



## Health

In my practice I always check out food intolerances. For those who have never experienced headaches, digestive problems or skin rashes the subject is often mocked as faddy. Unfortunately many people are now reacting to our modern diet with considerable discomfort. Often asked "Why is this happening now?" the simple answer is that our food is now over processed, often chemical laden and lacking the nutritional value it should have.

Exclusion diets can be very beneficial as long as you know what to avoid. If, as it often is, the intolerance is temporary, three months of avoidance should re balance your system. After that you should be checked for 'Leaky Gut' parasites and bacterial/fungal overload.

The most common foods that cause problems are Wheat, Milk and Sugar. However it can be more complicated or even just one fruit that is the issue.

Try to have a simple diet avoiding readymade foods, buy or grow organic and wash all vegetables and fruits before eating.

Sheila Partridge

Dip Nutritional Medicine

[www.sheilapartridge.com](http://www.sheilapartridge.com)

## Who's Who?

Sue Vint



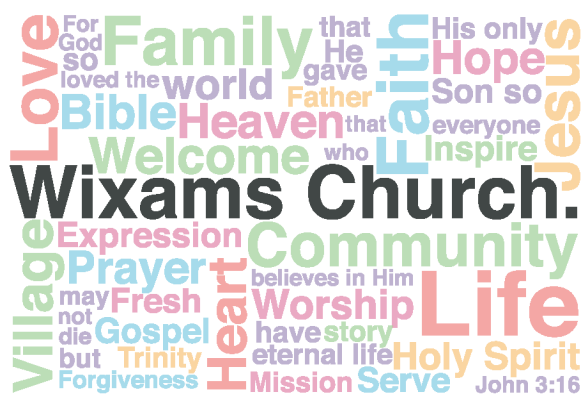
It is with sadness that after 12 years as a head teacher, 7 at Lakeview, I have decided to 'retire'. It has been an amazing opportunity and a wonderful journey for me.

I was appointed before the School was built and any of the new houses were here. It was really strange as our first parents meeting was in a small tent on the field. It was so windy that we had to tie it to the fence.

On the first day we opened with just 6 children and we finished the year with 21. We ran the school from 4 rooms and still managed to have a Christmas concert and a Sports Day. We have grown quickly and in September 2015 we became a primary school taking children up to age 11. We have created an exciting learning environment here with nearly 400 children next September – not bad for a school in an area where they said the houses would never be built, would never have any children and a Head that was being paid to do nothing!

I would like to thank you for all your support during my time at Lakeview School.

Sue Vint



### Events Diary:

**Sundays, 11:00am:** Celebration  
a mix of praise, worship & teaching

**Fridays, 10:30am-12pm:** Little Stars  
a playgroup for babies & preschoolers with parents & carers



**3rd Thursdays, 3:30-5:30pm:** Messy Church  
a way of being Church for families,  
involving fun, Bible stories & a family meal together



**Next events: 16<sup>th</sup> June, 21<sup>st</sup> July**

For more info...

e-mail: [hello@wixamschurch.org.uk](mailto:hello@wixamschurch.org.uk)

[www.wixamschurch.org.uk](http://www.wixamschurch.org.uk)

Tel: 07398 812552

Facebook: [facebook.com/WixamsChurch](https://www.facebook.com/WixamsChurch)

Twitter: [@WixamsChurch](https://twitter.com/WixamsChurch)



**Councillor GRAEME COOMBES**

Reporting to Wixams - July 2016

**Bin Collections** - the Council is now consulting on plans to move to fortnightly bin collections later this year. I am very much opposed to fortnightly collections and believe it is not in the best interests of residents, and will bring with it problems such as increased fly-tipping. The consultation ends on 22nd July. To respond see the 'Council and Democracy' section of [www.bedford.gov.uk](http://www.bedford.gov.uk)

**New Academy School** – plans were recently approved for the new Wixams Academy which plans to open in 2017. However, I have concerns about the lack of parking and drop-off outside the school and will be taking this up with Borough Highways officers.

**Travellers** – residents will know that this has been an ongoing issue for some time. Until the injunction is in place, which should make it easier to remove illegal encampments, I have asked for physical barriers to be placed in the areas where the travellers are parking, to try and deter them.

**Green Lane MUGA** – I am still getting reports of large accumulations of litter at the MUGA and have requested additional bins and that the Council speaks to the contractors who are responsible for its maintenance. If you are using the MUGA please dispose of any litter appropriately.

**Bedford Hospital maternity services** - A controversial plan to relocate maternity services at Bedford Hospital to Milton Keynes Hospital has been put on hold and it is not clear that it will resume. The intention was to amalgamate services between the two hospitals to be more efficient and improve service quality.

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

Facebook: Cllr. Graeme Coombes