

ISSUE #67  
OCTOBER 2015

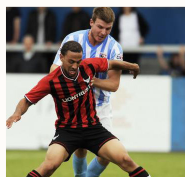
# M HEADINGTON MONTHLY

YOUR LOCAL FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

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## **INSIDE THIS ISSUE:**

- \* SCRABBLE WITHOUT RULES
- \* GARDENING
- \* THE BIG DRAW
- \* BRAIN GAMES
- ...AND MORE!



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Hi again

Bit of a change of subject for our front cover this month. Someone has responded to our appeal for articles.

Many of you I'm sure love board games. When I was young I called them 'bored' games because I wanted to run about outside rather than stare at stuff on a table. As I got older I began to love them more and many a family games evening brought much fun and laughter. Margaret Hunter has shown how a great board game can have a different character depending on who's playing it. I'm a great Scrabble fan who hadn't played for many years. But I recently took it up again as it helps my wife get to sleep - because I'm so slow. By pure coincidence I received a call from Margaret Hunter who has written an article describing the results of her search for Scrabble partners. You can read it on page 12. I thought this was hilarious. I hope you do too! I found it took a second reading to get the best out of it.

Jean Wykes is a lovely local lady (try saying that while eating a bag of chips) who works tirelessly for artists in Headington. During October she has organised the Big Draw event for Headington giving local children a chance to show their talent. The Campaign for Drawing is an international 'big push' to encourage drawing, and Headington has not been left out. There are Big Draw events not only here but in various parts of Oxford so there's plenty to savour. Please see the article on page 8.

I'm sure you don't wish to know this but have been trying to lose weight. My trousers have been getting a bit loose and are struggling to retain their grip on my 'almost returning' waist. I explained this to the lady in the Pet and Garden store, as you do, and she almost fell into the rabbit bedding (titter ye not!). So if you see a slightly reduced magazine publisher struggling round OX3 while delivering the magazines please avert your eyes, just in case.

Good Heavens - it's only 15 weeks to Christmas as I write this. Just enough time for me to write my list for Santa.

Best wishes

Nick

COVER IMAGE

"SCRABBLE"

-NICK ALLNATT



Nick Allnatt  
Founder/Publisher

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DEADLINES FOR  
NOVEMBER 2015

Commercial:  
3rd October 2015 5pm

Charity/Non-Profit and  
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1st October 2015 5pm

## THIS MONTH IN YOUR HEADINGTON MONTHLY:

8. THE BIG DRAW
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12. THE SCRABBLE REBEL
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24. UNDERSTANDING DATA SPEEDS
26. OXFORD UNITED - FIGHTING FOR THE POINTS
28. WHAT'S ON



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Via local schools, Jean Wykes invites local school children to exhibit one of their drawings at Barclays Bank 9 to 31 October during Banking hours 9:30 to 4:30, with an Opening Event for families 9 October 3:30 to 4:30. If your child would like to enter the **Drawing Exhibition** please contact [jeanwykes@gmail.com](mailto:jeanwykes@gmail.com) for a free drawing template.

**The Big Chalk**, with local musicians/entertainers, 10 October 9:30 to 4:30pm Central Headington. Come & chalk.

Oxford Brookes is freely providing various Drawing workshops during Half Term in the Glass Tank and from 18 Oct to 13 November an exhibition of work from students and community groups.

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For more information

contact:- [tde-arts-enquiry@brookes.ac.uk](mailto:tde-arts-enquiry@brookes.ac.uk)

For more information on all these events go to [www.thebigdraw.org](http://www.thebigdraw.org) or collect a free leaflet from Chancellors, Barclays Bank, or Coco Noir.

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**MARSTON:** Cherwell Drive - Marston Medical Centre, The Coop, Pads n Paws, Mediterranean Fish Bar  
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# DYSPRAXIA AWARENESS WEEK

11th - 17th October.

