



Health

The occasional headache is something most of us experience from time to time, but for others headache and migraine can impact daily life. There are many types and many causes so identifying the root can be tricky.

One of the very first things to consider is water intake. Dehydration alone can make you feel unwell, nauseous and tired. If you are drinking plenty of water then, excluding things you are eating, drinking is next. The main culprits are Caffeine, Chocolate, Red Wine, Citrus Fruits, and also Tomato. By removing these from the diet many find their headaches go completely. However something to be mindful of is the content of many over-the-counter and prescription pain killers that include Caffeine – it helps get rid of one headache but causes the next.

Having your eyes tested is important; wearing the wrong lenses or needing spectacles may be a cause. A regular change of focus is helpful if you are working on a computer all day; keep a mirror by your screen and focus on a distant object occasionally.

Taking a combination of Calcium and Magnesium before bed may help.

Sheila Partridge

Dip Nutritional Medicine

www.sheilapartridge.com

Who's Who?

Leanne Judd - paramedic



Leanne has been an enthusiastic volunteer and resident in the new village of Lakeview, Wixams since moving in as one of the first residents in 2009.

In the brand new community she helped found Wixams Neighbourhood Watch and organised the first regular litter picks to inspire residents to care for their community. The Litter Picks have encouraged children to care for the environment, enabled new neighbours to meet each other, and helped residents to take pride in their new community. In 2014 she was given 'Highly Commended' at the Pride in Bedfordshire awards.

A key part of Leanne's contribution to the community is her voluntary work with the St John Ambulance. She teaches first aid and attends events as part of the St John Ambulance team. Recently Leanne was on hand to demonstrate how the newly installed Wixams defibrillator can be used to save lives.

Leanne is married to Jon, is busy looking after two toddlers and also works part time as a paramedic with East of England Ambulance NHS trust.

Thank you Leanne for being a friendly and helpful neighbour. For information on St John Ambulance see www.sja.org.uk

The men said to them, "Why do you look for the living among the dead?"



"He is not here; HE HAS RISEN!"

Luke 24 : 5 - 6

Easter Day Celebration & Breakfast
Sunday 16th April, 9 am - 12 pm
Join us to celebrate our 4th birthday and the Easter joy with breakfast served from 9 am & lots of fun for all the family



Messy Church
Thursday 20th April & 18th May
3:30 - 5:30 pm: Messy Church
a way of being Church for families, involving fun, Bible Stories & a family meal together

For more info...

www.wixamschurch.org.uk

e-mail: hello@wixamschurch.org.uk

Tel: 01234 348091

f : [facebook.com/WixamsChurch](https://www.facebook.com/WixamsChurch)

t : @WixamsChurch

For God so loved the world that He only gave His Son so that everyone who believes in Him may have eternal life. Jesus Christ, the Word of Life, who was with the Father and who became flesh and dwelt among us, full of grace and truth. John 1:1-14



Councillor GRAEME COOMBES

Reporting to Wixams - April 2017

Parking outside Lakeview School, Wixams

Many residents have been in touch regarding parking outside Lakeview School. There is already a no parking zone in place immediately in front of the school, however this is badly signposted and regularly ignored by people parking outside the school in clear breach of the restrictions. The result is that parents and children are having to cross the road between parked cars, making it less safe and more likely that an accident will happen.

I have witnessed drivers contravening the restrictions a number of times and have called in parking enforcement officers to advise them to move on and issue tickets if necessary. None of this seems to have had any great effect, as the next day the problem repeats itself as drivers return.

So, I recently arranged to meet someone from Bedford Borough Council's Highways Team outside Lakeview School, along with representatives of the school and Wixams Parish Council, so that he could see the problem for himself. We requested that yellow lines be painted outside the school in order to make clearer that this is a no-parking zone. This would also allow the Borough's parking enforcement vehicle to drive past and catch on camera anyone parking illegally.

In addition, Wixams Parish Council is considering an additional CCTV camera, to be situated to view the area immediately outside the school where the parking problems occur and this should also help with enforcement.

It's sad that we have to go to these lengths just because some people refuse to abide by the parking regulations, but if this is what it takes to make parents and children safer, then it has to be done.

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