

ISSUE #96

MARCH 2018

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MONTHLY

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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

Hope you like our Easter Bunny cover photo. The rabbit's name is Stew - our designer found him and gave him this name. He reminds me of my young son's rabbit, Dusty.

Dusty was no ordinary rabbit. She had 'attitude'. She lived on top of, not in, her hutch (she wouldn't go in it) which we kept in our outhouse with the outer door closed at night. When we stroked her she'd *growl* and smack her chops. She had a great appetite for cables and when we let her into the house she chewed the cable to our fridge to within an inch of it's life, and hers! How she didn't get electrocuted is beyond me. One Christmas she chewed off the cable of our new Christmas tree lights - right at the transformer plug! She wasn't allowed in the house after that.

One morning we heard a muffled banging noise coming from outside the kitchen. We went into the outhouse and sensing danger in the garden she was thumping the top of her hutch with her hind legs to warn us there was a pussy cat outside. She insisted on being in the garden all day and in the late summer she came in with a blue nose (she was mostly white with grey/brown patches)

where she had been eating the blackberries from the bush in the garden. On another occasion a cat had the temerity to jump into the garden while Dusty was out there. She spotted it from the bottom of the garden path which went uphill from the house. She made a sprint in the direction of the cat, jumping over it and as she flew over, kicked it powerfully with her hind legs. The cat went sprawling and we never saw it again. I think she also chased a dog out of the garden.

Talking of attitude I had a friend who had a cat and she certainly had it. One day they were having the inside of their house decorated and someone had come into the house with a dog to which the cat took a dislike. She chased it all round the room which had just been decorated getting them both plastered with the wet paint off the walls and necessitating further redecoration. The next day a friend had come to visit who was balding. He sat on the sofa leaning back and rolling his head from side to side as he spoke whilst the cat was watching the top of his moving pate from behind the sofa. When the visitor stopped rolling his head, on a sudden the cat jumped up and scraped it's claws from front to back of the poor chap's polished bonce. Ouch!

Er, enough of this for now. I'm pleased to say we have a number of new advertisers this month, a sign things are picking up as spring beckons. Hope you enjoy getting out when the warm sunshine finally arrives.

Happy Easter

Nick

COVER IMAGE

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THIS MONTH IN YOUR HEADINGTON MONTHLY:

- 6. NATIONAL APPRENTICESHIP MONTH
- 8. THE GARDEN GNOME
- 10. THE PAIN OF MOTHERS DAY
- 12. ACE THAT INTERVIEW
- 14. NATIONAL BED MONTH
- 16. A GOOD READ
- 22. BRAIN GAMES
- 24. WHAT'S ON

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National Apprenticeship Week



-on approach to learning. Some people (some teachers even) worry that an apprenticeship might limit a more able student's options. This isn't the case at all, if anything it opens them up. Thanks to the in-depth industry experience apprenticeships provide, many apprentices progress further and faster in their chosen fields. There are also higher-level apprenticeships and some people choose to move into further education at a

later stage, either at a conventional university or through a body like the Open University.

Spending time in workplace as part of your apprenticeship means that you naturally develop important 'soft skills', such as communication and team work. These skills are transferrable whatever path your career ultimately takes.

One major benefit of an apprenticeship is that you won't have a student loan to pay off, and on top of this you are earning a salary and building a network of contacts. About 70% of apprentices are offered a permanent position at the end of their apprenticeship, and 90% remain in employment.

To decide whether or not an apprenticeship is right in your case you need to do your research. Think about what your career ambitions are and look at potential pathways. Talk to employers at careers fairs and ask what they are looking for, and talk to people who have done an apprenticeship.

Apprenticeships are not right for everyone but they shouldn't be viewed as a lesser option. Modern apprenticeships are a dynamic, flexible way to launch a career and one might be perfect for you.

Are you taking your GCSEs or A levels this year? Have you decided what to do afterwards? Many schools champion university or further education colleges but have you considered an apprenticeship?

The 11th National Apprenticeship Week runs from 5th to 9th March 2018.

During the week employers and apprentices from across England will come together to celebrate the success of apprenticeships whilst encouraging even more people to choose apprenticeships as a pathway to a great career.