**D**yspraxia is also known as Developmental Coordination Disorder, and occurs in both adults and children. It can affect fine and gross motor coordination. Those with the condition are often late learning to walk, stand, sit and roll and will find other standard developmental activities such as running, jumping or catching a ball more difficult. Many also experience difficulties with articulation, speech, perception and thoughts, leading to memory problems, poor organisation, planning and sequencing skills.

Dyspraxia is thought to be caused by an immaturity of neurone development in the brain which disrupts the way the brain sends messages to the body.

Harry Potter star Daniel Radcliffe announced he had the disorder in 2008. Other well known personalities affected by the condition include South Shields MP Emma Lewell-Buck, model Cara Delvingne and Jamie Lambert who is part of the Britain's Got Talent winning male singing group Collabro. Indeed, Jamie has just become a Celebrity Patron for the Charity the Dyspraxia Foundation and is fronting this year's awareness campaign. His mother Lorraine has shared her thoughts in a blog to help others. She urges people not to assume that those with the condition have limited potential.

Around 5% of the population are affected by Dyspraxia and around 2% are severely affected. Evidence shows the condition sometimes runs in families and that boys are three times more likely to be affected than girls.

Sometimes Dyspraxia occurs in isolation, but frequently it coexists with conditions such as Asperger's Syndrome (High Functioning Autism), Attention Deficit Hyperactive Disorder (ADHD), Dyslexia, language disorders, and social, emotional and behavioural difficulties.

Diagnosis via specific assessments often happens at school

age and usually leads to referral to specialist support services. While many of those with Dyspraxia are highly intelligent, their ability to learn is often impaired and they will need to repeat things and practice more often. At a special event in Parliament in 2014, Emma Lewell-Buck said; 'I used to also suffer from low self-esteem and confidence, and for a time at school I got frustrated with having to work harder than the other kids and started to misbehave. But I realised that if I was going to make something of my life I needed to start knuckling down – even if it did take longer to grasp and understand things I knew that I was just as capable as anyone else.'

The Dyspraxia Foundation provides resources and a helpline to assist young adults affected by Dyspraxia as well as their families, teachers and healthcare professionals. There are also many local support groups.

Find out more at:

<http://www.dyspraxiafoundation.org.uk>



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# Scrabble(?)

- by Margaret Hunter

I have a keen interest in Scrabble, and was on the lookout for a group to join, when I heard of one at the Community Hall, so I went along. 'There used to be about twenty members', said the welcoming official.

I waited a while and then four elderly ladies appeared and sat at the next table. As they were the only other participants, they suggested that I join them to make a fifth (not really allowed— we could have played two games of two and three people).

They explained that they had their own version of Scrabble (and it was an unusual one).

Firstly, they did not count the points scored, so any challenge or purpose in the game was lost. It may be that they didn't want to count the large numbers that are unavoidable in Scrabble, and we elderly ladies don't always have calculators.



To decide who starts, instead of drawing a tile, with the one who has the earliest tile in the alphabet starting, they had a system of choosing who can start with the longest word, so we all stated the length of our word. On finding that a six-letter word was longest, the lady started with it.

The coloured squares on the board were ignored, so doubling the value of letters and words, and tripling of letters and words on the pink, blue and red squares was no longer exciting, with the loss of considerable thought and skill. The game was made rather purposeless, although they did say that they would see how many games they could get through in the allotted time! The participants looked at each other's tiles (something strictly forbidden) and suggested where tiles could best be placed, so personal thoughts and knowledge were non-existent.

There was a slight altercation, as one lady put down 'signet' to start the game, but another said that it should be spelt 'cygnet', and it was wrong. I looked it up in a dilapidated dictionary with no covers (they didn't have a proper Scrabble one) and of course there was the word 'signet'. Having had to withdraw the word, she was helped later on to place it by the same spokeswoman, who said that if she put her 's' to make one of the words plural, then she could put the rest of 'signet' down.

Their method of the use of allowed words was rather haphazard; when I tried to make the word 'EX' they said that it was not allowed, even though other words spelling out alphabet letters, such as 'ZED' were allowed.

