



Health

Allergies and Hay Fever bring misery to many and Wixams has lots of open space blowing about plenty of pollens. Instead of reaching for pharmaceuticals why not try nature's own anti histamine first!

Vitamin C readily available in many fresh and frozen fruits and vegetables as well as oranges and lemons include black currants and strawberries! Peppers red & green, kale, broccoli, Brussel sprouts, potatoes are also a good source. You may think that you are already getting a good amount but Vitamin C leaves the body after only 4 hours and if you are a smoker you are destroying the vitamin C you have. Stress is another Vitamin C robber that most of us have to deal with in life.

Supplementing Vitamin C is a great idea during both the summer and winter months. Get a good brand that is free from artificial sweeteners and if you have a delicate stomach buy one that is Buffered, it will say on the label.

You can take up to 4 grams per day but separate it into 1000mg doses, with breakfast, lunch, mid afternoon and evening. If you find you are going to the loo a little often then reduce the amount that you are taking.

Sheila Partridge
Dip Nutritional Medicine

Who's Who? The Local Policing Team



Adam, Emily, and James are Police Community Support Officers in the Local Policing Team for Wixams - the local patch is called 'Eastcotts and Wilstead'.

Emily and Adam have worked here for over 7yrs and James recently joined the team. Emily said "Our main role is to offer security advice, visit victims of crime, tackle anti-social behaviour and low-level crime and work with partners".

"If something is going on please let us know about it" added Adam. "We can't do anything if you don't get in touch with us. Call 101, unless it is an emergency, and let us know. For any general questions and security advice then please email us".

Email LPT.Eastcotts&Wilstead@bedfordshire.pnn.police.uk

Txt 07786 200011 Go to www.police.uk and search 'Wixams'



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**

I would like to say a very big thank you to the residents of Wilshamstead ward for re-electing me as your Borough Councillor on 7th May. It is a great honour for me to represent the area that I live in and I will strive to ensure the very best for Wixams and Wilstead.

The work starts now on my 5 priorities for the ward:

- The missing cycle path link
- A local GP service
- Wixams Station
- Safer roads
- A greener environment

I very much hope we will start to see some results on these and other matters during the course of the next four years. Anyone wanting to get in touch can contact me via one of the following:

Tel: 07815 302 318

E-mail: wilshamstead.ward@yahoo.co.uk

Facebook: Cllr. Graeme Coombes