

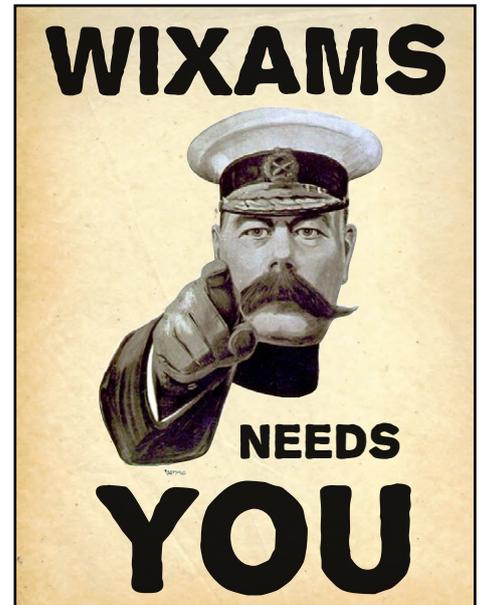


WIXAMS NEWSLETTER

An Independent Newsletter covering all parishes across Wixams • newsletter@wixams.org

NEW PLAY AREA IN VILLAGE 4

Matt and Molly moved to Wixams 4 months ago. They really like the new play area. Matt said “The new play area is a saviour in the summer”. It is not only an opportunity for the children to play but for families to meet and make friends. And they really want the footpath and road connecting the rest of Wixams to be opened up.



YOUTH CORNER *by Ellie*

Hello, Youth of Wixams! Welcome back to the Youth Corner of the Wixams newsletter. In this month's issue, we'll be learning how to care for the swans around our lakes. Swans like to eat healthy fruits and vegetables, such as sliced grapes, peas, and lettuce! They also eat wheat, corn, oats and vegetable trimmings. However, try not to feed the ducks too much bread. The lovely residents of Wixams feed the ducks and swans bread often as a treat, and although it's safe in small quantities, why not try giving them a healthier alternative as a new snack? That way they can enjoy the food you give them even more! We should always take care of the swans and wildlife around Wixams. The lakes and fields are their home too and we are guests, so make sure to be kind and treat them nicely. The swans and wildlife live in our lakes and fields so when you visit make sure to be polite and don't get too near,

otherwise you might scare them. Try not to make them jump or scare them away, because we don't want them to get lost. Next time you visit the lake, why not say hello? But always remember to be kind and gentle!



This month we're highlighting volunteering in Wixams. There are often many vacancies whether on the Village Hall Committee, as a local school governor or at the time of print, a Parish Councillor vacancy

My name is Saqhib Ali, and I've lived in Wixams 10 years with my wife and daughter, who was 3 months old when we moved here. I'm the Editor of the Newsletter.

I love being part of and giving back to my community, so I was excited to help re-launch the Wixams Newsletter which Alan Pibworth, a stalwart of our community, had run for 5 years with a small Neighbourhood Watch team, many of whom still deliver the newsletter.

We are looking for delivery volunteers in Village 4 (and backup in Villages in 1 and 2) If you can spare an hour or two each month please put yourself forward for any of the groups in Wixams.

Hopefully once Village 4, on the B530, is connected by road we can feel more as one community.

Wixams is an amazing place, with a great community feel and spirit. Let's hope we can retain that as we grow to 20,000 people with the build out of the remaining Wixams villages and Wixam Park and Thickthorn Park to the south of Wixams.

Those that can, volunteer!

Turn to page 8-10 to hear from some local volunteers.

Upcoming Events

Wixams Events Group Meeting	Thursday 2nd September 8pm	Lakeview Village Hall
Wixams Newsletter Meeting	Wednesday 8th September 8pm	Lakeview Village Hall
Wixams Parish Council	Monday 20th September 7.30pm	Wixams Retirement Village
Wixams Village Hall AGM	Saturday 16th October 10.30am	Lakeview Village Hall

USEFUL NUMBERS

999 - Emergency

Where there is a risk of:

- Personal injury
- Loss of life
- Crime in action

101 - Non emergency

- Reporting a crime that is no longer in progress
- Giving information about a crime
- Contacting local police officer
- Getting update reported crime
- Suspicious incidents

