



Health

Vitamin D - I know I have written about it before but it is so important it's worth another look. The short days are with us, we don't naturally produce enough D3 and as it does so much for us I'm reminding you why you should supplement. Even GP's are encouraging this one!

Although referred to as a vitamin it is actually a hormone, a messenger. Research is now showing that it may protect against some cancers, type 1 diabetes and multiple sclerosis.

The benefit to bones and teeth has long been accepted but it also helps the immune system, brain and nervous system as well as lung and heart function. It can ward off the 'winter blues' and help you absorb numerous other minerals.

There are blood tests available that can tell you your levels. A sunny winter holiday will boost your levels but only for a very short time.

It is available in different strengths and liquid or capsule, it's fat soluble so should be taken with food. Formulated with K2 will help move calcium to your bones if you are concerned about Osteoporosis. You can take 5000iu daily, but signs that you may be taking too much are nausea, frequent urination and weakness; of course you should then stop supplements.

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Who's Who? Dawn until Dusk



A big hello to all Wixams residents from the staff at Dawn until Dusk. We are now based in the Wixams Village Hall every school term day from 7.30am until 9am and 3pm until 6pm. Dawn until Dusk have been in operation since 2010 and so far we have had two Ofsted Outstanding grades and four 5 out of 5 environmental health inspections.

If you have ever visited the club you will know it is busy, fun, vibrant and a happy place to be. Keeping the children safe and happy is our main priority with activities such as daily crafts, cookery clubs, Archery, Bouncy castles, and weekly theme nights such as superhero's, Jurassic world, Disney princess, Forest school to name a few; the only problem we have is that the children never want to leave!

We have full use of the upstairs Munson room, kitchen and Muga. For further details about Dawn until Dusk please visit www.kidsdawnuntildusk.co.uk or contact Hayley the club Manager on 07913 352569

Best wishes ~ Hayley, Tina, Emma, Danielle, Jean and Lucy

For unto
US a CHILD
is BORN
Isaiah 9:6

Look out for news of
our special Christmas
events coming soon

For more info...

www: wixamschurch.org.uk

e-mail: hello@wixamschurch.org.uk

Tel: 01234 348091

Facebook: facebook.com/WixamsChurch

Twitter: @WixamsChurch



Councillor GRAEME COOMBES

Reporting to Wixams - November 2016

Wixams Station

I recently asked Gallagher for an update on progress with Wixams Station as it's been 12 months since they appeared before Borough Councillors to explain the lack of progress. I am pleased to say some progress has at last been made and that Gallagher have undertaken a number of initiatives to try and deliver the station.

Residents will recall that the reason for the delay in building the station was a £13.5m funding shortfall between the money originally promised by Gallagher and the cost of delivering the station now. When Gallagher met Borough Councillors in November 2015, we tasked them with looking for additional sources of funding to bridge the gap and then report back to us.

Since then, Gallagher have put together a bid for funding via SEMLEP (South East Midlands Local Enterprise Partnership) which has been accepted by SEMLEP as one of a number of projects in their bid to Government for regional funding. The amount of money given to SEMLEP, and whether it will be enough to cover the Wixams Station project, will be known after the Chancellor's Autumn Statement, which is on 23rd November.

Secondly, Gallagher have also made a bid to the Government's new stations fund, after it was announced in August that £20m was available for funding up to 75% of the cost of new stations.

I very much hope that these funding bids by Gallagher will be successful and I remain cautiously optimistic that we will get our station. More updates as soon as I have any further news.

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