

ISSUE #56
NOV 2014

HEADINGTON MONTHLY

YOUR LOCAL FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

INSIDE THIS ISSUE:

- * Books
- * A look at Dementia
- * Puzzles and Brainteasers
- * Plus all the usual staples you've come to expect.

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Who's Who?
In the HM Zoo



Nick Allnatt
Founder/Publisher

GET IN TOUCH

Nick: 07850 120116

nick@headingtonmonthly.co.uk

Cover Image:

"Headington in Autumn" by

Nick Allnatt- Own work.

DEADLINES FOR DECEMBER 2014

Commercial:

3rd November 2014 5pm

Charity/Non-Profit and
Design Requests

1st November 2014



Dear Readers

It was once said 'The greatest plans of mice and men so often come to naught'.

This could be said of some of our plans we previously announced and we apologise to anyone who was disappointed. However we haven't given up on these plans for the magazine and website and hope we may still bring these off. We'll let you know when these actually happen thereby not tempting fate.

You will have noticed we tried a different method of distribution for the October issue by placing the copies in many of the Headington shops, dentists waiting rooms, doctors surgeries, Headington Library etc. This has been largely successful and will continue with this issue. We have done this to ensure that everyone who has the magazine actually wants it thus avoiding unwanted clutter through letterboxes and giving maximum exposure for our advertisers on whom we depend. It will also increase the visibility and reach of the magazine and allows us to calculate uptake. If some of you still had your October copies delivered this is because it can take a while for everyone to notice where the copies can be collected and we have to ensure we get them all out there. We plan to publish a list of locations once these have become established so they will be within easy reach when you pop in to Headington/Marston.

We hope you like our cover pic which 'yours truly' risked life and limb to get for you (I've still got the tyre marks on my foot). I hope by the time you get this the scene will still look the same.

Enjoy this 'season of mists and mellow fruitfulness'.

Yours truly

Nick

THIS MONTH IN YOUR HEADINGTON MONTHLY:

- 8. Book Reviews - A Good Read
- 10. Dementia - The forgotten burden
- 16. I'll Give you the Moon
- 22. The Headington Live Advent Calendar
- 20. Puzzles - Brain Games

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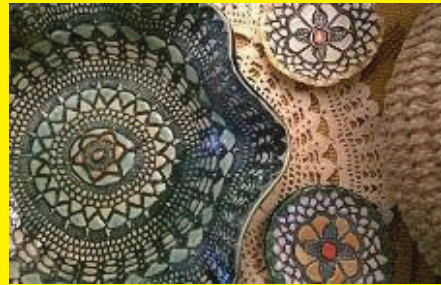
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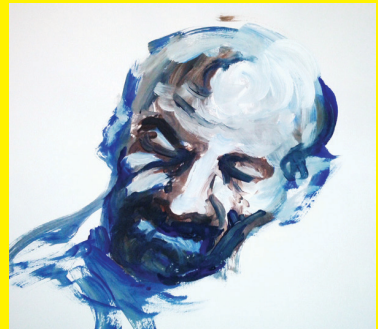
Sue Crisp's hooked and prodded colourful abstract and geometric butterflies, bags, broaches

Lou Cox's beautiful porcelain and clay sculptures of the female form, lanterns and mini chimeras



Marieke O'Connor's colourful ceramics, imprinted with delicate lace and embroidery.

Jean Wykes' character portraits in pencil, acrylic, photography plus black and white photograms.



Mark Bryant's brightly coloured pictures in paint and pastel.



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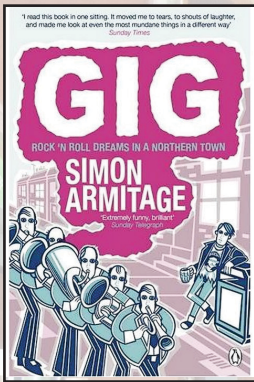
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A Good Read

Gig – Simon Armitage



Simon Armitage is best known as a poet, but he is also an accomplished lyricist, reviewer and all round storyteller. Subtitled 'The Life and Times of a Rock Star Fantasist', it documents his experiences with music, from his early listening habits, through teenage obsessions and on to his final acceptance as an adult of the fact that he will never be a rock star. This is swiftly followed by his decision to form a band and attempt to become just that.

