SEPTEMBER 2017 ISSUE #90 **EADINGTON MONTHLY**

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INSIDE THIS ISSUE

* OXFORD UNITED * WILDLIFE GARDENING * MOVIE REVIEW * BRAIN GAMES & MUCH MORE!

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Nick Allnatt Founder/Publisher GET IN TOUCH Nick: 07850 120116 nick@headingtonmonthly.co.uk

leave are about to go into a strange ritual known as 'Back to School'. Most youngsters, about to be separated for the first time from their parents for a few hours, cry and cling to mummy, while mummy cries too as 'little Johnny' is taken away for edification. Not our son! His mum took him into school and to her dismay he flew off waving and shouting cheerfully 'bye mum' - not because he was keen to be free of us but because he was a confident and adventurous lad. He then proceeded to treat his new classes as a a social club (he was very sociable) and while 'Johnny & co' were settling down to learn their words our son, to his new teacher's dismay, was running round the class meeting all his new friends.

Slightly older kids begin the new school year with different experiences. I went to a grammar school where we were selected into 3 streams for each year. I was selected into the middle (B) stream, where we were seen as distinctly average. The others either went into the upper stream, where they were distinctly above themselves, or the lower stream where they were seen as distinctly beneath themselves. Once this selection process was completed

the pupils selected themselves into two groups - the bullies and the victims. I was in the victims.

At the next stage we were introduced to our teachers whose names we would immediately forget until our first playground break, where the older boys would remind us, for example: 'Pongo', 'Boris', 'Jock', 'Flea', 'Long Prong' (he was tall and thin), and 'Pimple' (he was very short and very fat - when he swung the cane his feet would leave the ground!). Then we moved on to pranks with which I was not involved. The school toilet block roof was painted with the legend 'Boris go home'. Then the school bell was stolen. This bell has been with the school so long it had worn a deep hole in the stone plinth where it stood. It was later heard being rung at an Oxford City football match! Then the English teacher Jock suffered the indignity of having a certain unmentionable substance applied to his classroom door. As he placed his hand in it a 'shuffling' sound could be heard - it was the pupils waiting to be let it in and collapsing in hysterics on observing the unfortunate incident. What a shower we were. The perpetrator was caught and received 6 of the best. Quite right too.

On leaving school, according to reports, half of our year intake joined the police, and the other half joined the other lot! Believe it or not one of those jailed was last heard, if my sources are correct, to have become a lecturer in criminology at Leicester University. Funny old world!:)

Enjoy the new school year kids. I promise it won't be like ours!

Nick

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Loneliness is an invisible issue. It is an experience that any one of us might experience at some point in our lives and it is being talked about more and more in Britain. As the Jo Cox Loneliness Campaign identifies "over 9 million people in the UK across all adult ages – more than the population of London – say they are either always or often lonely." Loneliness can seriously affect our health; reports suggest that it is as damaging as smoking or obesity.

It is an experience that is subjective, it is often not the quantity of friends but the quality of relationships that might lead us to experience it. And this is something that The Archway Foundation recognises. This small Headington based charity works across Oxford and Abingdon. Its purpose is to be alongside people experiencing loneliness, supporting adults of all ages via a team of dedicated volunteers. Volunteer befrienders regularly visit those who might have difficulty getting out and about. Sometimes, as volunteer David writes, you can be a person's "only link to the outside world." Befriending is very often a mutually beneficial and rewarding experience as one Archway befriender says

"I really enjoy meeting up with Mary" whose name has been fictionalised for this article, "she has had a very interesting life and we always find lots to talk about. We often talk about her life growing up and living in different areas of Oxford, and because we both live in Headington we have lots of mutual points of reference. She has lots of fascinating personal stories about the local area. My own Nan is a similar age to Mary but lives too far away for me to visit as often as I'd like. However I know that she gets visits from local friends and neighbours which makes a huge difference to her day to day life. I like to think that becoming a befriender in Headington is a way of giving back, as well as spending very special time with someone from a different Generation."

