

HEADINGTON MONTHLY

YOUR FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

FREE TO TAKE HOME!

INSIDE THIS ISSUE:



- * OXFORD UNITED
- * WILDLIFE GARDENING
- * MOVIE REVIEW * BRAIN GAMES & MUCH MORE!

MARCH IS HERE! ALREADY!

STILL FREE OF CHARGE

VIRTUAL OPEN EVENING

Tuesday 7 March at 6.00PM



To register, call **01865 310000** or visit
www.doverbroecks.com/virtual-open-evening

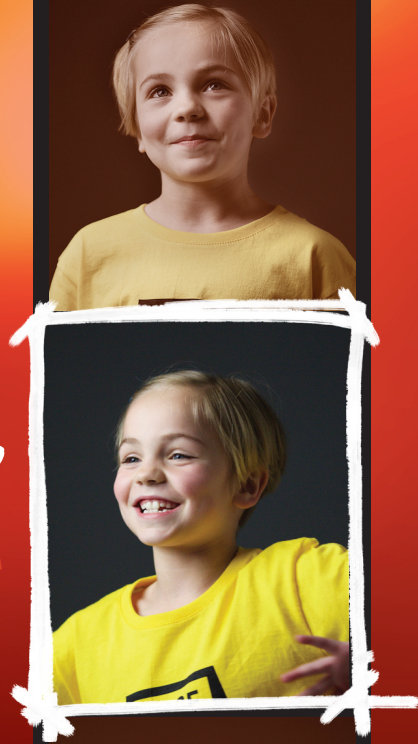


D'OVERBROECK'S

a co-educational school in North Oxford full of
energy, laughter and achievement

BE GOOD AT BEING YOURSELF

ENROLLING
NOW



Unlock your child's potential with
Stagecoach Performing Arts

Singing, dancing and acting
classes for 4 - 18 year olds, where
students learn to embrace life
with creativity and courage

Term time classes
Junior Youth Theatre holiday programmes

 stagecoach.co.uk/oxford

 oxford@stagecoach.co.uk

 01869 278600



Creative Courage For Life[®]



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

The signs of spring will be appearing by the time you read this. Last week my wife and I went to see the snowdrops at Welford Park near Newbury. It was a bit early for them to be at their best but they looked beautiful anyway. My son tells me that as global warming takes hold the UK will be in a sweet spot to benefit from higher temperatures, at least in the short term. This will improve our ability to produce some types of crops while others will decline - apparently we will have a somewhat Mediterranean climate. That'll stop me moaning about the weather! On the other hand I'll probably be saying it's too hot!

Plans are already afoot for this year's Headington Festival sponsored by Headington Action. They are currently advertising for stallholders with an advert on page 14. If you want to book a stall now's your chance. If you don't want to book a stall these are the dates if you just want to attend and enjoy. We'll be placing other adverts in the coming months as reminders and with more information. Headington Action are keen to increase their communication facilities in Headington and hope to publish a full page in the magazine every month. This will include announcements, events and local charitable resources etc, also links where further information can be obtained online. We may also see a page from Brookes regarding community engagement. We hope this will make Headington Monthly even more useful as a source of local information.

I take great pleasure in running the magazine and helping to put it together. It keeps me out from under my wife's feet when she's hoovering :) I used to attend business networking meetings in Oxford where they told me I was Headington's answer to Rupert Murdoch (heaven help us!). They also told me that in a digital age internet advertising was losing its allure due to the sheer numbers of adverts and the use of 'ad blockers', you only get enquiries for your business if people are actively looking for it. If you have a business HM advertising gives you the opportunity to sell your services locally to those who may not actually be looking for it. Printed advertising is still just as effective. Why else would we get so much of it through our letterboxes. You are also helping your local community and they in turn will help you!

Happy Spring!

Nick

COVER IMAGE

"ADDITION'S WALK, MAGDALEN COLLEGE"

DEADLINES FOR

APR 2017

Commercial:

3rd MAR 2017 5pm

Charity/Non-Profit and

Design Requests

2nd MAR 2017 5pm

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

**** NEW SITE COMING VERY SOON ****

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

THIS MONTH IN YOUR HEADINGTON MONTHLY:

- 6. OXFORD UNITED
- 10. THE GARDEN GNOME
- 12. FILM REVIEW: STAR TREK REBOOT
- 14. HEADINGTON MARKET
- 18. CHANGING THE CLOCKS?
- 22. BRAIN GAMES
- 24. SAVE YOUR SIGHT
- 28. WHAT'S ON

Disclaimer

Whilst every care has been taken to ensure that all the information in this publication is accurate, neither the publishers, nor their editorial contributors can accept liability to any part for loss or damage caused by errors or omissions resulting from accident, negligence or any other cause whatsoever. All artwork, including logos and designs, is accepted on the strict understanding that by submitting, you are warranting that the content is owned by you and that you have the appropriate rights to submit. Additionally, advertisements are accepted on the understanding that products and services offered are accurately described. Headington Monthly does not officially endorse any advertising material published within this publication. Content contained in this magazine does not necessarily reflect the views of the publishers, the magazine or it's employees/associates. No part of this publication can be reproduced, stored in any retrieval systems or transmitted in any form, without the prior express consent of the publisher.

COUNSELLING & PSYCHOTHERAPY



JAYNE WRIGHT

'I offer a confidential space where you can explore the stresses and challenges of life including: relationship difficulties, anxiety, bereavement, health problems, unemployment. Whatever your troubles, talking therapy can help'

Phone:07752126736

Headington & Haddenham

Jayne@makingchangesboc.co.uk

www.counselling-directory.org.uk/counsellors/jayne-wright

When responding to ads please mention Headington Monthly



ADVERTISERS! WHERE IS YOUR TARGET MARKET?

**Headington residents have
been wonderfully supportive
of our advertisers**

Don't miss your aim
Your loss may be someone else's gain!

