



## Health

### Osteoporosis!

An old persons' disease, sadly NOT. Wixams has a younger demographic than most villages and covering this degenerative bone condition may seem pointless. BUT Osteoporosis does not happen overnight and can be avoided with early life style diet changes. Why is this so important? It's silent, with no symptoms until bones fracture and break easily, when they are literally becoming like chalk. I am seeing younger women with problems, often due to very poor 'slimming' diets that have deprived them of nutrition: daily diet sodas, and little exercise. So quite simply cut out regular fizzy drinks, they leach calcium from the bones. Make sure you get plenty of exercise, including using light weights, walk wherever you can and have a calcium rich diet: white beans, salmon, sardines, anchovies, figs, kale and almonds, as well as dairy are great sources. I am not over keen on supplementing with a lot of calcium as this can bring on other problems. But essentially, Vit D3 about 2000iu in summer and 5000iu in winter, taken with evening meal. Magnesium 350 mg and vit K. If you are already into menopause it gets more complicated and bio identical hormones may be needed.

Sheila Partridge  
Dip Nutritional Medicine  
www.sheilapartridge.com

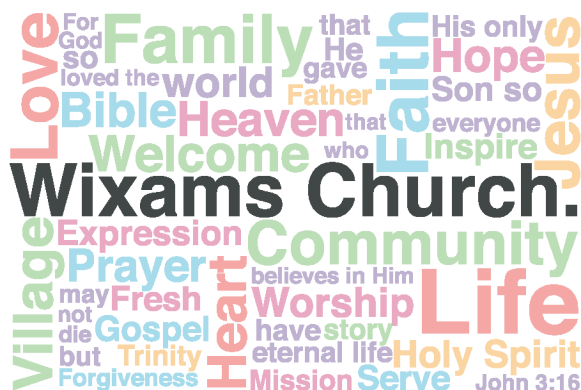
## Who's Who? Girl Guiding on the Wixams



Girl Guiding on the Wixams has grown over the last 3 years. We now run a Rainbow Unit (age 5-7) on a Thursday 5pm-6pm and a Brownie Unit (age 7-10), also on a Thursday 6.15pm-7.30pm both are held at Lakeview School.

We are also opening a Guide Unit (age 10-14) on Thursday 15th September (7.45pm-9pm) this will be run at Wilstead Methodist Church on Cotton End Road. So if you are interested in your daughter or yourself being part of the biggest organisation of girls in the world please log on to [www.girlguiding.org.uk](http://www.girlguiding.org.uk) "Join us"

Guiding now offers new opportunities and activities both in the UK and abroad, from; Archery, camping, cooking, camp fires, climbing walls, crafts, canoeing, peer educators, first aid and lots more..FUN



**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: 21<sup>st</sup> April, 19<sup>th</sup> May**



For more info... e-mail: [hello@wixamschurch.org.uk](mailto:hello@wixamschurch.org.uk)  
www: [wixamschurch.org.uk](http://wixamschurch.org.uk) Tel: 07398 812552  
f: [facebook.com/WixamsChurch](https://facebook.com/WixamsChurch) @WixamsChurch



**Councillor GRAEME COOMBES**  
Reporting to Wixams - June 2016

### ASB from Motorbikes and Quadbikes

Earlier this month I spoke to our new Police & Crime Commissioner, Kathryn Holloway and to Bedfordshire Police about the ASB problem with motorbikes and quadbikes creating noise nuisance on open land near the Industrial zone off Watson Road.

This is an issue that is not unique to Wixams and Bedfordshire Police have initiated Operation Meteor to try and combat the problem across the county. Ultimately, the police have the power to confiscate and destroy the bikes of persistent offenders. This requires collaboration between the police and the public as well as evidence gathering over time, in order to ensure decisive action.

I would encourage all residents who are being plagued by noise nuisance and lack of consideration from quad bikes to contact the police on each occasion, so that they are aware of the scale of the problem and please try to keep records of times and dates and any other relevant details that can be used to help build a case. Collectively, we can resolve this.

### Wooded Copse area - Brooklands and Southern Cross

Another issue this month affects the wooded copse area off Southern Cross. I spoke again to council officers to try and avoid further destruction at this site. A planning application for more play equipment has now been submitted and I am trying to work with relevant parties to get this withdrawn. However, if the application goes ahead, we will need to proactively oppose the application to save the area for nature and wildlife. When I have any further details on this I will post updates on my Facebook page.

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