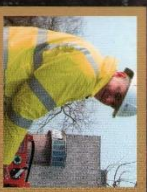


# ECHO

## Tandem falls .... finally

Having stood as a landmark building on the Harwell skyline for nearly 50 years, the Tandem generator was still standing after explosives were detonated at 11am on 22 February. Three hours later it finally fell to the ground, taking just seconds to collapse into the ready prepared trench.

Small plastic explosives or shearing charges had been placed at key points around the base of the 40-metre tower and detonated on schedule. When the 1,000-tonne tower fell majestically to the dust settled the tower was still intact, held in place by two steel reinforcing rods. A pneumatic JCB 'pecker' was used to cut through the rods and the 1,000-tonne tower fell majestically to the ground at 2.15pm.



Jon Balderson, project manager, UKAEA, won the chance to press the button through a fundraising competition run by UKAEA. Some £1,400 was raised for local charities, ABC Against Breast Cancer at Harwell and Sesaw which provides bereavement support for Oxfordshire children and included £500 from KDC Demolition Contractors.



The charges detonate with a loud bang at 11am.



Tandem's final moments at 2.15pm.

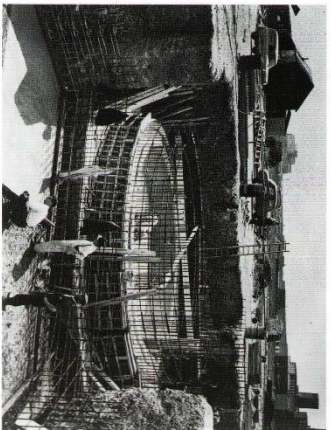
Continued back page

## About Tandem van de Graaff

Accelerators have been used since the 1930s. Plans for AERE Harwell included a graphite-moderated reactor and a Van de Graaff accelerator and construction started in 1946 to build the GLEEP reactor and a 5 MeV accelerator in Hangar 8.

As research expanded the need for higher energy accelerators became more urgent. Conventional Van de Graaff accelerators could not operate above 6 MeV but by putting two accelerators back-to-back or 'in tandem' the energy doubled to 12 MeV.

The Tandem accelerator (B477) was built in 1958 and used until 2002. It embodied state-of-the-art technology for its time, using closed circuit TV to



The foundations for Harwell's Tandem in 1952.

view electronic meters operating at high voltages. Atomic particles were accelerated in a pressurised nitrogen atmosphere inside a steel vessel, 15m long by 3m diameter, weighing 40 tons. It worked by spraying electric charges onto a moving belt that carried them upwards to the mid-point of the steel vessel, where they were stored on a metal sphere reaching six million volts - the maximum possible. Movable negatively charged atoms (or ions) are injected into the top of the vessel and, attracted downwards by the highly charged sphere, accelerated towards it to strike a very thin carbon foil. Here the accelerated ions lost electrons and

now, being repelled by the high voltage sphere, escaped from it by accelerating down to the base of the tower. Here the ions were bent by a magnet to emerge as a beam, effectively accelerated by 12 million volts. The Tandem was used to investigate the properties of atomic nuclei but in later years was used for specialised treatments to sophisticated materials. Today's machines operating on the Harwell-Chilton campus supersede the Tandem. These include the accelerator used by Ehsis Iorrtom, the ISIS at Rutherford Appleton Laboratory and the spectacular Diamond synchrotron, light source currently under construction.



A Tandem beam being used to measure wear in car engines.

## Cards recycled



Paul Franklin, JCI contract services supervisor is overwhelmed by the recycling efforts of Culham staff.

The weight of Christmas cards recycled at Culham amounted to an impressive 94kg. This is the third year that JCI has run the scheme on behalf of UKAEA at Culham. Recycling boxes were placed at various locations around the site and collected up at the end of January. The cards were then sent to a local centre where they are recycled and the funds generated are donated to the Woodland Trust.

## Water dragons



Dragon boat racing is one of Britain's most lively and accessible water sports. It caters for all ages, men and women, mixed abilities and people with disabilities.

Since the Rotary Club of Abingdon Vesper started the Abingdon dragon boat races in 1999, teams from Harwell and Culham have taken part in every event. Not only have they enjoyed tremendous team building opportunities and fun days out, they have also raised over £7000 for charity.