Email us for a media pack:
nick@headingtonmonthly.co.uk
or call Nick on 07850 120116

Pack includes:

- The current state of the market
- Headington demographics
- Magazine format details
- Testimonials
- Advertising Rates and Technical

HEADINGTON MONTHLY

YOUR FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

For the Wiser Advertiser!

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

Tim is a 21 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.



Unexpected Wins on Three Frontiers!

By Tim McGovern

After Oxford's unexpected victory over Scunthorpe, the U's made their way to south London to face Wimbledon. Despite Rob Hall's early goal, Oxford could not hang on and found themselves 2-1 down at half time, and then at full time as well.

Another away game up north against Rochdale was on the cards. Rochdale had won their last 10 games at home, and hadn't lost at home since August. But Oxford played with no respect for Rochdale's incredible home form and absolutely battered The Dale. Splendid goals from Marvin Johnson and Rob Hall gave Oxford the lead at the break, then Ryan Taylor and a 40 yard wonder goal from Ryan Ledson secured another unexpected win against play-off contenders.

Oxford then had the privilege of hosting Newcastle United in the FA Cup. After a rough and tumble first half, Kane Hemmings found the net almost immediately after the break. Magpies forward Aleksandar Mitrovic had a chance from the spot, but Simon Eastwood excellently saved. Further goals from Curtis Nelson and new loan signing Toni Martinez secured a well-deserved win and progression to the Fifth round for the first time since 1994. The U's were drawn away against Premier League Middlesbrough.

The Tuesday night after provided the Quarter final of the Checkatrade Trophy at home to Bradford, re-arranged from the previous Tuesday after a frozen pitch (five minutes before kick-off). After the break was the only real time that Oxford broke through, winning a penalty that Chris Maguire coolly converted. Only two minutes later, Marvin Johnson scored a rocket of a shot into the top corner which

has to be a contender for goal of the season. Despite a late Bradford goal, they couldn't bring it back. Oxford, now, just 90 minutes from Wembley. Only Luton Town will stand in our way from another trip to the sacred arch.

Then another massive game. Biggest away fixture of the season against Swindon. The first half was one of the worst I've seen from Oxford this season making multiple routine errors which Swindon capitalised on. Fankaty Dabo gave the Robins the lead on 20 minutes. But Oxford came out fighting in the second half. On 70 minutes Liam Sercombe equalised. Then Rob Hall scored the most important goal of his season so far to bring home the win! A wonderful solo effort from 20 yards that dipped right when it needed to. A double over Swindon, still in three competitions, things seemed very good!

Oxford then came back home to face MK Dons. Only an 88th minute Kane Hemmings goal separated the sides, giving us another three points.

In other news, Ryan Taylor and Alex MacDonald have both left the club by mutual consent going to Plymouth and Mansfield respectively. All the best of luck to them in the future.





McCabe - Construction Limited
Building & Maintenance Services

Looking for a reliable builder?

- Alterations
- Loft conversions
- Large scale extensions
- All other aspects of building work

All material and labour are guaranteed
We are fully insured for £2m
All work carried out to the highest standards!

"Such a friendly, hardworking bunch. The most reliable company I have ever dealt with. Will definitely be using them from now on for all my construction needs" David Lee

Get in contact for a free quotation -
call phil: 07872560906
phil@mccabe-construction.co.uk
www.mccabe-construction.co.uk
79 New High Street, Headington, Oxford, OX3 7AL

When responding to ads please mention Headington Monthly

Bury Knowle

HEALTH CENTRE
Tel. 01865 761651

Our practice is situated next to Bury Knowle Park and has easy access for wheelchairs and pushchairs. We are open Monday to Friday from 8.30am-6pm, Wednesday 6-7pm, Tuesday and Friday 7.30-8.00am and Saturday mornings from 8.15am-11.15am. We provide the best possible care in a professional, safe and friendly manner, and to work with you to improve health. Our healthcare professionals include:

Doctors, Nurses, Nurse Practitioners, NHS Dental Practice, on site Pharmacy, Counsellors, Midwives, District Nurse and Health Visitors. Non NHS services include Podiatry, Nutrition, and Physiotherapy.

Our **Barton branch surgery** is open Monday to Thursday 8.30am-6pm and Fridays 8.30am-5pm, closing for lunch between 1pm and 2pm. On Wednesday the surgery is closed from 12.30pm-2pm for staff training.

Our **Wood Farm branch surgery** is open Monday to Friday 8.00am-6.30pm, closing on Wednesdays at 1.30pm.

Visit us at www.buryknowle.org to find out more about SMS Text Reminders, Appointments Online, Repeat Prescription requests Online & Pre-registration Online

Bury Knowle Health Centre,
207 London Road, Headington,
Oxford, OX3 9JA
Phone: 01865 761651
Email: buryknowle@nhs.net

Wood Farm Surgery,
Leiden Road,
Wood Farm,
OX3 8RZ
Tel: 01865 762500

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

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

Converting your loft?

Your loft is dead space, and could be the largest and most beautiful room in your house

- Friendly personal service by local company
- Labour and materials fully guaranteed for 5 years
- Loft conversions designed, built and fully finished to highest standard
- Free surveys and quotations

Get in Touch:

Tel: 01865 760048

Email: info@loftexpert.co.uk

Please also visit our website:

www.loftexpert.co.uk



Reality Lofts

Leading Oxford Loft Conversion Experts

13 Borrowmead Road
Headington
Oxford
OX3 9QW



When responding to ads please mention Headington Monthly

domus
DESIGNS

architectural and interior design



We can provide advice and guidance on every aspect of home improvement, whether new build, extension or refurbishment, from initial design, advising on planning, conservation and listed building issues, to the selection of a builder and the management of the contract. The first visit is free and without obligation.

