

ISSUE #102

SEPTEMBER 2018

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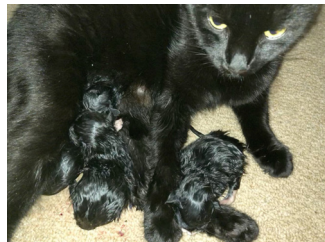
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Dear Readers

Welcome to September. It looks like the relentless heatwave has finally relented, and I never thought I'd ever hear myself say that there was too much sunshine, but without any rain to keep cooling the earth, it did get a little 'too' hot, don't you think?

Last night, when I went to bed, I thought to myself "I'll get to the editorial in the morning when I can be undisturbed", but it looks like the Fates had a different idea, as I woke to the sound of my beloved Cat-erine Janeway (one of my cats, with - it seems - very loose morals) giving birth to kittens under my bed. At the time of writing, three have been ejected from her feline-womb. Here's a little pic:

I expect that in a few hours, there may be one or two more. On that note, does anyone want a jet black kitten for Christmas? As much as I adore my pets, I already have 3 cats (Jean-Luc Picat, Cat-erine Janeway and - unimaginatively - Megacat) and a dog (Anton Von Puplington)



and adding another 4 or 5 does seem a little like overkill.

This issue, we have more locally written features. I hope you enjoy the cycling article by John Marjot, or the updates to what's going on in and around the area by my new favourite activist and campaigner, Chaka Artwel and Stuart Mabbutt, our garden gnome, talks about the value of water in your wildlife garden.

The responses to the addition of more local content has been overwhelmingly positive, as has our return to a hybrid distribution model. If you're one of the lucky ones in Headington that received one in your door's letterbox last month, more will be coming. For those of you that would like to receive it in the mail each month, drop me an email and I'll get you hooked up. You'll only pay the postage and packaging, but you won't have to go out and pick it up from one of our distribution points, which are emptying faster than ever.

Please keep your contributions and kind emails coming in. The September issue is always a smaller one than the rest of the year, and this is because it's Summer Holiday time, where most advertisers, consumers and families take their time away and enjoy some well-earned downtime.

We were going to have a feature on modern activism, third wave feminism and how utterly ineffective the concept of protest has become, as we have been over-saturated with protest about everything from foreign dignitaries to traffic lights taking too long to change. It has become quite farcical, and I'm not sure if that's productive. A functioning society needs protest to be something taken seriously, and it's rapidly becoming the complete opposite. Next month we will be examining this in a lot of detail, and hopefully stimulating some thought and reflection. Thank you all again, for the warm welcomes I've received on my travels. It does mean a lot. Until next month...

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"BURY KNOWLE SUNSET" -

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THIS MONTH IN YOUR HEADINGTON MONTHLY:

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Cycling the “The Wild Atlantic Way”

by John Marjot : Headley Way.

“The Wild Atlantic Way” has a certain romantic allure, bringing to mind images of fierce storms, terrible winds and driving rain. The Irish Republic inaugurated this, “the longest defined coastal touring route in the world”, in 2014, a complete marketing stroke of genius. The Wild Atlantic Way follows the west coast of Ireland, beginning in Derry (Londonderry to the Northern Irish) in County Donegal, and ending at Kinsale in County Cork.

<https://www.wildatlanticway.com/home>

Having recently retired, and also having a very supportive wife (the two best things to ever happen to me), I decided to cycle the 2 500 kilometres of this highway, and to seek some sponsorship whilst doing so for the benefit of a small, but hugely effective, charity supporting “childrenofthedump” in Manila in the Philippines.



<https://childrenofthedump.org.uk>

Another reason to embark on this unsupported cycle tour was the polite refusal of my youngest son to my request to accompany him, and his friend, on their journey in 2016 from Lima in Peru to Ushuaia in Patagonia by bike. He was probably quite right to have done so. The Donegal hills were enough to exhaust me in the first week of my own adventure, the Andes might have finished me off a long time before I had the opportunity to wheel my laden bike from the Holyhead to Dublin ferry at the beginning of May this year. Having begun the journey in suitably cold and wet conditions in Donegal my luck, and that of the rest of Ireland, changed quite suddenly, and to the amazement of the whole country they, and I, enjoyed some of the finest May and June weather on record. The “Wild Atlantic Way” became the “Benign Atlantic Way”, and I got sunburnt!