Whilst this is an ideal book for dipping into – most of the sections can be read out of sequence – it is almost impossible to stop once you begin. Each anecdote leads on to another: from the experience of selling a guitar on E-bay, to memories of school domestic science lessons. Part observation, part autobiography, the stories are often laugh-out-loud funny, yet the next page will bring a moment of sadness, and even tragedy. In particular, the lyrics from 'Songbirds' and 'Feltham Sings', the two musical documentaries in which Armitage turns the stories of prisoners into songs, are intelligent, well-crafted and heartbreaking.

For many, it is the recognition of themselves in the tales that Armitage tells that creates the greatest sense of engagement. Readers of a certain age will cringe as he recalls his punk phase (and thank their mums that their 18th birthday cake was not quite as unusual) and then realise that they too are now amongst the oldest gig-goers. This is also very much a book about Yorkshire. But even if you don't get the reference to Corporation Pop, it is handily explained...

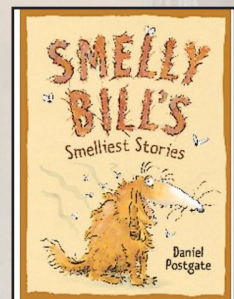
All in all, an excellent read, either at one sitting, or as a pick-and-mix view of modern life.


Smelly Bill's Smelliest Stories – Daniel Postgate

It can be difficult to choose books for newly confident readers: they are happy to say that they are 'too big' for picture books, but faced with a paperback novel they can feel out of their depth. So, this omnibus edition of Smelly Bill stories is perfect. It's shaped like an ordinary paperback, but with a generous balance of pictures and text, it is an ideal 'halfway house' choice.

The book contains three Smelly Bill stories, each told in lively rhyme. The first introduces our hero, the scruffiest and stinkiest dog in town, and his arch enemy, the determined Great Aunt Bleach, who battle over Bill's bath. In the second story Bill calls on his friends (including Stagnant Stan and Putrid Pete) for support, only to find that an army of aunts await, clutching their bottles of shampoo and bars of soap. And, in the final instalment, Bill finds love with Peachy Snugglekins, forcing him to clean up his act, if only temporarily.

Each story moves along at a rattling pace; keeping the reader's interest, while slipping in a range of different vocabulary. Not only will young readers laugh a lot, they will also learn a range of new words as they go.



And given the charming nature of every tale, you won't mind taking over if it gets too tricky. 

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Dementia - the forgotten burden.

Around 800,000 people in the UK have dementia. The word dementia describes a set of symptoms which include memory loss, and difficulty with thinking, problem solving and language. These symptoms can sometimes be caused by other things however, so it's important to get a diagnosis as soon as possible. Your GP may refer you to a specialist consultant. Assessments are likely to include conversations with you and your loved ones, a physical examination, memory tests and/or a brain scan.


Dementia is caused when the brain is damaged by diseases, such as Alzheimer's disease or a series of strokes. Alzheimer's disease is the most common type of dementia, affecting 62 per cent of those diagnosed. Other types include vascular dementia affecting 17 per cent, and mixed dementia which affects 10 per cent of those diagnosed.

Those with dementia may be given medicines to help with symptoms and slow down progression, but as yet there is no cure. Some sufferers also attend day centres and support groups. Carers can get help from local Carers Groups, Social Services and Dementia UK's Admiral Nurses. These nurses specialise in dementia and provide practical and emotional support as well as information to families, friends and professionals.

Dementia UK is a charity. In addition to Admiral Nurses it also provides a national helpline and email service.

One of the other major organisations in this field is the Alzheimer's Society. This is a membership organisation which provides local support services, including day care and home care and befriending and support for families and partners of those with dementia. They also provide fact sheets and publications and have a helpline and an online forum called talking point. In addition, the Alzheimer's Society fund research, provide training and development and campaign to raise awareness.

One of their recent initiatives is Dementia Friends. You may have seen the television adverts for this which included lots of celebrity support. Anyone can become a Dementia Friend. I did in just over 10 minutes!

This campaign is all about increasing understanding about dementia, and educating people so that they can help those with the condition. Dementia Friends learn a little bit about what it's like to have dementia and then turn this understanding into action. This could include helping someone get on the correct bus, or being patient if someone with dementia is taking a long time to find the right change when paying for their goods at a till. To become a friend you watch a short video on the website then register or attend a local information session. 



Dementia UK: <http://www.dementiauk.org/>
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I'll Give You the Moon

It has inspired songs, controls our tides and is Earth's nearest neighbour, but how often do you actually look up at moon? Dark, clear, frosty winter nights might be the perfect time to start.