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



www.domusdesigns.co.uk

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



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

10% OFF
YOUR FIRST COLLECTION &
DELIVERY IRONING SERVICE



IRONING SERVICE NOW AVAILABLE*

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

Call for a **FREE** estimate

Staff wanted! • email Kim on contact@maidinoxford.org

01865 450777 or 07779 933 227

Find us
on

***On all ironing collection
& delivery services over £30**

**Green products
available on
request**

When responding to ads please mention Headington Monthly

**Providing trusted
care at prices
you can afford.**

**support
and care
from £13
per hour**

- General Home Help
- Meal Preparation & Shopping
- Personal Care & Hygiene
- Gardening & House Maintenance
- Transportation & Errands
- Paperwork & Administration



Freephone: 0808 278 1112
www.trustontap.com

***THINKING ABOUT YOUR WILL
OR POWERS OF ATTORNEY?***

Are you concerned about Inheritance Tax, understanding Trusts or Powers of Attorney? Or do you just need a reasonably priced Will?

I am a friendly Specialist Local Will Writer and Estate Planner based near Headington

**FREE MEETING
WITH NO OBLIGATION
IN YOUR OWN HOME**

***SAM FRANCIS
07809 213 874
01865 600 267***



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



the garden gnome

In Nature's Own Time.

I wrote last time about having experienced my mother passing away, that I was using nature as a comfort and how I was noticing time moving in very strange ways at times of grief.

Since then, I have been observing how nature's own body clock as it were works. No real conclusions, just more questions.

Nature fluctuates especially when there is a warm spell, just look at all the wild flowers already germinating. Or witness how nature contracts and protects itself when harsh weather reappears. Nature does find its own level and balances out though, which we ourselves could learn an immense amount from.

As I write, it's exactly a week, almost to the minute, that my mother's funeral happened. I wonder sometimes if nature is aware of passing time, or just focusing on 'being'? Something else we could all no doubt learn from?

Do the birds in the garden realise how long they have been singing? Do the bees realise they've been flying around in circles much of the time? Do the little mammals and invertebrates have any comprehension that we are watching them, or are they just busy, doing what they

do best, just 'being'? I wonder if nature understands what 'just being' is?

Maybe what it is to be human is understanding and knowing which sets us apart? Is that a good thing though? Does that affect our enjoyment of our wildlife gardens though, as we just don't spend time out in it happily just 'being'?

Just some thoughts whilst sat out in my own wildlife garden, wondering what on earth to write about.

Happy Wildlife Gardening





OXFORD TUTORS

MATHEMATICS REVISION COURSES

A LEVEL: C1, C2, C3 & C4
GCSE: THE TOUGHEST TOPICS

Easter break – April 2017

*Led by effective qualified Mathematics
teachers with many years' experience*

Small group sizes with opportunity for individual help

Visit oxfordtutors.com

to view full course details and distinguishing extras

Email info@oxfordtutors.com or call 01865 964218

TUTORING • REVISION COURSES • ADVICE

STAR TREK BEYOND

The title card for the movie 'Star Trek Beyond' features the words 'STAR TREK' in a large, metallic, three-dimensional font at the top, with 'BEYOND' in a similar but smaller font below it. The background is a dark, atmospheric scene of a starship's interior, showing a circular hatch or doorway with a bright light source, and various control panels and structural elements of the ship.

FILM REVIEW BY OSCAR DUXFIELD

Star Trek (2009-2016)

I was looking at the box office totals for the most recent Star Trek movies and although they're making money, they seem a lot less popular among movie fans than I would have thought. It surprised me because, to my mind, there are many reasons why these movies work and not just for Trekkies like me.

I wasn't around when Star Trek was airing but I've more than caught up by watching the original TV series and movies and I can tell you that the current Star Trek trilogy is a must watch for everyone and anyone. Even if you've been on another planet for the past 50 years and avoided all Star Trek exposure, you're in for a good time with this latest trilogy. All three movies have distinct story lines and there is no expectation that you will have prior knowledge of the franchise (although it would probably increase enjoyment).

One of the most important things for a reboot to get right is casting and these movies have done just that. Chris Pine perfectly encapsulates the character of Captain Kirk as originally portrayed by William Shatner while adding his own flare. Simon Pegg gives the character of Scotty that bit more humour than the Star Ship Enterprise's chief engineer had in the original series while Carl Urban's portrayal of the ship's doctor, Bones rivals DeForrest Kelly's dry wit and comic timing. Urban's reactions to other characters' lines had me doubled over laughing.

But what about the movies individually? How do they compare? Well the first movie (Star Trek 2009) is a fantastic introduction for new Trekkies and a brilliant reintroduction for long-time fans. It serves as a prequel to the original TV series introducing Kirk, Spock, McCoy and Scotty when they first came aboard the Starship Enterprise. A complex time travel plot also enables the late Leonard Nimmo to play a cameo role. The film provides a clear narrative for first time viewers popping their Trekkie cherry.

Star Trek into Darkness is probably the weakest of the three movies. It goes overboard with fan service using the old trick of encouraging us to believe the antagonist is someone else. Unfortunately, the 'you thought I was this, but really I'm that' surprise falls short as you can see it coming a mile away. If you can look past the attempt to crowd please and needless attempt to hide the villain's identity however, it's still a solid fun Star Trek movie that holds up on repeat viewing and has some great cinematography and acting.

The final in the trilogy – Star Trek Beyond - is my favourite of the three. This movie is a great nostalgia trip back to the feel of the original series. There is a new, exciting villain on an unknown planet that threatens the lives of our heroes and we get some great action pieces with a fantastic score that gives a new take on the original theme tune.

As you can tell, I'm a huge fan of this Star Trek trilogy and although it's difficult to sell you an entire franchise in just 500 words I could probably sum up what I've been trying to say in three: "go watch it".



IT'S TIME TO BOOK YOUR STALL

This year's Headington Festival takes place on the 3rd & 4th of June.

Our two day community festival attracts thousands of people each year, and features a host of free entertainment and family fun.

Support our event by hosting a stall to sell your produce or crafts, or to advertise your services.

For details call Neil on **0800-234-3095** or visit www.headingtonfestival.co.uk.



HEADINGTON
FESTIVAL

When responding to ads please mention Headington Monthly

Our relaxing family owned garden centre is on Oxford's doorstep. Visit our new coffee shop and display building which are now

OPEN!

Competitive prices on all plants. Shrubs, perennials, bedding plants, hanging baskets, vegetable plants.

