

ISSUE #78

SEPTEMBER 2016

HEADINGTON MONTHLY

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INSIDE THIS ISSUE:

- * AUTUMN IS BACK
- * WILDLIFE GARDENING
- * COMPUTER ADVICE
- * BRAIN GAMES
- * & MUCH MORE!

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Headington Monthly is distributed to residents and businesses in central Headington every month.



Nick Allnatt
Founder/Publisher

GET IN TOUCH
Nick: 07850 120116
nick@headingtonmonthly.co.uk

Dear Readers

An apology!

I have to eat humble pie. I attributed last month's excellent cover photo to myself. This was an error more serious than any I have ever made. It was one of two or three hundred taken by my wife and myself on our recent holiday. In the rush to get the magazine to press I forgot to check which one of us had taken it and thought it was mine. You can guess the result. Let's just say on the day the August magazine was published I had hot tongue and cold potatoes for dinner. Sorry darling! I must sort out my photo indexing system. Psst! - between you and me I think she's a better photographer than I am - don't tell her I said that ;).

We are running an article about Dutch bikes which are becoming more popular and bring back memories. They are the sort which are often very tall and sometimes ridden by people who are even taller. While riding they can converse at an equal level with lorry drivers in their cabs. If they wore a top hat they would bring down telephone cables. I grew up in North Oxford and when I was a lad we had a lovely lady in our neighbourhood, a Miss Schrieber, who was a true British eccentric. In her sixties she was a slim six foot-two and she wore an early type of hearing aid. If you hailed her down from her tall bicycle to

she would squint at you through half-moon 'pince-nez' glasses, and holding a small object on a wire towards you would announce, in the haughty tones of Dame Edith Evans, 'Please speak into the microphone'.

Enough of this frivolity. As you may have heard it has been leaked to the press that Parliament may have to be relocated to Richmond House during proposed renovation work to the Palace of Westminster. Richmond House, currently home to the Department of Health, is leased under an Islamic bond scheme which, to MP's dismay, forbids alcohol to be bought or consumed on the premises. Our politicians, who have a choice of subsidised watering holes at Westminster, tried to nationalise the Red Lion nearby but the owners have opposed this. What are they to do? The situation is desperate. I'm filling up here. :(

Enjoy the autumn

Nick

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COVER IMAGE

"AUTUMN"

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1st SEP 2016 5pm

THIS MONTH IN YOUR HEADINGTON MONTHLY:

6. UPRIGHT DUTCH BIKES
8. THE GARDEN GNOME
10. STRETCH IT OUT
14. OXFORD UNITED
20. BRAIN GAMES
21. CHOOSING A NURSERY
22. OXTALK
24. HAVE YOU REBOOTED?
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30. COMMUNITY CONTACTS

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Upright Dutch Bikes

I got my first bike for Christmas when I was about seven years old and my favourite ride was a circular tour through local villages. I remember pedalling breathlessly up one particular hill and then free-wheeling down the other side at great speed!

I inherited my love of cycling from my mum, who as a teenager during the Second World War thought nothing of cycling 20 miles to a nearby town and back again later in the day. She tells stories of getting lost in the countryside and of being directed home by friendly Italian Prisoners of War. Wow!

I didn't know it at the time, but my beloved first bicycle was most probably an upright Dutch Bike - the traditional, classic bike we might imagine Audrey Hepburn riding if she were still alive! Renowned for comfort, these are the bikes that 17 million Dutch people ride every day, and which are known in London as 'Boris Bikes'!

Dutch bikes are most often used for commuting. The upright position of the rider means it is easy to both see and be seen by other road users and is more comfortable than alternative styles such as mountain or racing bikes, as it puts no strain on the back and takes weight off the wrists.

Several features come as standard on Dutch bikes. They use a hub gear, which is enclosed and therefore protected from dirt and rain, thus cutting down on

maintenance. Hub gears can also be changed while the bike is stationary, for instance while waiting at traffic lights.

The chain also comes enclosed and this, along with full wheel fenders and skirt guards, protects trousers and skirts from getting caught or soiled from messy cogs or splashes of water and dirt. These characteristics are ideal if you want to cycle to work, for example, without having to change your clothes at the other end.

Dutch bikes come with rear wheel locks and also at the rear you'll find a rack, perfect for carrying parcels, bags or other items you might need at work or on a visit to the shops. Front and rear lights are standard, and sometimes the front light comes powered by a hub dynamo, providing instant light at the touch of a button.