Binoculars are a better place to start than telescopes because they are easier to handle for beginners. An ordinary pair of binoculars – available very cheaply – will do just fine initially. Astronomy at its most basic is about magnification and light-gathering power. Even a moderate form of power, like those provided by a pair of 7×50 binoculars, reveals 7 times as much information as the unaided eye can see.

The moon is a great place to start for budding astronomers. If ultimately you want to see deep-sky objects inside our own Milky Way galaxy – or even outside the galaxy – you'll want to avoid the full moon because its brightness interferes with our view of fainter objects. So you'll need to watch the phases of the moon carefully. But the moon itself is a terrifically interesting target in its own right, and well worth studying properly before moving on.

The best time to observe the moon is in twilight, when the glare of the moon is not so great and more detail is visible.

It's best to start moon-gazing when the moon is just past new (waxing), and visible as a slender crescent in the western sky after sunset. At such times you'll have a beautiful view of earthshine on the moon. This eerie glow on the moon's darkened portion is really

light reflected from Earth on to the moon's surface.

Each month, as the moon goes through its regular phases, you can see the line of sunrise and sunset on the moon as it progresses across the moon's face. This is the line between the day and night sides of the moon and is called the terminator line. The best place to study the moon from Earth is along this terminator line. The sun angle is very low in this twilight zone and this means the lunar features cast long shadows in sharp relief.

You will also see grey areas on the moon. These are called maria, so named because early astronomers thought they were seas. In fact they are now thought to have formed 3.5 billion years ago when asteroid-sized rocks hit the moon so hard that lava percolated up through cracks in the lunar crust and flooded the impact basins. These lava plains cooled and eventually formed the grey areas we see today.

The white highlands, nestled between the maria, are older and they are pockmarked by thousands of craters that have formed over millions of years. Some of the larger craters are visible through binoculars. One of them, Tycho, at the six o'clock position on the moon, emanates long swatches of white rays for hundreds of miles over the adjacent highlands. This is material kicked out during the Tycho impact 2.5 million years ago.

So this winter, why not wrap up warm, get out and gaze up at the moon. It's well worth the effort. 🇺🇸

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CRAFT GUILD EXHIBITIONS

In the lead up to Christmas the Oxfordshire Craft Guild will be staging its centrepiece exhibition at the Oxfordshire Museum in Woodstock running for seven weeks from 15 November until 3 January 2015. This exhibition is an established fixture on the County Arts calendar and with over 30 of the county's top makers, it is a must see event.

The Guild also has two short pre-Christmas exhibitions in the Chipping Norton Town Hall from 4 – 7 December, and at the Arts and Crafts Market in Broad Street, Oxford on the 6th and 7th of December.

The Craft Guild seeks to promote quality of making and design in a wide range of crafts. All of their members have had to go through a rigorous selection process. So visitors to these exhibitions can be assured of finding a range of quality handcrafted items to enjoy, and those looking to find unique gifts for Christmas will find a wealth of beautiful objects from which to choose.

Oxfordshire Museum, Park Street, Woodstock, Oxfordshire
www.tomocc.org.uk * www.oxfordshirecraftguild.co.uk