A team from NRRB took part in the first event in 1999, and competed twice more and were joined by a side from UKAEA from 2000. More recently competition has come from Kerensa Alliance, AEA, and JEF, while last year the K&L team raised a staggering £4000 on their first appearance.

This year's event will take place on Sunday 16 May, on the Thames at Abingdon, and promises to be the best yet. Fairground rides, Rotary barbecue, pig roasts, drinks tent, craft stalls and many other attractions make this a great day out for the whole family.

If you would like to enter a team, or be a stall holder, an information pack is available from Rotarian Carol Hall on 01865 820 079, email: dh2005@supaworld.com, or visit the website at [www.abingdon-rotary.org.uk](http://www.abingdon-rotary.org.uk)

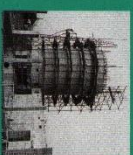
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## Obituary

**Arnold Millman  
Allen CBE  
1924-2005**



**E**cho is sad to report the death of former UKAEA chairman, Arnold Allen, aged 80.

Born in London, Arnold graduated from Peterhouse, Cambridge University in 1945 with first class honours in history.

He joined HM Treasury and became private secretary to the financial secretary in 1951. In 1956 he was seconded for two years as private secretary to Lord Plowden, chairman of UKAEA, before leaving the Treasury in 1959 to become director of personnel and administration in the Reactor Group at Risley.

Between 1963-8 he left UKAEA to become general manager of the British Waterways Board, returning to UKAEA's London office as authority personnel officer. In 1971 he was appointed secretary of the authority and in 1976 board member responsible for finance and administration. He was also on the board of the Radiochemical Centre, Amersham, in 1971 and the National Radiological Protection Board in 1974.

Arnold was awarded a CBE in 1977, becoming deputy chairman of UKAEA in 1981 and chairman in 1984. He retired to Dorset in December 1986 but was retained as a consultant for UKAEA and AEA Technology until 1992. He was married and had three sons and a daughter.

## Innovation in finance

Raising finance was the theme of an 'Angels and Entrepreneurs' event held at Harwell which attracted over 180 investors, entrepreneurs and representatives from the business and research communities. Organised by Oxford Innovation, the networking event provided a platform for Oxfordshire's leading private investors - business angels - and entrepreneurs.

"We have seen many examples of the crucial role that small amounts of capital can play in enabling innovative technology companies to expand and grow, so we thought it would be good to bring together all those with an interest in how start-ups raise finance, from academics to entrepreneurs and investors," comments Dr David Kingham, Oxford Innovation's chief executive.

Oxford Innovation supports the growth of hundreds of technology businesses through its 11 innovation centres - including those at Harwell and Culham - and four business angel networks.

George Brown, founder of Helms Brown & Co, and a member of Oxfordshire



investment Network (OION), provided tips on 'attracting angel investors'. He spoke about his own involvement with NaturalMotion, an Oxford-based software company whose powerful new approach to animating characters has been used in films such as Toy and computer games.

Dr Peter Wrighton-Smith, CEO of Oxford Immunotec, a rapidly growing clinical diagnostics company developing a new test for TB, described how he tackled fundraising for business growth. While Professor Ian Page, founder of Oxford University spin-out, Coloxia, and business development director of Seven Spines Investments, related his exiting journey from academic to entrepreneur with Coloxia, to his

present role as angel investor in other technology start-ups.

Oxford Innovation has recently expanded its angel networks by launching Oxford Early Investments for early stage companies seeking £20,000 to £150,000. It complements OION which helps businesses raise finance from £150,000 to £2m. OION has raised £14.5m for 61 companies during the last four years.

## Tsunami fundraising

Support to help those whose lives have been devastated by the Asian tsunami is continuing.