Other features to look for if you plan on cycling in all weathers are good quality tyres, stainless steel spokes, a high quality paint finish and good hand grips.

Dutch bikes are great for across town rides but they are fairly heavy and don't have many gears, so are not great for tackling hills. But they are comfortable, stable, feel safe and can look trendy! Typical prices vary from £200-£1,000.


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the garden gnome

Garden birds in summer



“Where have all the birds gone?”
Something I often hear at this time of the year.

August and September are quiet months for many garden birds’ as much of their focus goes into evolving their new feathers and having a rest after the breeding season.

The garden can look quite empty at this point in late summer when it comes to birds. Sometimes it hard to get any feathered activity at all.

Don’t worry that they may seem to be missing as usually our fears are unwarranted, it’s nothing sinister. It is simply because the birds are tired after the breeding season and because they are undergoing their annual moult.

This is the changing of old feathers for new ones. Feathers are wonderful things, but they are not indestructible.

They wear out, and need replacing. Many birds loose the ability to fly so often hide away until the moult is over.

Moultng by ducks are really interesting at

this stage, you might be wondering where all the males have gone? The males moult into plumage which is almost identical to the females. They look like this until they can fly again.

House Sparrows seem to disappear from our gardens at this time but at this time of year they flock together on farmland fields and hedges to take advantage of ripening grain and the harvest.

Once that food source is scarcer and the moult is over, or garden birds will be back in our gardens. For us all to enjoy once again.



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Stretch it out



Stiffness, inflexibility, aches and pains... They may seem like an inevitable part of aging, particularly if you have a desk job. But it doesn't have to be that way. Exercises such as pilates and yoga can really help to increase strength and flexibility. Physiotherapist and pilates instructor Sue Holmes explains, "*Pilates and yoga are both fabulous exercise regimes to help increase the flexibility of your muscles. Both disciplines benefit you by actively working the muscles into an end range stretch, but yoga tends to encourage you to hold the positions for longer than pilates would. A weekly workout is a great way to enhance your joint and muscle range of movement, which would not be gained by usual day-to-day activity alone.*"

Key benefits of pilates and yoga include:

- Improving and maintaining flexibility
- Promoting better posture
- Easing lower-back pain
- Increasing the strength of core muscles
- Improving balance and co-ordination
- Reducing stress

Pilates and yoga can also help to realign any imbalances. We often favour one side of our body and over time this can limit our range of movement. For example, if you injure your leg, you may adjust your walk so that you're favouring your good leg. Before long, this can become habit and lead to one side becoming weaker than the other. Pilates and yoga can alert you to these types of imbalances, and help you to correct them.

Pilates and yoga are suitable for most people, whatever their age or level of fitness. The focus is on low-impact, slow movements. You'll need comfortable clothing that allows you to move easily, and an exercise mat. Other equipment, such as a pilates ball, will usually be provided by the instructor, although you may want to invest in one to practice on at home.

You should be able to find a class that specifically caters for beginners, and there are also several types of yoga classes available to choose from, including ashtanga, hatha and power yoga.

Do choose your instructor wisely. It can be quite easy to hurt your back when exercising, if your instructor doesn't guide you correctly. Make sure your instructor is fully qualified and, if possible, ask current students for their opinions of the class, before you start.

Don't be put off by the images of size 10 twenty-somethings pulling impossible looking moves. You'll find all ages, shapes and abilities in a class, and you won't be expected to tie yourself in knots or push yourself past the point you're comfortable with. Most people are far too busy trying to figure their own stretches out – they're not interested in whether you have perfected your downward dog or not.

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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.



LIAM SERCOMBE



A New Era

By Tim McGovern

The new season is finally here! Oxford United begin an a new look “English Football League One” and have already been tipped to do good things by bookmakers and senior football magazines. Let’s hope they can live up to the hype and make this season even more special to remember than the last!

One notable news piece which occurred since my last report is that local hero, and academy player Callum O’Dowda has left to join Bristol City in a deal believed to be worth up to £1.6m. Callum had a tremendous season last year playing 50 times, scoring 10 including our opener at Wembley in the JPT Final. He was a player with serious talent and I personally have no doubt that he has what it takes to play the Premier League someday. Good luck Callum, you’ll always be a Yellow in our eyes!

The season kicked off against 2013-14 League Two champions Chesterfield. The Spireites have had their fair share of controversy over the summer having rigged a club raffle, and signing Ched Evans, who was convicted of rape charges in 2012, yet released in 2014. Since his release he has been without a club despite training briefly with his previous club, Sheffield United.

