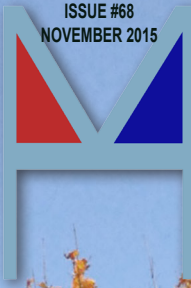


ISSUE #68
NOVEMBER 2015



HEADINGTON MONTHLY

YOUR LOCAL FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

FREE!!!

INSIDE THIS ISSUE:

- * OXFORD UNITED
- * DRINKING RESPONSIBLY
- * COMPUTER ADVICE
- * WILDLIFE GARDENING
- * CROSSWORD & SUDOKU
- & MUCH MORE...



ANTI BULLYING MONTH
STAND UP AND BE
COUNTED

TAKE ME HOME, I'M FREE



D'OVERBROECK'S

SIXTH FORM

Scholarships

applications to be received no later than

**Art, Performing Arts and
Environmental Awareness**

Monday 14 December 2015

"d'Overbroeck's is a rare gem and an example of what can be achieved when each person is supported to find the best in themselves."

Parent survey 2015

for more information

please visit

www.doverbroecks.com



NEW COLLEGE SCHOOL

INDEPENDENT DAY SCHOOL FOR BOYS AGED 4-13 YEARS

"Excellent" in every aspect

ISI Inspection Report

"An intimate, family, nurturing school with a good academic reputation and lots of music"

Good Schools Guide



OPEN MORNING

Saturday 7th November 10.00-12.00

All families welcome, no need to book. For admissions enquiries please contact the Registrar office@newcollegeschool.org

www.newcollegeschool.org

01865 285560



Dear Readers

Autumn is upon us and some lovely colours are in evidence. I took the cover shot on a recent outing to Chedworth Roman Villa near Cheltenham. This is in one of my favourite rural areas with spectacular views and picnic locations, but don't tell anyone or it'll be overrun!

It's nice to see Headington has been chosen as host for Oxford's first pole dancing school. That will go down a treat with local residents. Apparently men can join in too and in 2007 China's national pole dancing competition was won by a man. The school states that 'it's an excellent way to get fit'. One local politician has decided to stick to walking and cycling to avoid suggestions they are trying to 'climb the greasy pole'. I'm not available to go as we have a crisis with our rhubarb crop.

After publication of our 'Scrabble?' article last month I've had a number of people say they enjoyed it, chuckled even! We've had one application to join Margaret Hunter's Scrabble club which doesn't exist - yet! However, Margaret, who wrote the article, has been in touch with the applicant to come to an arrangement. She has since found two new playing partners so is happy.

Having said all this the club Margaret visited does still exist, and they're not happy. So sorry ladies, we didn't mean to be unkind and Margaret was very critical due to a misunderstanding of what you do there. Yours is a social club for the over 50s which among other things happens to offer it's own form of Scrabble, i.e. not a serious Scrabble club. You still play the same way for a bit of fun, a laugh and a chat, table tennis and short bowls, and to support the club. By way of making amends I have offered to help you prepare an article for the club. Please do reply to my email and let me out of the doghouse! After all this is what HM is for - to help local groups - not upset them.

Love and best wishes

Nick

COVER IMAGE
"CHEDWORTH"
-NICK ALLNATT

DEADLINES FOR
NOVEMBER 2015

Commercial:
3rd November 2015 5pm

Charity/Non-Profit and
Design Requests
1st November 2015 5pm



Nick Allnatt
Founder/Publisher

GET IN TOUCH

Nick: 07850 120116

nick@headingtonmonthly.co.uk

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

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

THIS MONTH IN YOUR HEADINGTON MONTHLY:

8. A GOOD READ
10. IS COSMETIC DENTISTRY FOR YOU?
12. DRINKING RESPONSIBLY
18. ANTI-BULLYING MONTH
20. LIFE UNDER YOUR LEAVES
24. COMPUTER ADVICE
26. OXFORD UNITED - OXFORD VS. SWINDON
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.



WHERE TO FIND YOUR HEADINGTON MONTHLY

Shops and other outlets where Headington Monthly are available for collection:-

HEADINGTON CENTRE: **London Road** - Micro Mart, Oxford Furniture Warehouse, The Windmill, Mojo's Sandwich Bar, Natwest Bank, Headington Post Office, WH Smith, Bury Knowle Health Centre, Headington Coop, Posh Fish, Cancer Research UK, Clic Sargeant, Marie Curie, Sainsbury's, British Heart Foundation, Coco Noir, Tesco's, Andrews, Oxfam **Windmill Road** - Ice Hair Salon, Helen & Douglas House, Armends Walk-in Barbers, Vente Tsunami, Sue Ryder Foundation, Daisy Chain **Gray's Road** - Gray's Road Stores **Girdlestone Road:** Girdlestone Launderette

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

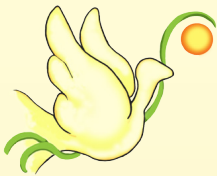
MARSTON: **Cherwell Drive** - Marston Medical Centre, The Coop, Pads n Paws, Mediterranean Fish Bar **Old Marston Road** - The Coop, Marston Pharmacy, Costcutter

QUANTITIES ARE ALSO AVAILABLE AT: Headington Library, Bury Knowle Health Centre (London Rd and Barton), Richards Medical Centre, E. Pilling Solicitors, Eurodental, Manor Dental, Gardiner's Opticians

Please note: If you cannot see the magazine displayed in the above locations please ask. The management may not have spare space to display it prominently. We would like to thank all our stockists for their kind assistance in making the magazine available to readers.

