

Health



Food and nutrition are now popular subjects in the media, yet still confusing. I have worked with clients for nearly 20 years and one thing is certain – we are all different - meaning general statements will not be correct for everyone. A recent TV programme labelled supplements 'expensive pee' which indeed it could be if you don't change them or if your body cannot absorb them. There are several reasons that you do not feel improvement from taking supplements, even if you do need them such as holding on to toxins or a fragile gut.

However, many conditions have been greatly helped with the right diet and precise vitamin and minerals so rather than flounder reading or listening to conflicting advice it is well worth consulting an independent qualified Nutritionist, not someone employed by a company just to sell. Any cost will certainly be saved by not spending money on products that you don't need and may not be able to get the benefit from.

It is the same principal with 'diets', finding out why you don't lose weight can direct you to lifestyle changes rather than food restrictions.

Sheila Partridge
Dip Nutritional Medicine
www.sheilapartridge.com

Who's Who? Lisa Yeats - Strongwoman



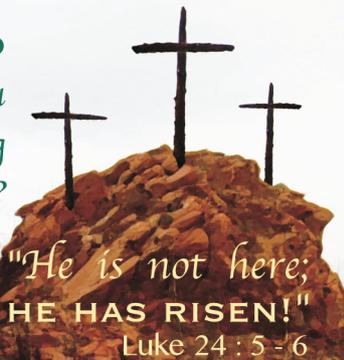
Lisa has been representing the UK at The Arnold's Classic StrongWoman competition earlier this month, held in Ohio, USA. Although Lisa is new to the amateur sport she has already achieved 2nd in UK and 5th in Europe, as well as first place in four regional strongwoman competitions. She says "My children watch the live events and my daughter has been to a lot of the competitions to cheer and support me."

Lisa started the sport in August 2015. She says "this sport is pretty incredible", you meet new people and make friends with other women in the sport. She admires Donna Moore from Yorkshire, the current world's strongest woman.

For Lisa the day starts with the school run. She then goes to the gym for weight training for about three hours, depending on her programme for that day. She says the best way for women to get involved is to go to a gym. "Don't be afraid to speak to the person behind the desk. Explain to them what you would like to do. They are there to help you with your own personal goals."

Based on Lisa Yeats interview by Dane Logan in Samsons Fitness, Midland Road, Bedford www.youtube.com/watch?v=L7Y2GpAlNW0 See www.facebook.com/lisayeatsstrongwoman

The men said to them, "Why do you look for the living among the dead?"



Easter Day Celebration & Breakfast
Sunday 16th April, 9 am - 12 pm
Join us to celebrate our 4th birthday and the Easter joy with breakfast served from 9 am & lots of fun for all the family



Messy Church
Thursday 16th March & 20th April
3:30 - 5:30 pm: Messy Church
a way of being Church for families, involving fun, Bible Stories & a family meal together

For more info...

www: wixamschurch.org.uk
e-mail: hello@wixamschurch.org.uk
Tel: 01234 348091
Facebook: facebook.com/WixamsChurch
Twitter: @WixamsChurch

Family that He gave us
Love For God so loved the world
Bible Heaven who everyone
Welcome who everyone
Wixams Church
Prayer Expression of faith
Heart Worship in Him
Life may Fresh have eternal
Village not die but Trinity Holy Spirit
Forgiveness Mission Serve John 3:16



Councillor GRAEME COOMBES

Reporting to Wixams - March 2017

Wixams Station At a recent Council meeting, I questioned whether Bedford Council's Community Infrastructure Levy (CIL) monies could be used as an additional source of Station funding and it was confirmed that it could be. At the time of writing there is still no word on the Gallagher/SEMLEP bids for Government finance though I am informed a decision is imminent.

Broadband Gallagher have confirmed that they have signed off authority for BT to go ahead and install the new Broadband box in Wixams.

Wixams - Village 2 development I attended the open evening organised by Barratt Homes at the Village Hall. Barratt have been appointed developer for the whole of Village 2 and are expecting to submit a planning application for the first tranche of c.300 homes in March with work starting in June.

Roundabout at the junction of Bedford Road and the Causeway I have reported ever growing pothole on the roundabout by The Causeway/Bedford Road.

Injunction against travellers at Wixams Residents may recall that in April 2016 the Borough Council promised to make Wixams a travellers 'hotspot' and have an injunction in place within "weeks". I discovered this month that Wixams had not been included in the first tranche of 5 hotspots, as previously promised. I have made clear to the Council in the strongest terms that I am extremely unhappy that they haven't delivered on their promise. As a result I now have a firm commitment that they are actively pursuing an injunction for Wixams. Again, the timeframe has been given as a matter of 'weeks'.

Tel: 07815 302 318 E-mail: wilshamstead.ward@yahoo.co.uk
Facebook: Cllr. Graeme Coombes