An apprenticeship is a chance to earn and learn. It allows you to mix working full-time and learning on the job with gaining a qualification. Anyone over 16 can be an apprentice. Courses last at least a year, and are available in a huge range of industries – there are apprenticeships in everything from accountancy to social media. It's not just small companies who offer them; many of the big players such as Google, IBM, Barclays and Nestle offer excellent apprenticeships with good long-term prospects.

In terms of learning styles, apprenticeships are best-suited to those people who want to get into the workplace straight away, or those who prefer a hands

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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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the garden gnome

exposure to nature

Time spent in gardens, parks and countryside and amongst wildlife itself can help most people's mental wellbeing, according to new research.

Research carried out by King's College London, J&L Gibbons who are landscape architects and art foundation Nomad Projects claims if we experience an interaction with nature it will improve a person's mental wellbeing.

The research found "significant immediate" benefits associated with trees, the sky and birdsong. It's claimed the benefits lasted for several hours.

Businesses and companies are starting to improve staff wellbeing via access to outdoor spaces and interactions with nature.

The research maybe suggests that nature could be especially beneficial to those individuals who are at risk of poor mental health. It's a low-cost activity and if aimed at in urban populations it could make quite some impact I feel.

This study shows the value of academic and non-academic researchers coming together to make tangible real-world benefits."

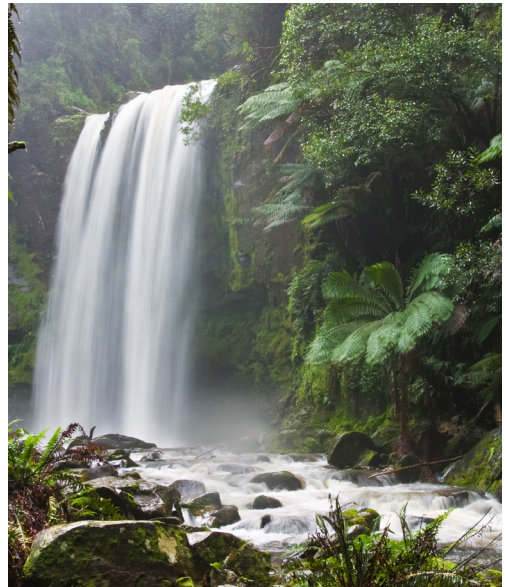
The paper, entitled Urban Mind: Using Smartphone Technologies to Investigate the impact of Nature on Mental Wellbeing in Real Time has been

published in the journal BioScience.

I'm sure we could have all told them stepping out into our own gardens or local park has measurable and immeasurable benefits, but at least they are now listening.

Don't underestimate the impact on our minds and bodies from time we spend out there in the wildlife garden. Wildlife gardens give us so much in return for our care and time.

Happy Gardening,
Stuart Mabbutt





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The Pain of Mother's Day

My mother left home when I was seven. It always struck me as particularly cruel that teachers insisted we made Mother's Day cards. I pointed out once that my mother had left us. "Do you know her address?" teacher asked. When I nodded she told me I could post it. The irony of posting a card to 'The World's Best Mother' notable mainly by her absence seemed lost on Miss Marriot. Three years ago my friend's mother died from bowel cancer, and she said she would punch the next shop assistant who enquired whether she needed a Mother's Day card.

Don't get me wrong, I think Mother's Day is a lovely tradition but many of us may not realise that Mother's Day is an emotional time of year for those who have lost their mother; those who can't conceive, or those who have miscarried or lost a child

Perhaps Mother's Day needs a make-over. Currently it seems to be about wish-lists, hints to spouses about booking the perfect restaurant and a barrage of adverts featuring the perfect nuclear family.

Our children, and maybe the rest of us need to understand that Mother's Day isn't about spending lots of money or being pressured into meeting crazy expectations.

In the UK it originated when children, mainly daughters (often as young as ten), who had gone to work as domestic servants were given a day off to visit their mother and family. This grew from the centuries-old tradition of people to returning to their home or 'mother' church once a year. The return to the 'mother' church became an occasion for family reunions.

As there is no tradition of gift-giving on Mother's Day we are free to invent our own traditions and I think it's the perfect chance to inspire kindness, compassion and giving of time rather than possessions.

I would love to see an 'alternative' Mother's Day focussed on less material things. I want to talk to my children about what Motherhood means to me and what having a mother means to them.

I want all of us to think about the people around us, at school, or work, in our social circle and community who might be having a hard time in the midst of Mother's Day celebrations? How can we reach out and share a little kindness or hope? With a card? A note? A phone call?