When responding to ads please mention Headington Monthly

Peaceful Yoga



*Bring peace
into your life*

Autumn Yoga Classes

Mindful movement, relaxation and tranquillity

Classes every Friday at

The Coach House, Headington Quarry, Oxford OX3 8NU

Beginners / drop-in class 9.30 am - 10.45 am,
beginners / intermediate class 11.00 am - 12.30 pm

£99 for 10 classes • £12 drop-in (concessions retired/unwaged)

Contact:

Sarah Goodwin on 07892 401486
or sarah@peacefullyyoga.co.uk

www.peacefullyyoga.co.uk



YOU ARE NOT THE ONLY PERSON READING THIS AD

This page is a prime position and is available for astute advertisers who know the power of a right-hand page near the front of the magazine - this position is only guaranteed for full page advertisers - request a media pack for prices

TO ADVERTISE HERE,
CONTACT NICK

NICK@HEADINGTONMONTHLY.CO.UK

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

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

Web: www.citiheat.co.uk

39 York Road, Headington, Oxford, OX3 8NR



When responding to ads please mention Headington Monthly



architectural & interior design

With a wealth of experience, we have guided many clients through the complexities of the statutory consents process, particularly for listed buildings. We also advise on green issues. Locally based, we are well placed to design and oversee building, conservation, interiors and soft furnishings projects in Headington and Oxford.



**www.
domusdesigns
.co.uk**
or call
01865 875690



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



Theatre Arts Schools
StagecoachTM

Stagecoach Theatre Arts Oxford

Top quality training and performances

Inspiring and enriching young talent through the performing arts

Stagecoach offers the ideal balance of training from industry professionals, performances in great venues and, of course, fun. Weekly classes in Headington and North Oxford. Drama, dance and singing to encourage and develop creativity and confidence. Age specific courses for age 4-18.

Skills for the stage – skills for life!

Call Maya Sprigg on 01869 278600

Email: oxford@stagecoach.co.uk

www.stagecoach.co.uk/oxford



A Good Read

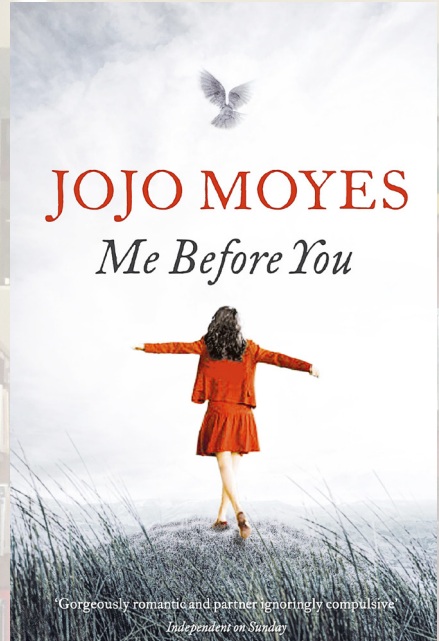
Me Before You by Jojo Moyes

If you prefer to read a book before seeing the film adaptation then this is your chance to discover one of next summer's highly anticipated films.

26 year old Lou Clark still lives with her parents in the quiet market town she grew up in. Almost deserted in the winter the town's one draw is an old castle and when we meet Lou she works in the local tea shop serving the coach loads of tourists who come to visit. With a quirky dress sense Lou never really feels as if she fits in and as a teenager longed to travel the world. However circumstances meant that she could never bring herself to leave. After losing her job she reluctantly takes a job caring for Will, a young quadriplegic man injured in a motorcycle accident several years earlier. She is told the job is just for 6 months and despite a rough start she decides to stick it out and soon an unlikely bond develops between Lou and Will.

A romantic novel this also deals with the sensitive issue of disability and the descriptions of Will's day to day life are well written with brutal honesty and little sensationalism. Things take a darker turn when Lou learns the reason why her contract is only to be for 6 months and she sets out to bring Will new experiences and remind him of the simple joys of life: not easy for a wheelchair bound man whose ideal way to pass the time before his accident was skydiving or climbing Mount Kilimanjaro.

As a reader you are drawn into the lives of these characters and the development of their relationship is believable. In the hands of the wrong writer this plot line could turn out to be very twee and cliché but Moyes does not fall into this trap. The resulting novel is engaging, difficult to put down and will lead you to appreciate the small wonders of life.





Penny Kay
GARDEN DESIGN

DESIGN FOR YOUR GARDEN



www.pennykay.co.uk

☎ 07432 643670

When responding to ads please mention Headington Monthly

Jayne's Eco Cleaning

Recruiting new staff

ecocleaning@outlook.com

Tel: 07842084225

Recruiting now!

Jayne's Eco cleaning requires a highly motivated and dedicated person to join our team. This person must be able to use their initiative. Hours to start - 10 hours spread out over the week depending on client and your availability. Rate of pay £8 per hour.

This person will be self-employed and must be a car owner, willing to drive to client's homes.

Please call Jayne on 07842084225





Our smile is one of the first things that people notice about us, so a mouth full of stained, chipped or crooked teeth can really affect our confidence. Cosmetic dentistry ranges from small changes, such as crowning a chipped tooth, to whole-mouth makeovers. Common procedures include:

Bleaching

Teeth can be stained by smoking, some medications and certain food and drink. Most stains can be removed by regular scale and polish appointments, but others are harder to shift. Also, teeth naturally differ in colour, so some people will have naturally whiter teeth than others.

