

# Reported crime

## Crimes reported in Wixams November

**08/11/2016 06:50** Brooklands Avenue, theft of motor vehicle

**13/11/2016 23:15** Brooklands Avenue, common assault

**19/11/2016 11:00** Linnet Lane, public order - cause intentional harassment, alarm or distress

**24/11/2016 17:30** Kenneth Way, theft

The crime report is provided by Bedfordshire Police with volunteer help from Bedford & District Neighbourhood Watch

## Wixams News

Thank you again to all our advertisers and contributors. **Sheila** has been making a big contribution to the health of Wixams residents since we started in 2015. See her latest column on drinking water on this page.



### Christmas Competition for children

From **17th December** there

will be **22 reindeers** in different places around Wixams. Collect the letters and work out the words from the first line in a well known Christmas Carol. Collect the numbers, add them up and give the total.



**First four correct answers** delivered to 47 Green Lane will get a Cadbury's Selection Box from Wixams Sunday Club. For ages 4-14yrs. One box per household. Results announced on [wixams.org.uk/sundayclub](http://wixams.org.uk/sundayclub).

And as the angels said "on earth peace, good will toward men"  
(Gospel of Luke 2 v14)

Alan



### 999 - Emergency

where there is a risk of:

- personal injury
- loss of life
- crime in action

### 101 - Call Handling

- Crime in action where there is not a risk of personal injury
- Suspicious incidents

Put this number on your mobile

For further information on **Wixams Neighbourhood Watch** see [www.wixams.org.uk/wnw](http://www.wixams.org.uk/wnw), facebook, or email Alan at [wnw@wixams.org.uk](mailto:wnw@wixams.org.uk)

**Bedford & District Neighbourhood Watch** - [bedfordnhw.ourwatch.org.uk](http://bedfordnhw.ourwatch.org.uk)

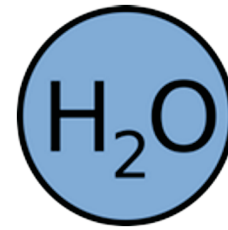
All non-emergency calls to **Bedfordshire Police** should be done via **101**, whether reporting an incident or trying to contact anyone within a local policing team. Additional contact methods can be found at [www.bedfordshire.police.uk/contact.aspx](http://www.bedfordshire.police.uk/contact.aspx) See also [www.police.uk](http://www.police.uk)

**Crimestoppers - 0800 555 111**  
[crimestoppers-uk.org](http://crimestoppers-uk.org)

The aim of Wixams Neighbourhood Watch (WNW) is to help develop safer local communities and improve the quality of life. Members of WNW deliver the Wixams News in Wixams.

**Wixams News deadline Friday 30 December** for any copy, news adverts or changes to existing adverts. Contact [wnw@wixams.org.uk](mailto:wnw@wixams.org.uk) 47 Green Lane, Wixams, Bedford MK42 6DA  
[www.wixams.org.uk/wnw](http://www.wixams.org.uk/wnw)  
The next Wixams News will be published mid January.

## Health



WATER ...

Funny how it's easy to drink a bottle of wine but a struggle to drink a bottle of water. Clients groan when the issue of drinking straight forward water comes up, but there is no getting away from it our bodies need water. Caffeine and alcohol increase the requirements of water as they cause dehydration. Symptoms and signs that you are not drinking enough include tiredness, constipation, headaches, palpitations, brain fog confusion and swollen tongue.

You also need water to flush through toxins from the body, so it's worth making the effort. The large 1.5 litre bottles can be off putting but aiming for 500ml three times a day is really quite easy. It is better not to add squash as it is sugar laden or worse 'sugar free...meaning chemical substitute'. Still water rather than fizzy and avoid keeping bottles in sunlight or warm cars for any length of time - some plastics contain hormone disrupters that can leach into the water.

The benefits you may notice once you get rehydrated are clearer skin, more energy, improved mood and even weight loss.....so enjoy the Christmas and New Year but don't forget your health tipples.

Sheila Partridge  
Dip Nutritional Medicine  
[www.sheilapartridge.com](http://www.sheilapartridge.com)

### Wixams Parish Council cont.

#### Orange Recycling Bags – Free!

With the likelihood of extra recycling due to Christmas, BBC is once again supplying free additional orange bags to anyone who needs them. These will be available to pick up from Tuesday, 6th December at: 16 Swan Road. Please take as many as you need.

**Monday, 19th December**  
**7:00pm**  
**Discussion of Village 4**  
**at next**  
**Parish Council meeting**

#### Next Parish Council Meeting

The next meeting will be on Monday, 19th December 2016 from the earlier time of 7:00pm at Lakeview Village Hall in the Munson room - residents are very welcome – we even provide refreshments! Look out for our agenda for the next Parish Council meeting which will always be published on our website at least 3 working days before each meeting. You can also view past minutes and find out who your Councillors are, how you can contact them and what they look like! Our website is:

[www.wixamsparishcouncil.bedsparishes.gov.uk](http://www.wixamsparishcouncil.bedsparishes.gov.uk) (or just Google 'Wixams Parish Council')

#### Wixams Parish Councillors

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