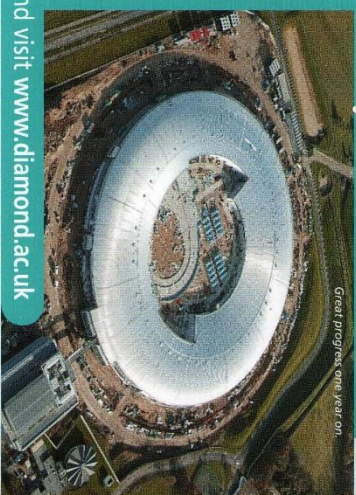
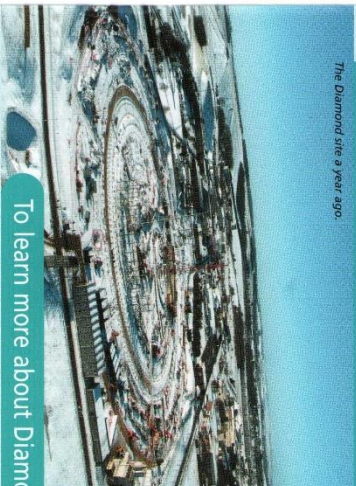
UKAEA Harwell staff in B220 held a coffee morning and raffle that raised over £425, boosted by Gift Aid. Organisers would like to thank everyone for their generosity including local businesses, like A&J Catering and the Milton Park Horse Inn at Milton Hill, who donated raffle prizes.

## SAFETY Update

There were two reportable events at Harwell since the last issue of Echo. A UKAEA member holed down a tank and a contractor hurt his knee during maintenance work. Both resulted in more than three days of work making the events reportable to the HSE under RIDDOR.

## What a difference a year makes!

To learn more about Diamond visit [www.diamond.ac.uk](http://www.diamond.ac.uk)



**W**hen you look at the formidable building that will house the new Diamond synchrotron, it is hard to believe that just over a year ago the site was a snowy scene in the early stages of above ground construction.

Cosmin and the other contractors on the project have been extremely busy. So busy that they have clocked up in excess of 1 million man-hours on Diamond so far. In addition,

huge amounts of construction materials have gone into the building. To be precise, 2,100 tonnes of steel has been erected, 35,000 m<sup>3</sup> of concrete has been poured on-site and 33,000 m<sup>2</sup> of roofing has been put up.

Alongside this major construction project, the Diamond office building has been completed and, thanks to a very efficient moving team, staff experienced a smooth move into Diamond House on 24 January 2005. The synchrotron building is on schedule to be completed this

autumn and, on the technical side, great progress is being made. In December a successful trial gender installation took place, paving the way for the magnets and vacuum vessels to come over from the technical building to the storage ring tunnel.

The storage ring is at the heart of Diamond. It is a doughnut-shaped vacuum chamber through which electrons hurtle at nearly the speed of light. As these electrons circle through specially designed magnets positioned around the ring, they lose energy, which emerges as beams of very bright, highly-focused light of different wavelengths. It is this light that scientists will use to drive their experiments.

The light beams will enable scientists and engineers to delve deep into the basic structure of matter and materials, leading to scientific breakthroughs in the fields of medicine, biotechnology, environmental and materials science.

When Diamond becomes operational early in 2007 it will offer state-of-the-art research methods and will attract users from the worldwide research community.

## Weigh-in challenge



(l-r) Glen Thistlethwaite, Necten fund-raiser, Jacque Berry, director of Necten, Keith Morris and Holly Goodall of Sobell House fundraising department.

**N**ecten, an environmental consultancy within AEA House Hospice as part of its tenth anniversary celebrations.

"We held a potentially career-limiting guess the weight of the management team competition," says Glen Thistlethwaite of Necten who thought up the challenge. "Staff were asked to name the combined weight of four senior managers, including our director, Dr Jacque Berry."

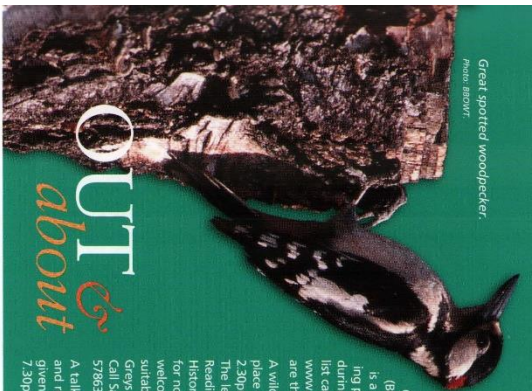
Through this and other efforts around £320 was raised for the hospice. The winner, Dr Alan Collins, received £100 of vouchers for his guess which was just 0.1kg away from the actual total.

Sir Michael Sobell House Hospice is the palliative care unit attached to the Oxford Cancer Centre at Churchill Hospital

which this year sees its 30th anniversary. It provides an essential and sensitively managed support and care unit for local cancer patients and their families and friends. The unit relies on donations to make up 40 per cent of its annual income.