• Wixams Parish Council	07554 443800
• Lakeview Village Hall.....	07821 744848
• Lakeview School	01234 741653
• Wixams Tree.....	01234 608960
• Wixams Academy.....	01234 608950
• Houghton Conquest Lower School	01234 740202
• Budgens.....	01234 740404
• Portu Gallo's.....	01234 741116
• Lakeside Fish & Chips.....	01234 743942
• Wilstead Tandoori	01234 740904
• Wilstead 9th Kitchen.....	01234 740413
• The Red Lion	01234 402446
• The Woolpack.....	01234 742318
• NHS Direct	111
• Wilstead Pharmacy.....	01234 740609
• Bedford Hospital.....	01234 355122
• Doctors - London Road.....	01234 266866
• Doctors - Houghton Close	01525 300898
• Doctors - Greensand	01525 631390
• Doctors - Oliver St.....	01525 631395
• Doctors - Wootton.....	01234 762500
• Dentist - Cranfield.....	01234 752515
• Scotts Vets.....	01234 742423
• BPHA Customer Service.....	0330 100 0272
• Bedford Borough Council	01234 267422
• L&Q Estates.....	01926 339339
• Wilstead & Wixams Good Neighbours Scheme	07807 408928
• Wilstead Post Office	01234 740210
• Seasons Garden Centre	01234 741909
• Houghton Conquest Parish Council	01234 270016
• Houghton Conquest Post Office	01234 740208
• Stewartby Parish Council.....	01908 397959

Wixams Parish Council News

West Wixams entrance sign

The third and final Wixams entrance sign has now been installed on the west side of Wixams by the roundabout off the B530. This location proved trickier to find a suitable location than the other two.

Village 2 litterpicking

We shortly expect to start litterpicking in Village 2 as the Street Ranger has agreed to additional hours to extend the route.

Speed Indication Device (SID)

The parish council will be purchasing a fifth speed sign (SID) that will be moved periodically between three locations, including Harlequin Crescent and two locations along Southern Cross. The locations need to be approved by Barratt Homes and borough council Highways for suitability before we can move forwards.

Youth group

We would still like to hear from anyone who be interested in volunteering their time to run a youth group in Wixams, which would be funded by the parish council. Please reach out to the Clerk if you're interested: wixamspc@gmail.com

Green Lane and Retirement Village parking issues

The parish council was expecting to receive a proposal from borough council Highways to resolve the issue of the bottleneck caused by cars parking on the S-bend on Green Lane, however, due to a resignation at the borough council this was not received; it might be the October meeting before this arrives. This is the same situation for a proposal to resolve the HGV parking issues outside the retirement village. If these proposals are approved by the parish council then it will be moved to the next step, which is a public consultation run by Highways.

Temporary Road Closure Bedford Rd/The Causeway

The parish council has received notification from borough council Highways of night time carriageway resurfacing at Bedford Rd/The Causeway roundabout from 1st September 2021 to 15th September 2021 8pm to 6am. The parish council has requested that night time works are reconsidered due to the proximity of neighbours, including those at the retirement village; at the moment this request appears to have been rejected. We have been informed that a checkpoint will be in place to allow HGVs through the works to avoid these vehicles having to come through the centre of Wixams.

Planning

In relation to planning application 21/02000/REM – more readily known as the planned landscaping works at The Rookery: the parish council has requested this area is left in a more natural state and that the gym equipment, which is hugely supported, be located in a more suitable location such as in the green space near Harrier Leys.

Grant requests

The parish council was pleased to award a grant of £2000 to the Lakeview Village Hall Committee towards the replacement of the flooring in the main hall and kitchen. We have £10,000 of grants available each year for local groups – most years a lot remains unallocated, so please reach out to the Clerk if you wish to have an informal discussion around this.

Next Parish Council Meetings

Our next meetings will be on 20th September and 18th October at 7.30pm. The council meetings are now being held at Wixams Retirement Village in the main hall – everyone is welcome to attend.

Contact Details:

Email: wixamspc@gmail.com

Phone: 07554 443800

Website: www.wixams-pc.gov.uk



Wixams Village Store

Hello, we are Santina and Neil and have recently taken over the convenience store within Wixams retirement village. We are so pleased to be part of this lovely community and have been made to feel so welcome. We had no experience in running a convenience store but had a vision of what we wanted to bring to the village.

We wanted to be so much more than a convenience store and we also support local small business by bringing the best produce we could find to the residents here at the retirement village.

We use a local farm shop for all of our fruit and vegetables. They source as much local produce as possible and this is delivered twice a week.



Our baked goods are supplied from "Cottage Bakery" in Ampthill with deliveries 3 times a week of fresh bread, sandwiches, cakes, rolls, buns and scones. Our milk, cream and yogurts come from a local dairy.