It was a remarkable and unforgettable, journey for me. A

slow lazy sojourn through the most spectacular, and historic, scenery of this amazing Island, and generous friends have helped me raise over £2 500, one pound for each kilometre I rode.

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the garden gnome

all life gets a thirst



I'm writing this in the middle of another heatwave – 2018 looks like its going to be a long and hot summer.

I'd need to check the data, but I personally compare this to the summer of 1976. Who remembers the population explosions of ladybirds and thunder blights?

We're not seeing that this summer, although the hot weather is making it clear what plants like the conditions. There's one thing I know though, most life still needs the wet stuff, H₂O, water!

This morning I spilt a cup of water on my concrete path, and almost immediately a wasp landed and started to drink. I could almost see its excitement as it kept returning.

It got me thinking, we need to make sure there is water available to wildlife in our gardens in hot weather. We also need to remember that wildlife easily becomes dependant on that water source. So to stop putting it out could be catastrophic.

So where is the line between helping nature, and making nature to reliant on us? Artificially propping up and distorting populations of birds, insects

and other creatures?

Are we keeping some animals alive, that would naturally die out? Should we be preventing all extinctions, or is that part of nature in and of itself?

The Panda for example, is a kind of evolutionary dead-end. Not really helping itself by low birth-rates and specific habitat needs.

My point, well, its to start a debate about when man gets involved with food chains, like those found in wildlife gardens, how far should we go in helping nature?

Is what we perceive as helping, something to the contrary?

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Pondering Podcasts

Can Podcasts help our GCSE Students?



By the time you read this article the first lot of students who sat GCSEs under the new system (Grades 9-1) will have received their results. At the time of writing no-one knows how they will have fared.

The consensus from teachers seems to be that the new syllabus and grading system requires a lot more breadth and depth of knowledge, and in some subjects and classes students and teachers struggled to get through the syllabus in time to allow for revision and consolidation before the exams.

As parents we want to help our young people achieve their goals, but it can be hard to know where to begin, especially if your child is struggling in an area you know little about yourself.

Enter the era of podcast-learning. Most teens are familiar and comfortable with podcasts and online audio platforms such as Spotify. Well there are now podcasts on every subject from maths to Spanish and many of them are free or cost a fraction of what a private tutor might set you back.

The BBC are revamping their **BBC Bitesize** platform (bbc.com/education) to reflect the content of the new exams. The podcasts are short and offer a mix of text, audio and occasional video clips. Most importantly they are free to all students with access to a PC. (Some of the content does not work well on a smartphone.)

Mr Allsop History (mrallsophistory.com)

is a free History revision website created by University of Cambridge History graduate and current teacher Scott Allsop. It's comprehensive and he updates it regularly. There are useful sections on revision skills and exam techniques.

There are also paid-for platforms like **Audiopi** (audiopi.co.uk) This is an educational resource created by teachers, examiners and academics. It aims to inspire GCSE and A level students with their coursework and revision. They produce exam board-specific audio tutorials for English Literature, English Language, History, Biology, Religious Studies, and Science so far. You can purchase access to one subject or a whole range of subjects for around £5 per month. They even offer a free trial.

One of the most comprehensive platforms is **GCSEPOD** (gcsepod.com) These are engaging, well thought-out, easy-to-understand podcasts which also tailor their content to specific exam boards. They get the balance between 'understandable' and 'enough depth' just right. The good news is that some schools subscribe to this on behalf of their students so check to see whether your child's school offers this useful resource. Don't panic if they don't because you can subscribe as a parent. Access to the full range of subjects will set you back around £200 for the year, but contrast that with private tuition and it looks very reasonable indeed.

