

Health



'When Food is wrong medicine is of no use. When diet is correct Medicine is of no need.' As spring edges nearer you may want to plant some herbs; they can be grown in small spaces and not only taste good but for centuries have been used for their healing properties. So here are a few suggestions – most can be picked fresh and added last thing to food or made into a tea.

Rosemary, good for memory and cleanses radiation. Parsley, rich in iron, supports kidney function and aids digestion. Thyme can help with respiratory problems and can replace salt for anyone with high blood pressure. Sage is high in anti-oxidants having an anti-inflammatory action, and can also reduce hot flushes. Coriander is a great detoxer, improves cholesterol levels, is a digestive aid, rich in Iron, Magnesium and vitamin K. For the more adventurous Ginger and Turmeric are roots highly valued for their many benefits!

For the serious gardener any home grown produce will be richer in nutrition and on that note I have been advised that there are a few Wixams Allotments available.....contact Wixams Parish Council.

Sheila Partridge

Dip Nutritional Medicine

Who's Who? Lakeview School office staff



l-r: Sue Vint, Jane Stevens, Brett Harding, Di Price, Jamila Kauser, Kirstie Loveday

As you walk through the doors of Lakeview Primary School, the first people that you meet are the wonderful office staff.

Jane Stevens is the School Business Manager who opened Lakeview with Mrs Vint, the Head teacher in 2009. As the school has expanded new staff have joined. **Diane Price** ensures the smooth daily running of the Office supported by the Office Assistant, **Jamila Kauser**. They are joined by **Kirstie Loveday**, the School Bursar who controls the financial management of the school. The site is well managed and kept to a beautiful standard by **Brett Harding** who ensures the health and safety of all the staff and pupils. There are a number of extended activities for the pupils of Lakeview Primary which can be arranged through the Office, these include football, yoga, multi-skills, basketball, gymnastics, choir, keyboards, dance, cheer-leading, netball, recorders, Garage Band (music technology) and performing arts. If you would like to offer a skill to the community or join a local group, the facilities are also available for hire. At the moment there are clubs for Tae Kwon Do and Brownies. Please call 01234 741653 or visit our website www.lakeview.beds.sch.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



Councillor GRAEME COOMBES

Reporting to Wixams - March 2016

For those not connected to Facebook, a further update on the **Wixams S106 consultation**. For those unfamiliar, S106 commitments are obligations on the developer, when planning permission is given - i.e. money for the station, village hall, playgrounds, etc.

The initiative comes from the Borough Education department, who were approached by the Department for Education to build a new secondary school. Council Officers believed it made sense to locate one in Wixams as there is a strong need for education options for children age 11+.

Despite the DfE offering the Council part funding, there is a £2.5m funding gap. The Council approached Gallagher who agreed to consider providing some funding in exchange for release from certain S106 obligations.

A list of costed items was submitted by Gallagher, which included: 1). Library facilities 2). Live/work units 3). Community artworks 4). A land swap with land next to the proposed Academy, to be allowed for housing development and another site identified for education from the remaining development.

Items were costed out and considered by Planning Officers and these four are being proposed because: 1. The nature of libraries is changing and the Borough has no wish to take on additional facilities; 2. New live/work units were built recently in Wootton, so are not considered necessary; 3. It was felt community artworks could be done more cost effectively. 4. The land swap made sense as the new primary would have been right opposite the proposed academy and there will be no land lost to education facilities. *Cont. on page 4*

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