There are some 400 volunteers who have diverse roles from reception staff to gardeners to fully trained bereavement counsellors. At present the charity is looking for more volunteers in the Didcot area and anyone who might be interested can call Sobell House on 01865 857007.





**Great spotted woodpecker.**  
Photo: ANDREW

## BBOWT outings

The Barks Birds & On Wildlife Trust (BBOWT) of which UKAEA is a sponsor, has a fascinating programme of events during coming months. A full list can be seen at [www.bbowt.org.uk](http://www.bbowt.org.uk) but here are three dates for March.

A wild daffodil walk takes place on Saturday 12 March, 2.30pm, at Henley on Thames. The leader is Sally Ranken of Reading & District Natural History Society. £2 is charged for non-members, dogs are welcome but this walk is not suitable for children. Meet at Greys Green (OS ref SU228830). Call Sally Ranken on 01491 578633 for more details.

A talk about curlew, otter and red hellgramite will be given on Tuesday 15 March, 7.30pm, at Wokerterre Village

hall by Nigel Phillips, head of reserves at BBOWT. Admission is £3 and donations will be made. Contact Dr A M McDonald on 01865 556651 for details.

A family walk dedicated to woodland birds will take place on Sunday 27 March from 10-11.30am at Warburton Reserve, near Henley on Thames. The pace will be gentle for this one-mile stroll and walkers are asked to bring binoculars. The walk is suitable for young children. Meet in the Warburton car park. Admission is £2 and booking is essential by calling Giles Alder on 01491 642001.

## Spring science

On Friday 11 March, 7pm, at Rutherford Appleton Laboratory a talk entitled 'The Wildlife Man' will be given by Barry Kaufmann-Wright. His interest in wildlife goes back to his childhood days on a farm in the Chilterns and he will be sharing his knowledge and enthusiasm for the natural world, especially birds. This free talk is suitable for all ages and 14 years old or over. Booking is essential by calling Ian Fairclough on 01225 445759 or email [ifairclough@ukaea.gov.uk](mailto:ifairclough@ukaea.gov.uk). The event is part of the Science for the City initiative organised by The Oxford Trust.

## Male voice choir

Wantage Male Voice Choir presents its annual concert at the Old Mill Hall on Saturday 19 March at 7pm with special guests The Brass Singers. Tickets cost £7 (65p concession) and are available from the Wantage Tourist Information Centre, Blets Cornhill, Pharos, Grove, Ox14 3JG during the day. 514953 during the day.

# Rescuing Sparky

Staff at Harwell see a sparrow hawk hovering over the site it might be 'Sparky'. Those who work for ISS got a closer look at the beautiful bird when the spent two days in the post room.

"He inadvertently flew in through the large double doors, probably while chasing some prey," recalls Phil Whitaker, facilities manager of ISS. "He stayed perched on the roof trusses near the transparent roof area. In the evening we switched off all the lights so he might fly out through the doors but no luck. Plenty of water was left around for him but we got more desperate after a couple of days and as the weekend approached."

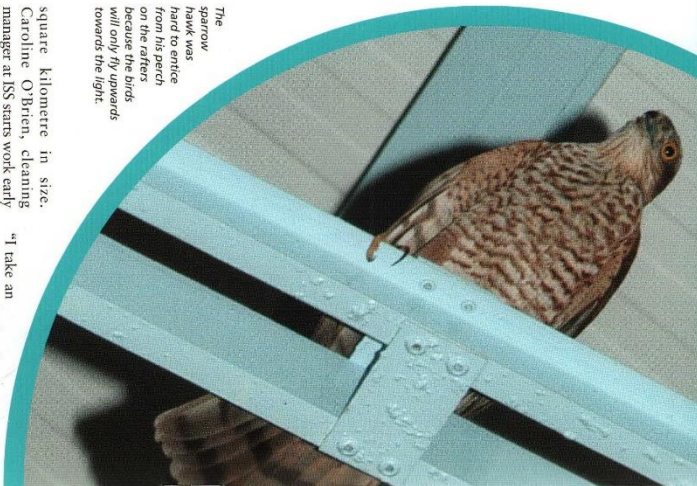
Phone calls were made to the RSPB, RSPCA and other organisations. Help was finally found through Terry Winkles, the wildlife charity, who contacted the British Trust for Ornithology. They alerted the chairman of the Oxfordshire Ornithological Society, George Canblin, who is also the county ringing co-ordinator. He had

been in Lincoln that day but promised to call into Harwell on his way home to Witney.

