



Health

The biggest threat to good health is STRESS, particularly long term stress. Not to be confused with pressure, pressure can be good for us, make us more productive and give us a buzz. When we are under too much pressure, starting to feel out of control or overwhelmed we are moving into the danger zone. GP's are now seeing an increase in younger people suffering from 'burn out', they have pushed themselves, kept on going and crashed...and it's a long way back up.

We can't live in a bubble and our flight or fight mechanism does have a purpose, but it also changes our body chemistry and unless we put in some good management habits health problems such as palpitations, dizziness, rashes, muscle pain begin.

Gentle exercise at least 3 times a week, regular massages, chilling out to gentle music, getting into the countryside all help; not skipping meals and avoiding caffeine, minimising alcohol also advised.

Supplements that help during stressful periods are B complex, Vitamin C and Magnesium. The herbs rhodiola, chamomile, ashwaganda and lavender used for short spell can help you relax.

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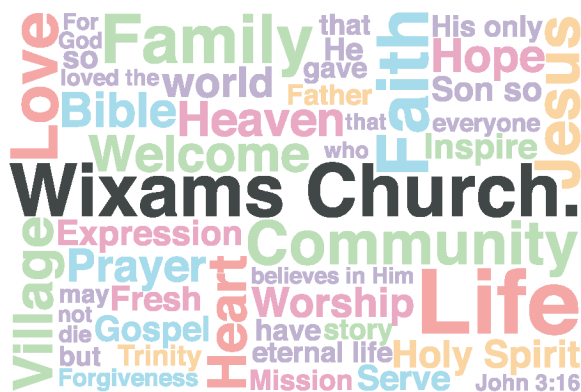
Who's Who? Davies Bros MOT garage



Davies Bros was originally started by Kenneth and Derrick Davies after the war. Moving from Wilstead crossroads they established a workshop and car sales alongside the main Shell petrol filling station in Bedford Road, which was then the main A6 road!

The Ministry of Transport test started in 1962 and was then compulsory for vehicles that were 10 years old. Soon Davies Bros concentrated solely on the MOT work. Cars typically tested in those days included Ford Escorts, Cortinas, Vauxhall Vivas, Hillman Hunters and BSA and Triumph motorbikes! Michael Davies joined the business in 1981 and Steve Thorne has worked at Davies Bros for 23 years.

Customers particularly come to the MOT garage because it does not do any paid repair work and therefore can be safely trusted to do a fair test. However, any quick repairs that can be done to change 'failure' to a 'pass' will be done and customers can return a vehicle for a retest within two weeks at no extra charge. For contact details see the advert on page 4.



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: 21st April, 19th May



For more info... e-mail: hello@wixamschurch.org.uk
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Councillor GRAEME COOMBES
Reporting to Wixams - May 2016

Bedford Council is currently undertaking a number of consultations - see www.bedford.gov.uk. I think two in particular are important for Wixams residents to consider:

1. Bin Collections

The Council currently operates weekly black bin collections and alternate weekly collections for recycling and green waste. The Council's Executive (The Mayor and his Cabinet) has said it intends to launch a public consultation on moving to fortnightly collections. I am deeply sceptical as to how genuine this consultation will be and believe that the Executive has already made up its mind to make the switch. I for one believe that we should stick with weekly collections, as it's one of the few Council services that directly affects us all. When we consider the amount of Council Tax that we have to pay, then it seems reasonable that residents should at the very least get a weekly bin collection. This consultation has not yet been opened on the Borough website, but when it does take place it's important that Wixams residents make their views known to the Council.

2. Dog Control Consultation

The Borough has also launched a public consultation on the implementation of a Public Spaces Protection Order (PSPO) relating to dogs. The PSPO will replace all dog control orders currently in operation and aims to provide a more consistent approach, covering 4 areas: Exclusion of dogs from all outdoor enclosed children's play areas; Failure to clear up dog's mess on public highways and other publicly accessible land; The keeping of dogs on leads in specified areas; Leads by order - this covers the need for people to put and keep a dog on a lead when directed to do so by an authorised officer.

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