Bleaching is usually done over the course of a few weeks, although laser bleaching can give you noticeable results, in less time. The bleaching product is painted onto your teeth, and activated by the laser. Teeth can sometimes feel a little more sensitive during treatment and gums can be a bit sore, but results can be pretty dramatic, with teeth up to six shades whiter. The effect can last for up to three years.

Straightening

Another common cosmetic procedure is straightening or moving teeth slightly. This is usually done with orthodontic braces. If you have an image of a spotty teen with metal train tracks, you might be surprised to find

out that more and more adults are getting them, and many of today's braces are a world away from the unsightly ones of a few years ago. 'Invisible braces', for example, are clear plastic moulds that fit over your teeth. They're not very noticeable and can be taken out for eating and brushing. They do need changing every few weeks, to fit your changing bite, so can work out more expensive than traditional fixed braces.

Teeth-straightening is a gradual process and usually takes one to two years. The effect is pretty permanent, although teeth may move slightly as the years go by.

Replacing missing teeth

There are different ways to replace missing teeth. The best choice usually depends on how many teeth are missing, where the gap is, and what condition your other teeth are in. You could opt for a partial denture, which can be removed. Alternatively, a bridge can be fixed onto remaining teeth, or onto implants (artificial roots).

Is it for you?

Only you can decide whether you want to have work done and if so, how far to go. We've all seen the 'Hollywood smiles' – those too white, too straight, too perfect sets of teeth that just look a bit false. Sometimes it's the minor imperfections that make us who we are. Would Claudia Schiffer have been as distinctive if she'd had her teeth 'fixed'?

the
**Alexander
 Technique**



Want help with -

- * *Releasing over-tense muscles?*
- * *Freeing up stiff joints?*
- * *Relieving tension and anxiety?*
- * *Feeling confident and building self awareness?*

Alexander Technique is great for all these and more!

See
www.AnEasierWayToBe.com

or call Marion Crombie on
 07595 627476

Now at Wellbeing Clinic, Headington
 www.WellbeingClinic.com

**Semi-Permanent
 Make-Up**

**Do you draw on your
 eyebrows or eyeliner
 everyday? Thinning or
 over plucked brows?**

**See my website for
 more info**



**Foresthillmassage.com
 07786 364505**

When responding to ads please mention Headington Monthly

Jacobsen Black Estates

Fixed fees & home visits

Estate Planning

Lasting Powers of Attorney

Wills - Fixed fee

£175 Mirror Will (two Wills)

£130 for a Single Will.

Discretionary Trusts

Property Protection

Probate & Trust Management

Pre Paid Funeral Arrangements

Document Storage

*Reader Offer £25 off when you
 present this advert*

Contact David Hurn now on

07753 987 245

or email jacobsenblack@gmail.com

www.jacobsenblackestates.co.uk

ice

Hair & Spa

11 Windmill Road, Headington

Oxford, OX3 7BW T: 01865-750055

E: enquiries@icehairandspa.co.uk

**Buy two Aveda products* and
 receive a free facial****

Valid until Nov 30th

***must include one spa product**

****Excludes Saturdays**

AVEDA™

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



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

Dogs welcome, child friendly, & wheelchair accessible

Headington's best kept secret!

Drinking Responsibly

As we head towards the festive season there's a renewed emphasis on the dangers of drink driving.

In England and Wales, the alcohol limit for drivers is 80 milligrammes of alcohol per 100 millilitres of blood, 35 microgrammes per 100 millilitres of breath or 107 milligrammes per 100 millilitres of urine.

The punishment for being over the legal alcohol limit when driving is a ban for at least 12 months, and a fine of up to £5,000. Offenders may also be given between three and eleven penalty points. There is also a possibility of imprisonment for up to six months. Those caught drink driving more than once in a 10 year period will get a driving ban of at least three years.

It's not easy to ensure you remain under the limit if you drink alcohol as a variety of factors such as, weight and metabolism can influence results.

Even small amounts of alcohol can influence driving, reactions may be slower, vision blurred and it can be more difficult to process information for example. All of these put you at risk.

The advice for avoiding drink driving includes using designated drivers who drink soft drinks or zero alcohol varieties only. Alternatively, choose nights out that don't include drinking and use public transport or taxis.

Gardiners Opticians

Independent Family Practitioners Est. 1923

www.gardinersopticians.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



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, NHS Dental Practice, on site Pharmacy, NHS Counselling and Psychology, NHS Physiotherapy, Midwifery, District Nurses and Health Visitors. Our clinics at Bury Knowle include minor illness, minor surgery, and drop in baby clinics. Non NHS services available at our premises include Podiatry and Nutrition.

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. A doctor is available on Monday PM, Tuesday AM, Wednesday AM, Thursday AM and Friday AM and a nurse on a Monday and Wednesday morning. Non NHS services available at Barton include a monthly carers' clinic and a weekly affordable counselling service provided by The Listening Centre.

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 Fax: 01865 768559

Email: buryknowle@nhs.net

**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

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

## An Elegant Way To Enhance Your Home...



**Display Doors:**  
Choice Tiles  
10 Windmill Road  
Headington  
Oxford OX3 7BX  
01865 742284

**By Appointment Only**  
Please contact Chris  
on 01280 818786

- Beautifully designed bespoke doors for faultless operation
- Maintenance free, safe and secure for those little fingers!
- 20 year manufacturer's guarantee
- Delivery within 5 working days

**Multifold Doors**



[www.multifolddoors.co.uk](http://www.multifolddoors.co.uk)

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



# Albany Care Home

Experience a new approach to care

We believe real care is personal and focuses on creating a better quality of life.