15 November -3 January, Tues – Sat 10am-4:45pm, Sundays 2pm-4:45pm, Closed Mondays



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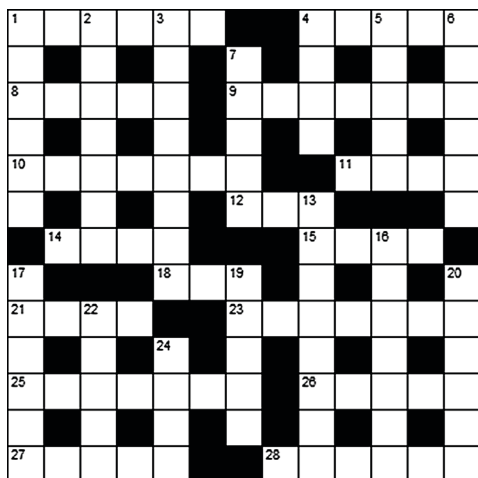
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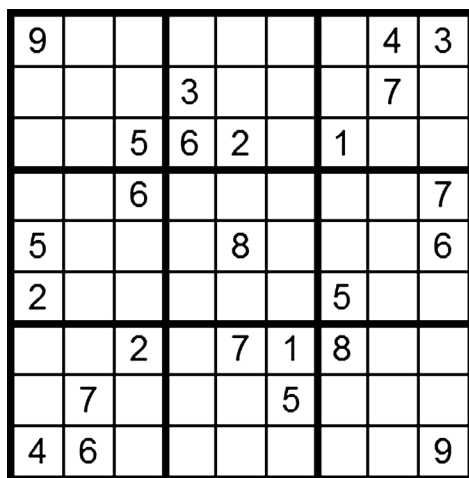
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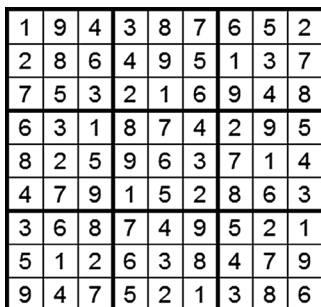
- 1 seldom (6)
- 4 principal, boss (5)
- 8 builder (5)
- 9 acrimony, bad blood (3, 4)
- 10 complainer, grouch (7)
- 11 astound (4)
- 12 venomous snake (3)
- 14 joist (4)
- 15 wildcat (4)
- 18 investigate, intrude (3)
- 21 effortless (4)
- 23 ostracize (7)
- 25 dock, port (7)
- 26 countrified (5)
- 27 seventh zodiac sign (5)
- 28 utilize (6)

DOWN

- 1 renovate (6)
- 2 courage (7)
- 3 track and field event (4, 4)
- 4 serene (4)
- 5 buffoon (5)
- 6 crime (U.S) (6)
- 7 North African country (5)
- 13 plucking-tool (8)
- 16 non-partisan (7)
- 17 deadly (6)
- 19 covet (5)
- 20 composition, mélange (6)
- 22 scour, clean (5)
- 24 physical, mental and spiritual discipline (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.

But beware! Sudoku is highly addictive.

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Headington Live Advent Calendar

24 days, 24 venues, 24 performances

All Local, All for the Community & All Free

Headington Live Advent 2014 invites you to take part or come and watch at any of the 24 'windows' on any of the days of advent. All up to date information is online, including venues, acts and times.




email: oxfordadvent@gmail.com

liveadvent.org.uk

Advent Calendars – aren't they one of the great Christmas traditions? I still give them to my teenage children. Each day in December there's a mysterious little window to open with a secret inside and the knowledge there's one less day until Christmas. In some there are pictures of shepherds, angels and Christmas trees. Others have chocolates or sweets. You can even get Advent Calendars with toys in...

In Headington we've decided to go for something different! A LIVE Advent Calendar, a COMMUNITY Advent Calendar, a SHARED and INCLUSIVE Advent experience! Input is welcomed from anyone from Headington with any faith or none. Each day in December, you can come along to a 'window' in Headington to have your advent surprise. Perhaps a brass band will play outside the Pet and Garden store? Or there might be a ballet performance outside Feather & Black, the bed shop? A school choir might sing to us from the windows above 'The Windmill' Fairtrade shop, or a drama club delight us by the library?

As a drama queen who loves performances of any sort, I'm looking forward to this. I was involved last year in the 3 day C S Lewis celebrations in Headington Quarry and it was a joy to see so many people participating.

So come on! Join in, in whatever way suits you. Look on our website: liveadvent.org.uk, or contact Nick Jackson at oxfordadvent@gmail.com or 01865 763572 (Mon-Wed & Fri mornings) and see you there! 

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## WHAT'S ON IN NOVEMBER

### JOIN IN OUR CHRISTMAS CAROL SERVICE

If you are between 6-12 years old Holy Trinity Choir invites you to sing in one of the songs at our service on 21st December. Rehearsal on the day only (afternoon, time tbc) and service at 6pm in Holy Trinity Church. Parents please email [basileia123@yahoo.co.uk](mailto:basileia123@yahoo.co.uk) or ring Sarah (choirmistress) on 07904 296996 - all staff CRB-checked.

### QUARRY WI CHRISTMAS BAZAAR

SATURDAY 22ND NOVEMBER @ 2PM

QUARRY VILLAGE HALL

Lots of Christmas Stalls including Gifts and Goods, Christmas Cakes, Jewellery, Handmade Goods, Cakes and Produce, Refreshments and more. Grand Christmas Hamper Raffle.

Admission 50p Children free.

Proceeds to WI Funds and Isis Lunch Club

Caring for people living with dementia.