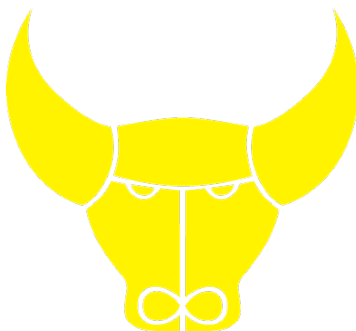
After a rather to-and-fro start to the game, Oxford had a few close chances just wide. Chris Maguire showed his finesse by playing some rather cheeky passes through to beat the offside trap. Although after a saved shot from Alex MacDonald, new striker Wes Thomas prodded home to open the scoring for the season.

As the game progressed Oxford began looking

slightly less confident. This wasn’t helped by the fact Ched Dunkley was taken off injured. After a light free kick was awarded, Ched Evans equalised for the visitors from range. No more inspiring moments came and the score ended 1-1. The same as last season’s opener against Crawley.

The next game came only three days later in the League Cup against Championship side and 2011 winners Birmingham City. The Blues dominated the first half but couldn’t quite break through. However, Alex MacDonald gave a great performance to keep Oxford in the game but creating multiple chances, none of which arrived. The game eventually ended up in extra time and right at the death was won by Oxford midfield maestro Liam Sercombe with a perfectly placed header. For the second season running, we beat a Championship side in a giant killing-esque way. We did it last season, so why not this year as well!

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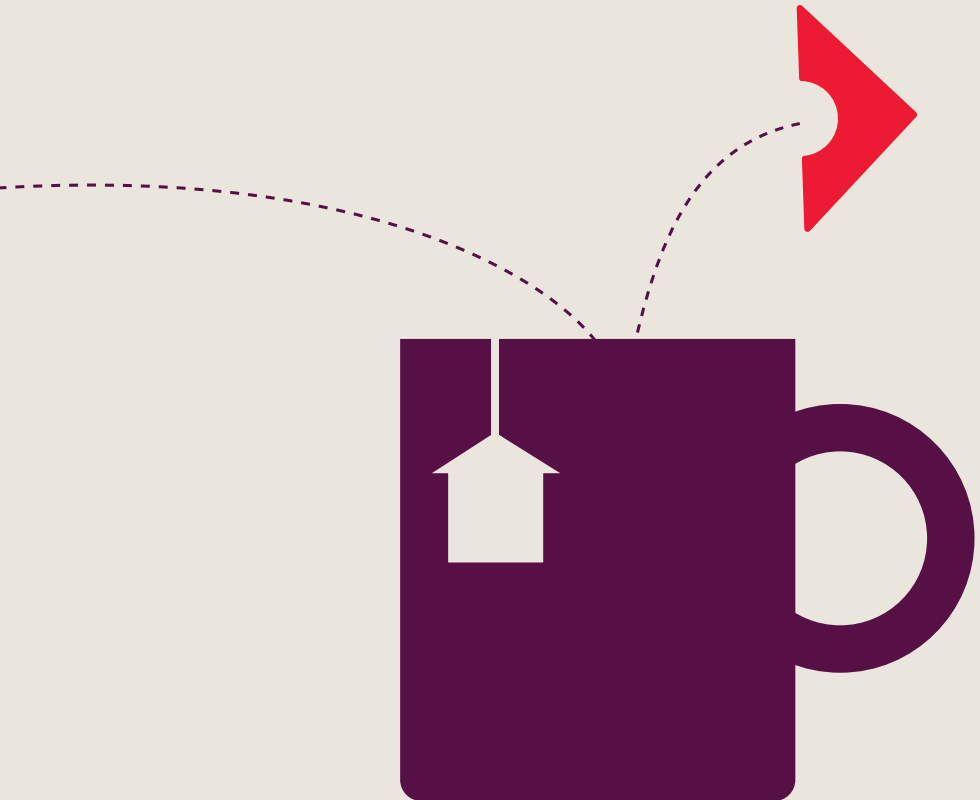


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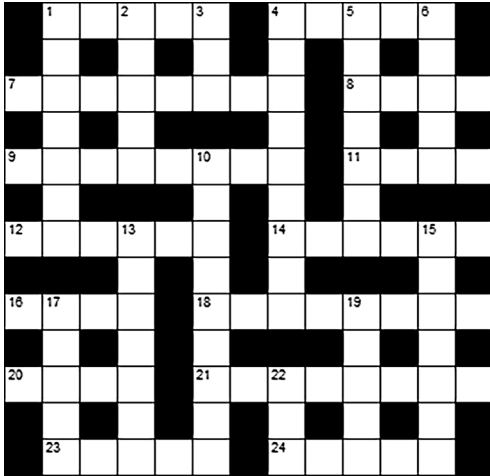
## CODA: THE LAST WORKS

A man in a dark coat stands on a rocky peak, looking out over a misty valley. The scene is atmospheric and evocative, with soft light filtering through the clouds. The man is seen from behind, holding a walking stick. The overall mood is contemplative and serene.