Archway also runs social groups and outings which volunteers help to facilitate; chatting to people, making refreshments or driving those who are isolated to the events. One Headington resident writes of her "very positive" experience of volunteering for the Wednesday Welcome Call in Café in Oxford City Centre, a venue that she says she finds easily accessible by bus; "Being a naturally shy and quiet person... [volunteering]... has given me confidence to meet new people in a welcoming environment. I look forward to Wednesday mornings and enjoy being part of a friendly and supportive team. We usually have a laugh together and enjoy each other's company."

Archway's befriending waiting list is growing and more people are attending the social groups. And so Archway is looking for new volunteers to get involved. If you think you could offer some time and enjoy a friendly chat then get in touch via office@archwayfoundation.org.uk. Let's lift loneliness together!

OUNDATION

Laura Veitch of The Archway Foundation





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he Oxford Cat Clinic Ltd, a dedicated independent feline-only veterinary practice based in Botley, has opened new premises in Marston after receiving funding support from NatWest.

Established in 2006 by Caroline Blundell and Martha Cannon, both specialists in feline medicine, the clinic's cat friendly environment, calm atmosphere and compassionate veterinary care has cemented its place as a firm Oxfordshire favourite and earned both branches ISFM Gold Standard Cat Friendly Clinic Awards.

The new practice, a former GP surgery, has been refurbished and modernised to create an outstanding veterinary environment to enhance experiences for both pets and owners. The brand new facilities, complete with state-of-the-art medical equipment, will be dedicated to minor surgeries as well as highly specialised care.

The refurbishment has allowed the business to expand its services and add 4 new employees to its team of highly trained staff. The clinic's flagship site in Botley will continue to offer clinical services for cats and will also act as a hub for advanced or specialist treatment.

Offering specialised care, the clinic is the only feline veterinary centre to offer two sites within one city – maximising access and minimising stress for clients both in Oxford and across the country. The clinic also frequently works alongside universities and pharmaceutical companies to collaborate in the field of feline medicine.

Oxford Cat Clinic Practice Manager, Melanie Weatherall, said: "The launch of the new clinic marks the start of a really exciting new chapter for the Oxford Cat Clinic. The modernised facilities will help us keep up with demand and deliver a greater range of services for our patients.

"We prioritise professionalism and compassion above everything else, and we're confident the new clinic will enhance and complement this. We're very excited about the future of the business."

NatWest Relationship Manager, Rebecca Watts, said: "Oxford Cat Clinic is an impressive business with a team of dedicated and experienced staff at its heart. It's rewarding to have been able to support the business as it grows and builds on its reputation for excellence. I look forward to seeing it thrive."

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first phone call from heaven Mitch

A Good Read

The First Phone Call from Heaven by Mitch Alom

One day a phone rings, then another one, and another. Now a small church in a small town in Michigan

needs to deal with the question of what really happened. And it is only a matter of time before the country, and the world, is asking the question too.

All the calls have one thing in common: the callers are deceased and want to tell their loved ones about heaven; to tell them that death is not the end. The town becomes a place of pilgrimage for people who are desperate to hear from their own friends and family.

Of course, some are sceptical. Single father Sully – still grieving for his wife – is concerned when his young son starts asking why his mum hasn't phoned him. So he sets out to unearth the true source of the phone calls.

This touching novel is beautifully written and builds to a page turning climax. Will Sully find out where the calls are coming from? Or are they really coming from heaven?

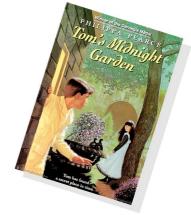
Ultimately, the novel isn't about where they came from. In fact it doesn't really matter. Alom draws on our natural fear, not of our own deaths but of losing a loved one. What he offers is a story of a group of people who draw hope and comfort from these seemingly miraculous events. And that is the inspiring message from this book. Maybe heaven exists, and maybe it doesn't, but whether you believe or not, you can still take something from this thought provoking novel.

