



## Health

**S**UNSHINE! Most of us feel better with some sun but at the same time we are aware that too much can cause skin damage and even Melanoma cancers. Ironically the essential Vitamin D3 easily available from the sun is also protective against breast cancer, heart attacks, helps with depression and is important for bone development. Vitamin D is actually a hormone and we produce a small amount ourselves but not sufficient to help significantly. Food sources include fatty fish, mackerel, sardines, trout, egg yolks and Portobello mushrooms. Some foods such as milk may have been fortified with vitamins by the producers.

Supplementing during the winter months really is a good idea, when buying look for Vit D3 with K2, this helps with calcium absorption. You can take between 2000 -5000iu with food. Getting some sun is also very beneficial but only in the early morning and late afternoon not midday. Unfortunately many sunscreens contain chemicals but a natural alternative is Coconut oil...Mix; 2tbsp Coconut oil, 4oz organic hand lotion 2tbsp zinc oxide cream add a couple of drops of citronella oil if you want to keep the bugs off! Enjoy the Wixams summer!

Sheila Partridge  
Dip Nutritional Medicine

## Who's Who? The Wixams Play Group



**N**icola, Esther, Rachel and Sarah run the Wixams Play Group with help from Chris, Anne & Angela in the kitchen. It meets in Lakeview Village Hall on Monday 9.30-11am (term time).

The playgroup was started in 2013 with help from Linda Whitfield and a start up grant for new toys from BPHA. There are arts and crafts, toys, books and a lot of fun! Children's snacks, tea and coffee are provided plus cakes for sale each week. Nicola said "We felt there was a need in the community for parents and children to meet as it was a new area and we wanted the community to come together."

The Play Group quickly became a busy successful group with 30 to 50 children each week. Organised on facebook, the group has 230 members. Nicola was runner up as a Community Volunteer for Pride in Bedford Awards.

Contact [si\\_n\\_nic@hotmail.co.uk](mailto:si_n_nic@hotmail.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)

or Telephone Tim Jackson (01234) 743413



**Councillor  
GRAEME  
COOMBES**

Reporting to Wixams July 2015

**1. Grass verge cutting** A number of residents have been in touch regarding the patchy performance of the grass cutting service. Parts of roads are being missed or two halves of the same road are being cut days apart. I have reported this to the Borough Council and requested an explanation.

**2. Planning Application - Warehousing, Distribution & Storage Facility**

An application has been submitted by Gallagher for a warehousing facility at Wixams Northern Expansion Zone. I have expressed my concerns to planning officers about the proposed traffic access. A meeting is being scheduled with Gallagher to discuss this further.

**3. New Residential Care Home Proposal** I attended a consultation by The Orders of St John Care Trust on their plans for a new care home. The full planning application is due to be submitted shortly.

**4. Compost Bin Offer** Bedford Council is offering subsidised compost bins to try and divert waste from landfill. The bins are £10 as opposed to the original cost of £30.

**5. Bedford Western Bypass Roadworks** The A6 Paula Radcliffe Way and Clapham Road will be closed from 8pm-6am from 20 July – 8 Aug for works on phase two of the Bedford Western Bypass.

**6. Summer Playschemes and Sports for Children** Bedford Council is running a number of summer schemes for 5-8 and 9-13 year olds from 31 July-21 Aug. A scheme for 6-15 years olds to allow them to try their hand at various sports runs from 20 July to 28 Aug. More details, including registration forms, at: [www.bedford.gov.uk/sport](http://www.bedford.gov.uk/sport)

Tel: 07815 302 318 E-mail: [wilshamstead.ward@yahoo.co.uk](mailto:wilshamstead.ward@yahoo.co.uk)  
Facebook: Cllr. Graeme Coombes