- Residential care
- Nursing care
- Respite and long-term care
- Palliative care

**For more information please call the Home Manager on 01865 744 444.**

**Albany Care Home**

7 London Road, Headington Oxfordshire OX3 7SN

[www.brighterkind.com/albany](http://www.brighterkind.com/albany)

**brighterkind**

# Why would anyone say nice things about an agent?

## Ask Linda, Rosemary and Edward.

We can say we're great, tell you about our local expertise, shout about our four new awards – and promise all the tools to get you moving, fast. But what really matters is what our customers think.

So instead of listening to us blow our own trumpet, find out what Linda and all our other happy customers have to say:  
[www.andrewsonline.co.uk/testimonials](http://www.andrewsonline.co.uk/testimonials)



\* Free valuation does not apply to valuations conducted for insurance or mortgage purposes.

We apologise for any inconvenience caused if you are not considering selling or letting your property or changing your agent. If you have instructed another agent on a sole agency and/or sole selling rights basis, the terms of those instructions must be fully considered to avoid a liability to pay two commissions, or before you switch to a new agent.





ANDREWS

e

HIGH  
QUALITY  
SERVICE VERY  
POSITIVE HAPPY  
A GREAT WITH THE  
TEAM AND LEVEL OF  
EXPERIENCE VERY  
IMMEDIATELY IMPRESSED  
UNDERSTOOD OUR EXTREMELY  
REQUIREMENTS FRIENDLY  
EXCEEDED EXPECTATIONS INFORMATIVE  
A PLEASURE TO DEAL WITH THANK  
ENTHUSIASTIC YOU  
SPEEDY A BREATH OF  
RESOLUTION FRESH AIR  
WITH A GREAT FULL WENT THE  
OUTCOME MARKS EXTRA  
PROFESSIONAL MILE  
CALM & HELPFUL

Book your free valuation today\*

### Sales

Call 01865 763 443

Click [headington@andrewsonline.co.uk](mailto:headington@andrewsonline.co.uk)

### Lettings

Call 01865 759 555

Click [oxford.lets@andrewsonline.co.uk](mailto:oxford.lets@andrewsonline.co.uk)

Visit 101 London Road, OX3 9AE

# ANTI BULLYING MONTH AND WEEK

**A**nti Bullying month takes place between 2 and 27 November with a special anti bullying week highlighted as 16 to 20 November. This year's themes are: Cyberbullying and E Safety for the month and Make a noise about bullying for the week.

The Anti Bullying Alliance ([www.antibullyingalliance.org.uk](http://www.antibullyingalliance.org.uk)) will be co coordinating activities from a wide variety of organisations including Actionwork, ([www.antibullyingweek.co.uk](http://www.antibullyingweek.co.uk)) Bullying UK ([www.bullying.co.uk](http://www.bullying.co.uk)) and Anti Bullying Works ([www.antibullyingworks.co.uk](http://www.antibullyingworks.co.uk)) A wide range of things are on offer including free resources, roadshows, special awareness films, competitions, wear blue day and other fundraising campaigns.

Whilst Bullying can take place amongst adults as well as children, the key aims of the Anti Bullying Week are to:

Empower children and young people to make a noise about bullying

Encourage 'talking schools' where all children and young people are given a safe space to discuss bullying

Equip teachers to respond effectively when children tell them they're being bullied

Raise awareness of the impact of bullying on children's lives if they don't tell anyone it's happening

A 2014 survey about Bullying from Family Lives reported that of 2067 respondents, 93% of pupils reported that bullying occurred at school and 81.4% of young people were bullied by more than one person. That's a truly frightening statistic, don't you think?

I Say  
NO to  
Bullying!!



# WHEATLEY PLUMBING SERVICES

For all your Plumbing  
& Lead Work

*Over 25 years experience  
Worked in most Oxford Colleges*

**Call John**

**01865 874361**

or

**07887 525738**

**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](http://www.huntscleaning.co.uk)

When responding to ads please mention Headington Monthly

## 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**



# 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)

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



# Life Under The Leaves

By Stuart Mabbut, Wildlife Gardener

Whilst many die off, some insect species hibernate over winter in sheltered spots.

Leaving some leaves under hedges and shrubs, where it can be around 2 degrees warmer in Autumn and Winter, that's where a lot of your wildlife will be hanging out. Hibernating mammals and ground-feeding birds overwintering in the UK will also appreciate it. Remember though leaf piles are for more than hibernating hedgehogs. It's too simplistic to think otherwise.

When you come to tidy your garden this Autumn, leave some ivy uncut if it's practical to do so, as it is an excellent late source of nectar for insects.

Some seed heads left standing, rather than cutting them back, to provide food and shelter for wildlife is ideal coming into this time of year too.

A multitude of butterfly and moth species overwinter as pupae in leaf litter. If you rake up and throw away all of your leaves this Autumn, you'll be getting rid of these

beneficial and often beautiful insects too.

I'd suggest avoiding leaf blowers. They are loud and rely on fossil fuels which pollute our air and contribute to global climate change. Rake up instead, I challenge you! You'll be able to hear the chirping of birds and other natural sounds while you're working, plus you'll get some good exercise! Maybe I'd suggest a rake and a broom does a better job in some cases too?

Just a simple message this time, tend your garden by all means but just consider Man's obsession in trying to control his garden and make it lovely and tidy. It's a reflection of our obsession to control the world around us as I've said before. That my friends, is a battle none of us are going to win. So just enjoy the leaves blowing around this year and use all the spare time gained by not clearing them away to enjoy the wildlife in your garden you perhaps walk passed on a daily basis.



