



## Health

The holiday season is here, parties and fun times, but what about your tummy? Too many people turn Merry Xmas into Merry Excess - so many temptations, so some tips to avoid bloating and indigestion, apart from the obvious of eat less!

Bloating and discomfort comes from your digestive system struggling to break down too much of the same type of food, so eat smaller portions of proteins, meat, fish for example, and starches such as pastries cakes and potatoes. Include more vegetables: broccoli, sweet potatoes, courgettes. Fruits, including blueberries, blackberries also yogurt can help reduce inflammation. Reduce your helping of table salt and replace it with pink salt; we do need salt in our diet but the right type.

Digestive enzymes before a meal should have several types of enzymes and include ginger and cardamom. If acid burn is the problem consider getting HCL Betaine from the health shop. Often we have too little acid in the stomach before we eat and the burn is the production of acid after the meal to break down food.

Chewing well will also help.....Enjoy!

Sheila Partridge

Dip Nutritional Medicine

## Who's Who?

### 1st Haynes and Wilstead Scout Group



1st Haynes and Wilstead Scout Group are a local group offering fun, adventure and friendship for boys and girls aged from 6 to young adult. We run activities where our members can experience the outdoors; interact with others, gain confidence and have the opportunity to reach their full potential.

Although based in Wilstead we have many members from Wixams as well as leaders, including Beverly Ramkomar and Angela Hillier, who have both helped us set up the new addition to the Scout Group which is our Beaver Colony for 6 to 8 year olds, this runs on a Monday night between 5.30 and 6.30.

We are always looking for more help and this doesn't have to be every week. What we really like to do is have guests come along for an evening and share their skills and hobbies with the group; the Beavers, Cubs and Scouts love it when someone new comes down to teach them something different or give them a new activity to try. If you would like more information, can help or have any questions please email me, Chris Demott (Akela) at

[1sthaynesandwilsteadcubs@gmail.com](mailto:1sthaynesandwilsteadcubs@gmail.com)



*Bringing a spiritual heart to our community.*

#### Sunday services

11.00am weekly - meeting for coffee from 10.30

A mix of worship and teaching as we explore the Christian faith together

#### Messy Church

3rd Thursday monthly — 3.30 - 5.30 pm

A new approach to church, based around art & craft and fun activities for all the family.

Each session finishes with a meal together.

#### Mums and Toddlers

Fridays 10.30—12 noon

A chance for pre-school children and parents and carers to meet and enjoy time together.

All activities take place at Lakeview Village Hall

For more information about who we are and what we do, please see our web site: [www.wixamschurch.org.uk](http://www.wixamschurch.org.uk)

or Telephone Tim Jackson (01234) 743413



**Councillor GRAEME COOMBES**

Reporting to Wixams - December 2015

#### Wixams Station – Latest Developments

Representatives from Gallagher and Network Rail recently appeared before a Council committee to answer questions about Wixams station. Questions covering planning consent, finance and technical aspects of the project were put to them in advance, so they could provide more detailed answers at the meeting. In addition, Councillors followed up with a number of supplementary questions and comments, around the answers given. From the meeting, the following important details emerged:

- The cost of the station is now estimated to be £25m, whilst original estimates by consultants had put the price at only £13m.
- There is therefore a £12m 'funding gap', being the difference between what Gallagher originally agreed to provide and the escalating costs of the station scheme.
- Gallagher confirmed their previous £13m commitment still stands, but that they are not prepared to fund any of the additional £12m. They would however be willing to enter into discussion with the Borough Council on other financial commitments given, to see if there is scope to divert anything towards the station project instead.
- Network Rail's status changed during the last 12 months from a private to public company, meaning they can no longer provide finance to cover any shortfall.
- National financial schemes are limited and are exhausted, however Government may have to be approached, arguing that Wixams station is a special case.
- Another source of finance might be available if local Councils were to consider a levy on other development schemes in the area.

The task now is for Gallagher, Network Rail, Bedford Borough and Central Bedfordshire Councils to work together ...*Cont on p4*