



## Health

Happy New year !

Now the obvious subject would be a detox or exercise programme to start 2016, but I would like the people of Wixams to consider a simple New Year's resolution. The long term effects of WiFi has yet to be judged. I know we all complain that we have poor download speeds and we now rely on our computers more than ever, so there is no way we would ever give it up!

BUT, I now see more people in my clinic complaining of fatigue, headaches and concentration issues; some will say that they notice it more after using their computer. One young man had the router plugged in under his bed and his immune system began to crash. After moving it and switching it on only when he needed it, his health improved.

So.... What I am suggesting is that if we all get into the habit of switching our routers OFF at night whilst we are sleeping, we will greatly reduce our exposure! As I stated, there is as yet little proof of harm but this is something I suggest to all my clients...wishing you all a Healthy New Year.

Sheila Partridge

Dip Nutritional Medicine

## Who's Who? Wixams Touch Rugby



We were set up in 2014 by two residents of Wixams who wanted to bring a new sport to the area. We currently have about 25 players. Touch is a mixed sport where male and female players play in the same team. We accept players aged 14+ of any ability. Our current age range is 15-56. We play at social and development level and feed players into local regional and national teams. We have two players on the verge of England Age Group squads for next years European Championships.

All our coaches are accredited to England Touch. We train every Tuesday at Wixams 3G from 2000-2130, with cheap subs to cover pitch and insurance costs. We are currently playing in a Herts/Beds league with a few summer tournaments lined up already for this year. The picture is from a league fixture we hosted in November. We are currently joint top of league with two rounds left to play ahead of the finals round. If you want to play a fun competitive team sport which is great for fitness email [adrian@wixamstouchrugby.co.uk](mailto:adrian@wixamstouchrugby.co.uk).



*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)



### Councillor GRAEME COOMBES

Reporting to Wixams - January 2016

The turn of the year is a good time to reflect on the year past and to look forward to the year ahead. Politically, 2015 in Bedford was a year of elections, with votes for MPs, Councillors and the Mayor, as well as the referendum on the Police Commissioner's Council Tax rise. Locally, we saw the establishment of a new Wixams Parish, with its own Parish Council, bringing the governance of Wixams directly under the guidance of local residents and providing a stronger voice for our community.

Another milestone was reached in 2015 (and not before time!) when the Wixams allotments were finally transferred to the Parish and plots allocated to residents who had expressed an interest. Towards the end of the year, plans also came forward to establish a new Secondary School at Wixams, with a state of the art school building.

As we look forward at the start of a new year, the political calendar for 2016 is already filling up. Bedford Council is consulting on its budget for the forthcoming financial year and some tough decisions are needed if the Mayor is to balance the books. A consultation is also taking place locally to complete the funding package for the proposed secondary school. A planning application will be required before building starts. Early in the year I am expecting further news on completion of the missing link of cycle path along the A6 route north of Wixams. By June the Council has requested a further update from Gallagher and Network Rail regarding progress on the station funding.

Looks like it's going to be a busy 2016! Can I take this opportunity to wish all Wixams residents the very best for the year ahead.

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