One of the most fun (and free resources) for science students is **The Naked Scientists** (thenakedscientists.com). Their primary aim is to strip science down to its essentials. While not specific to any curriculum it's an addictive way to gain insight into any difficult-to-understand parts of the syllabus.

As our teens move towards their GCSEs hopefully these podcasts will provide them with useful and empowering tools for learning.



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BEECH HOUSE

Headington residents have expressed a great deal of concern regarding Unite's Students Beech House accommodation for Oxford Brookes students; which is located off the London road.

The lack of parking has been at the centre issue of concern. The Council granted planning permission, with little consideration for student's parking needs; it appears as if the Council is actively anti-car.

Student development, which lacks parking, is also an issue with current student accommodation in Cowley Centre and Holloway. I'm sure many residents would not welcome the parking crisis being used to implement a Controlled Parking Zone (CPZ) in the rest of the Headington Ward

THE RISINGHURST OAK

Persons unknown fatally damaged Risinghurst's 200-year-old Oak Tree, which was located in the Park. The damage was inflicted in August, using hand held power tools and poison, as



reported by the Oxford Mail. The Parish Council Chairwoman said it was indeed a "sad day" for the community

of Risinghurst.
History teaches that Britain's

memory of the felled Oak tree.



forests were so extensive that Red Squirrels could travel from Lands End in Cornwall, to John O'Groats at the top of Scotland, without the Squirrel touching the ground. Britain's mighty Oak Trees dominated our ancient forests. Our ancestors used the might Oak Trees to build the maritime vessels, which enabled the English Navy to rule the world's oceans and build the English Empire.

Today, Britain has lost its ancient forests and our trees are in peril from imported diseases; the latest one being Ash dieback disease.

The late publisher, Felix Dennis, Willed the bulk of his fortune for a project to replant 30,000 acres of native broadleaf trees in the heart of England. We would like to challenge readers; and their children and grandchildren, to collect, pot and plant half a dozen fallen acorns this autumn. Next year the young saplings could be given to the Community of Risinghurst in

DOG FOULING

The wonderful hot summer the people of Headington have enjoyed has caused many people to use Bury Knowle Park. Young children and their parents can be seen in the children's section: Young people can be seen playing ball games or couples enjoying a kiss in the sunshine. But, Bury Knowle Park also welcomes dog walkers.

Many dog owners are responsible and remove and properly dispose of their dog's mess. However, regular users of the park cannot fail to notice an increase in dried dog mess in the park.

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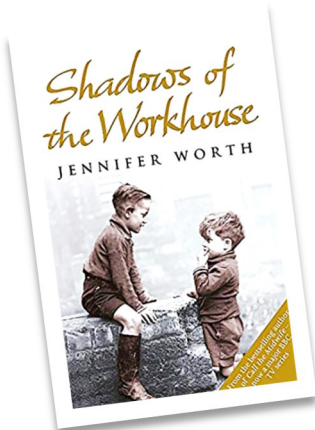
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# A Good Read



## **Shadows of the Workhouse by Jennifer Worth**

There are not many people who have not seen, or at least heard of the BBC drama *Call the Midwife*. However, few are aware that

the first series was based on the memoirs of midwife Jennifer Worth, and the women and families she encountered in the East End of London in the 1950s. She wrote a trilogy of memoirs and the second of these is *Shadows of the Workhouse*.

When we think of workhouses we tend to think of Dickens' *Oliver Twist*. However, workhouses persisted until much later: the last ones only closed their doors in 1948. Among the communities that Worth worked in, many people were haunted by their recent memories and experiences in these institutions.