The plan was to set up nets blocking off the sides of the room and drive the bird down into some light mesh suspended in between. While preparations were being made the hawk decided to take flight and was soon tangled up in the netting. It sunk its long curved talons into Phil's finger and - like most birds of prey - wouldn't retract them.

Before release George was able to give him a quick check and found that he was a young male in excellent health, measuring 13" in height and weighing about half a kilo. As is customary for Oxfordshire's ornithological records the hawk was ringed and then set free.

The ordeal has terrified aged him from his territory which is usually about one



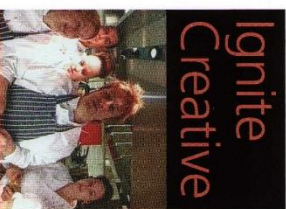
The sparrow hawk was hard to entice from his perch on the rafters because the birds will only fly upwards towards the light.

square kilometre in size. Caroline O'Brien, cleaning manager at ISS starts work early and has seen him on a number of occasions since in pursuit of blue tits, finches, sparrows and other small birds that make up his preferred diet.

"I take an interest in birds of prey and it was a great honour to see the sparrow hawk up close, even though it was a rather painful experience," says Phil.

# Origin of the avenues WHAT'S IN A NAME? PART II.

## Echo completes the story of the scientists who are honoured in Harwell's road names.



Ignite Creative has filmed Ignite Creative chair James Oliver

**Video production company, Ignite Creative, is a new tenant at Harwell Innovation Centre. Set up two years ago by founding partners, Mezza Mehraian and Steve Holdsworth, the head office is in Coventry with a new satellite office at Harwell.**

"I was concerned that people were paying a lot for corporate videos that often lacked in technical and narrative competence," comments Mezza. "Our sole aim is to provide a professional service without the high costs. We have in-house editing suites and production personnel and this cost saving is passed directly to our clients."

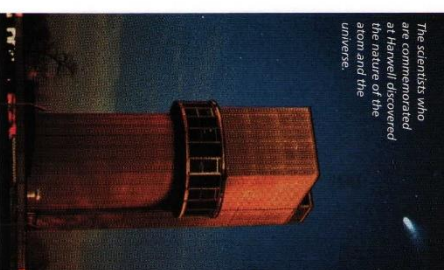
After working with Six TV, the BBC and other independent production companies, Mezza set up Ignite Creative to make good use of the training and skills he had gathered. The business specialises in videos for training, corporate communication, point of sale, exhibitions, webstreaming and promotions. Clients range from Tater magazine to Global Care, an organisation fundraising in Africa.

Of the nine avenues only one commemorates a woman - Marie Curie. Born in Warsaw in 1867 she married the French scientist Pierre Curie and their early research, in primitive conditions at the Sorbonne in 1897, led to her discovery of the radioactive elements, radium and polonium. For her work on radioactivity she won the Nobel Prize for Physics in 1903 with Becquerel; but in 1911 she won outright a second Nobel Prize; this time for chemistry.

Joseph John (JJ) Thomson discovered the electron in 1897 and heralded the new field of atomic physics. He was the first to suggest that an atom consisted of a sphere of positive matter surrounded by electron particles held in position by electrostatic forces. His ideas greatly influenced Ernest Rutherford, one of his students at the Cavendish Laboratory, who later determined the size of the nucleus. Thomson received the Nobel Prize for Physics in 1906 and was knighted.

James Clerk Maxwell was born in Edinburgh in 1831, later moving to Cambridge where he graduated as a mathematician in 1854. He showed that temperatures and heat transfer involved molecular movement and he predicted the true nature of Saturn's rings over a century before space probes confirmed this. He calculated that electromagnetic fields were propagated at the speed of light; but his greatest achievement was to develop the four 'Maxwell Equations' to describe Faraday's electromagnetism.