Extensive selections grown in our own nursery.

Compost £4.99 or 3 for £12



We now stock a large range of bird food, small animal food, cat food and dog food!

Ladder Hill, Wheatley, Oxford
OX33 1 HY Tel: 01865 876471

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

What does it take to run a local market?

- By Keith Frayn

Local residents will surely be aware of Headington Market, which takes place on London Road and in New High Street every Saturday. But have you ever wondered how this market came about, or what it takes to organise it?

Ten years ago, Councillor David Rundle suggested it to local charity Headington Action. Charles Young worked with Robert Eadle, from Beckley, to establish the first Headington Farmers' Market. It was held one Friday morning each month in Kennett Road. Charles would send out a monthly email, with recipes and anecdotes. Charles looked after the market for many years (for one year it was handed over to Councillor Van Coulter). During that time it changed to become twice a month. Stall-holders came and went. Charles changed bread supplier at one point but this led to protests from residents who wanted the former supplier back.

In 2015 the market changed to a weekly Saturday slot, and relocated to London Road and New High Street. The first weekly market, at the end of May 2015, in conjunction with the Headington Festival, was a great success. After that, though, it is fair to say that the market waned somewhat until the summer of 2016 when stall management was taken over by one of our stall-holders, Charlie Manning, of Charlie's Cakes. At the same time I took over from Charles, who was warmly thanked by Headington Action for having established the Market and run it for so long. On October 1st 2016 we held a 'Grand Relaunch', attended by the Lord Mayor.

Now the market is flourishing. Charlie has brought in new stalls to join the well-established regulars, still including Eadles. We have regular stalls for bread and cakes, eggs, meat, fruit and vegetables, cheese, olives, Greek and Indian food. We have craft stalls from time to time, and each week one stall for a 'community cause': sometimes the local Police team, or a charity such as Heathrow Owl Rescue.



We have re-established the email list and we have an active Facebook page. (Contact me to join the email list.) Stall-holders pay a fee, and the proceeds, after expenses, go to Headington Action, who distribute them as grants for local community projects.

It's not all straightforward. We have on-going discussions with the County Council about the space we can occupy, and their prohibition on advertising on the highway. Each week we pay for the barriers needed to keep people from wandering into the traffic, which are delivered early and taken away again at the end of the day: we could save a lot of money if we had somewhere nearby to store our own barriers. Charlie is supported by a small 'market working group'. If you are interested in getting involved with your local market, please contact me at keithfrayn@gmail.com.



OXFORD
HARMONIC
CHOIR

Tippett

A Child of our Time

Beethoven

Violin Concerto

25 March 2017, 7.30 pm

Oxford Town Hall

Conductor: Robert Secret with The Orchestra of Stowe Opera

Tickets £15 to £18 (conc. £7.50 to £16) on the door or from
Oxford Playhouse: 01865 305305, www.ticketsoxford.com
www.oxfordharmonicchoir.org

When responding to ads please mention Headington Monthly

Local Oxford Based Electrician with references

All aspects of electrical work undertaken

DBS checked

Not VAT registered

Fully insured. Free Estimates.

Craig Holloway Electrical Ltd

enquiries @ craigholloway.co.uk

Telephone: 07868 706392



PODIATRIST (CHIROPODIST)

Jo Woodin, DPodM, MChS

20 years NHS experience

Private treatment in your own home or at:

Bury Knowle Health Centre

Provision of full

Assessment

Diagnosis and

Treatment

of foot health problems.

Treatments range from the provision of basic foot care to the management of foot conditions resulting from more serious health problems such as Diabetes, Rheumatoid Arthritis or poor circulation

Contact:

Daytime: (07973) 558569

(answerphone available) or

Evenings: (01844) 214512

HPC Registration: CH 09810

Computer Training for Older People



One-to-one tuition in basic computer skills with patient, sympathetic teacher, very experienced in working with older people.

Initial set-up, support and installation offered.

Hourly rates or packages.
No minimum commitment.
Free ½ hour consultation offered.

Call Peter on: 01865 876848

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

Bells and Whistles (No Strings Attached)

We have decades of experience and local knowledge. We use the latest in technology to get properties like yours.

We offer a competitive fee guarantee. With no hidden fees and no hidden extras.

Call us today

Headington Sales 01865 986 848 Lettings 01865 987 848

Contact us 8 'till 8 Monday to Friday. We're also available from 8.30am to 5.30pm and Sundays from 10am to 4pm

 /andrewsonline

 /LDNAndrews

Whistles. (Attached.)

Knowledge combined with
the yours sold or let. Fast.
no strings attached

7 843

Available on Saturdays
from

WHY DO WE CHANGE THE CLOCKS?



It's time to turn the clocks forward an hour at 1 am on 26th March. This time when sunrise and sunset are one hour later on the clock is known as British Summer Time, or Daylight Saving Time.

It is believed that the concept was first proposed by Benjamin Franklin in 1784 in an essay entitled; '*An Economical Project for Diminishing the Cost of Light.*'

Ancient civilisations had already been adopting similar concepts however by adjusting their routines in accordance with the sun's schedules.

The first official modern use of Daylight Saving Time was in Ontario in 1908, and several other Canadian cities followed. At around the same time MP Robert Pearce proposed a bill in the House of Commons based on work done by British Builder William Willett around moving the clocks eight times a year to achieve similar results. This was rejected.

Germany became the first European country to introduce Daylight Saving Time in April 1916. Its rationale was that the use of artificial light would be reduced and thus there would be more fuel for the war effort. Britain followed shortly after in May 1916.

Daylight Saving Time is now utilised in

over 70 countries world wide although dates of implementation and clock adjustments vary.

The main benefits of Daylight Saving Time are said to be:

The opportunity to make better use of natural daylight

The ability to conserve energy that would otherwise be used on artificial light

A decrease in road accidents because roads are naturally lit during the time when most vehicles are using them

Some studies such as one carried out by the Belfast Telegraph also claim that the extra hour of daylight means that tourists stay out longer and spend more money - an extra £6.34 million in Northern Ireland alone.