A local butcher supplies us with bacon, ham and sausages, along with pies, and he also does orders for the residents. As well as serving our village residents we would love to see more people from Wixams community so please pop along and say "hi". We look forward to meeting you.
wixamsvillagestore@outlook.com

Wixams Events

We are cautiously planning our Christmas Event to be held on Saturday 4 December. The format maybe different from other years as we may still have to adhere to different guidelines. If you are interested in having a stall at our event then please email wixamsevents@gmail.com to register your interest and to receive further information.



We are holding an open meeting in the Swan Room, Lakeview Village Hall on Thursday 2 September at 8 pm if you are interested in what we do and would like to find out more please come along and join us. Alternatively email wixamsevents@gmail.com.

Health & Wellbeing

Bedford Borough Children's Centres
 Mind the Bump is a fortnightly, women only well-being group offering emotional support in a safe environment to address low mood, anxiety and/or depression during pregnancy.
 Any woman living in Bedford who is experiencing low mood or has a history of depression and/or anxiety can attend this group.
 To find out further information or to book your place, contact us on 0300 323 0245 or email us at safeguarding@ecpbedford.org



Wellbeing

Title Mind the Bump @ Queens Park
Dates Wednesday's - Fortnightly
Time 10-11.30am

To book a place please contact us on
 0300 323 0245
www.ecpbedford.org




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Lakeview Pre-School



Summer Holiday Club Fun

The children have had a fabulous Summer at Holiday Club. They have been involved in lots of activities including making fruit pizza's and fruit kebabs and looking after the giant sunflowers.
 Follow us on facebook and Instagram
 fb: Dawn Til Dusk Lakeview Preschool
 Instagram: [dawntilduskpreschool](https://www.instagram.com/dawntilduskpreschool)

October Holiday Club

Come and join us at our October Holiday Club for children aged 7yrs and under

www.kidsdawntildusk.co.uk
 Call Head Office for Holiday Club enquiries on 01234 930505

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Hi my name is Jason, I have lived in Wixams for 10 years and have been in the Turfing & Landscaping Business for 12 years.

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E-mail - wixamsturf@gmail.com



Contact Jason
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 07484651015

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WhatSapp or Call : 07729844822
rebecca.fraser@magickingdomparties.co.uk

Crime Stats

- 01/07/21 - Malicious communications - Piper Lane
- 03/07/21 - Other theft - Brooklands Avenue
- 03/07/21 - Possession of firearms offences - Mink Meadow
- 04/07/21 - Assault without injury - Robins Heath
- 05/07/21 - Public fear, alarm or distress - Swift Way
- 05/07/21 - Theft or unauthorised taking of a pedal cycle - Woodpecker Gardens
- 12/07/21 - Assault with injury - Angelica Grove, Houghton Conquest
- 12/07/21 - Assault without injury - Tawny Avenue
- 12/07/21 - Race or religious agg public fear
- 13/07/21 - Assault with injury - Brooklands Avenue
- 13/07/21 - Blackmail
- 14/07/21 - Stalking
- 17/07/21 - Criminal damage to a vehicle - Dunlin Grove
- 17/07/21 - Harassment - Green Lane
- 18/07/21 - Criminal damage to a vehicle - Zander Way
- 28/07/21 - Other theft - Pheasant Grove

To report online non-emergency crimes, incidents or give the police information, go to www.bedfordshire.police.uk/report

See also www.police.uk

You can webchat direct with someone in the Bedfordshire Police control room by clicking the green icon on their website. If you have something to tell us that's not urgent this leaves the phone lines for emergencies.

Last year, over 25% of all collisions involving driver using mobile phone ended in fatality or serious injury - Beds Police



www.rac.co.uk/drive/advice/legal/mobile-phone-laws

Christ the Word Wixams

You are welcome to join our Church service

We are meeting back in LAKEVIEW VILLAGE HALL every Sunday from **SUNDAY 5TH SEPTEMBER** 10.30am - 11.30am

Alan or Chris word@wixams.org.uk or 07879 716958 Facebook: Christ the Word Wixams www.christthewordwixams.org.uk

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- Confront your feelings
- Help you plan and set goals
- Develop greater self-awareness
- Find easier ways to cope with everyday life

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WIXAMS NEWSLETTER DELIVERY TEAM NEEDS YOU

If you have an hour or so a month to spare and would like to get out in the fresh air then Wixams Delivery Team needs your help. We are looking for more volunteers to deliver our popular Newsletters especially in Village 4 or just as a back up to cover holidays. If you would like to help us please contact Barbara at newsletterdistribution@wixams.org. Thank you.

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Lakeview Village Hall Activities

The groups advertised below are correct at the time of publishing.