John Dalton, British chemist and physicist, developed the atomic theory of matter. His meticulous observations on the behaviour of the atmosphere and meteorology explained how the 'Northern Lights' were affected by the earth's magnetic field. He postulated chemical laws governing the behaviour of gases and in 1803 was the first to assemble a Table of Elements. His masterpiece described all elements as being composed of



The scientists who are commemorated at Harwell discovered the nature of the atom and the universe.

tiny indivisible atoms. Wilhelm Conrad Roentgen was born in Germany in 1845 and subsequently occupied the Chair in Physics at Leipzig. Following his early work on crystals and polarised light he experimented with electrical currents in gases at low pressure. He discovered an entirely new

phenomenon, which he called X-rays. He showed that photographic plates could capture images of the human hand so producing the world's first medical X-ray. A roll-call of scientists who have changed our understanding of the world are honoured in the names of Harwell's avenues.



## NRPB training 2005

NRPB has organised two non-ionising radiation (NIR) training courses for the first half of 2005, to be held at its Chilton headquarters.

The first is entitled Non-ionising Radiation Awareness (23 March 2005) which gives an overview of the nature of NIR, the effects of exposure and a discussion of sources typically found in industry and research. NIR includes electric and magnetic fields, radiofrequency and microwave radiation, as well as optical radiation, whether ultraviolet, visible and infra-red.

The second, called Radiofrequency Safety Awareness (8 June 2005), provides a basic understanding

of the hazards associated with radiofrequency (RF) sources such as telecommunications antennas and microwave link dishes. It covers recent proposals for changes in UK and European exposure guidelines and legislation. In addition to current mobile telephone research, practical guidance will be given on exposure and risk management, procedures for safe working practices and emergency arrangements. This course is designed for those working near a source of RF exposure.

Further information on these courses can be found on the NRPB website at [www.nrpb.org](http://www.nrpb.org). To book a place call 01235 822701 or email [training@nrpb.org](mailto:training@nrpb.org).





## Comic Relief fun run

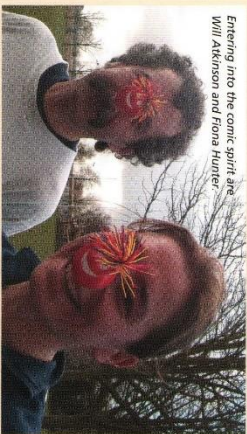
On Red Nose Day, Friday 11 March, Harwell Running Club will stage a fun run in aid of Comic Relief.

The 5km course will be run on a mixture of grass and tarmac. Anyone wishing to take part should register by 12.25pm at the rugby pavilion just south of Harwell main gate. The 12.30pm start is located next to the Diamond / Gemini roundabout. A minimum £5 donation is requested with all funds going directly to Comic Relief.

This year's Red Nose Day theme is 'Big hair and beyond - just do something, so have fun with some wacky ideas. Why not wear a wig, shave your head for speed or give yourself some go-faster stripes?

Courtesy of Harwell rec. soc. changing and showering facilities are available in the cricket pavilion for men and in the rugby pavilion for women. More details and an entry form are on the running club's website [www.gocriccs.com/harwell](http://www.gocriccs.com/harwell), runner.

Entering into the comic spirit are Will Atkinson and Fiona Hunter



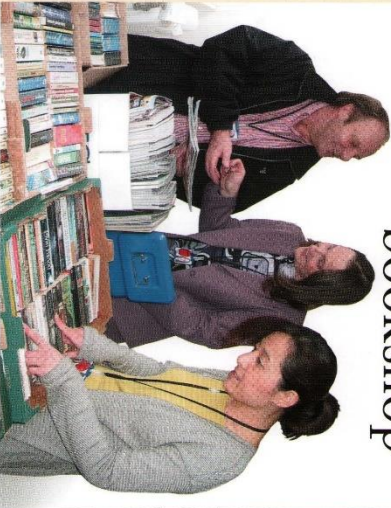
## Cricket is coming

With England victorious in the Test series over the South Africans and the days gradually lengthening, thoughts may be turning to cricket. What better time to offer your services to Harwell International Cricket Club? The site has some of the best facilities in the area and the club runs teams on Saturdays, Sundays and Wednesday evenings with games for players of all standards.

On Saturdays the club competes in division 3 of the Oxfordshire Cricket Association and on Wednesdays in the Berkshire Downs League. Sunday games are friendlies against local village teams. Although the club takes its cricket seriously, the main priority is enjoyment of the game. Every effort is made to welcome new players and ensure they get a good opportunity to bat or bowl.