Some are not in favour though. For example, traditional dairy farmers claim Daylight Saving Time disrupts milking routines. This mainly affects developing countries as elsewhere milking is automated. Some research has also shown that there is a greater risk of people having accidents or being the victims of crime because they leave their houses in the morning when it's still dark. Some studies have suggested that in the first few days after the clocks go forward there are more heart attacks too.

Finally for those of us who struggle to remember when we turn the clocks forward and when they go back, this little phrase may help: 'Spring Forward, Fall Back,' as the time when clocks go back always happens in the Autumn. This year in the UK, the date when Greenwich Mean Time will begin again is 29th October.

COMPUTER BROKEN?

YOU HAVE 2 OPTIONS

OPTION 1: BIG REPUTABLE PC-GLOBE TYPE COMPANY

- *£50 before they will look at it
- *Support staff are required to try and sell products
- *Nosey technicians going through your private stuff
- *Expensive problems identified that you probably don't need to fix.
- *Waiting time of 2-3 days

OPTION 2: STEVEN DOES IT

- *£25 no quibble, no strings. Full PC Health Check, virus and trojan removal, spyware removal, hardware check, software optimisation.
- * Same day service. Drop off in the morning, collect in the afternoon.
- * I have no products to upsell to you
- * I have no interest in your private files

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

PLUS, I'M RIGHT AROUND THE CORNER!

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

** 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.*

CALL STEVEN

ON

07342 980 292

fixme@badgateway.co.uk

www.badgateway.co.uk

AND KEEP YOURSELF RUNNING
SMOOTHLY IN 2016!



When responding to ads please mention Headington Monthly

GARDENER

24 Years Experience (Local)

Weeding, Feeding, Mowing,

Growing, Edging, Hedging,

Trees and More

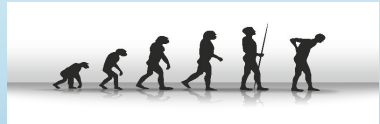
ALL YEAR ROUND

Call Mark on

07963475957

OXSPINES OSTEOPATHY AND MASSAGE

@ 90 High Street Wheatley AND
St Luke's Hospital Latimer Road Headington



'My doctor prescribed painkillers that didn't work,
that's when I decided to consult an osteopath.

Soon I was back to my normal activities'

#OsteopathyWorks

- * Flexible early morning, day and evening appointments
- * Time taken to find root **cause** of problem and work on this, not the **symptoms**
- * We have gained an enviable reputation

Call 07894 151654 or email
alison@oxspines.com

Treatments £45.00. Look out for monthly offers
Oxford Brookes students £35.00
Free parking

*We treat all pain not just backs and we know
the only thing you will lose is your pain!*

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

HOLY TRINITY CHURCH, HEADINGTON QUARRY
is looking for a Part-time
CHILDREN AND FAMILIES CO-ORDINATOR



COULD IT BE YOU?

We are looking for someone to lead an enthusiastic and able team of volunteers and take forward our children and families work. The applicant needs to be a communicant member of a church and theologically aware.

We have an inclusive, open-minded approach and a passion to give children the tools they need for a life-long journey in faith.

The post will be 12 hours per week (including holiday) for a pay range of £8.50-£10.50/hr, depending on training and experience. The hours could expand and The PCC have agreed to fund the post for 3 years.



For more information, job description and application form, please contact Susie Stead at soozstead@gmail.com or ring 07962531704

also please see our church website: www.hthq.org.uk for a flavour of what we're like.

The closing date for applications is Sat 1st April

Gardiners Opticians

Independent Family Practitioners Est. 1923

www.gardineropticians.co.uk

High quality eye care for all your family.
State of the art Digital Retinal Imaging now available.

Diabetic and Glaucoma screening.

Private and NHS Eye Examinations.

Wide range of Budget to Designer Frames.

Most types of contact lenses available.

20% discount off a new frame and lenses available to all NHS staff and all staff and students from Oxford University & Oxford Brookes excluding any other offers.

Please telephone or call in to arrange an appointment.

Gardiners Opticians (Oxford) Ltd.

**5, Manor Buildings, Osler Road
Headington, Oxford
OX3 7RA**

01865 761459

When responding to ads please mention Headington Monthly

**Specialist Truck Mounted
Carpet & Upholstery Cleaning
from your trusted
family firm.**

Honest pricing- its all included!
Cleaning packages –we advise
you pick!

Written referrals from *YOUR*
area.– (probably your street!)

Allergy control– Promite
licensed.

No high pressure sales!

Friendly family run!

**Market leading truck mounted
systems as standard!**



Jonathan Hunt
Owner

Headington Monthly Reader Offer

£15 off with this coupon

Min Charge applies.



01865 389689

www.huntscleaning.co.uk

Martin's Automatic School of Motoring

Why not try

Automatic Driving Lessons?

No Clutch control necessary

No Gears to worry about

No stalling - ever!

=

Less Lessons than manual.

From anywhere in the Oxford Area
(see website for my working area)

Call Martin for free NOW!

01865 819980



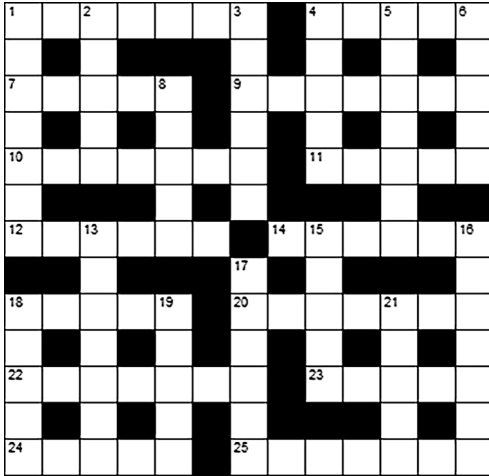
Martin Tennant. ADI
Fully Qualified Driving Instructor

martin.tennant.421@btinternet.com
www.msmprofessional.com

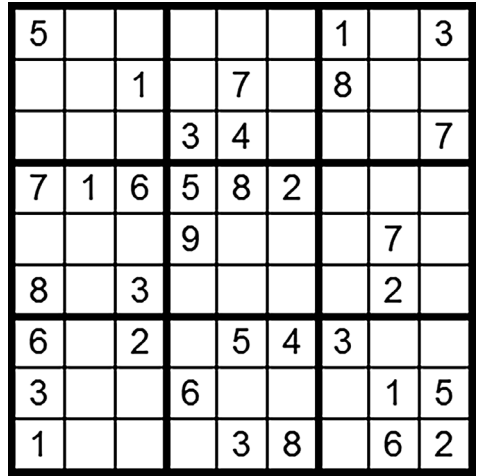
To advertise, please contact Nick on 07850 120116 or email nick@headingtonmonthly.co.uk