Tom's Midnight Garden by Philippa Pearce

When you are born you occupy a small slot within history and for that period of time you live your life in your own way. But how much thought do you give to those people who came before you? Your house or your school now may have been someone else's house or school; a place where someone else grew up and had hopes for the future.

Tom is getting ready to enjoy his summer holiday when his older brother comes down with measles. To ensure that he doesn't catch it, Tom is sent to stay with an aunt and uncle who live in a small flat at the top of a large old house. This is not how he imagined spending the summer. One night he is lying in bed, unable to sleep, when he hears the old grandfather clock in the house chiming. He counts the chimes. 9 ... 10 ... 11 ... 12 ... 13. And so the most amazing and magical summer of Tom's life begins as he meets Hatty, a young girl who wears strange clothes.

This 1958 novel is a children's classic and is frequently rated as one of the best children's novels published since the war. It is inspiring with its message that life is to be lived to the full and reminds children that even their grandparents were young once.







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Beauty and the Beast

Male grooming is booming



Has your boyfriend been botoxed? No? Are you sure? Well it's probably only a matter of time.

We're far less open about it than women, but a growing number of us blokes are considering a brow-freeze, a jowl-tighten or a love-handle-lift.

On the whole we tend to favour nonsurgical options and not just because we're cowards. Male plastic surgery can look a bit unnatural. Due to the nature and thickness of male skin there can be more stretching and scarring.

Of course, non-surgical procedures are also quicker, ideal for those of us who want to keep our beauty secrets secret!

It's not just surgery. There has been an explosion of interest in male grooming products recently. These now make up an £800 million-per-year market and include intensive moisturisers, eye creams and self-tanners

Beauticians have noticed an increase in the number of men presenting for manicures. We no longer think smooth skin and well-groomed hands are the preserve of females.

This may be partly down to style icons such as footballers David Beckham and Cesc Fabregas but it may also be down to basic psychology. Six in 10 men between 24 and 34 are not married and around 50% of those are single. Perhaps we're

working harder on our appearance because we're on the lookout for potential partners.

Also, researchers at London's Guildhall University found that taking care of your appearance makes sound financial sense. They discovered, in a survey of 11000 British 33-year-olds, that the most presentable men enjoyed a 15% higher salary than their less well-groomed colleagues. They were also more likely to be married; have more confidence; less likely to be kept waiting in bars and even liable to receive lighter sentences from juries if they ended up on trial!

No wonder it's become macho to moisturise...now where did my girlfriend hide her Clarins?

The Beautiful Bloke's Top Three

Male Botox Have you been accused of looking grumpy when nothing is wrong? You might have 'angry brows'. Dysport smoothes out a male frown while maintaining the heavier, masculine appearance. It lasts one to nine months and side effects can include soreness, mild headache and bruising. Very occasionally a drooping eyelid can result but this wears off as the injection does.

Carboxy Therapy This is termed the 'miracle gas' and is a treatment for sagging jowls. Carbon Dioxide is injected just below the skin. The body responds by increasing the blood flow to that area, plumping and tightening the skin. It isn't suitable for diabetics, epileptics or those with a connective tissue disorder.

Laser Lipolysis An alternative to surgical liposuction, particularly useful for moobs! Pockets of fat are vacuumed out through tiny incisions (about 1mm thick) while a laser destroys fat cells and tightens the skin. There is some bruising and swelling and this is **not** a treatment for obesity.



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Summer can quickly evolve into Autumn. Colours alter as seeds and fruit ripen, and leaves march toward shades of red and brown.

Wildlife can be seen preparing for the colder weather to come, and our birds become quieter and no longer territorial.

It's easy to fall into the trap of starting to tidy up in the garden, if you want wildlife though, you could adopt a more natural approach. Leave seed heads, allowing vegetation to die back naturally, provides food and shelter through the coldest months.

