



Health

Let's start the year with a spring clean! Again I am not talking detox but hoping to improve your body's method of draining. If the drains in your house are blocked or congested your home will soon become an unpleasant place. It's the same with your Lymph system, your bodies drainpipes.

Blood, taking nutrients to the organs, is pumped by the heart. Organs produce waste and need to use the Lymph system to carry it away. If it isn't carried away toxins build up and so does the risk of disease. Unfortunately the Lymph has no 'pump'; and without doing anything to help it we stagnate.... We have to help move it!

Exercise, particularly jumping/skipping is excellent, but there are other simple things to do daily that also help.

Start the day by Dry Skin Brushing using a dry natural bristle brush on dry skin; long sweeping strokes towards your heart before you get in the shower. If you are brave enough, finish with a cold water blast!

Deep breathing, pushing out as much air from your lungs as you can for 4 breaths is helpful. The in breath takes care of itself!

So, for 2016 become a Lymphomaniac!

Sheila Partridge

Dip Nutritional Medicine

Who's Who?

Wixams Vixens - WI group



Wixams Vixens is our local WI group, holding meetings on the first and third Wednesday of every month. We are a very friendly and relaxed group. We do not sing, but there's always cake (and usually wine!). The first Wednesday of the month is our craft group; Crafty Foxes. Bring your own project to work on, or just come along and we'll show you how to make something. Beginners and non-crafters are more than welcome. The third Wednesday in the month is when we usually have a speaker. We have recently had wine tasting, wreath making, cake decorating and Woburn Foods. Coming up, we have talks on bees, essential oils and laughter yoga. We are currently working on a 'craft bomb' project, to cover Wixams in hearts for Valentines day. Look out for hearts and feel free to join in and add your own! Our meetings are held in the Munson Room (upstairs) in the Village Hall, between 7.45 and 9.45 pm. To find out more, find us on Facebook, Twitter, Instagram, Pinterest or our website! wixamsvixens.wix.com/wixamsvixenswi



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



Councillor GRAEME COOMBES

Reporting to Wixams - February 2016

1. Police Special Constables

Along with a Councillor colleague, I recently put forward a Council motion requesting Bedfordshire Police to recruit a Special Constable for each ward of the Borough. Special Constables are volunteers and the only costs would be for their training. They would serve exclusively within the area that they live and would only be deployed within their own ward and could not be taken away for other duties. I am pleased to say that this motion was passed unanimously by the Council.

2. Builders need to take more care

More than once in the last few weeks I have either seen for myself or been contacted by residents about mud, sand and other debris from builders, littering the roads around Wixams. I have therefore spoken to Planning Officers at the Borough, asking that, when planning consent is granted, adequate provision is made to ensure builders and developers clean up the roads. Dane Lane has been particularly badly affected and I am keen to see a very rapid improvement here.

3. Councillors Allowances

At January's full Council meeting I voted against an increase in Borough Councillors' Allowances. Whilst the proposal was only for a 1% increase, it seems wrong to me that Councillors should vote themselves a pay rise, particularly when the Council is likely to be shedding jobs this coming year. Sadly, others didn't see it that way and a majority of Councillors voted through their own pay rise.

4. Consultation on S106

You may recently have been sent a letter from Bedford Planning Officers about a S106 Consultation. If you have any questions about the detail of the proposals, please drop me an email to the address below.

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