Last year my kids and I chose to sponsor a child at an orphanage in Uganda. It gives us pleasure to know that someone who has no mother of her own is receiving care and education.

This year my friend and her children made a food parcel for their local food bank and donated it in her mother's name. Her mother volunteered at a foodbank before she became ill so this seemed a fitting way to remember her.

If you are struggling with Mother's Day this year, please know that you are not alone. Reach out and talk to a friend; look for others with whom to share. Be kind to yourself, and if there is no-one you feel you can share your thoughts with consider starting with you and reach out to others who might need support.



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Ace That Interview

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You've had the letter offering you an interview. Great! Now how do you maximise your chances of landing the job?

Know what to say - Use the company's own words to describe yourself. If the job advert asked for a self-motivated, energetic individual then talk about yourself in words which make it obvious you satisfy those requirements. Remember to say please and thank you - it's easy to forget basic manners when we're nervous.

If a question does catch you off guard don't say, '*I don't know.*' Instead, depending on the type of question say something like, '*I would need some time to consider that...*', or '*I wouldn't want to answer that too hastily, I'd prefer to do some research first...*'

Make sure the interviewer knows that you want to work for the company. It sounds obvious but is often overlooked.

Know what not to say - It's best not to open with, '*What does your company do?*' or anything which could be answered with a simple Google search. Make sure you've done your homework! Don't ask anything which makes you sound lazy or entitled: avoid enquiries about having your own office, making personal calls, or how soon you can take your holiday. You can ask about salary, just make sure it's not too early in the interview.

Know how to answer *that* question - Someone **always** asks '*What is your biggest weakness?*' or a something similar. Don't pretend you don't have any weaknesses because we all do. But avoid the whole, '*I work too hard,*' humble brag, i.e. '*My*

weakness is really my strength', because it's a very corny answer which lots of people will give. Instead use this question as a chance to differentiate yourself from the competition. Prepare an answer authentic to you, one where you show you recognised your weakness in a situation. Explain how you recognised it, what you did or are doing to overcome it, and how you have turned it to your advantage.

Watch your body language - Shake hands at the start to show confidence and be more memorable. Sit straight and slightly forward in your seat (to indicate interest), and maintain regular eye contact throughout the interview. Smile a few times but try not to grin like a Cheshire cat throughout!

Follow up - Email a thank-you note after the interview. You can get your interviewer's contact info simply by asking for his or her business card. If you get a second interview or job offer, respond as quickly as possible. If you don't get the job, accept it with grace and send a follow-up message thanking the interviewer for their time anyway. They may remember you favourably the next time a position becomes available.



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March is National Bed Month

We spend about a third of our lives in bed so if we live until 75 we'll have been asleep for 25 years! We all know that a good night's sleep is important but how much sleep do we really need and why do we do it?

The question of why we sleep is actually quite mysterious. In simple terms it's a daily extended bout of rest where we lay down with our eyes closed. But there's more to sleep than meets the eye.

During this time, our bodies replenish energy stores and make vital repairs, while our minds organise and store the memories of from day before. The amount of sleep we need depends on our age, sex, health and other factors, and our sleep cycles change as we grow older.

Most of us know (or think we do) that we should get '8 hours sleep a night' but in fact there is no magic number for how much sleep we should get because we're all different. Providing you're not regularly trying to get through your life on two or three hours a night (unless you're a new mother in which case you have my sympathy) it's important not to get too hung up on the quantity of your sleep but instead focus on the quality.

When we first fall asleep we enter non-rapid eye movement sleep (NREM). This is divided into three stages, with each becoming progressively deeper. NREM1 and NREM2 are light phases of sleep, from which we can be easily roused. NREM3 becomes deeper, and if woken up, we can feel disorientated. Following on from this is rapid eye movement sleep (REM), the stage at which we dream. When scientists study brainwaves during REM sleep they find that the brain behaves similar to when we're awake, but our muscles are more-or-less inactive.

Each sleep cycle lasts around 90 minutes, and in order to feel fully rested and refreshed when we wake up, we must experience all four stages. A full night's

sleep will include of five or six cycles, while a disturbed, restless night consists of fewer.



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Dark - try using blackout blinds or an eye mask.

A large bed - Buy the largest you can accommodate

A quality mattress - try out lots and buy the best you can afford.