Try leaving wildflowers with more attractive flowers if they are tucked away between shrubs

Jobs for the month

- Plan new beds and borders
- Leave some rotting windfall apples for the Winter Thrushes and late flying butterflies
- Deadhead summer flowers to keep them going
- Plant more berrying shrubs
- Build some log piles in a sunny spot, not just hidden behind your shed

- Give late-flowering meadows a final cut
- Buy bulbs such as crocus and plant in pots to bloom at the end of winter
- Don't throw away pansies but cut back so they will carry on flowering through winter
- Build a new pond



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OXFORD UNITED

Tim is a 20 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.







Appleton's Era Ends

By Tim McGovern

ome time ago, Oxford United manager and established legend, Michael Appleton has left the club for a fantastic career move to become the Assistant Manager at Premier League Leicester City alongside boss, Craig Shakespeare.

In all honesty, I can imagine this would not come as a surprise to many fans given the nature, ambition and quality of Appleton's abilities as a coach. Earlier this year, he was a favourite to be tipped for the England U21 job, which was eventually given to Aidy Boothroyd.

Over his tenure, we have seen a promotion, two Wembley finals, and a significant increase in the style, and excitement of on field play. He is without a doubt, going to go down as one of Oxford's greatest ever managers.

But when the old goes out, the new comes in. After much speculation, Leeds Assistant Manager Pep Clotet was hired as the new boss. He has previously worked alongside Garry Monk in the Premier League with Swansea before turning down the role of Head Coach at Brentford. He has chosen to keep all remaining Oxford staff at the club including Derek Fazackerley and Chris Allen.

But unfortunately, Oxford have had to say goodbye to heroic players over the last few years. And some big names at that. Fan favourites Joe Skarz, Phil Edwards and Chris Maguire have all moved onto Bury. Skarz was a true unsung hero of the team since his arrival in January 2015. Maguire will go down in Oxford folklore for his brilliant celebration against Peterborough this last season, and his two goals against Swindon. Benji Buchel, our Liechtenstein international goalkeeper was released as well.

Both Chey Dunkley, Liam Sercombe and John Lundstram have also moved onto pastures new at Wigan, Bristol Rovers and Sheffield United respectively. All were key to Oxford's success over the last few years. From Chey's drive, Liam's work ethic and John's passion, all will be missed by the club after such a great commitment to the team.

But as with managers, players get replaced as well. New heroes look to mark their place in a new look Oxford United. So far, a host of very talented free transfers have gone our way. Goalkeeper, Scott Shearer from Mansfield. Defenders, Mike Williamson from Wolves, Dwight Tiendalli from Swansea, Fiacre Kelleher from Celtic, Charlie Raglan joins on a permanent basis from Chesterfield after last season's loan deal and Brazilian Ricardinho from Gabala in Azerbaijan. Midfielders, Jack Payne on loan from Huddersfield, James Henry from Wolves, Xemi Fernandez from Barcelona B, and forward Jon Obika from Swindon... yes you heard the last one right, but he's converted now so it's okay!

Thank you once again to the legend that is Michael Appleton. He changed the club for the better in so many different ways, but now our new leader is in place. Time to follow the new, Pep Clotet's Yellow Army!



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A Helping Hand

Could private tuition benefit your child?



Barely a day goes by without schools making the news in one way or another.

Recent headlines have screamed: *British Children bottom of the European League Table...* and *Crisis in the Classroom.*

Is it any wonder that as parents we have never been more concerned about our children's schooling?

Many of us are so concerned that we are employing private tutors to help our children achieve their goals.

How do I know whether my child might benefit from private tuition?

Is your child struggling with course work? Are they stressed about certain lessons? Do they avoid certain subjects during homework sessions?

Does your child find course material too simple? Do they complain of boredom and does the teacher accuse them of being disruptive or a daydreamer?

Do you feel that your child is neglected by the system because they are neither special needs, nor especially gifted?

If you answered yes to any of the above questions then your child might benefit from private tuition.

What sort of tutor should I choose?

School is probably the best place to start. They know your child already and might be able to offer 'in school' help.

Even if that isn't an option good teachers will be happy to discuss what your child needs from a tutor. Some children require just a little extra attention and support with homework. Others benefit from learning study skills. Others might need to re-learn

things they missed through absence or that they simply didn't understand the first time around

What do I look for?