## FOUR PAWS CAT RESCUE

Registered Charity Number 1138455

*Rescuing and rehoming domestic cats and kittens in Oxfordshire and surrounding areas*



Could you offer a loving  
and forever home to a  
rescue cat or kitten?

We have many looking for homes!

Why not come and visit our

**OUR CHARITY SHOP**



8 The Roundway  
Risinghurst Oxon  
Monday - Saturday  
10am - 4pm

### CHRISTMAS SALE!

Saturday 28th November 2015

Headington Community Centre

Gladstone Road, Headington

10 am - 12 noon

Gifts, clothes, refreshments & much more!

#### Contact us

fourpawscatrescue@hotmail.com 01865 340489 or 07872 450879

[Visit our website and find us on Facebook](#)

[www.fourpawscatrescue.org.uk](http://www.fourpawscatrescue.org.uk)

[www.facebook.com/fourpawscatrescue](http://www.facebook.com/fourpawscatrescue)

When responding to ads please mention Headington Monthly

# AIKIDO MARTIAL ART CLASSES

**Learn a dynamic martial art that will have a positive influence on your life**

Aikido is non-competitive and is a self-defence based martial art. It's great fun to learn and is taught in a friendly training environment.

- TEENAGERS (10+) CLASSES
- ADULT CLASSES

SUNDAY AT OXFORD BROOKES CENTRE FOR SPORT, HEADINGTON CAMPUS.

CLASSES AVAILABLE IN OTHER AREAS (see our website for details).

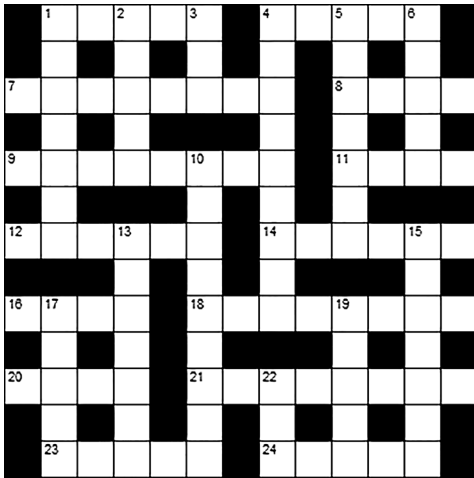
**BOOK A FREE TRIAL LESSON**

Tel: 07773 982719, Email: [info@aikidooxford.co.uk](mailto:info@aikidooxford.co.uk)

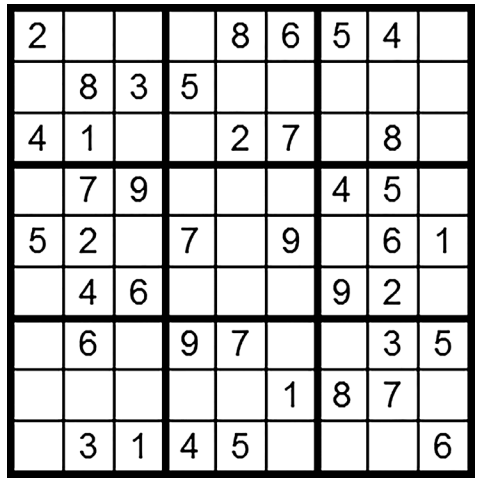
**[www.aikidooxford.co.uk](http://www.aikidooxford.co.uk)**

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

## CROSSWORD



## SUDOKU



## CROSSWORD CLUES

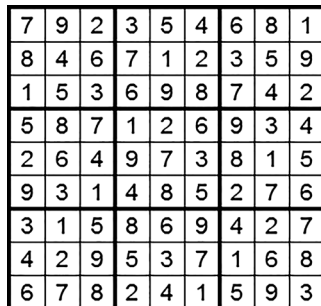
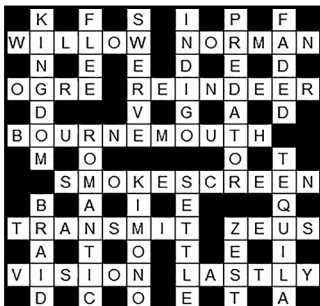
### ACROSS

- 1 Biblical grandson of Abraham (5)
- 4 Jolly outing or excursion (5)
- 7 Directly above (8)
- 8 Conservative (informal) (4)
- 9 Definitive (8)
- 11 Desert in Asia (4)
- 12 Silky wool (6)
- 14 Individual, organism (6)
- 16 Squabble, altercation (4)
- 18 Lesson, coaching session (8)
- 20 Indian garment (4)
- 21 Southern English county (8)
- 23 Last letter of the Greek alphabet (5)
- 24 Pleasant, refreshing weather (5)

### DOWN

- 1 Spear (sporting) (7)
- 2 Royal breed of dog (5)
- 3 Farewell (informal) (3)
- 4 Decision, opinion (9)
- 5 Tense, anxious (7)
- 6 Spasm, pound (5)
- 10 Girl's name (Russian) (9)
- 13 Sketch, rough plan (7)
- 15 Catastrophe (7)
- 17 Ancient Greek philosopher (5)
- 19 Bucolic, pastoral (5)
- 22 Angry group (3)

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.

