



Health

Back to school back to work and back to the most challenging time for our immune system! When the little ones start school for the first time they are introduced to bugs they have never come across before, often bringing them home and sharing with the family. Coughs and sneezes make us miserable so we should do all we can to strengthen our immune system. Summer sun will have helped and if you want to take supplements during the winter Vitamin D3, Zinc and Vitamin C are the ones to use. Take Vit C in the morning, again at tea time if you feel there is a cold on the way and the Vit D3 and Zinc with your evening meal. If you are fighting a bug then the herbal supplement Echinacea can really help, but stop taking it once you feel well again, it must not be taken for more than a couple of months.

Avoiding contact in the first place is the best thing. Wear gloves on public transport; if someone has sneezed without a tissue the germs travel a long way! Most importantly, WASH YOUR HANDS! Germs pass very easily from hand to mouth, so washing when you get home and before meals will help. Mums and dads can get a pack to help show the kids how it should be done - www.washyourhandsofthem.com/children's-pack.aspx

Sheila Partridge
Dip Nutritional Medicine

Who's Who? Wixams Wanderers FC



Photo: Under 9s after the cup semi final in March. Neville Matthews, Club Secretary (left) and Adrian Brady, Club Chairman (right)

Wixams Wanderers FC was set up by Adrian Brady on moving to the Wixams in early 2013. 10 very keen boys aged 7/8 embarked on their first football season in September 2013. Since then, interest in the club has never stopped. Two teams represented the club in leagues last season (under 7 and under 9) plus a large group of younger children started training. The end of season awards in June was attended by nearly 200 people and saw close to 50 children presented with a trophy.

For the season starting this September, there will be 6 teams representing the club at under 7 (three teams), under 8 (two teams) and one under 10. This will include one girls team which is a fantastic achievement.

The club is entirely run by volunteers who put in a great deal of time and effort on the pitch plus also behind the scenes.

See www.wixamswanderers.co.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

Cllr Graeme Coombes cont. — whether the original estimate was unsound, or if unforeseen costs have since arisen.

The response from officers was as follows:

"The original cost of the station was based on an estimate provided by Gallagher at the time of the original application for the whole site in 1999 and was externally audited by the local authorities, based on a station specification agreed by Network Rail. The cost increase arises from a combination of the time that has elapsed since 1999 and the impact of that on prices, plus the direct negotiations between Gallagher and Network Rail on what works were actually required, how the station would be procured and what rates to use for the various elements. We do not know but suspect that Network Rail's involvement has meant that they require a range of issues to be addressed that were not apparent originally."

On the planning front, I have been advised that the Station will now require new planning consent, as: *"The consent for the rail station always had a fixed life and there is nothing that the Planning Authority needs to do for the expiry date to be reached (nor any unilateral action the authority can take to extend it)."*

At my request, Wixams Station was included on the annual scrutiny programme for Bedford Council's Environment and Sustainable Communities Committee. Network Rail and Gallagher, as well as the Borough Planning Officers have agreed to appear before the Committee on 26th November 2015.

I have specifically requested that they bring ideas on how the station can be delivered going forward and rather than dwelling solely on why it hasn't happened yet. Whilst understanding the lack of progress is important, Wixams residents also need to know how the funding gap will be bridged and when we are likely to get the station built and operating.

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