To use up all my tiles I put an 'E' before an 'R' to make 'ER' which indicates, in all dictionaries, hesitation. They all looked puzzled and the spokeswoman said that it really should have a hyphen in front of it?! They carried on playing for a while, although I had (in my opinion), won this particular game.

On leaving at the interval I was told that the four ladies had been playing together for a very long time (at a cost of £1.50 each per session). I explained that there were difficulties when five players were involved – words changed too many times before it was anyone's turn, so I left them to carry on as usual.

I really could not try to play their version of Scrabble – I felt that the game was being bowdlerized or expurgated (which describes books having the worst parts omitted), but in reverse; the best parts were being taken out.

The sheer delight of producing a seven letter word, using all the tiles from your rack and scoring fifty points is lost to these ladies, as they don't score at all, they just make words – but that, of course, is their prerogative.



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# The Status Symbol on Your Wrist

For many, watches are functional items, held solely to help us tell the time. For others though they fulfil another purpose- as a status symbol.

History shows that this is not a new phenomenon. Owning a beautiful expensive watch has long portrayed a sense of status whether in the 1750's when owning a pocket watch gained admiring glances or today when certain luxury time pieces are said to symbolise your education level, taste and wealth.

Specialists even suggest that certain brands and designs fit best with certain intentions i.e. to impress business colleagues, in laws or just simply to demonstrate your wealth.

Whilst the more cynical will say we can all use our phones these days to see what time it is, connoisseurs will comment on the elegance, the precision, or even the investment value of their watches.

High end watches are always mechanical with quality movements, usually available in limited numbers and having taken several months to craft.

Swiss watches remain highly regarded and a long sense of history and tradition are often attractive ingredients. Celebrity endorsement can add influence too.

Whilst digital may have been a technological break-through, and smart watches offer further functionality, it seems a watch with a sense of history, style and luxury will continue to impress.

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# Tapping Into Our Senses Out In The Wildlife Garden

By Stuart Mabbut, Wildlife Gardener

It's been well documented that life has been challenging for me over the last few years with debilitating Rheumatoid Arthritis, which at times has incapacitated me.

Traditional and alternative medications have been sourced, but a suitable treatment programme was a struggle to find. In 2014, amidst intense pain I discovered nature sensory connections really began to help get on top of my pain management. Agreed, my mobility is still dire, but we're getting there.

I've been asked to write in depth about my findings and experience, so thought I'd write briefly about it this month too. That way, you can explore, think about and maybe get even more benefit from your wildlife gardens.

Let me start by saying I visualize my pain as a white pulsing orb. The pulses are the pain. I've been trying to think past pain for a while now, trying to extend the gaps between those pulses of pain. I meditate and I've used hypnotherapy to turn down pain in my head. When I discovered nature sensory engagement I really started to master this pain thing.

I've been a wildlife watcher for most of my life and last year started using those skills in a new way to try and manage my pain.

From our five main senses of sight, sound, touch, taste and smell, let's look at sight first.

Nip outside and have a look at your wildlife garden. Don't look intently, rest your eyes on the landscape and use your peripheral vision. Slowly begin to notice how many more shades of green you can see, and the little subtle movements that you miss if you look to intently at a spot. This is what a good birdwatcher does, resting their eyes on a space where they know there's a bird but can't locate it, by using their peripheral vision

they can quickly locate what they are looking for.

Now do the same with your ears. Notice in a jungle soundscape how all the creatures inhabit a differing sound frequency, some overlapping but all audible. We humans talk over one another, and our message can be lost in the hubbub. Out in your garden, rest your ears on the soundscape around you, by listening to less note how you hear more. If there is an annoying sound in that soundscape, try and filter that out. Equate that annoyance as how I see my pain, something that we just let do its thing but just filter out.

Notice how the soundscape around you has differing frequencies, ebbing and flowing. Even if you are in a busy city, try and conduct that sound like an orchestra. Notice how the cacophony is made up of differing sounds, ebbing and flowing and overlapping. Try and break the soundscape down.

Maybe try drawing what the differing sounds may look like, draw how they make you feel.