It sounds obvious but you really need someone who can teach! Being specialised in a subject area is great but teaching skills are everything. A tutor should be able to relate to a child and explain things at his level.

Once or twice a week for two or three months is a good starting point. After this time you should have a good idea how much tutoring is helping your child.

What questions should I ask?

Check professional references and qualifications.

Ask to see a copy of their CRB (criminal Records Bureau) check

Ask about any career gaps on their CV

If the tutor is employed at a school you can ask for a reference from the head teacher.

Introduce them to your child so you can see how they relate to each other

The right tutor can boost results but more importantly they can also boost a child's confidence and self esteem.

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The Humble T Shirt

Hands up if you own a T-shirt. I'm guessing nearly all of us do. Our favourite garment is an American import, first issued by the U.S. Navy in the late 19th century around the time of the Spanish American War. The crew-necked, short sleeved top was meant to be worn as underwear beneath the uniform. It got its iconic name from its shape when laid flat, resembling the letter "T". The lightweight fabric quickly made it popular with dockworkers, farmers, miners, and men in the construction trade, who began to adopt the T-shirt, preferring its lightweight fabric in hot weather.

Cotton was at the time inexpensive, and the fact it was easy to clean meant it also became the garment of choice for mothers to buy as outerwear for their boys. By the 1920's "T-shirt" had become an official American-English word in the Merriam-Webster's Dictionary.

It's thought the first T shirts printed with logos were actually made for the film The Wizard of Oz! They were green T-shirts with 'OZ' printed on them in white, and were worn by workers in the Emerald City. I admit I'd never noticed the T shirts prior to my research and I've watched the film dozens of times!

The credit for the first printed T shirt in a photograph is attributed to the Air Corps Gunnery School T-shirt featured on the July 13th, 1942 cover of LIFE magazine. Mickey Mouse was the first 'celebrity' to be featured a few years later. Marlon Brando played his part in making the T-shirt a seriously cool fashion item when he wore a tight white one in the film, A Streetcar Named Desire.

In the late 1960's, the printed T-shirt gradually became a means of self expression, advertising.

wearable art, and political protest. At some point in our lives most of us have owned an iconic one. Think of the yellow 'happy face' T-shirt, the Rolling Stones 'tongue and lips' logo, or the CHOOSE LIFE T-shirts of the eighties.

The garment has a long history as an object of protest and political pointscoring. Green MP Caroline Lucas wore a T-shirt displaying the slogan 'No More Page Three' in large lettering during a Commons debate on sexism in the media. Harriet Harman sat in parliament wearing one bearing the message 'This is what a feminist looks like.' In some parts of the world such messages can have serious consequences for the wearer. Last year an LGBT protester and entrepreneur in Burma printed T-shirts with "Gay is OK" on them (in a country where it is still most decidedly not) and a 20-year-old Egyptian man marked his second year in detention, without charge or trial, for wearing a Tshirt which bore a 'Nation without torture' message.

The humble T-shirt may not be so humble after all. The next time you grab one from the wash basket you might want to consider what your tee says about you!



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antastic Mr. Fox is an animated, stop motion, adventure/comedy from 2009 based on the book of the same name by Roald Dahl. The basic synopsis of the film is a fox that loves to steal chickens has to attempt to not give in to his animalistic urges and instead find a safer form of "employment" to keep himself and his family safe.

The first noticeable thing about this film is the attention to detail within each frame. Usually an animated cartoon's set pieces are not built and are only rendered on a computer. With stop motion however, each location has to be meticulously designed and through the dozens of locations created within this film none of them is just a generic set and they all have specific details that give us more information about the characters being portrayed within them. Ash's bedroom is an excellent example of this. Each aspect of his room is tailored to show us his age and interests without it being shoved down our throats as a lesser film would. We are never told who Ash dresses up as; instead we are shown a small poster of "WhiteCape", the crime fighting fox, and expected to piece it together for ourselves. I can't stress how rare it is to find a movie that trusts its audience's intelligence enough not to spoon feed them information as if they have the intellectual capacity of a baked potato. However,

Fantastic Mr. Fox finds the perfect balance between show and tell.

