

Summer in Oxfordshire

Activities, events and information from
Oxfordshire County Council to help you
make the most of summer.



Oxfordshire County Council is making it easy for you and others in your community to make the most of the summer. Packed with exhibitions and events, holiday essentials, and practical advice on how to stay healthy and safe, we hope this supplement helps you and your family and friends enjoy the season.



YourOxfordshire

Get the latest news direct to your inbox every month.



YourOxfordshire is Oxfordshire County Council's monthly eNewsletter, full of great ideas for things to do across the county, as well as important updates on roadworks and travel to keep you moving.

Sign up at www.oxfordshire.gov.uk/youxfordshire

At your fingertips



You can choose how to stay up-to-date with news and events from Oxfordshire County Council.

- Visit www.oxfordshire.gov.uk/summer for useful information
- Follow us on Twitter and Instagram: [@OxfordshireCC](https://www.instagram.com/OxfordshireCC)
- Like our Facebook page



Make a difference in Oxfordshire – volunteer.



Search www.do-it.org

Entertaining ideas

Whether you have time off, children to entertain or just want to make the most of the longer evenings, there are lots of activities and events across the county for you and your family and friends to enjoy. For listings, visit www.oxfordshire.gov.uk/summer.

Exhibitions

Treasure from Trash: The Oxfordshire Museum, 21 July – 1 November

See your rubbish in a new light. Discover how to turn items once destined for the bin, into sustainable, useful, and even beautiful objects.

Summer Nights: The Oxfordshire Museum, Woodstock, and Soldiers of Oxfordshire Museum

For the whole of August, the two museums and café will be open until 8pm, every Wednesday evening. Make the most of the long, light evenings and enjoy the museum garden which will also be open.

Visit www.oxfordshire.gov.uk/oxfordshiremuseum for more information and details of full programme of family activities.



Libraries

Summer Reading Challenges: 11 July – 12 September

Take part in the summer reading challenges with your local library.

Children can pick six books to read and collect rewards along the way. There will also be story times and fun activities in many libraries.

Adults can submit reviews and recommendations, and set personal challenges.



There will be author talks by local author Clare Mackintosh and "Great British Book Off" events.

Holiday read

Pick up your perfect holiday read from one of Oxfordshire's libraries. As well as hardcopies, they offer hundreds of popular eBooks and eAudio books. Perfect for travelling light on holiday.

You can even brush up on your language skills before you go abroad with one of their language courses.

For information, visit www.oxfordshire.gov.uk/libraries

Music

The Mill Arts Centre

Throughout the summer, The Mill Arts Centre, Banbury, will have different exhibitions running, showcasing work from local artists, as well as live music, theatre and film. You can also take part in classes and workshops, or just enjoy lunch at the café.

Visit www.themillartscentre.co.uk for details.



Outdoor Oxfordshire

Walks and rides

We've got lots of suggestions on walks and rides across the county, for all abilities.

Visit www.oxfordshire.gov.uk/walksandrides for inspiration.

Hill End

Get close to nature and enjoy the beautiful surroundings - Hill End's summer calendar is packed with events for all ages. Discover what's on by visiting www.hillend-oec.co.uk



Explore Oxfordshire

Oxfordshire
Travel Choices



Plan ahead to avoid delays and find the best way to travel.

www.oxfordshire.gov.uk/travelchoices



Experience what Oxfordshire has to offer this summer!



SUMMER IN OXFORDSHIRE

Go punting on the River Cherwell or cycling in the countryside, have a picnic with the rhinos at the Cotswold Wildlife Park, visit Buscot Park, Millets Farm, Broughton Castle or the gardens in Oxfordshire with the family or enjoy an evening of Shakespeare at the Oxford Castle, just to name a few.



For more information, please visit our website
www.visitoxfordandoxfordshire.com or email
info@experienceoxfordshire.org

Summer essentials

These helpful summer checklists from our public health team and Oxfordshire Fire and Rescue Service will help you and your family to stay safe.

