



Health

Depression, a cloud that can envelope and paralyse. Winter darkness and the pressure of the holiday season can often do this a very hard time of year for people prone to depression. It can creep on, worsening in the next few weeks so some suggestions to start now may help minimise the lethargy, wanting to withdraw and dark thoughts. Force yourself to get outside, no matter the weather, every day, make it part of your routine. Routine itself can help. TALK, say 'hello' to others - Wixams is a great place to smile and greet people in the street; no one has lived here forever and there are always new residents, also clubs and groups are being organised.

Make sure you eat regularly and include plenty of seasonal fresh vegetables. Avoid refined sugars and alcohol; food affects your mood! Supplements such as Vit D3, Omega 3 6 9 and 5HTP are helpful; if you are on medication consult your doctor before starting a vitamin programme. Herbal supplement to consider: St Johns Wort, best taken as drops, is very helpful short term and may see you through the winter, but shouldn't be taken for longer than 3 months and stopped if you notice any changes in your skin. Skin can become more sensitive by the use of this herb. Do visit your GP if the cloud is not lifting; a short course of medication can be just the thing to lift you through.

Sheila Partridge

Dip Nutritional Medicine

Who's Who? Lakeview School



The School Council, some of the Nursery children and with (l to r) Sue Vint Headteacher, Tristan Thorp Assistant Headteacher and Jane Reeve Assistant Headteacher

Lakeview Primary School and Cygnets Nursery was opened in 2009 with 6 children by the Headteacher Sue Vint. As the village has expanded so has the School. We currently have over 350 children aged between 3 years to 10 years. In September 2016 we will be fully operational as a primary school with children up to the age of 11. Our School is housed in state of the art buildings that were specifically designed to enable 21st Century education to be delivered. More importantly, the pupils and the staff fill the school with a sense of happiness, purpose and enthusiasm. It is a calm, controlled environment, where individual needs and basic skills are a joint focus. We welcome visits from our local community and we also have facilities for hire. Please call 01234 741653 or visit 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

or Telephone Tim Jackson (01234) 743413



Councillor GRAEME COOMBES

Reporting to Wixams - November 2015

1. Litter pick – 27th September

I participated at the Wixams Litter pick on Sunday 27th September. Thanks go to the organisers and to those residents who came out (in fairly good weather!) and help clean up the village.

2. Wixams Artificial Sports Pitch

Spoke to Council Officers at Wixams sports pitch about poor maintenance and large accumulation of litter that is regularly removed by users. I feel there are insufficient bins currently and those we have are not ideally located. A banner will be placed on railings, asking people to bin litter or take it home and I have asked for a recycling bin as much of the litter appears to be plastic water bottles.

3. Traffic Congestion – Ampthill Road

Met Highways Officers about the congestion issue along Ampthill Road and surrounding areas – Cow Bridge/Interchange Retail Park. At my request, the Council's Environment Committee recently considered this issue. In a nutshell, officers say there is little they can do to resolve traffic issues here, or they would have done so already. I am disappointed by their response, but have been told there are some minor schemes that they 'may' be able to implement, when funding permits. Highways England have also ruled out re-opening the A421 link road to the retail park.

4. Wixams Cycle Route

As a result of the lack of progress on Ampthill Road congestion, I have again pressed for a solution to the missing link of the cycle route. On this I am more optimistic and have been promised an approach to Highways England for funding from their cycling budget.

... Continued on page 4