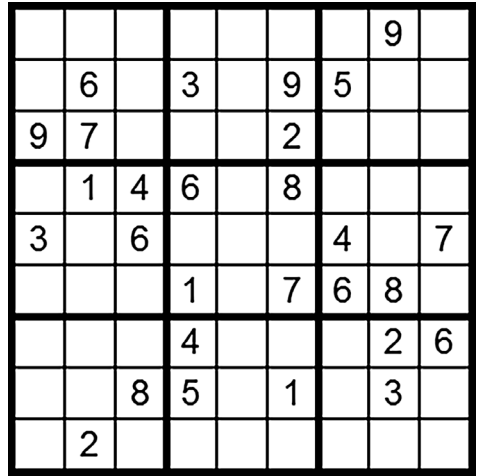
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## BRAIN GAMES

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### SUDOKU



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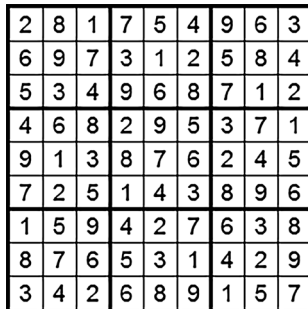
#### ACROSS

- 1 Drinking chocolate (5)
- 4 Worries (5)
- 7 Keeps the rain off (8)
- 8 Drop (4)
- 9 Quantifies (8)
- 11 Thing, object (4)
- 12 Breakfast food (6)
- 14 Rented or available to rent (2,4)
- 16 Settee (4)
- 18 Acrobatics (8)
- 20 Remaining (4)
- 21 Cars, lorries etc (8)
- 23 Dismisses (5)
- 24 Trades (5)

#### DOWN

- 1 Vie (7)
- 2 Vocal, umbilical, and spinal \_\_\_\_ (5)
- 3 Whole (3)
- 4 Teaching area in a school (9)
- 5 Litter (7)
- 6 Tint (5)
- 10 Ancestors (9)
- 13 Stretchy (7)
- 15 Sprinters (7)
- 17 Complies (5)
- 19 Resident in an area (5)
- 22 Possesses (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.



# Choosing a Nursery

Choosing your child's nursery can be daunting, especially if you are a first time parent, but there are steps you can take to make it easier.

First, check the hours on offer at your local private or council run nurseries. Find out the hourly/daily/weekly costs and if they have any places available. Read Ofsted reports to give an idea of how well they are run and how the needs of the children are being met.

From here, make a shortlist

and arrange to visit several nurseries, when you should look out for the following:

**Staff** - What is their training and experience? How do they interact with the children? What is the staff to child ratio? Do they use a similar approach to the children as you?

**Children** - Do they seem busy and relaxed? Are they happy and purposeful? What is the intake?

**Premises** - Are they clean, well maintained and secure? Are you happy with their size? Do they feel welcoming? Is there an outside play space?

**Activities** - Are they fun and interesting? Is time set aside for exercise and relaxation?

Speak to local schools and other parents as this can aid the selection process, but mostly go with your gut feeling - and remember to book well in advance as the best nurseries tend to get booked up quickly!

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# oxtalk

Oxford & District Talking News



## YOU CAN READ THIS ...

... but if you were blind or partially-sighted and could read neither Headington Monthly nor a newspaper, for example, how would you know what is going on locally? One answer would be to receive **Oxtalk**.

## What is Oxtalk?

It is the Oxford **Talking Newspaper**. For 37 years Oxtalk has been provided by volunteers for blind and partially-sighted listeners, numbers of whom are steadily increasing. It is a free, weekly, hour-long recorded selection of news items from the local papers. Listeners can hear it on Oxtalk's website or receive it by post and play it on their own audio player. During the week a **News Editor** selects news items from local newspapers which, on a Tuesday night, a team of three **Readers** record

over the period of about an hour. The recording volunteer – i.e. the **Technical Officer** – uses Oxtalk's laptop computer and simple recording desk to make the master copy. To complete and finalise the process takes about a further 20 minutes for the two **Copiers** to make 100+ copies, then put a memory stick into a prepared envelope which is posted to each listener. The postal service is a free service.