Winter nets are about to start so there is an opportunity to hone your skills before the season begins. If you are interested in playing please contact the club secretary, Penny Oliver ([penny.oliver@ukden.org.uk](mailto:penny.oliver@ukden.org.uk)) or Rick Tanner ([rick.tanner@onph.org](mailto:rick.tanner@onph.org)) or 01235 8227271.

## Culham charity bookshop



New to the Culham site is the Culham Sports and Social Association (CSSA) the bookshop is held on the first Wednesday of every month from 12.15 - 1.15pm in the social club building.

Donated books, CDs, DVDs, records, cassettes, videos and magazines are sold in aid of charity and any that do not sell after a few months are donated to local charity shops. To ensure a good stock of new titles, donated items are most welcome and can be given to the staff who run the shop, namely Linda McWhirter, Julie Forrest, Linda Kutsuma and Vicki Hillier. If there is sufficient demand the shop will open more frequently.

The bookshop is just one initiative from the new CSSA which came into being last September following the Culham Recreational Society AGM. At that meeting a new name and logo was unanimously approved and existing members will receive new membership cards shortly.

The CSSA committee is now proposing a range of activities for the coming year. These include trips to concerts, shows and the theatre, summer cricket and an inter-tenant tag-of-war competition. Serving the membership is the committee's principal aim so, if anyone has any comments or ideas for events, please contact chairman Malcolm Kear at [malcolm.kear@culham.ac.uk](mailto:malcolm.kear@culham.ac.uk) or telephone C4688, 01235 464688.

## Calling volunteers

James Weir, who is a retired member of UKAEA and has a lot of spare time to help those in need, is looking for volunteers to assist those in the community who are less able to own a car and have a clean driving licence. He is currently looking for 816/679 on weekdays between 10am and 12noon.

Volunteers are also desperately needed by Harwell charity, Against Breast Cancer, to input data on a Monday, Tuesday or Friday at its fundraising office, B363 Curie Avenue, Harwell Business Centre. Anyone interested should contact Louise on 0830 7744886.

Advertisements on this page are free to all staff at Culham, Harwell, JET, MRC, NRRB and RAL. Please submit your ad (30 words maximum) to the editor, Valerie Judd, by e-mail: [vrj@globalnet.co.uk](mailto:vrj@globalnet.co.uk) or by fax: 01865 331154. They can also be sent to Nick Hanns, UKAEA, B5211, Harwell, Didcot, Oxon OX11 0BA. For next copy deadline see back page.

All ads, apart from holiday accommodation, will be run for one month. Please re-submit any ads to be repeated. Telephone prefixes are: C Culham, H Harwell, J JET, M MRC, N NRRB, and R Rutherford Appleton Laboratory.

### FOR SALE

**FOOTBALL BOOTS**, size 10, plus shin pads, age £10. England cricket shirt, large, blue with black sleeves and side panels. £10.00. **PIZZA STATION ONE** GAMES £13. £1 each or all for £10. Original low game Boy, plus 8 games, £20. Sega Dream Cast games console, two controls and five games, £30. Sharp mini disc player only used six times, £250. Contact Mrs C B 01491

**RIO ELECTRIC MOBILITY SCOOTER**, Colour neutral hornpink, £290 ono. plus 2 sets of the Forster family, ideal for new collector or to add to a collection. Use available. Prices £1-£25, offers contact [etbnp.org](mailto:etbnp.org)

**WELSH COB WARE**, 4x2, polonino, needs new home. Mid-weeks, not riding for 2 years but suitable for light hacking or as a companion. Not a Bob. Moorhouse, who all worked at Harwell, are part of the Didcot Volunteer Centre, based at the Methodist church in Merland Road. More volunteers are wanted to help needy people with everyday shopping, or transport to hospital, health or day centres. Many volunteers are retired and looking for a way to use their spare time to assist those in the community who are less able to own a car and have a clean driving licence. Call Vicky on 01235 464688.