Trip tips

If you're going abroad this summer, prepare for your trip four to six weeks before you go. For up-to-date health advice for the country you're travelling to, use the National Travel Health Network and Centre's interactive world map on its website.

- You may need travel vaccines or, if diseases such as malaria are a risk, you may need to start protecting yourself well in advance. Visit the NHS website to find out.
- Make sure you also check the latest travel safety updates with the Foreign & Commonwealth Office. Visit www.gov.uk/browse/abroad

- Wherever you're going on holiday, prepare a kit of travel health essentials:

- ✓ antiseptic
- ✓ sunscreen (use at least SPF 15, and UVA star rating of 4-5)
- ✓ after sun lotion
- ✓ insect repellent
- ✓ antihistamines
- ✓ anti-diarrhoea pills
- ✓ first aid kit



- If you're travelling in the developing world, also take:

- ✓ rehydration sachets
- ✓ mosquito net
- ✓ anti-malarial drugs
- ✓ emergency medical supplies



Barbecue Pro

A British summer isn't complete without a barbecue.

Before you start sizzling away, take a look at our tips for staying safe whilst having fun with family and friends.



- Place barbecues away from fences, trees or sheds and make sure they are standing on a flat surface. Only use recognised barbecue fire lighters or liquid on cold coals and never use petrol or paraffin to start or re-ignite your barbecue.

- Make sure you keep children, pets and garden games away from the cooking area and never leave a lit barbecue unattended or try moving one.
- After you have finished cooking, leave the barbecue to cool down and check that the fire is completely out. Make sure the ashes are cold before disposing of them. Hot ashes can melt the plastic of a wheelie bin and cause a fire.
- A warm smouldering barbecue will give off plenty of poisonous carbon monoxide. In an enclosed space this can build up to dangerous levels very quickly. Never use a barbecue indoors or inside a tent.

Country-wise

Spending time in the countryside is a great way to enjoy the sunshine. While you're out and about, please take extra care to help prevent fire from destroying our countryside.

A cigarette end thrown from a car or train, or perhaps a bottle left behind after a picnic

could start a blaze which destroys acres of fields, woodland, crops or undergrowth and with them the habitat of local wildlife.

If you see a fire in the countryside, leave the area as quickly as possible and report it to the Fire and Rescue Service immediately.



Think twice

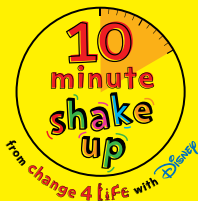
During sunny weather, you may enjoy a lazy afternoon barbecue or drinks in a pub garden, where there may be a temptation to have 'just one more'. But even a very small amount of alcohol can affect your ability to drive safely so please don't drink and drive.

- Encourage drivers to have a soft drink or mocktail instead. Any drink recipe can be modified to be a mocktail by simply leaving the alcohol out.

Check out our Pinterest board for recipe ideas – <https://uk.pinterest.com/OxfordshireCC/>



- Be aware of the morning after. You can still be over the drink drive limit the morning after, even if you feel fine. Drinking coffee, sleeping, or having a shower doesn't work. Time is the only way to get alcohol out of your system.



move more, every day with Disney

The 10 Minute Shake Up is an annual Public Health England campaign designed to inspire children to get active over the summer. This year they have teamed up with Disney so children can shake it up with their favourite Disney team – choosing from Frozen, Toy Story, Monsters or Big Hero 6.

Children who sign up to the campaign will receive a free pack containing a wristband with timer, activity cards, wild cards for them to invent their own Shake Ups, and a team poster with stickers.

Every summer, the council supports the 10 Minute Shake Up with its Eat Well, Move More campaign. This year, we're working with the Oxfordshire Fire and Rescue Service to encourage more people than ever to get moving and complete their 10 Minute Shake Ups every day. Right now the detail of that is a secret – but keep an eye out on the county council and Oxfordshire Fire and Rescue Service's social media channels for something we think you'll love! We are also attending Play Days and you can come and meet the team at Bicester on 6 August and in Wallingford on 12 August.

www.nhs.uk/10-minute-shake-up