Attention to detail doesn't just lie within the visuals however there are so many small gems to notice within the script and the music that add humour to an already hilarious film such as the use of the word "cuss" in the place of a swear word, or the randomly appearing musical instruments everyone plays during the campfire song. The script of this film is hugely engaging although it doesn't follow the book faithfully, in my opinion, it improves upon it. No surprise, therefore, that it was able to attract such an impressive cast, which includes George Clooney, Bill Murray, Meryl Streep and Willem Dafoe, all of whom voice their parts tremendously. I especially loved Dafoe character "Rat" who had me in stiches with his quirks and mannerisms.

Fantastic Mr. Fox is allegory done right,
Foxy can't suppress his urge to steal chickens
and likewise people can't change who they
are, that's as simple as the message is and
has to be. Most cartoons portray a simplistic
tale of good overcoming evil. It's unusual to
find a cartoon portraying its hero as a flawed
character who remains flawed right to the end,
but this change of pace within cinema is a
welcome one as it leads to an unpredictable
outcome, a rarity within films today.

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BRAIN GAMES

CROSSWORD

SUDOKU

5					4	7		
9	4	6	5		7	3		1
1	2			6	3	4		9
6	9		3		5		2	4
	1				8			
							9	8
		2	6					
3				8	2			6
	6				1	2	3	

CROSSWORD CLUES

ACROSS	3
8	Heedless, uninformed (7)
9	Capital of Egypt (5)
10	Soft, creamy confectionary (5)
11	Sharp pains (7)
12	Relinquishing (12)
16	Dismantle (4,2,6)
20	Harsh, radical (7)
23	Oppressor, persecutor (5)
24	Choice few, select (5)
25	Keep an eye on (7)

DOWN

1	1950s hairstyle (5)
2	III fortune (4,4)
3	Profession (6)
4	Chair (4)
5	Lively, agile (6)
6	Serenade, croon (4)
7	Formally deliver (7)
13	Sharp pinch (3)
14	Visionary, optimist (8)
15	Scrutinised (7)
17	Snigger (6)
18	Badge, insignia (6)
19	Oven-proof glass (5)
21	Neutralized by alkali (4)
22	Wooden shoe (4)

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

Α	Т	Т	Α	С	K		D	Ε	В	R	1	S
	0		W		Ν		0		R		Ν	
Ε	М	М	Α		0	N	L	0	0	K	Е	R
	В		R		V		L		W		Р	
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6	9	7	8	3	4	5	2	1
4	1	8	2	5	7	3	9	6
2	3	5	6	9	1	4	7	8
9	8	2	7	4	5	1	6	3
1	7	6	3	8	2	9	4	5
3	5	4	1	6	9	7	8	2
8	4	3	5	7	6	2	1	9
5	2	9	4	1	8	6	3	7
7	6	1	9	2	3	8	5	4

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.

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But beware! Sudoku is highly addictive.

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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 with the subject heading "Community Events" before 2 September with your events for October 2017.

BARN DANCE AT ST. MICHAEL AND ALLANGELS CHURCH

Marston Road, New Marston, Oxford, OX3 0JA.

Saturday 30th September at 6.30pm Admission at the door: Adults £5 Children £2. Live music. Light refreshments provided.

HEADINGTON LIBRARY

Meet the author: Imogen Matthews (local Headington author who will introduce her latest novel, The Hidden Village). Headington Library 14th September 2017, 6 – 7 pm Booking essential (01865 762867 – email: headington.library@oxfordshire.gov.uk)

BACK TO BACK

Back pain affects people in all age groups but is most prevalent in the over 50s. Health experts say that chronic back pain is increasing across the population due to our sedentary lifestyle both at work and during our leisure hours.

Around 4.2 million working days are lost to back pain by those in the 50-64 years age range.

A strong, healthy, stable back requires regular exercise. The exercises should strengthen the muscles supporting the spine, and also the abdominal and oblique muscles that encircle the trunk like a corset.