### WANTED

**DAILY LIFT REQUIRED**, I am seeking a regular lift from South Abingdon and 3149 Harwell. Can be given to contribute towards costs. Urgent. Contact: [01235 464688](mailto:01235 464688)

**GOOD HOME URGENTLY NEEDED** for 3 bedrooms, 2 bathrooms, 1 year old, egg per week. Approx. 1 year old. Must have water for swimming, be secured away at night and be treated as pets. Ring 01235 464688 or 07931 001

### MOTORS

**LAND ROVER FREELANDER**, 18XEi Station Wagon, 5dr, 1998, 47k miles, air-con, sun roof, full service history, 100000 miles, 5 months MOT/17tax, £4800, 01235

**MONTEGO 2.0 Diesel** Exams, M reg, Taxed, no MOT, £75 ono, 01235

**ACCOMMODATION** B&B, Letchmore Rogie, Large twin bedroom, own private bathroom, Breakfast optional, from £25 per person per night, 01235

**CHAUDRONI**, £800 plus 3 months of Newbury, in superb decorative order. For full information visit <http://www.letac.co.uk> or phone 01235 464688

**CHILTON**, independent, spacious old bedroom with ensuite bathroom. Private parking, TV, breakfast making facility, longshort let, breakfast/evening meals, linen and cleaning included.

**DIDCOT**, modern 2 bed house, Liddgrove Estate, Large lounge/diner, kitchen, bathroom (with shower), double and single bedrooms, garden and parking. Available April 2005 or exclusive (unfurnished) Ring 01235 464688 for more details.

**DIDCOT**, good size single room in recently refurbished shared house with all mod cons. Would suit professional person, or 01235

**DIDCOT**, furnished room, would suit clean non-smoking professional. Share dining/gisting room, bathroom, small private garden, three bedrooms, £350 per month plus bills. Call Vicky on 01235 464688 or 07776 001

**WOODSTOCK**, 4 bed detached house with garden, conservatory, garage and off road parking. Part furnished or unfurnished, available April 2005. Phone 01235 464688

**HOLIDAY ACCOMMODATION** SW FRANCE, converted barn, sleeps 6. Quietly located, river with stunning views, swimming pool, tennis, all except phone calls. Call Vicky on 01235 464688

**PARITY260**, for all your party needs, whether children's or adult parties/bornages. We also supply party balloons. Prices set against our website at [www.party260.co.uk](http://www.party260.co.uk)

**TAI CHI**, learn the ancient art of Tai Chi. The ultimate in relaxation. Class on Wednesdays from 12.15 - 1.15pm at Oak Ridge Hall. For details of other classes contact 01235 464688

**HOME-SCHOOL TUTORING**, Covering the whole of Oxfordshire. Tutors available for all subject/levels/ages. New tutors always welcome. Tel: 01235 464688 or [www.homeschooltutoring.co.uk](http://www.homeschooltutoring.co.uk)

**BEAUTIFUL FLOWERS** for your wedding day to suit your own individual taste and budget, designed by a professionally qualified florist. Contact Cathy on 01367

**COMPUTER TRAINING**, all levels of Word, Excel, Access, PowerPoint & Frontpage in fully-equipped Vantage Training Centre, 01235 464688 or [enquiries@vantage260.com](mailto:enquiries@vantage260.com)

**MISCELLANEOUS** ARBINGDON KIDSON STUDY CENTRE for after-school English and maths. Tuesday and Friday afternoons at Christchurch, Northcourt Road, Ages 4-18. Tutor help, storybooks and Oxford University resources and Oxford mountains views. Shared pool. [www.kidson.co.uk](http://www.kidson.co.uk) or 01865

town 5 miles away, 01865 or e-mail [enquiries@vantage260.com](mailto:enquiries@vantage260.com)

**TEHRIFE**, superb seafront townhouse, sleeps 4. Quiet area, close to shops, restaurants and Blue Flag beach. Large and bright. Shared pool. Shared pool. [www.kidson.co.uk](http://www.kidson.co.uk) or 01865

**FEELING FIT**, Anyone searching for the motivation to get fit should be inspired by UKAEA's Helen Gilmore. Since last July she has gradually built up her gym workouts. Six months ago she was using up 250 calories each session and now she burns off around 1000 calories a time. Even with her fondness for red wine, she has lost the double chin and well over a stone in weight, as well as feeling much healthier with more energy. Helen has the help of a personal trainer at her gym and often this is the difference between success



Helen at the Park Club with trainer Sam

and failure. Her message is "Come on guys, don't sit on those exercise bikes at Level 1 reading a magazine, is that really what you're paying your subscriptions for? Talk to the team on the gym floor, get yourself a programme and some inspiration."