# STONELEY BUILDERS

**OXFORD**

**General Builders - all trades covered**

**Brickwork, Pointing, Plumbing, Plastering**

**uPVC and Wood Windows**

**Kitchen and Bathrooms**

**Roofing, Flooring, Carpentry, Landscaping**

**Metalwork, Site Welding Facility**

**07903 227922**

**01865 765897**

**ajhoad@gmail.com**

**New Cross Road**

**Headington**

# CMD CERAMIC



## TILING CONTRACTORS

Family run domestic and commercial floor & wall tiling service covering the whole of Oxfordshire

All aspects of tiling from Kitchen, Bathroom, Extensions, Conservatory and external patio works

o

Fully insured with public liability worth £5million

o

Based in Headington Quarry covering the whole of Oxfordshire

o

Free quotations and advice on request with supplied references

o

So please visit our website or contact us on the following to see how we can help on your next project.

m: 07969 916629

e: [info@cmd-ceramics.co.uk](mailto:info@cmd-ceramics.co.uk)

w: [www.cmd-ceramics.co.uk](http://www.cmd-ceramics.co.uk)

When responding to ads please mention Headington Monthly

## **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

OXFORD  
HARMONIC  
CHOIR

# Beethoven

Choral Symphony  
(No.9)

## Bruckner Te Deum

28 November 2015, 7.30 pm

Oxford Town Hall

Conductor: Robert Secret with The Orchestra of Stowe Opera

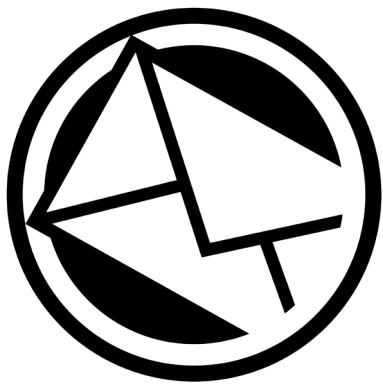
Tickets £15 to £17 (seniors £13 to £15, students/u18s £7.50 to £8.50)

on the door or from Oxford Playhouse: 01865 305305, [www.ticketsoxford.com](http://www.ticketsoxford.com)

[www.oxfordharmonicchoir.org](http://www.oxfordharmonicchoir.org)

Registered Charity No. 822008

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



# Why your “computer genius” relative can’t fix your computer.

by **Steven Pitcher, computer medic**

*Steven is based in Headington and has over 20 years' experience with all types of computer systems, and is an expert in Windows, Mac OS and Linux systems. Call him on 07572 283159 if you need help with your computer. See ad on page 28 for details.*

**W**e all watch with wonder as kids become more ‘natural’ when it comes to their technical skills. We watch our children navigate their smartphones and computers with amazing dexterity and skill. So when we have a problem with our computers, we naturally look to these young geniuses to sort it out.

However, most of the time, the problems don’t get fixed, the genius feels like he/she has let you down, and you end up taking it to PC World anyway, having spent a small fortune already, and you’re now resigned to paying a quarter of the value of the machine itself just to get someone to look at it.

I’m here to tell you it’s not their fault. We make the assumption that because someone is good at something, it makes them an ‘expert’.

Being an excellent driver doesn’t make you automatically a great motor mechanic. In fact, there are millions of excellent and natural drivers on the road that have never opened their bonnet for fear of discovering that there isn’t a tiny wizard living there, magically transporting you from place to place.

Like mechanics, even ‘professional’ computer people generally can’t resolve problems without the aid of specific, expensive software, so how can you expect your 12 year old nephew to know the inner workings of the PC simply because he’s pretty awesome at Instagram, texting and Facebook?

Computers, like cars, are extremely complex machines, and the key to resolving any problem is in understanding how the machine itself works, rather than how to operate software.

Kids know about the internet, but they don’t know how or why it works, unless they are serious and passionate about computing.

And we are the guilty ones for simply expecting them to know, without understanding it ourselves.

So the next time you have a problem, instead of calling Little Timmy from upstairs to make it right, spare a thought for him. He wants to please you, so he will try his hardest, but when it fails, his self-esteem will be hurt. It may not seem like the easiest solution all the time, but the best solution all round is to always have a professional look at, service and maintain your machine. There are people that can contract the servicing of your machine so that you know you’re getting a service when you need it, at regular intervals. And if it isn’t running smoothly, you have someone to hold accountable that isn’t going to sit up all night terrified of disappointing you.



# 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

\*Nosy 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.**

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

CALL STEVEN ON 07572 283159  
TO CHECK YOUR PC SECURELY!

OK



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

23 years experience

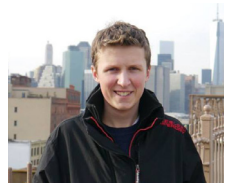
Fully insured

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



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

*Tim is a 19 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.*

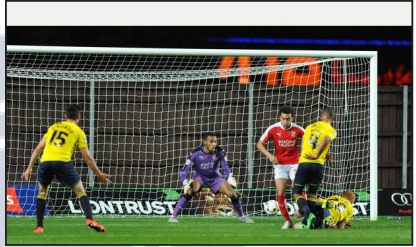


## Oxford face Swindon

By Tim McGovern

The past month saw Oxford play a total of eight games, which is quite a lot for any team. But there was one particular match that will live long in the memory.

Oxford started September with a convincing 1-0 victory at Bristol Rovers with another wonder strike by Oxford star Kemar Roofe from just outside the box. From this match, Oxford saw their worst run of form since March. Three games in a row without a win. The first of this poor run was an unfortunate loss at rivals Northampton. Danny Hylton missed a penalty in a chance to level the match. From here, Oxford took on table toppers Portsmouth at home, but could not seal all three points despite a good team display and a marvellous goal from the club September Player of the Month Liam Sercombe. Adam McGurk of Pompey did score a 35 yarder from nothing, so kudos to him. And finally, Oxford met Morecambe at home in a game to forget as both sides finished the game goalless. Oxford were by far superior but couldn't quite break the deadlock.