Those of us stuck at desks for most of our working day can try these exercises whenever we have a few minutes spare.



Try 10-15 repetitions and hold each position for a count of 15.

- 1. While sitting at your desk, put feet flat on the floor and hands on the edge of the desk. Push back, arching your spine into a convex shape, then reverse it into a concave position.
- 2. Stand about 30cm from a wall and place hands against the surface at shoulder height. Bend elbows to support upper body and, using abdominal strength, lift heels while keeping the back

straight.

3. Stand with feet shoulder-width apart, about half a metre from a wall. Face the wall and lean against it using hands, the back should be straight. Reach up with right arm and simultaneously lift left leg backwards and upwards. Repeat on the opposite side.

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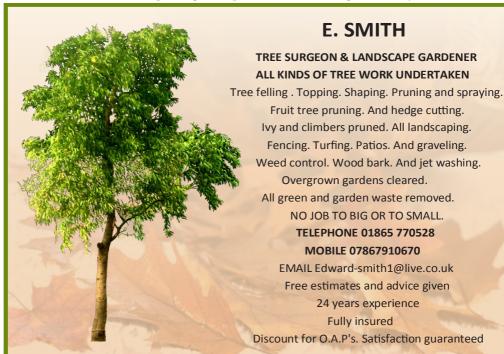
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CONTACTS, COMMUNITY, CALENDAR.

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

Doctors:

- * Barton Surgery, Underhill Circus, Headington 01865 744 221
- * Hedena Health Centre, 207 London Road, Headington 01865 227788
- * Manor Surgery, Osler Road, Headington 01865 762 535

Dentists:

- * 310 Dental Care, 310 London Road, Headington 01865 766975
- * Bury Knowle Dental Practice, 207 London Road, Headington 01865 308400
- * Euro Dental Practice, 61 London Road, Headington 01865 751981
- * John Miller Dental Practice, 6a The Parade, Windmill Road, Headington 01865 308 050
- * Kennett Road Dental Practice, 3 Kennett Road, Headington 01865 761 965
- * Manor Dental Practice, 7 Osler Road, Headington 01865 750 056
- * Studental, Oxford Brookes University, Colonnade Building, 3rd Floor, Gypsy Lane, OX3 01865 484 608

Chemists:

- * Barton Pharmacy, 6 Underhill Circus, Headington 01865 763 106
- * Boots Pharmacy, 96 London Road, Headington 01865 762 518
- * Boots Bury Knowle, 207 Bury Knowle Health Centre, Headington 01865 765 559
- * Roundway Pharmacy, 3 Roundway, Headington - 01865 766 994

Libraries:

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

Other Useful Numbers:

- * Age UK 01235 849 400
- * Childline 0800 1111
- * Citizen's Advice Bureau 0870 200 608
- * John Radcliffe Hospital 01865 741 166
- * Gas Emergencies 0800 111 999
- * Power Outages 0800 072 7282 (Scottish Power & Southern Electric)
- * Thames Valley Police 101
- * Oxford City Council 01865 252 900
- * Rt. Hon. Annelise Dodds MP 0207 219 2705 annelise.dodds.mp@parliament.uk
- * NHS Direct 111
- * The Samaritans 08457 909 090
- * Recycling and waste 01865 249811

City Councillors for Headington:

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

School Terms 2017-18

Term	Date	# Days
Term 1	4 Sep - 20 Oct	37
Oct. Holiday	23 Oct-27 Oct	
Term 2	30 Oct - 19 Dec	35
Christmas Holiday	20 Dec - 3 Jan	
Term 3	4 Jan - 9 Feb	29
Feb Holiday	12 Feb - 16 Feb	
Term 4	19 Feb - 29 Mar	35
Apr Holiday	30 Mar - 13 Apr	
Term 5	16 Apr - 25 May	24
Late Spring	28 May - 1 Jun	
Term 6	4 Jun - 25 July	33
School Year Begins	3 September 2018	
Total		195

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

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