Ban technology - The blue light emitted by screens is hazardous to good quality sleep.

Quiet - you can buy soft earplugs if noise is a problem though some people sleep better with white noise in the background.

Routine - A regular bedtime routine is an important cue to help us fall asleep. Think about the bath, book, bed routine we often establish for our children. You can use essential oils, a good book and a warm milky drink. Avoid caffeine, alcohol and screen use too close to bedtime, and never go to bed on an argument!



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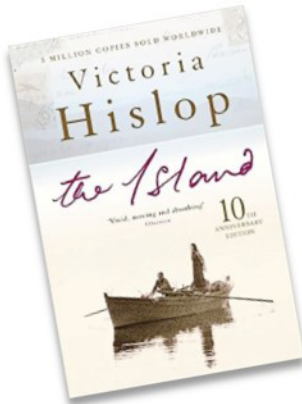
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A Good Read



***The Island* by Victoria Hislop**

It is books like this that remind you, in small ways, how fortunate we are to live in the 21st century when illnesses and diseases that were once considered a death sentence are now

curable. One such disease is leprosy which provides the background for this debut novel.

Very often associated with Biblical times, it may be shocking to people to learn that in Europe as recently as 1957, victims of this disease were sent into isolation. The last known leper colony in Europe was the island of Spinalonga off the coast of Crete. This is the island of the novel's title.

Alexis Fielding is a 25-year-old living in London who knows very little about her background other than the fact that her mother comes from Crete. For whatever reason her mother refuses to discuss her past. Frustrated by her silence, Alexis decides to take her own journey to her mother's home village, Plaka, to discover the truth that her mother will not speak of. Through an old family friend, in the heat of the Cretan sun, Alexis learns of her family history. Of her great grandmother, Eleni, and her two daughters, Maria and Anna.

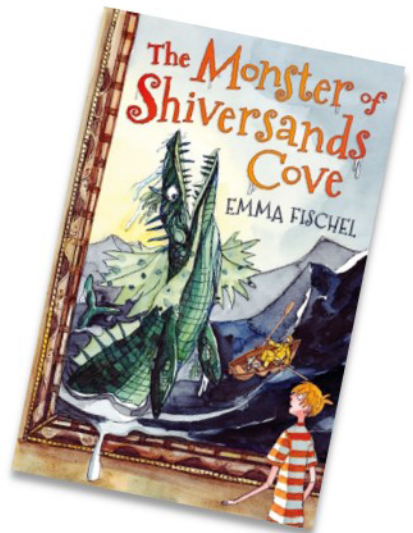
More crucially she learns of the sad past of the now deserted island, just 1km from Plaka. And how her family's past is forever linked to this place where the shunned inhabitants tried to maintain some level of normalcy amidst their pain and isolation. In a culture where family is everything, how can a family continue when it is ripped apart?

***The Monster of Shiversands Cove* by Emma Fischel**

Ah, a summer holiday by the beach! Hot days playing in the sand. Days full of digging and snorkelling. Sounds like bliss! At least it DID. Stan is fed up. For the last four years his family have holidayed with his best friend, Rory's, family. And this year was supposed to be the same until Rory's parents both got new jobs and moved away. Now he is stuck in a cottage by the sea with Magnus, his four-year-old brother who is insistent that he is going to spend the whole holiday searching for fairies. Of course, Stan knows that this is nonsense and that fairies don't even exist.

One night he decides he has had enough. Magnus will not stop talking about the fairy he caught and has called Harry. In a moment of anger, he agrees with Magnus that this may be a hot spot for fairies and elves, but that means it is also a hot spot for monsters! Magnus is terrified but of course he has no real need to be.

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*Nosey technicians going through your private stuff

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** Please note: The £30 offer only applies to drop-off/collection. For call-outs and on-site work, the fee is £40/hour. Same Day Service applies if dropped off before 10am unless abnormal issues arise.*