BRAIN GAMES

CROSSWORD



SUDOKU



CROSSWORD CLUES

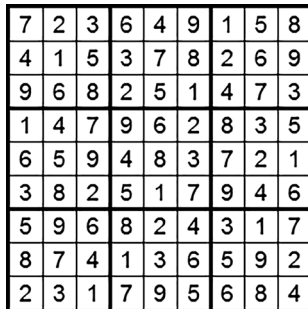
ACROSS

- 1 Nightclub entertainment (7)
- 4 Strange and frightening (5)
- 7 System for detecting aircraft (5)
- 9 Vertical, erect (7)
- 10 Passivity, paralysis (7)
- 11 Emperor, king, monarch (5)
- 12 Tyrannical dictator (6)
- 14 Priest or religious leader (6)
- 18 Plentiful (5)
- 20 Gaunt, exhausted (7)
- 22 Scottish pouch worn with a kilt (7)
- 23 Ceremonial headdress (5)
- 24 Item in a diary, or notebook (5)
- 25 Spiny Australian egg-laying mammal! (7)

DOWN

- 1 Supported, sustained (7)
- 2 Decorative breast pin (5)
- 3 Tropical bird with large colourful beak (6)
- 4 Mistake (5)
- 5 Constant, uniform (7)
- 6 Go inside (5)
- 8 Relative size of two values (5)
- 13 Assist financially (7)
- 15 Strict reason (5)
- 16 Intricate musical solo (7)
- 17 Become different (6)
- 18 Passage in supermarket (5)
- 19 Before the expected time (5)
- 21 Keep away from (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.

HEADINGTON QUARRY

YOUR TRADITION NEEDS YOU!



MORRIS DANCERS

Headington Quarry - a real living tradition spanning four centuries, handed down 'by word of foot' since the eighteenth century. Join Quarry and become part of the legend.

New members from anywhere welcome -
We need YOU to keep it going
for another 400 years

Dave - 01865 714778

Martin - 07899 911122

headingtonquarrymorris@gmail.com

or drop in on a Monday night at 8.00 pm at
THE MASONS ARMS, Quarry School Place,
Headington Quarry, OX3 8LH

See us in action on
<https://sites.google.com/site/headingtonquarrymorrisdancers>

When responding to ads please mention Headington Monthly

Jacobsen Black Estates

Last Will & Testament

Single Will £130 Joint £225

Probate Services

Lasting Powers of Attorney

Pre-Paid Funeral Plans

from £1,985

Contact David Hurn now on

07753 987 245

Fixed fees & home visits

email: jacobsenblack@gmail.com

www.jacobsenblackestates.co.uk

Daily Help

Help in your daily duties in Oxford

We offer a range of services:

- Care assistance
- Housekeeping and cleaning
- Child care
- Washing and ironing
- Cooking and daily activities

Find us at:

Mob. 077 297 451 96



Mob. 077 297 451 96

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



Save Your Sight

It usually affects both eyes.

The risk of getting it increases with age but poor diet, too much sun-exposure and smoking are all contributory factors. You are also more at risk if there is a family history of the condition.

There are two types: Wet AMD is rarer and can be treated if caught early, and dry AMD, which is currently untreatable. The progress of dry AMD may be slowed by increasing the amount of fresh fruit and vegetables consumed and by stopping smoking.

Diabetes is not an eye disease but eye problems are among its most significant complications.

An optometrist will check for signs that the blood vessels of the eye are leaking or not working properly. If problems are discovered then you will be referred for laser treatment at your local hospital.

Even if you are not Diabetic and your eyesight seems fine it is important to have the health of your eyes checked at least once every two years, as changes may happen without you realising.

Most people don't think about their eyes much until something goes wrong. It's important to understand what happens to our eyes as we age. Your optometrist does so much more than provide spectacles. The following conditions are all detectable by optometrists during a routine eye examination.

Cataracts These are caused by clouding of the lens inside the eye. They are not painful but vision may be smudged or blurry.

Diabetics and those taking certain medications are more at risk, but in most cases they are caused by old age.

Most cataracts may be treated successfully by surgical removal then replacing the cloudy lens with a clear, artificial one.

Glaucoma This is a condition in which the optic nerve at the back of the eye is damaged. It is usually though not always, caused by raised pressure inside the eyeball.

99% of Glaucoma sufferers experience no symptoms until significant damage to their sight has occurred.

The risk becomes more significant once you are over 40 and it increases with age. Anyone with a family history of the disease is more at risk, along with diabetics, very short-sighted people and anyone from an Afro-Caribbean background.

If detected early Glaucoma can be controlled with eye-drops, and in some cases surgery.

Age Related Macular Degeneration (AMD) happens when the delicate 'seeing-cells' at the back of the eye stop working.

Remember...

Unlike teeth, eyes do not usually hurt when there is something wrong.

Generally, the earlier an eye problem is detected, the easier it is to treat.

If you drive, it is *your* responsibility to make sure you satisfy the legal visual requirements. Book an eye examination today.

You have just one pair of eyes, and they have to last you a lifetime, so take care of them.

