to relieve themselves at certain times: after sleeping, eating or playing generally, so routinely take the puppy into the garden after each of these activities and wait until he pees or poos. As soon as he finishes give him a little treat. The important thing is to stay with your puppy until he's relieved himself, so you know he's done his business and can praise him and give him a treat at the right time.

The thing which put me off acquiring a puppy, despite the wide-blue pleading eyes of my daughter, was the thought of houstraining. I'd stumbled through toilet-training my three toddlers and frankly the experience broke me, so I did not relish the thought of starting again with the equivalent of a four-legged toddler!

But eventually those wide blue eyes worked their magic and Frodo the insanely cute Cockerpoo joined our family. If I'd known how much easier houstraining a puppy is compared with houstraining a small human I would now be running a dog shelter rather than a bed, breakfast and chauffeur service for preteens. Puppies are primed to please, unlike toddlers!

Houstraining is all about the three 'Rs': Routine, Relief, Reward. But first you must accept that poeing and peeing is normal dog behaviour. Don't ever punish a pup for peeing or poeing in the wrong place, that will just teach him that you are not to be trusted and to be more creative in his hiding place next time he has to go! It's up to you to teach him where you want him to answer his calls of nature.

Dogs have their own 'behavioural language' that signify they might need the toilet, such as sniffing at the door, circling or staring at you. If you find it difficult to read the clues and he makes a mistake, don't punish, just be more vigilant next time or simply set an alarm and let him out every hour or so, rewarding appropriate toilet behaviour.

Night time is the most difficult time and requires the most work. For the first few nights you'll probably have to get up and let him out a couple of times. Say bed him down at 10pm, then let him out at 1am and 4am, getting up at 7am...obviously alter the times to suit you. Once he's got the hang of it, drop one of the night time trips, then as his bladder control improves drop the other one.

Frodo houstrained within a fortnight and was night trained in roughly the same amount of time though we had one or two little accidents during that period. Friends have suggested their dogs were houstrained in shorter or longer periods so clearly there is a variation of 'normal'.

Good luck.

# Don't leave it too late!

Have you made a will or are considering creating a lasting power of attorney? Or are you just thinking about it? When you create a will, you are deciding what happens to what you own, not the State.

If you are considering a lasting power of attorney, it's better to arrange before you may need one, otherwise your family will need to apply to the courts for permission to take care of paying the bills and be involved in our health care needs.

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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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# Furniture donations needed

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Registered charity no 1085951

\* items collected subject to driver assessment

  
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