



Health

KOMBUCHA! I am often asked if there are miracle foods for health and more than anything else this home brewed tea wins. It has been used for over 2000 years in the East and now western doubters have the important Evidence Based study on this cheap drink.

It may help blood sugar levels and assist in the management of type 2 diabetes, help with weight loss, improve cholesterol levels, it has significant anti cancer properties and is rich in good bacteria. It also is high in antioxidants and is showing to help detoxify our systems supporting kidneys and liver. Taken daily it regulates bowels and strengthens the immune system, it's also quite tasty! Despite being a yeast/ mushroom type base it provides such good bacteria it has proven to fight fungal growth and Candida.

Once you have acquired the initial lump, containing the yeast growth, known as a SCOBY you can start brewing your own super health drink by adding black tea and sugar. Within 7 to 14 days it should be ready for bottling and further fermenting. The SCOBY will grow and can be cut to give to others wanting to get started. Anyone wanting to get started can get in touch with me. I have some on the go and I will give you a Scoby and instructions.

Sheila Partridge
Dip Nutritional Medicine
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Who's Who? Paul Spyropoulos

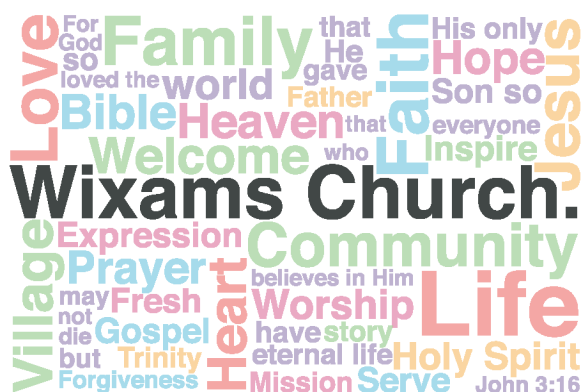


I feel enormously excited and privileged to be the Principal of the first secondary school in Wixams and can't wait to welcome our 'founder' Year 7 pupils to the brand new academy next September! This year I have been fortunate to meet many members of the Wixams community and with their support I see the Academy taking its place at the heart of this growing town.

Having taught and worked in senior school leadership for 22 years, I have a good understanding of the needs and aspirations of our local communities and truly appreciate Wixams as a wonderful place for families to live, work and thrive.

As a father of four children myself I fully understand the joys and demands of school and family life! I know that when children are provided with outstanding education and the right ethos and opportunities, they can exceed all expectations. For these reasons, Wixams Academy will be an inspiring place to go and learn every day: a place of awe, wonder, friendship and happiness.

Paul Spyropoulos



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: 16th June, 21st July

For more info... e-mail: hello@wixamschurch.org.uk
www: wixamschurch.org.uk Tel: 07398 812552
Facebook: [facebook.com/WixamsChurch](https://www.facebook.com/WixamsChurch) Twitter: [@WixamsChurch](https://twitter.com/WixamsChurch)



Councillor GRAEME COOMBES

Reporting to Wixams - September 2016

Wooded copse at Brooklands/Southern Cross

Earlier this summer, we were able to stop unauthorised work taking place at the wooded copse area near Southern Cross and after discussions with both Gallagher and the Borough Planning team, the application from Gallagher for another play area was withdrawn. I felt that the proposed plans would make this part of the village unrecognisable and I know many of you shared my concern for the greenery and rooks nesting at this site.

However, the site is clearly designated for play equipment in the Wixams plan. I therefore met Council officers again at the site in late August to discuss a way forward. I have requested that any plan for this site does not include large items of play equipment originally proposed and that all trees and greenery are retained and protected. A new planning application is expected soon and you will have the opportunity to comment and make your feelings known.

Fortnightly refuse collections

The Borough Council recently undertook a consultation on the Mayor's plan to reduce bin collections from weekly to fortnightly. I am not convinced that this is a good idea and believe it will lead to problems with a build up of waste over the two week period, missed collections and increased fly-tipping, all of which have been seen in other Council areas that have reduced their waste collection services. I am therefore keen to hear the views of Wixam's residents on this matter, whether you are supportive of the reduced collections or opposed to it.

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