Continue this exercise with your senses of taste, touch and smell. This can be done anywhere, and notice how the mind is distracted away from the stress, pain or challenges it may be dealing with.

What I do is try to fill those gaps between the pulses of pain with nature and my sensory connection to it.

Have a go, maybe adapt my theory to tap into your own wellbeing, but if nothing else, use this idea to maybe get even more pleasure from your own wildlife garden. Beginning to maybe sense things you have been walking past on a daily basis and taking for granted.

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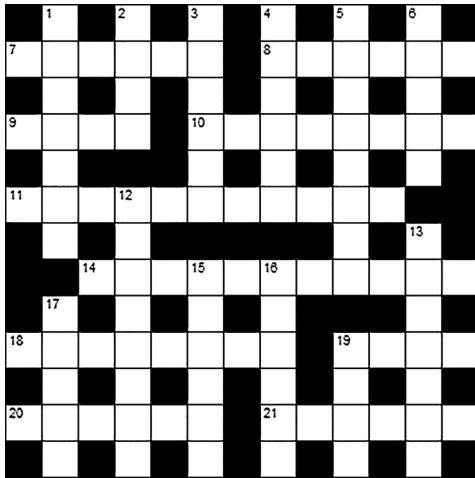
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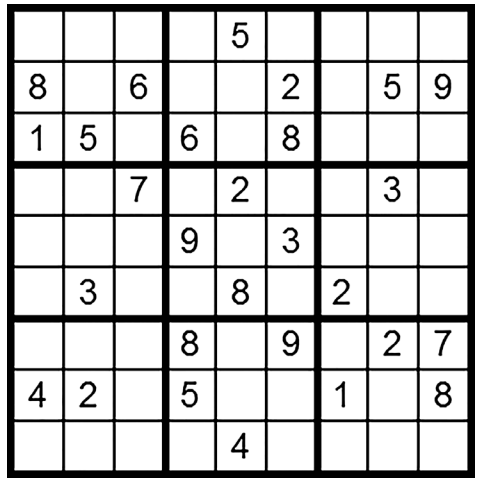


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## CROSSWORD



## SUDOKU



## CROSSWORD CLUES

### ACROSS

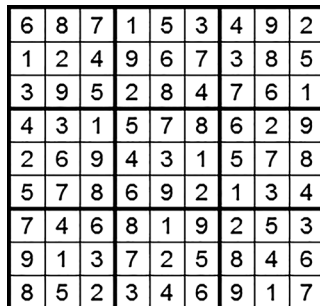
- 7 Graceful, drooping tree (6)
- 8 \_\_\_\_\_ Wisdom (actor) (6)
- 9 Giant, usually evil (4)
- 10 They pull Santa's sleigh! (8)
- 11 British seaside town (11)
- 14 Used to disguise or conceal (5,6)
- 18 Broadcast, relay (8)
- 19 Ruler of Mt. Olympus. (4)
- 20 Apparition, hallucination (6)
- 21 Finally (6)

### DOWN

- 1 Royal realm or province (7)
- 2 Abscond, scarper (4)
- 3 Deviate, sidestep (6)
- 4 Intense blue-purple (6)
- 5 Animal that catches and eats others (8)
- 6 Blanched, washed-out (5)
- 12 Fanciful, impractical (8)
- 13 Mexican alcoholic drink (7)
- 15 Japanese garment (6)
- 16 Appease, sooth (6)
- 17 Plait, weave (5)
- 19 Vivacity, zeal (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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Funeral Plans



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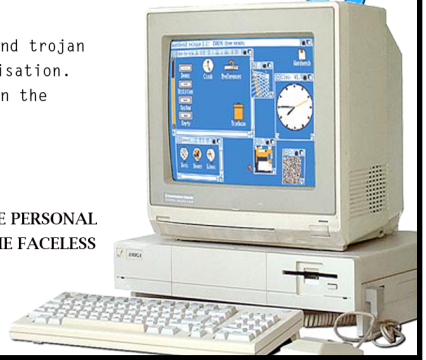
\* I have no interest in your private files

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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.