By Angela Fitzpatrick

D L HANCOCK LTD

Funeral Directors & Monumental Masons

Established 21 years and still independent

WE ARE NOW OXFORD'S LONGEST ESTABLISHED

INDEPENDENT FAMILY OWNED & RUN FUNERAL DIRECTORS

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



~~~~~  
Serving Oxford and all Surrounding Areas

~~~~~  
Private Chapel Of Rest

~~~~~  
New Jaguar Fleet of Funeral Cars



Member of  
The National Association  
of Funeral Directors

Tel: 01865 767780 (24 Hrs)  
126 London Road, Headington,  
OXFORD OX3 9ED  
[www.dlhancock.co.uk](http://www.dlhancock.co.uk)

Perfect Choice  
Funeral Plans



When responding to ads please mention Headington Monthly

# CITIHEAT

Your **Local** Heating, Plumbing and Gas Engineer

Specialist Heating Design  
Gas Boiler Service, Repair  
And Replacement



Tel 01865 767642 Mob/text 07702 285263

Email: [steve@citiheat.co.uk](mailto:steve@citiheat.co.uk)

Web: [www.citiheat.co.uk](http://www.citiheat.co.uk)

39 York Road, Headington, Oxford, OX3 8NR



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

## M.J.H Property Improvements



Property Maintenance. House Refurbishment. Decorating. Plumbing. Bathrooms. Kitchens. Garden Maintenance. Roofing.

No Job Too Big Or Too Small



Quality Work At Affordable Prices & All Work Is Guaranteed.

Contact Malcolm  
on 07905 595 043

malc\_haines1952@yahoo.co.uk

# HOME FOOT CARE

Experience today the relief and comfort from simple gentle foot care, in the comfort of your own home.

Nail Cutting • Corns & Callus • Ingrown Toenails and more...

Comforting Pedicure, Nails Polished and Gentle Foot & Leg Massage also available.

*You're in safe hands*

Angie Ward

SAC DIP, FHPT SAC, DIP, FHPP

Tel 07796 881157

When responding to ads please mention Headington Monthly

**GRIFFIN**  
Health and Fitness



# BOOT CAMP

11AM SATURDAYS

QUARRY HOLLOW PLAY AREA  
HEADINGTON

**FRESH AIR - FITNESS**

**FUNKY BEATS**

£10 PER SESSION

OR

PAY IN ADVANCE

FORTNIGHTLY - 4 SESSIONS £30

(TAKE WITHIN EIGHT WEEKS)

WEEKLY - 5 SESSIONS FOR £25

(TAKE WITHIN 7 WEEKS)

CALL - 07792 387057

Find us on 

**GRIFFIN**  
Health and Fitness

MOBILE PERSONAL TRAINING AND SPORT MASSAGE

# SPORT MASSAGE THERAPY

Keep Fit Enthusiasts / Athletes / Work related / relaxation  
Treatments delivered at your home.

**10% DISCOUNT ON FIRST TREATMENT**  
07792 387057

# THURSDAY

## FIT-CLUB

**A FUN, FULL BODY WORKOUT!**

QUARRY VILLAGE HALL  
HEADINGTON

**8PM**

07792 387057



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

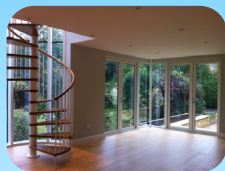
# Vinyasa Yoga Classes

at beautiful small studio in  
Brookside, Headington

Wednesdays 6.15pm - 7.45pm

Thursdays 7.15am - 8.30am

and 9.15am - 10.30am



All levels of experience, age, fitness welcome

For further information:

[www.yogaforeveryoneoxford.com](http://www.yogaforeveryoneoxford.com)

Email: [a.partridge4@ntlworld.com](mailto:a.partridge4@ntlworld.com)

Mob: Alison - 07709 638560



# BJ

**Autos Ltd**



Mot testing  
Petrol and diesel  
Mot failures repaired  
Service and Repair  
at competitive prices

10% off MOTs on  
mentioning this  
advertisement



**2 Margaret Road, Headington  
Oxford, OX3 8NG**

**Tel/Fax: 01865 762 892**

*[Bj.autos.ltd@unicombox.com](mailto:Bj.autos.ltd@unicombox.com)*

When responding to ads please mention Headington Monthly



**the butchers arms**  
headington

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



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

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

Quality, fresh, locally sourced food served daily: pizza, pasta and more... Full menu on our website  
[www.butchersarmsheadington.co.uk](http://www.butchersarmsheadington.co.uk)

Dogs welcome, child friendly, & wheelchair accessible

***Headington's best kept secret!***

To advertise, please contact Nick on 07850 120116 or email [nick@headingtonmonthly.co.uk](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](mailto:ads@headingtonmonthly.co.uk) with the subject heading "Community Events" before 2 February with your events for March 2017.

### HEADINGTON LIBRARY RHYMETIME FOR UNDER-5s

Thursdays 2nd,9th,16th,23rd,30th March

11.00 – 11.30 am

Children must be accompanied by an adult

### Storytime on Saturday,

25th March

3-6 year olds 11.00-11.30 am

Children must be accompanied by an adult

### OXFORD INTERNATIONAL WOMEN'S FESTIVAL

WED 22 FEB - MON 13 MARCH 2017

Various dates, times and venues

'Women Thinking Big '

<https://oxfordinternationalwomensfestival.co.uk/2017-festival/>

### DOROTHY HODGKIN MEMORIAL LECTURE FRIDAY 10 MARCH 2017 at 5.30 pm

venue: Somerville College, Woodstock Rd, Oxford, OX2 6HD

speaker: Prof. Janet Thornton DBE

'from molecules to medicine '

Public Lecture. Free admission. All Welcome.

Dorothy solved the structures of penicillin, insulin and Vit B12.

She is the only British woman to win the Nobel Prize for science.

<https://sites.google.com/site/oxfordawise/>

Part of the Oxford International Women's Festival

When responding to ads please mention Headington Monthly

# HEADINGTON MONTHLY

YOUR FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

Shops and other  
outlets stocking  
Headington  
Monthly

**HEADINGTON CENTRE:** London Road - The Windmill, Natwest Bank, Headington Coop, Posh Fish, Pen to Paper, Cancer Research UK, Clic Sargeant, Marie Curie, Sainsbury's, British Heart Foundation, Coco Noir, Tesco's, Andrews, Barclays Bank, Gardiner's Opticians, Holland & Barrett, The Card

Factory, Helen & Douglas House, Headington Stationers and Household Goods, Mojo's Sandwich Bar

