



## Health

October is Breast Cancer awareness month and not just for Women! With the increased exposure to Oestrogens it has also become important for men to check their chest/ breasts too. Early detection is everything.

When it comes to screening firstly consider Mammograms. They will show calcification and tumours that cannot be felt. There is some exposure to radiation but with good lymph habits you can clear it and it's less than the exposure we now get from wifi, so the test shouldn't be avoided if offered.

Ultra sound is a second screen that can identify whether lumps are fluid cysts or solid mass.

Third on my list is Thermography, often promoted as a definitive diagnostic but it is not! It will show areas of inflammation or lymph congestion that may develop the disease.

So no one method is 100% but all are useful. I recommend a cycle of 4 years alternating tests and in the 4th year perhaps a bone density test. If you find any changes don't wait to see if it will go away get it checked by your GP; most lumps are benign but don't delay.

Sheila Partridge

Dip Nutritional Medicine

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## Who's Who?

### Barratt School of Dance & Arts



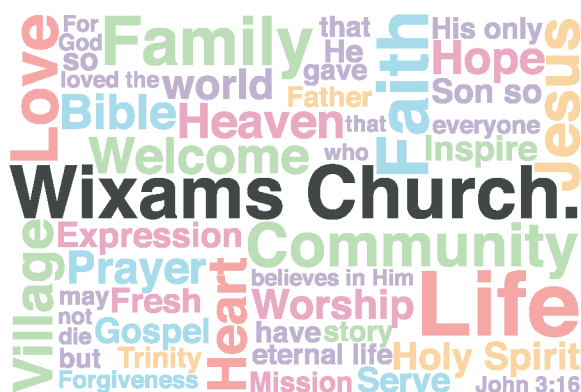
Hi Guys, Louisa Barratt here, I teach children's dance classes at Lakeview village hall. My husband Tim and I have been based in London working as performers in musical theatre in the West End and internationally for the last 15 years.

Wanting to get closer to family and to start our own, we moved out to Wixams just over three years ago. We were lucky enough to have a little boy, Isaac, 5 months ago so it's nice to always have a friendly neighbour who knows what you're going through, with so many new families around. I have since retired from regular performance to teach.

Come the 8th of October as well as pure dance, I will also be running a theatre school including acting, singing and dance classes at the hall. After a career in performance it's been great to help the talented kids of Wixams explore their own potential as performers and see their confidence grow. I'll look forward to meeting newcomers to classes or see you around the village.

All the best,

Louisa, Tim and Isaac.



#### 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: 16<sup>th</sup> June, 21<sup>st</sup> July**

For more info...

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Twitter: [@WixamsChurch](https://twitter.com/WixamsChurch)



**Councillor GRAEME COOMBES**

Reporting to Wixams - October 2016

#### 1. Cycle link: Wixams - A421

I have again questioned Council officers recently about the missing link of cycle track between Wixams and the A421 having previously been told that funding might be available from Highways England. This has now been put on hold as HE were not persuaded the scheme delivered value for money, but discussions are ongoing. Naturally, I am deeply disappointed this scheme seems to have ground to a halt as I know from residents what a pain it is having no cycle link directly between Wixams/Wilstead and the A421. This matter is ongoing and I will give a further update when I get more news.

#### 2. Developers burning rubbish on site – Southern Cross

Twice at the start of September I encountered a developer burning rubbish on the site just off Southern Cross and reported it to the Borough environment team. Developers aren't meant to burn rubbish on site and further occurrences can be reported to Enforcement on 01234 228097.

#### 3. Litter – A6

In recent week a large accumulation of litter has been evident along the A6 between Wixams and the A421. I have reported it to the Environment team who have promised to clear it.

#### 4. Libraries

The Borough Council recently announced it will not be closing any libraries after its recent consultation. I asked a number of questions to officers and the strategy they are planning to implement looks viable and well thought through. The Council is trying to encourage additional use of public libraries as they change and adapt to the different requirements of users.

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