



## Health

Shorter days, longer nights and the clocks go back an hour at the end of the month. Time to hibernate for the winter! Many in the animal kingdom do it but some of us struggle to get a good nights sleep. Prolonged lack of sleep will affect our health and wellbeing. So if you are struggling some things to think about are, firstly, cutting out caffeine, coffee, tea, cola, energy drinks and chocolate, after midday. If this is not helping you may have to wean off and cut it out completely. Caffeine stays in your system for 24 hours. A warm milky drink before bed can help; it contains a lot of magnesium that helps us to relax. If you are Lactose intolerant supplementing with 300mg Magnesium can have the same result. Lavender oil - drop on a tissue near your pillow but use this sparingly as too much and it becomes a stimulant. Dried Valerian root made into tea or Cherry juice can help. If stress or mild depression is part of the cause of sleeplessness using 5HTP is safe and promotes a natural sleep pattern.

Keep TVs, tablets and mobile phones out of the bedroom and if you rely on them as an alarm clock switch on to flight mode or turn your home wifi off.

A cool room, natural bedding and blackout blinds are all practical aids.....ZZzzzzZZzz

Sheila Partridge

Dip Nutritional Medicine

## Who's Who? Lakeview Village Hall



(l to r) Charlotte Day, Sheila Sperring, Tim Jackson, Tony Pedder, Chris Martin, Andrew Beard, Colin West

The Lakeview Village Hall was opened in the summer of 2013 with three great rooms: Lakeview Suite, Munson Room, Swan Room, plus the Multi-User Games Area (MUGA). Behind any community facility is a hard working and committed group of volunteers who manage the building, bookings, finance, cleaning and enquiries. The photo shows the Village Hall Directors, chaired by Tony Pedder, together with Sheila Sperring who manages the bookings. Some of the team were involved in the original 'Wixams Community Group' in 2009!

If you would like to contact the village hall, email [bookings@lakeviewvillagehall.co.uk](mailto:bookings@lakeviewvillagehall.co.uk) To see information on the village hall, please go to [www.lakeviewvillagehall.co.uk](http://www.lakeviewvillagehall.co.uk) To enquire about booking, download the Hall and MUGA Enquiry Form and 2015 Rates.

The AGM of the village hall is on Saturday 17 October at 11am. All welcome - please come!



*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](http://www.wixamschurch.org.uk)

or Telephone Tim Jackson (01234) 743413



### Councillor GRAEME COOMBES

Reporting to Wixams - October 2015

#### Proposed Academy School at Wixams

Plans for a new Academy School at Wixams are not quite as advanced as some of the recent publicity suggests. I recently received communication informing me about a new school opening in Wixams in 2017, implying that it was a 'done deal'. However some of the PR output seems a little early out of the starting blocks, as discussions between the Borough Council, the Academy and the Department for Education are still ongoing and no planning application for the school building has yet been submitted.

Speaking to Borough Education officers and in communication with the Academy, I have also been assured that discussions are focusing on entry at age 11, and not age 13, as some reports had suggested. This will provide a seamless education path for pupils leaving primary education, in particular those at Lakeview School. It would have been madness to have an age gap between the final year at Primary and the entry year at the Academy and illogical bearing in mind Bedford Borough's proposed transition from three-tier to two-tier education.

Some Wixams parents currently have children at all three school tiers and spend large amounts of time and money on getting their children to and from school each day. A brand new secondary school at Wixams is therefore to be welcomed. It will mean Wixams can offer local children the opportunity to undertake their entire education up to age 19 within the local community. For this reason, I look forward to seeing the results of the current discussions – expected in November - and to ensuring that what is proposed is in the best educational interests of Wixams pupils and their parents.

Tel: 07815 302 318 E-mail: [wilshamstead.ward@yahoo.co.uk](mailto:wilshamstead.ward@yahoo.co.uk)  
Facebook: Cllr. Graeme Coombes