## Fighting For The Points

By Tim McGovern

After United's surprise victory over Brentford in the Capital One Cup, Oxford soon found out that they were to travel up to Sheffield to take on Wednesday. This news filled Michael Appleton with confidence and determination as he and his team proved in the last round that United are capable of defeating heavy weights in higher leagues.

With this in mind, Oxford journeyed to Luton for their next league fixture. After an incredibly disappointing first half, Oxford trailed 1-0 at the break, and 2-0 with 20 minutes left to play. However, Oxford showed signs of true grit and tenacity as goals from Kemar Roofe (in the 82nd minute) and Paddy Hoban (in the 90+4th minute) levelled the game bringing home a valuable point to extend our unbeaten league run.



Patrick Hoban

Oxford looked to continue this new, unseen passing style of play into the first evening match of the season at home to Notts County. Thierry Audel of the County scored a poorly defended goal to give the visitors the lead. But again, Oxford showed their true colours and first half substitute Callum O'Dowda levelled the match shortly before the break with a well worked goal. Kemar Roofe then put United in front for the first time in the league this season with a close range tap in shortly after the interval, but Striker, Danny Hylton scored one of the finest goals this season with a marvellous individual effort involving running with the ball from inside his own half, taking on multiple defenders before scoring a lovely rebound. All I can say is Ryan Giggs [v Arsenal], eat your heart out!

Oxford however could not continue from this win in their match at Mansfield after ending the game at 1-1 after Kemar Roofe scored from the spot. Again, Oxford came from behind. After this, another away fixture in the Capital One Cup against Sheffield Wednesday didn't quite live up to the hype some fans had given it. Oxford valiantly lost the game 1-0. A sterling effort nonetheless.

But Oxford showed they can win when they need to. Oxford put newly relegated Yeovil in their place after goals from Danny Hylton and Callum O'Dowda earned the deserved three points. And only a week after this, Oxford travelled west to take on Bristol Rovers in a tough match that ended 1-0 to

United. Both teams ended up with 10 men, but Kemar Roofe scored the decider in this grudge match.

After six league games, Oxford are sitting 4th in the table, only one place out of the automatic promotion places. But in other news, Oxford have been drawn at home in the Johnstone's Paint Trophy first round. Against a team that will definitely put up a fight.

Oxford will face Swindon again...



Kemar Roofe

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# Bury Knowle

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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](http://www.buryknowle.org) to find out more about **SMS Text Reminders, Appointments Online, Repeat Prescription requests Online & Pre-registration Online**

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**Barton Surgery, Neighbourhood Centre,  
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Phone: 01865 744221**

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

## WHAT'S ON IN OCTOBER

### COUNTY COUNCILOR SURGERY HEADINGTON LIBRARY

Saturday, 5th September

With councillor Roz Smith 3.00-4.00 pm

### RHYMETIME FOR THE UNDER-5S

HEADINGTON LIBRARY

Thursdays 8th and 22 October 11:00-11:30

Children must be accompanied by an adult

### BURY KNOWLE ART GROUP EXHIBITION

HEADINGTON LIBRARY FOYER

Saturday 3rd to Monday 9th October

### WEA COURSES AT RUSKIN COLLEGE

RUSKIN COLLEGE

The Oxford Branch are running a programme of interesting courses at Ruskin College this Autumn.

*History – Britain's Overlooked History – 24/09/15 for 11 weeks 7-9pm £89.10*

*History – Women's History 1800's to 1980's ; polls to picket lines – 06/10/15 for 7 weeks 7-9pm £56.70*

*Craft – African Beadwork – 06/10/15 for 7 weeks 7-9pm £56.70*

*Creative Writing : Getting Started with Creative Writing – 08/10/15 for 7 weeks 7-9pm £56.70*

Enrol online [www.wea.org.uk](http://www.wea.org.uk) or by FREEPHONE 0800 328 1060 ( 10am-3pm)

### CRAFT & GIFT FAIR

OXSRAD, COURT PLACE FARM, MARSH LANE,  
MARSTON

Sunday 18 October 10:30-16:00

Oxsrads are holding their annual craft and gift fair on Sunday 18th October. This event is held to raise funds for improvements to the center, so that all users can continue to enjoy the facilities.