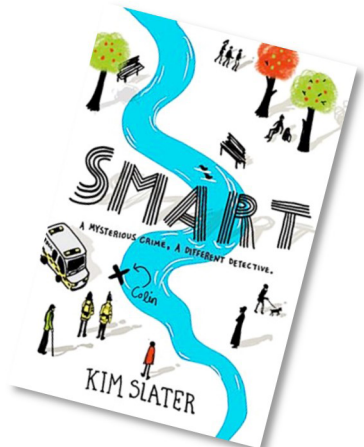
There is Jane, who works with the midwives but as a child in the first decade of the 1900s grew up in a children's workhouse as an unwanted child. Frank and Peggy, a brother and sister, were sent to the workhouse in 1908 when their parents died, their later lives forever affected by the harsh and uncaring institution they grew up in. As the workhouses fade from living memory this memoir provides a reminder of how they shaped the lives of countless men, women, and children.

## **Smart by Kim Slater**

If a King or a President is killed it is headline news and everyone tries to find out who was responsible. But as 14-year-old Kieran points out, when it is a homeless man called Colin, no one really cares. No one, that is, except Kieran and he is going to find out. When he grows up he wants to be a reporter for Sky News, and he uses his artistic skills to draw and record what he sees. Art is an escape for Kieran, and he needs an escape because secrets are all around him. The biggest secrets seem to be in his own home.

Kieran has learning difficulties and is a bit of a loner. Whilst Slater does not say directly, many readers have drawn clear comparisons to *The Curious Incident of the Dog in the Night-time*, and there are certainly many very well written autistic traits displayed by Kieran. This debut young adult novel will almost certainly appeal to readers of *Curious Incident*.

Whilst the novel promises a detective story, it is much more than that. It is the story of a boy who is different, trying to make sense of his life and the adults around him, who largely neither understand him nor seem to care.







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# Apple Strudel

*September brings a glut of apples. Make the most of them with this delicious strudel recipe.*



**Preparation time: 20 mins**

**Cooking time: 40-45 mins**

**Serves: 6-8**

## Ingredients

750g/1lb 10oz Bramley apples, peeled, cored, quartered and sliced

1½ tsp ground cinnamon

½ unwaxed lemon, zest only

2 tsp lemon juice

100g/3½oz golden caster sugar

75g/2½oz raisins

95g/3½oz butter

40g/1½oz white breadcrumbs

6 large sheets filo pastry

1 tbsp icing sugar

## Method

Preheat the oven to 190C/170C Fan/Gas 5. Line a baking tray with baking parchment.

Mix the quartered apples with the

cinnamon, lemon zest and juice, sugar and raisins. In a small frying pan, melt 20g/¾oz butter and fry the breadcrumbs until golden-brown, then add these to the apple mixture.

Melt the remaining butter in a pan. On a clean, dry tea-towel lay a sheet of the filo and brush with some of the melted butter. Lay another sheet on top and repeat until you have used all the filo. Layering the pastry with the melted butter helps to create flaky layers.

Place the filling along the length of the pastry along one side about 2-3cm/1in from the edge. Using the tea-towel to help you, roll the pastry up to enclose the filling. Tuck the ends in and roll the strudel seam-side down onto the lined baking sheet. Brush with the remaining melted butter.

Bake for 40-45 minutes, until golden-brown. Leave to cool to room temperature and dust with icing sugar. Slice and serve with cream, ice cream or custard.



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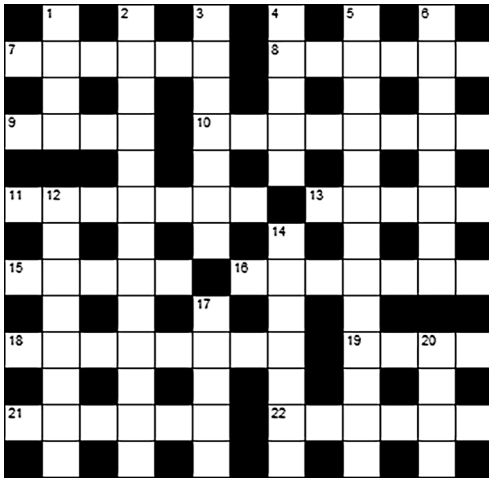
Mob. 077 297 451 96