Roofe v Swindon

Oxford then had two away games in three days in the North and decided to remain up there between games to cut back on travel time. This paid off for the U's as a 2-1 win at York and a 3-1 win at Accrington sealed maximum points from our "Northern Exposure". The team even went to go see Wigan Warriors of Rugby League play!

Then came the big one. Oxford had the "pleasure" of being drawn against Swindon in the Johnstone's Paint Trophy Second Round at home. Swindon arrived on the back of not having won in their last 4 games. The game started and straight away Oxford took the upper foot. The game had just about everything, with Billy Turnbull of Swindon being sent off after half an hour. Just before half time, Kemar Roofe slotted a placed shot after a solo run from Ryan Taylor to secure the lead on 41 minutes. After the interval, Roofe secured his place in Oxford United folklore by tapping in after Ryan Taylor's header was saved by the Swindon keeper. Oxford maintained their drive, passion and commitment and more importantly, remained composed. This paid off. Oxford haven't lost to Swindon since 10th March 2001.

This brilliant run will continue until we meet our friends down the A420 again...

Oxford finished the month, with a 1-0 win over Wimbledon thanks to a late strike from MK Dons loanee George Baldock. This result sees Oxford lie 3rd in the table (the automatic promotion places!) and with a win against Swindon under our belt, and a good run of form, the team will be delighted to press on and keep our place. COME ON YOU YELLOWS!



George Baldock

# slimFit

feeling fit for life

Fitness Nutrition Weight Management



**FREE** membership with this advert \*

Our classes consist of a discreet weigh-in with personal nutritional advice, a motivational talk and an optional exercise session catered to every age and ability. The classes are great fun, whether you wish to just weigh-in and/or do the exercise as well. New members will receive oodles of motivation and all the information needed to become fitter and healthier, including our Members Handbook and healthy eating plan.

**St Anthony of Padua Church Hall, Headley Way**

Mondays 10:00 - 11:15 am

**St Nicholas Primary School, Marston**

Wednesdays 5:30 - 7:00 pm

**United Reformed Church Hall, Risinghurst**

Thursdays 7:15 - 8:40 pm

*Classes also in Cowley, Botley and Farmoor,*

\* Please bring ad to class to claim discount. M/ship Fee £10.00. Class Fee £6.25. Ask about our Fitness Pilates Courses.

**Tel: 01235 512908** [louise@slimfitclasses.co.uk](mailto:louise@slimfitclasses.co.uk) [www.slimfitclasses.co.uk](http://www.slimfitclasses.co.uk)



**We lost over 31 stones together  
at SlimFit Classes**



When responding to ads please mention Headington Monthly

## OXFORD SKINCARE CLINIC

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



See website for a fuller description of services.

**Contact me for a free  
initial telephone  
consultation**

07938 179 137

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

- Expert professional advice on acne, rosacea, uneven pigment, sensitive skin and skin ageing.
- Mole mapping photography service.
- Removal of moles, skin tags, verrucae, warty growths, cherry spots, spider veins, and other blemishes using a wide range of the very best equipment.

About

**Dr Angie Anderson**

Qualified at University of Cambridge, I work locally as a GP with a special interest in dermatology. I am very experienced in dermoscopy which is now considered essential for accurate diagnosis and management of blemishes. I have also done minor surgery at the practice for over twenty years.

**Find me at: The Wellbeing Clinic,  
1 Windmill Road  
Oxford, OX3 7BL  
Tel: 01865 751111**

[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)

## WHAT'S ON IN NOVEMBER

### PATRONAL FESTIVAL CELEBRATION

1 November (All Saints' Day) 3.30 pm  
Choral Evensong followed by Afternoon Tea to celebrate the Patronal Festival of All Saints' Church, Lime Walk. All welcome.

### ANNUAL CHRISTMAS BAZAAR

28 November 11.00 am  
All Saints' Annual Christmas Bazaar in aid of the Children's Society at All Saints' Church House, New High Street. To be opened by Andrew Smith M.P. Seasonal musical entertainment from Headington Preparatory School Choir and Kennington (Oxford) Band. Home Baked Cakes, Gifts, Toys and Bottle Stalls. Tombola and Grand Raffle. Refreshments. Entry 50p, children free.

### ADVENT CAROL SERVICE

29 November 6.00 pm Advent Carol Service followed by refreshments of wine/ soft drinks and nibbles. All welcome.

### HEADINGTON LIBRARY

Bury Knowle Art Group Taster Session  
Wednesday 4th November 1.30-3.00 pm  
Booking essential

### HEADINGTON LIBRARY

*Rhymetime for the under-5s*  
*Thursdays 5th and 19th November*  
*11.00-11.30 am*  
*Children must be accompanied by adults*

### POLE POSITION IN NATURE PROTECTION

Thursday, 5 November 2015 at 7.45pm.  
"Pole Position in Nature Protection" by Marek Borkowski  
A return visit for Marek who lives in Poland's Biebrza marshes where he has studied its exciting birdlife.  
Venue: Sandhills School, Terrett Avenue, Oxford,

OX3 8FN (just off the A40, opposite Thornhill Park and Ride).  
All welcome; entrance £3 (£2 for full time students), free to local group members and children.  
More information on the local group website: [www.rspb.org.uk/groups/oxford](http://www.rspb.org.uk/groups/oxford)

### RADCLIFFE ORCHESTRA CONCERT

Tingewick Hall, John Radcliffe. Saturday November 7th, 7:45pm.  
In aid of the Hidden Heroes Appeal, OUH Charitable Funds. Includes Mendelssohn Italian Symphony, Mozart Flute and Harp Concerto. Refreshments after. £10, concessions £8, under 16 free.  
<http://www.radcliffeorchestra.org.uk>

## IVC Social Events Club

A non-commercial club run by its members offering you an instant social life with like-minded people of all ages in a friendly and informal atmosphere.