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Beethoven Missa Solemnis

Saturday 24 March 2018, 7.30 pm
Oxford Town Hall

Conductor Robert Secret

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

Richard Dringley nos 10/20/18

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and Orchestra*

Conductor Sally Mears

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Requiem
Brahms**

Margaret Cooper - Soprano

David Mallinson - Baritone

Friday 23 March 2018

at 7.30pm

All Saints' Church

Lime Walk, Headington

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children free

www.headingtonsingers.org.uk



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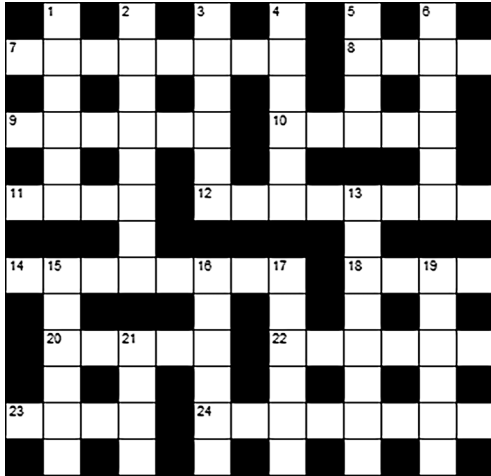


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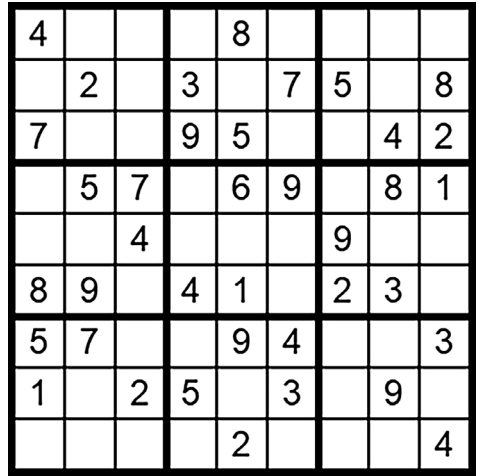
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## BRAIN GAMES

### CROSSWORD



### SUDOKU



### CROSSWORD CLUES

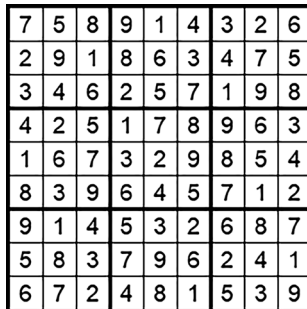
#### ACROSS

- 7 Put up for election (8)
- 8 Strong impulse, desire (4)
- 9 Small amount of food, a mouthful (6)
- 10 Snow-block house (5)
- 11 Diary keeper \_\_\_\_ Frank (4)
- 12 Accepted, allowed (8)
- 14 Possible (8)
- 18 Cloak (4)
- 20 Nibble, sample (5)
- 22 Small tower (6)
- 23 Pudding similar to semolina (4)
- 24 Gushing streams of water (8)

#### DOWN

- 1 Chrysalis (6)
- 2 Beatniks, bohemians (8)
- 3 Pungent bulb used in cooking (6)
- 4 Hand in your notice (6)
- 5 Haul, tug (4)
- 6 Disregard, neglect (8)
- 13 Happened (8)
- 15 Non-speaking actors in crowd scenes (6)
- 16 Gasp, inhale (6)
- 17 Whole, complete (6)
- 19 Lots, abundance (6)
- 21 Excessively studious person (4)

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



### How to Play SUDOKU

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

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Have an event? We happily publicise non-profit, community and charity events through this page. Please email [ads@headingtonmonthly.co.uk](mailto:ads@headingtonmonthly.co.uk) with the subject heading "Community Events" before 2 March with your events for April 2018.

### HEADINGTON LIBRARY

**Rhymetime for the Under 5s**

**Thursday 1st, 8th, 15th and 22nd March 2018**

11:00 to 11:30am

All children must be accompanied by an adult.

### OXFORD INTERNATIONAL WOMEN'S FESTIVAL

**SAT 24 FEB - SUN 11 MARCH 2018**

Various dates, times and venues

Winning the Vote: Women's Suffrage 100 Years On!

<https://oxfordinternationalwomensfestival.co.uk/2018-events/>

### DOROTHY HODGKIN MEMORIAL LECTURE

**TUESDAY 6 MARCH 2018 at 5.00 pm**

venue: Oxford University Museum of Natural History, Parks Road, Oxford, OX1 3PW  
speaker: Prof. Veronique Gouverneur

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Public Lecture. Free admission. All Welcome. Dorothy solved the structures of penicillin, insulin and Vit B12.

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<https://sites.google.com/site/oxfordawise/>  
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- Testimonials
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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*
- \* 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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