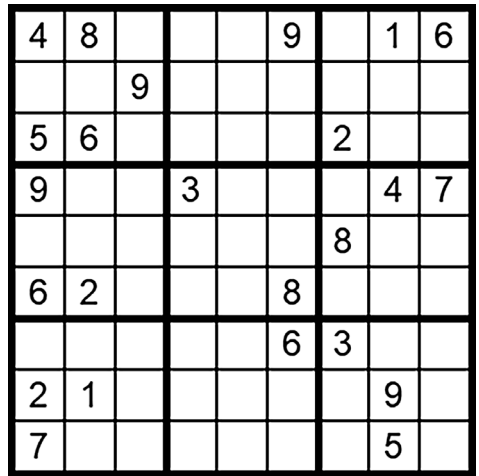
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## BRAIN GAMES

### CROSSWORD



### SUDOKU



#### ACROSS

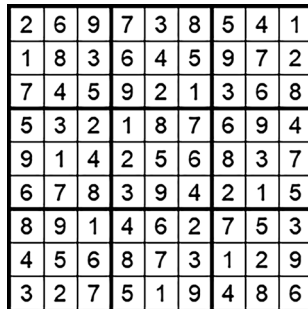
- 7 Warm region (6)
- 8 Clothmaker (6)
- 9 Leave out (4)
- 10 Set alight again (8)
- 11 Butcher's chopping blade (7)
- 13 Following (5)
- 15 Punctuation mark (5)
- 16 Sound a fire makes (7)
- 18 Hidden (8)
- 19 Name of an object (4)
- 21 Scrounger (6)
- 22 Sheep dog (6)

#### CROSSWORD CLUES

##### DOWN

- 1 Type of lily (4)
- 2 Study of eyes (13)
- 3 Flee (7)
- 4 Alert, eyes open (5)
- 5 Gloriously (13)
- 6 Recklessly hurried (4-4)
- 12 Untightened (8)
- 14 Foretell (7)
- 17 Idolise, worship (5)
- 20 Group, section (4)

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



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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 2 September with your events for October 2018.

### Free public open day

Saturday 8th September at University of Oxford Old Road Campus, Headington for the Oxford Open Doors event. Meet world-renowned medical researchers at the Richard Doll Building (10am – 4pm) and Old Road Campus Research Building (12:30 – 3pm) for talks, laboratory tours and family-friendly activities. More details at [www.ndph.ox.ac.uk/oxfordopendoors2018](http://www.ndph.ox.ac.uk/oxfordopendoors2018) and [www.ludwig.ox.ac.uk/orcib-in-oxford-opendoors-2018](http://www.ludwig.ox.ac.uk/orcib-in-oxford-opendoors-2018)

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# 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
- \* 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
- \* SDental Studio, Mill Court, 40 Windmill Road, Headington, Oxford, OX3 7BX - 01865 760000
- \* 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 689 997

## 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](mailto:annelise.dodds.mp@parliament.uk)
- \* NHS Direct - 111
- \* The Samaritans - 116 123 (Freephone)
- \* Recycling and waste 01865 249811

## City Councillors for Headington:

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

## School Terms 2018-19

| Term               | Date             | # Days |
|--------------------|------------------|--------|
| Term 1             | 4 Sep - 19 Oct   | 37     |
| Oct. Holiday       | 22 Oct-26 Oct    |        |
| Term 2             | 29 Oct - 21 Dec  | 35     |
| Christmas Holiday  | 24 Dec - 4 Jan   |        |
| Term 3             | 7 Jan - 15 Feb   | 29     |
| Feb Holiday        | 18 Feb - 22 Feb  |        |
| Term 4             | 25 Feb - 5 Apr   | 35     |
| Apr Holiday        | 8 Apr - 22 Apr   |        |
| Term 5             | 23 Apr - 24 May  | 24     |
| Late Spring        | 27 May - 31 May  |        |
| Term 6             | 3 Jun - 24 July  | 33     |
| School Year Begins | 3 September 2019 |        |
| 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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