**Meet new people and enjoy a huge range of events including:**  
**Badminton, Tennis, Walks, Eating out, Scrabble, Bridge, Cinema and Theatre trips**  
**Book reading, Parties/Discos, etc**

Join us at our NEW MEMBERS EVENING on the first Wednesday of every month, 8.15 - 8.45  
Four Pillars Hotel, Abingdon Rd, Oxford, OX1 4PS  
07885 636726 or 01865 841565

For more Information visit  
[www.oxfordshireivc.org.uk](http://www.oxfordshireivc.org.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
- \* The Richards Medical Centre, 12 Old High Street, Headington - 01865 741 211

## Dentists:

- \* 310 Dental Care, 310 London Road, Headington - 01865 766975
- \* Bury Knowle Dental Practice, 207 London Road, Headington - 01865 308 400
- \* Euro Dental Practice, 61 London Road, Headington - 01865 308400
- \* John Miller Dental Practice, 6a The Parade, Windmill Road, Headington - 01865 308 050
- \* Kennett Road Dental Practice, 3 Kennett Road, Headington - 01865 761 965
- \* Manor Dental Practice, 7 Osler Road, Headington - 01865 750 056
- \* Studental, Oxford Brookes University, Colonnade Building, 3rd Floor, Gypsy Lane, OX3 - 01865 484 608

## Chemists:

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

## Libraries:

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

## Other Useful Numbers:

- \* Age UK - 01235 849 400
- \* Childline - 0800 1111
- \* Citizen's Advice Bureau - 0870 200 608
- \* John Radcliffe Hospital - 01865 741 166
- \* Gas Emergencies - 0800 111 999
- \* Power Outages - 08000 929 282  
(Scottish Power)
- \* Thames Valley Police - 101
- \* Oxford City Council - 01865 252 900
- \* Rt. Hon. Andrew Smith MP - 02072 194 512
- \* NHS Direct - 111
- \* The Samaritans - 08457 909 090
- \* Recycling and waste 01865 249811

## City Councillors for Headington:

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

## School Terms 2015-16

| Term               | Date             | # Days |
|--------------------|------------------|--------|
| Term 1             | 1 Sep - 23 Oct   | 39     |
| Oct. Holiday       | 26 Oct - 30 Oct  |        |
| Term 2             | 2 Nov - 18 Dec   | 35     |
| Christmas Holiday  | 21 Dec - 1 Jan   |        |
| Term 3             | 4 Jan - 12 Feb   | 30     |
| Feb Holiday        | 15 Feb - 19 Feb  |        |
| Term 4             | 22 Feb - 24 Mar  | 24     |
| Apr Holiday        | 28 Mar - 8 Apr   |        |
| Term 5             | 11 Apr - 27 May  | 34     |
| Late Spring        | 30 May - 3 Jun   |        |
| Term 6             | 6 Jun - 20 Jul   | 33     |
| School Year Begins | 1 September 2016 |        |
| 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.*



# Mill View Plant Centre

Ladder Hill, Wheatley, Oxford,  
OX33 1HY,

TEL: 01865 873488

Growers of top quality bedding plants, shrubs, perennials and hanging baskets.

## Vegetable plants.

An extensive selection grown on our Nursery.

Pet food, pet bedding and sundries  
including a range of bird food.

Arthur Bowers compost at special prices  
Multi-purpose compost £4.99 or 3 for £12

When responding to ads please mention Headington Monthly

## 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](mailto:malc_haines1952@yahoo.co.uk)

## K.H Property Refurbishments

**Kraig Haines**

**07554 434 724**

[kraighaines@yahoo.co.uk](mailto:kraighaines@yahoo.co.uk)

Painting & decorating, plastering,  
kitchens & bathrooms, exterior work,  
fencing and general maintenance.  
All work undertaken, please call for free  
quotations and design consultations.



Small family run business

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

www.oxford.gov.uk



# BLUEBIN RECYCLING LEAGUE

BIN IT TO WIN IT



Win money for you and your **community** by recycling more!  
Pledge now to take part by visiting [oxford.gov.uk/recyclingleague](http://oxford.gov.uk/recyclingleague)

# Why settle for anything less than award-winning?



Unbeatable price\*, superior service

Call book your free\*\* valuation

Call 01865 759 555  
Click [oxford.lets@andrewsonline.co.uk](mailto:oxford.lets@andrewsonline.co.uk)  
Visit 101 London Road, Headington, OX3 9AE

 /andrewsonline

 @andrewsonline.co.uk

[andrewsonline.co.uk](http://andrewsonline.co.uk)

\* If you find a comparable service offered for less by any other ARLA regulated letting agent within 3 miles of our branch, we will price match their commission fee. This offer is subject to our minimum fee, written proof of the package you are being offered and applies to new instructions only and must be agreed before signing our Terms of Business.

\*\* Free valuation does not apply to valuations conducted for insurance or mortgage purposes.