### OXFORD FIDDLE GROUP CONCERT.

Sun. 2nd Nov.

Headington Quarry Village Hall.

*Twelve fiddles plus backing for a magical sound. Concert starts 7.00pm.*

*Money raised from this event will go towards the Headington Quarry Village Hall Refurbishment Fund. Tickets on the door £8.00 Advance Tickets £6.00 from Paul Rogers or email [jaspersdadox@gmail.com](mailto:jaspersdadox@gmail.com). Licensed Bar. Please come and join us for an enjoyable evening.*

### Andrzej Panufnik CENTENARY CONCERT

Sat. 22 Nov. 7pm

Jacqueline du Pré Building, St Hilda's College, Cowley Place, Oxford OX4 1DY.

*Pianist Clare Hammond will curate an evening of solo piano works and song to mark the centenary of Anglo-Polish composer Andrzej Panufnik's birth at the Jacqueline du Pré Music Building.*

*Tickets £20 gallery / £15 stalls / £5 students available from the Oxford Playhouse, <http://www.ticketsoxford.com>, 01865 305305. Entry to the pre-concert talk is free. 🇺🇰*

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# CONTACTS, COMMUNITY, CALENDAR.

We like to support our local community, so if you're a non-profit, charity or community organisation and would like a free listing in this section, or to tell the community about your event at no charge, please contact us at [charity@headingtonmonthly.co.uk](mailto:charity@headingtonmonthly.co.uk). Please note that space is limited and submissions will be accepted on a first-come-first-served basis.

## Doctors:

- \* Barton Surgery, Underhill Circus, Headington - 01865 744 221
- \* Bury Knowle Health Centre, 207 London Road, Headington - 01865 761651
- \* Manor Surgery, Osler Road, Headington - 01865 762 535
- \* The Richards Medical Centre, 12 Old High Street, Headington - 01865 741 211

## Dentists:

- \* 310 Dental Care, 310 London Road, Headington - 01865 766975
- \* Bury Knowle Dental Practice, 207 London Road, Headington - 01865 308 400
- \* Euro Dental Practice, 61 London Road, Headington - 01865 308400
- \* John Miller Dental Practice, 6a The Parade, Windmill Road, Headington - 01865 308 050
- \* Kennett Road Dental Practice, 3 Kennett Road, Headington - 01865 761 965
- \* Manor Dental Practice, 7 Osler Road, Headington - 01865 750 056
- \* Studental, Oxford Brookes University, Headington Hill Campus - 01865 484 608

## Chemists:

- \* Barton Pharmacy, 6 Underhill Circus, Headington - 01865 763 106
- \* Boots Pharmacy, 96 London Road, Headington - 01865 763 106
- \* Boots Bury Knowle, 207 Bury Knowle Health Centre, Headington - 01865 765 559
- \* Roundway Pharmacy, 3 Roundway, Headington - 01865 766 994

## Libraries:

- \* Headington Library, North Place, Headington - 01865 762 867

## Other Useful Numbers:

- \* Age UK - 01235 849 400
- \* Childline - 0800 1111
- \* Citizen's Advice Bureau - 0870 200 608
- \* John Radcliffe Hospital - 01865 741 166
- \* Gas Emergencies - 0800 111 999
- \* Power Outages - 08000 929 282  
(Scottish Power)
- \* Thames Valley Police - 101
- \* Oxford City Council - 01865 252 900
- \* Rt. Hon. Andrew Smith MP - 02072 194 512
- \* NHS Direct - 111
- \* The Samaritans - 08457 909 090

## City Councillors for Headington:

- \* Ruth Wilkinson - 07789 368 300
- \* Altaf Khan - 07931 345 554

## School Terms 2014-2015

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

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

**Headington Farmers' Market** is now held fortnightly from 8 am to 1:30 pm, at the top end of Kennett Road (by London Road, between Windmill Road and New High Street).



**Headington Farmers' Market** offers a wide range of locally produced meat, fruit, vegetables, cheese, jams, fish and other produce, at prices that in most cases are less than you would pay for similar products in a supermarket.

Stall fees accrue to local charity **Headington Action**, which ploughs the funds into other community activities.

If you're not yet a regular visitor to the market, be sure to come to the next one!

For all enquiries ring - 07413 662838

**Dates for your diary:**

- 14 & 28 November 2014
- 12 & 19 December 2014
- 9 & 23 January 2015



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Saturday 29th November  
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Gladstone Road, Headington

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and cakes.

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