**Windmill Road** - Ice Hair Salon, Helen & Douglas House, Armends Walk-in Barbers, Adria Pizzeria & Gelateria, Vente Tsunami, Sue Ryder Foundation, Daisy Chain, Electric Aids **Gray's Road** - Gray's Road Stores **Girdlestone Road** - Girdlestone Launderette **Wilberforce Street** - The Butcher's Arms

**WOODFARM:** Atkyns Road - Post Office, The Coop, Woodfarm Bakery

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

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

**QUANTITIES ARE ALSO AVAILABLE AT:** Headington Library, Bury Knowle Health Centre, 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 are unable to see the magazine displayed in any of the above locations please ask in store as the management may not have a space to display it prominently. Stocks are topped up at least weekly. If the location is out of stock please call Nick on 07850 120116.**

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

A local Oxford company you can trust



## Driveways

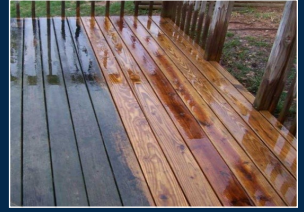
All types of driveways, patios, block paving, decking, fencing, outdoor furniture, walls, pathways & gutters

- cleaned ● jetwashed ● re-pointed
- repaired, treated & sealed as appropriate

We use a specialized range of petrol driven high pressured cleaning equipment for a maximum finished result. So if your garden hard surfaces are looking dull, becoming slippery, and covered in moss and algae give us a call now!

Contact Will direct on 07736 300 138 or 01865 748516 Email: WillSmith01865@hotmail.co.uk

# Oxford Jetwash Cleaning Services



## Decking

All types of UPVC including guttering, facias, soffits & conservatories

- Cleaned ● Unblocked
- Repaired as necessary

**10% discount  
With this  
Advert!!!**



- Free Estimates ● Fully Insured ● Satisfaction Guaranteed ● Friendly Service

When responding to ads please mention Headington Monthly

## E. SMITH

**TREE SURGEON & LANDSCAPE GARDENER**

**ALL KINDS OF TREE WORK UNDERTAKEN**

Tree felling . Topping. Shaping. Pruning and spraying.

Fruit tree pruning. And hedge cutting.

Ivy and climbers pruned. All landscaping.

Fencing. Turfing. Patios. And graveling.

Weed control. Wood bark. And jet washing.

Overgrown gardens cleared.

All green and garden waste removed.

**NO JOB TO BIG OR TO SMALL.**

**TELEPHONE 01865 770528**

**MOBILE 07867910670**

EMAIL Edward-smith1@live.co.uk

Free estimates and advice given

24 years experience

Fully insured

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



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

# 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

## 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 - 0800 072 7282 (Scottish Power & Southern Electric)
- \* 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 2016-17

| Term               | Date             | # Days |
|--------------------|------------------|--------|
| Term 1             | 1 Sep - 21 Oct   | 37     |
| Oct. Holiday       | 24 Oct-28 Oct    |        |
| Term 2             | 31 Oct - 16 Dec  | 35     |
| Christmas Holiday  | 19 Dec - 2 Jan   |        |
| Term 3             | 3 Jan - 10 Feb   | 29     |
| Feb Holiday        | 13 Feb - 17 Feb  |        |
| Term 4             | 20 Feb - 7 Apr   | 35     |
| Apr Holiday        | 10 Apr - 21 Apr  |        |
| Term 5             | 24 Apr - 26 May  | 24     |
| Late Spring        | 29 May - 2 Jun   |        |
| Term 6             | 5 Jun - 21 July  | 33     |
| School Year Begins | 4 September 2017 |        |
| 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.*

Advertisers -  
Where is your target market!



Headington residents have been wonderfully supportive of our advertisers

**Don't miss your aim!**

**HEADINGTON MONTHLY**

YOUR FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

Email us for a media pack:  
nick@headingtonmonthly.co.uk  
or call Nick on 07850 120116

# STONELEY

## PROPERTY MAINTENANCE

**Brickwork, Plumbing,  
Plasterwork, Roofing,  
Windows, Flooring,  
Carpentry  
Painting & Decorating**

No Obligation Advice/Quotes

**07903 227922**

**01865 765897**

**ajhoad@gmail.com**

**Local Company - Local Service**

When responding to ads please mention Headington Monthly

## OXFORD SKINCARE CLINIC

See website for full description of services  
[www.oxford-skin.com](http://www.oxford-skin.com)

Call:  
07938 179 137

Email:  
[dr.anderson@oxford-skin.com](mailto:dr.anderson@oxford-skin.com)

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

- Expert professional advice on acne, rosacea, sensitive skin, psoriasis, skin ageing
- Examination of moles under magnification and digital photography
- Removal of moles, skin tags, cysts, warty growths, cherry spots, spider veins, and other blemishes



#### About

#### Dr Angie Anderson

Qualified at the University of Cambridge, I work locally as a GP with a special interest in dermatology. I have over 20 years' experience in minor surgery, and am skilled in dermoscopy, which is now considered essential for accurate diagnosis of skin conditions and management of blemishes.

**CLINICS HELD AT: Genesis Care, Sandy Lane West, Oxford OX46LB  
Manor Hospital, Beech Road, Oxford OX3 7RP**

**[www.oxford-skin.com](http://www.oxford-skin.com)**

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

# Trying to plan your next property move?



## Let's talk.

Our Property Consultations are a great way to get expert property advice. With no obligation whatsoever.

**Book your free Property Consultation today.**

**Headington Sales 01865 986 848 Lettings 01865 987 843**

Twitter: @Andrewsonline Facebook: /Andrewsonline

#nextmove