**Can you help** such a worthwhile scheme **one Tuesday evening every 4-5 weeks** as a member of a team? Some of Oxtalk's volunteers are retiring this autumn so Oxtalk needs more volunteers – especially **Technical Officers** and **Copiers**. If you think you would like to help, why not come along one Tuesday evening to find out more about Oxtalk and these volunteer roles? The weekly recording takes place at Oxfordshire Association for the Blind, which is at the Redbridge Park & Ride end of the Abingdon Road. The website address is [www.oxtalk.org.uk](http://www.oxtalk.org.uk). If you are interested please contact us via email [mail@oxtalk.org.uk](mailto:mail@oxtalk.org.uk) or telephone the Volunteers' Co-ordinator on 01865 765609.

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## Computer Training for Older People



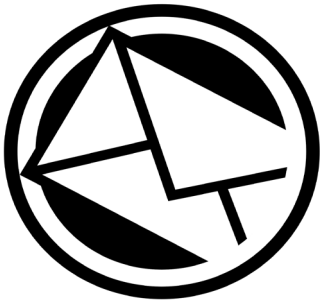
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# “Have You Rebooted?”

The annoying question every computer medic asks.

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 07342 980 292 if you need help with your computer. See ad on opposite page for details.*

**Y**ou know the drill. You call up the computer support guy, and no matter what is wrong, his first question always seems to be “Have you rebooted?”.

It doesn't seem to matter what the individual device or problem is, be it a laptop, desktop, tablet or phone. Rebooting is the first line of defence. But here's why.

Computers (which all devices are nowadays) are imperfect. The longer they run, the more the electronic cogs start to get blocked up, and that's when you run into troubles. Suddenly the WiFi stops working inexplicably, or maybe your laptop can't see the printer all of a sudden. Or it may even be that your computer is so sluggish that it takes forever just to bring up a start screen.

A reboot of your device essentially wipes out it's 'live' operating memory, and resets all of the electronics. Now, a reboot is not the same as a sleep. On a phone, if you simply press the power button, the screen goes off, but the device doesn't actually restart. On i-devices, for example, you have to hold down the power button for about 3 seconds before a menu appears offering a restart. On laptops, you have to physically restart the machine, and sometimes it helps to actually shut down the entire device, count to 5 and start it up again.

In a great many cases, a simple reboot is all you need to bring yourself back up to normal operation.

But does this extend to your other devices, too?

The simple answer is “yes” - in a great

many of the “My internet isn't working” cases I deal with, the problem is solved with a quick reboot, rather than an expensive callout. The router you have (everyone has one now, it's attached to your phone line) will reset it's wifi capabilities with every power cycle. After about 5-10 days of continuous use, most routers will start to behave erratically. Make a habit of power cycling them once a week (all your devices) and it will extend their life quite considerably, reduce frustration, and possibly save a few devices from being hurled at a wall in frustration.

It's simply, ALWAYS reboot all of your devices BEFORE calling for help. It may just solve your problem, and then you'll have no need for a guy like me.

Hang on. Why did I say that? :)





# COMPUTER BROKEN?

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*\* Please note: The £25 offer only applies to drop-off/collection. For call-outs and on-site work, the fee is £40/hour. Same Day Service applies if dropped off before 10am unless abnormal issues arise.*

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ON

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[fixme@badgateway.co.uk](mailto:fixme@badgateway.co.uk)

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# Cider



It is believed that cider existed as long ago as Roman times, but its popularity in the UK stems from just after the Norman Conquest.

The UK has the highest per capita consumption of cider and the largest cider producing companies. Cider is the thirst-quenching choice for many on a long hot summer's day.

Ciders range from sweet to dry and can be cloudy amber in colour, brown or even clear liquids. Modern mass-produced varieties appear similar to sparkling wine whereas traditionally brewed varieties tend to be darker and stronger. A lot depends on ingredients and technique.

Historically West Country varieties use cider apples and a pressing process which involves layers of straw rather than cloths. In Eastern Counties it is more usual for a variety of eating and cooking apples to be used.

Scrumpy is one of the most famous forms of traditional cider. It is usually cloudy, has little or no carbonation, and a high alcohol content.

