

MARCHAM GARDENING CLUB

Apologies to anyone who phoned the mobile 07665 387275 about gardening – my number is really **07765 387275** (I must be at sixes and sevens!). We meet in Marcham Baptist Hall, please call me for the date of the next meeting. We'll be planning group visits to local places organised by other groups. and the possibility of growing on a communal allotment. Several of us have surplus things to swap with others. Anyone is welcome to meet with us and there's no charge.

MALCOLM SKINNER

HOT TIPS ON HOME COMPOSTING

It's that time of year again, when the days are getting longer, the sun is shining (sometimes!) and we are beginning to venture out into our gardens once again after the cold winter, now that the daffodils and tulips are in flower.

So, what does this mean to us gardeners, beginners or experts? Well, of course, we should first and foremost be taking advantage of Oxfordshire local authority's latest compost bin offer! Two different sizes of compost bin are available once again, for the fifth year running at the same price - £10.00 for a smaller bin, suitable for singles and couples, or £15 for a larger bin perfect for families. The bin can even be delivered straight to your home*. Alternatively you can collect one from one of the participating garden centres (including Millets Farm) — four across the County, so there's bound to be one near you or where you work. Why not take advantage of the scheme this year, and arrange for your group to have a talk on effective composting by Oxfordshire County Council's Waste Reduction Officer. Oxfordshire's local authorities estimate that approximately 45% of residents in the County are already home composting, but every year we have new recruits and are now more than seventy schools across the County have also begun composting!

Composting is a fantastic way of getting rid of your organic rubbish, in fact, 60% of the average kitchen bin can actually be recycled into a useful resource. Why is this important? Well, first of all reducing rubbish means less unsightly, smelly rubbish bags outside your house; but more importantly reducing rubbish is good for the environment. By composting our kitchen and garden waste, we are diverting waste from landfill, which takes up valuable space and also makes decomposition a very slow process. Rubbish decaying in landfill also gives off harmful chemicals which are now recognised to contribute to global warming and on a larger scale, climate change.

Most people know much of their garden waste can go into the compost bin, but did you know cardboard, paper, cotton, tea bags, coffee grounds and filters can also go in. So can egg cartons, washing machine lint, pasta, rice and bread. Once you start adding materials into your compost bin, it is important to get a good mix of different ingredients. You must start to think like a worm, as worms are the heroes of our compost bins. They wriggle and eat their way through the delicious offerings we throw into our bins, and turn them into lovely, nutrient rich soil improver, a veritable treat for our gardens. All this wriggly action will also dramatically speed up the composting process, providing you with a high quality product for use on your garden in less time.

So, now all you need to do is call 0870 8443006 to arrange delivery of your compost bin. If you need any more help with your compost bin speak to Katie Zabel, Oxfordshire County Council's Waste Reduction Officer with any queries about home or school composting or to arrange a talk: 01865 815908 / 07776 455803.

* £5 delivery fee

**KATIE ZABEL, WASTE REDUCTION TEAM,
OXFORDSHIRE COUNTY COUNCIL**

**ABINGDON HOSPITAL
MINOR INJURIES UNIT**

Open 10am – 10.30pm every day
Abingdon Minor Injuries Unit (MIU) is a place where people can go for treatment of minor injuries such as strains, sprains and broken bones. It is run by specially-trained nurses who have direct links to the Accident and Emergency (A&E) department at the John Radcliffe Hospital in Oxford.

For many people the MIU will offer quicker treatment closer to home.



Q: Do I have to make an appointment?

A: No. The service is run on a 'drop-in' basis and patients will be seen in order of clinical priority.

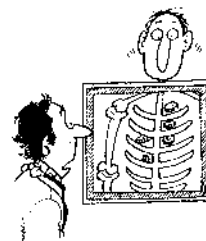
Q: What are the links with A&E at the JR Hospital in Oxford?

A: The MIU has excellent working relationships with senior staff at the John Radcliffe and other hospitals. For example, x-rays can be forwarded electronically for a second opinion.

Q: Where is the Minor Injuries Unit?

A: The MIU is a purpose-built extension to Abingdon Hospital which opened in March 2005. It has:

- * Four examination cubicles
- * X-ray facilities
- * A separate area for children



Q: Who can attend the MIU?

A: The MIU provides free NHS care to anyone, of any age

The Minor Injuries Unit at Abingdon Hospital
Marcham Road
Abingdon
OX14 1AG
Tel: 01235 208730
Fax: 01235 208732

If you suffer a serious injury or become very ill you should call a '999' ambulance immediately.

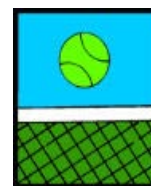
MARCHAM TENNIS ASSOCIATION

Registrations for 2005-2006 will be **at the courts** on
Monday 2 May from 10 – 11am
Monday 9 May 3.15 – 4.15pm

PLEASE BRING YOUR KEY WITH YOU

If you cannot make either of these times, please call me on 01865 391725 to arrange a time to renew or join.

Fees this year are: Junior £11.50
Adult £20
Family £42



If you play once a month for 2 hours, it is the equivalent of 2 adults paying £1.67. At the Abingdon Tennis Centre the same amount of court time would cost £175.20 about 104 times the price. So the more you play the cheaper it is!

Please continue to support tennis in the village – if we can't cover the costs we may not be able to continue. The subscriptions go towards the charges from Oxfordshire County Council for use of the courts and covers the costs of renewing nets etc when needed.

Please remember to put the nets down during term time so that the school can use their playground. During holidays you can leave them up but on the last day before term, please put them away:

Half Term Break: 30 May – 3 June.

Come along and have some fun.

MERIEL