For any more information please contact Helen Wharton-Smith, Oxsrads Craft and gift fair organiser 07866 651326

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FOUR PEOPLE, FOUR STORIES, ONE FAITH

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### SOBELL CHRISTMAS GIFT FAIR

RADLEY COLLEGE

Saturday 21st November 10 am – 5 pm & Sunday

22nd November 10 am – 4.30 pm

Entrance £6.00 Concessions £3.50

Over 60 stalls offering a huge variety of items from children's books and toys, home ware, clothing, jewellery, food and drink, to accessories and arts and crafts. Many of the items are unique or individually crafted and can't be found in the shops. All proceeds go to help the work of Sobell House Hospice.

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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.

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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.*

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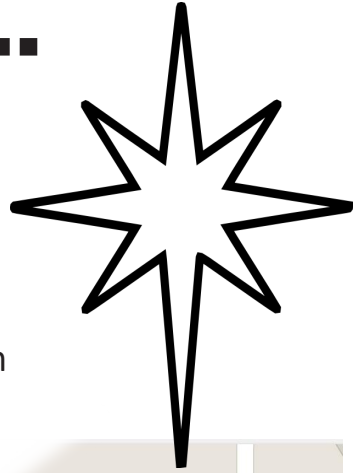
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# Be an angel...

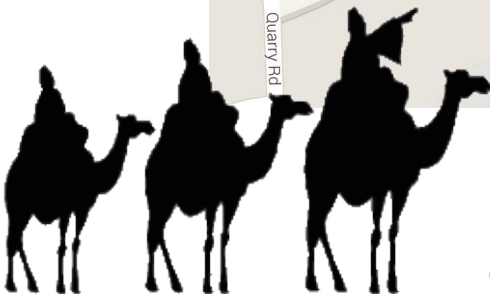
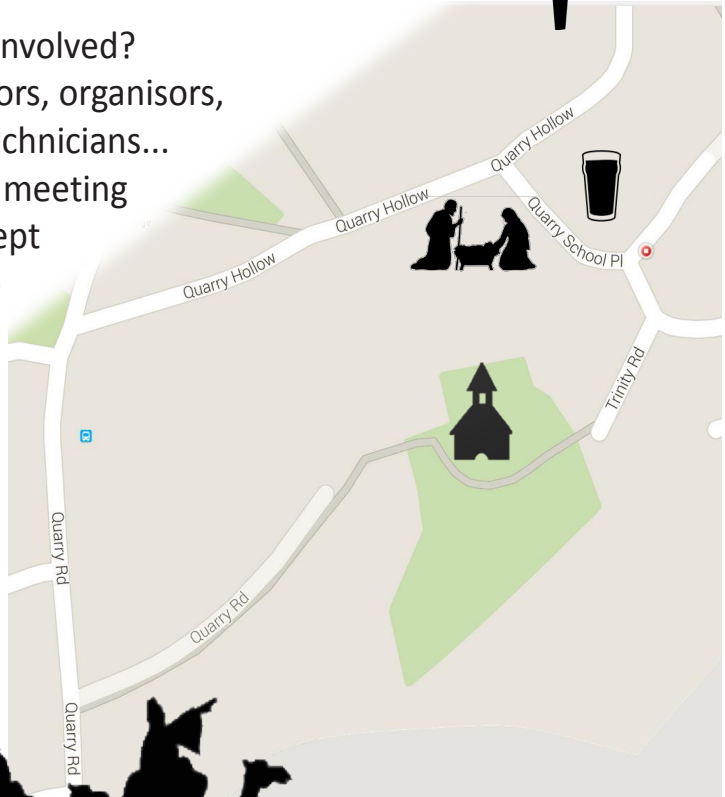
... or a shepherd  
...or a king...



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We need actors, organisers,  
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