When pears are used rather than apples the drink is known as Perry. Some of the big producers now have specific pear varieties and there are also many popular 'fruit' based contemporary brands which are created by adding other fruits to apple cider.

Low alcohol versions are available meaning that cider can be enjoyed by everyone this summer.

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

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

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

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

**QUANTITIES ARE ALSO AVAILABLE AT:** Headington Library, Bury Knowle Health Centre (London Rd and Barton), Manor Dental, Gardiner's Opticians, Barton shops & Health Centre.

**Do you know of a good collection point for the magazine? If so please let us know.**

**Please note: If you cannot see the magazine displayed in the above locations please ask. The management may not have space available to display it prominently. If they are out of stock please call Nick on 07850 120116.**

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

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Have an event? We happily publicise non-profit, community and charity events through this page. Please email [ads@headingtonmonthly.co.uk](mailto:ads@headingtonmonthly.co.uk) with the subject heading "Community Events" before 1 August with your events for September 2016.

### HEADINGTON LIBRARY

#### Councillor Roz Smith Surgery

Saturday 3rd September 3.00-4.00pm

#### Brian Levison, local author, will talk about his new book : "Remarkable Cricket Grounds"

Thursday 29th September 5.00-6.45pm

#### SuperHome Open Days in Oxfordshire:

10 Sep 2016: Get inspiration to green your home by visiting an older home refurbished for much greater comfort, lower bills and far fewer carbon emissions. Two SuperHomes opening in Oxford. Book now at [www.superhomes.org.uk](http://www.superhomes.org.uk)

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## **Dementia Day Clubs in Oxford**

[www.daybreak-oxford.org.uk](http://www.daybreak-oxford.org.uk)

Daybreak Oxford specialises in day clubs for people with a dementia, and has been running for nearly 25 years. Rosewood Club runs in Greater Leys, 10-3pm Monday to Friday, and provide an excellent lunch.

We aim that days at our clubs should be fun, sociable and stimulating for the person with dementia. Carers of people with dementia also need time away from their caring responsibilities.

If you or someone you know wishes to know more, why not phone and arrange an informal visit. You can come and meet the staff and other club members. You can see what we do, and ask any questions over a cup of coffee or two.

**Please contact Julie on 01865 749349 or email**

**[Rosewood@daybreak-oxford.org.uk](mailto:Rosewood@daybreak-oxford.org.uk)**

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

# CONTACTS, COMMUNITY, CALENDAR.

These are are some useful local numbers and school terms calendar. Please advise us if there are any errors or important missing numbers

## Doctors:

- \* Barton Surgery, Underhill Circus, Headington - 01865 744 221
- \* 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 - 0800 072 7282 (Scottish Power & Southern Electric)
- \* Thames Valley Police - 101
- \* Oxford City Council - 01865 252 900
- \* Rt. Hon. Andrew Smith MP - 02072 194 512
- \* NHS Direct - 111
- \* The Samaritans - 08457 909 090
- \* Recycling and waste 01865 249811

## City Councillors for Headington:

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

## School Terms 2016-17

| Term               | Date             | # Days |
|--------------------|------------------|--------|
| Term 1             | 1 Sep - 21 Oct   | 37     |
| Oct. Holiday       | 24 Oct-28 Oct    |        |
| Term 2             | 31 Oct - 16 Dec  | 35     |
| Christmas Holiday  | 19 Dec - 2 Jan   |        |
| Term 3             | 3 Jan - 10 Feb   | 29     |
| Feb Holiday        | 13 Feb - 17 Feb  |        |
| Term 4             | 20 Feb - 7 Apr   | 35     |
| Apr Holiday        | 10 Apr - 21 Apr  |        |
| Term 5             | 24 Apr - 26 May  | 24     |
| Late Spring        | 29 May - 2 Jun   |        |
| Term 6             | 5 Jun - 21 July  | 33     |
| School Year Begins | 4 September 2017 |        |
| Total              |                  | 195    |

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



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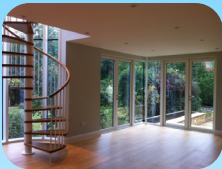
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Email: a.partridge4@ntlworld.com  
Mob: Alison - 07709 638560

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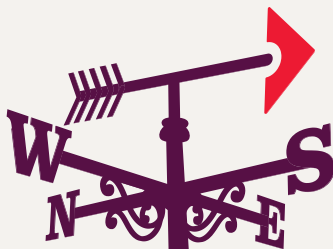
Call Chris Black on **07857 985 100**

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