### **NOTICES & ADVERTS**

## Learning to Illustrate: The Ancient Danube Valley Workshop with Su Goddard

Fri 20 Aug, 11am - 3pm Cost: £35.00 (all materials included) Booking essential

In discovering a Lost World of Old Europe (5000-3500 B.C.) our expert on Prehistoric Art Su Goddard offers you a day of learning to illustrate ancient artefacts using the 250 artfacts in the Danube exhibition as examples.



Some drawing experience is preferred but not essential. Online payment & booking required or telephone 01865 278015 www.ashmolean.org/exhibitions/events

# Vacancy for Clerk to Appleton with Eaton Parish Council

From mid-August 2010. 30 hours per month. Full details are on the Parish website: www.appletonwitheaton.org.uk

# DIABETES - DO YOU KNOW WHAT TO LOOK FOR?

There are currently over 2.6 million people with diabetes in the UK and up to half a million people who have the condition but don't know it according to Diabetes UK. NHS Oxfordshire wants to raise awareness of the condition.

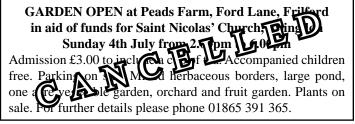
The main symptoms of undiagnosed diabetes include extreme tiredness, increased thirst, blurred vision, passing urine frequently (especially at night), and regular episodes of thrush.

In Type 1 diabetes the signs and symptoms will usually be very obvious, developing quickly. In people with Type 2 diabetes the signs and symptoms will not be so obvious or even non-existent in people with Type 2 diabetes. If you're older you may put the symptoms down to 'getting on a bit'.

The key is taking early action, so if any of these symptoms apply to you ask your GP for a diabetes test. In both types of diabetes, the symptoms are quickly relieved once the diabetes is treated. Early treatment will also reduce the chances of developing serious health problems in the future.

Katie Seal, Community Diabetes Nurse Specialist, said: "If you or someone you know has recently been diagnosed with type 2 diabetes there is support available, such as the diabetes2gether course, to help understand, live with and effectively manage the condition."

To find out more about diabetes2gether go to: www.oxfordshirepct.nhs.uk/your-health/



# THE RED QUEEN, SNARKS AND MAD HATTERS OXFORD'S ALICE'S DAY SATURDAY 10 JULY 2010 A surreal Snark Hunt in Oxford University's Botanic Gardens, a children's tea party in Christ Church Cathedral, and a Jabberwocky

celebration are just a few of the new events planned for this year's Alice's Day in Oxford on Saturday July 10.

The full programme is now available online at www.storymuseum. org/alice and also features some new locations: families can see the Red Queen and playing-card sentries perform in Oxford Castle's Market Square, and Wonderland Illusions at Science Oxford. Families are invited to come in fancy dress and bring a picnic. Most events are free.

www.storymuseum.org/alice

#### An Experiment with an Air Pump by Shelagh Stephenson

This play is unsuitable for under 16s.



Unicorn Theatre, Abingdon Wednesday 14th - Saturday 17th of Abingdon Drama Club July at | 7:30pm

Tickets: £8 (Conc. £7) from The Bookstore, Abingdon Precinct. See website for more booking details: www.abingdon-drama-club.com

## BBOWT Berkshire, Buckinghamshire and Oxfordshire Wildlife Trust BEES IN YOUR GARDEN

A talk on wild bees by Ivan Wright of Shotover Wildlife with some examples for closer inspection Upper Hall The Methodist Church High Street Witney OX28 6HG Saturday 3 July 10.30 am - 12.30 pm Admission free (donations welcome) Contact: Shirley 01865 371297 shirley88jarvis@googlemail.com

ISIS Chamber Orchestra Classical music for a Summer Evening with orchestra & Helen Maxey soprano. All Saints' Church Marcham



8pm, Sat. 3rd July 2010 Wine and refreshments available

Tickets: £10 (£8 Concessions), available on the door or in advance from Manor Farm, Marcham or Neil on 01235 820874.

All proceeds from this concert will go towards the Moldova Lifeline, Send a Cow and Vila Maninga projects. www.isischamberorchestra.org.uk