The groups will have their own restrictions in place to ensure the safety of their members, including maximum number of attendees permitted. If you wish to book on the groups below or have any queries, contact the group directly on the numbers provided below.



Day	Time	Group	Room	Contact	Website /Facebook pages
Monday	13.00 – 13.45	Moo Music (0-5 Years)	Lakeview	Caroline	Email: Carolinebedford@moo-music.co.uk Facebook: Moo Music Bedford
	18.30 – 20.00	Wixams Tang Su Du	Lakeview		Facebook: www.facebook.com/WixamsTSD
	20.00 – 21.00	Go box fitness	Lakeview	07727113285	Facebook: www.facebook.com/goboxfit Email: goboxfit1@gmail.com
Tuesday	09.30 – 17.30	Seasons Art Class 2 sessions	Swan	01234300725	Facebook: www.facebook.com/theseasonsart Website: www.theseasonsartclass.com
	17.30 & 19.30	Slimming World	Lakeview	Holly 07968719951	Website: www.slimmingworld.co.uk/group/558255
	18.30 – 19.30	Yoga	Munson	07825561569	Website: www.livyoga.co.uk
Wednesday	09:45 – 13.05	Baby Sensory <i>Different groups running</i>	Lakeview	Samantha 07538502587	Facebook: www.facebook.com/babysensorybeds Website: https://www.babysensory.com/beds Email: beds@babysensory.co.uk
	17.45 – 20.00	Irish Dancing <i>Primary, Intermediate & Open classes</i>	Lakeview	Katie	Email: stuartirishdance@gmail.com Facebook: www.facebook.com/stuartirishdancebedford
	20.00 – 21.00	Go box fitness	Lakeview	07727113285	Facebook: www.facebook.com/goboxfit Email: goboxfit1@gmail.com
Thursday	09.45 – 14.00	Toddler Sensory <i>Different groups running</i>	Lakeview	Samantha 07538 502587	Facebook: www.facebook.com/toddlersensebeds Website: https://www.toddlersense.com/bedfordshire Email: beds@toddlersense.co.uk
	18.15 – 19.00	Go box fitness for kids	Lakeview	07727113285	Facebook: www.facebook.com/goboxfit Email: goboxfit1@gmail.com
	18.00 – 20.00	Scouts	Lakeview		Facebook: www.facebook.com/1stwixamscouting Website: http://www.1stwixamsscouts.org.uk
Saturday	09.00 – 10.15	Shine Dance Drama, Dance & singing	Munson	Louisa Hodges 07749091885	Facebook: www.facebook.com/Shine-Theatre-School Website: www.shinetheatreschool.co.uk
	09.30 – 11.30	Irish Dancing <i>Beginners classes for all ages</i>	Lakeview	Katie	Email: stuartirishdance@gmail.com Facebook: www.facebook.com/stuartirishdancebedford
Sunday	8.30 – 9.30	Go box fitness Add	Lakeview	07727113285	Facebook: www.facebook.com/goboxfit Email: goboxfit1@gmail.com



Lakeview Village Hall
Management Committee



Notice of Annual General Meeting

All are welcome

Saturday 16th October | Come and meet the
10.30am – 12.30pm | Committee Members
Munson Room | Find out more about how
Lakeview Village Hall | you can get involved

Why not join the Committee

The Village Hall Management Committee is run by a small group of volunteers from Wixams. We are looking for more people to get involved to help support the management and development of the hall. To find out more contact the Chairman

Can't make the AGM and would like to join the Committee or find out more, please contact the Chairman

bookings@lakeviewvillagehall.co.uk



Councillor Tim Hill's Report

Tim is currently the Borough Councillor for Elstow, Stewartby, The Wixams Retirement Village and Kempston Hardwick

The Causeway Roundabout resurfacing – As I type this Report, I am really, really pleased to advise that following constant pressure on the Borough Highways Department, The Causeway Roundabout is at long last to be resurfaced!! I'm really pleased that the Borough Highways Department has kept their word to me, that this scheme will be the first one done after all the "safety critical" ones across the Borough have been done. The works have now been programmed by the Council's contractor Hansons and are planned to take place between the 1st September and 14th September. A "Steward" will be in place to allow the residents of the Wixams Retirement Village access if at all possible. However, all other traffic will be required to follow the signed diversion route in place. Additional signs will be implemented on the A6 at the Southern Cross restricting HGV access through Wixams.

Bus Shelter outside Retirement Village – I am still working with a range of people to try to get some funding for a bus shelter opposite the Retirement Village.

School Transportation – I am still working with Greenlakes Rise residents whose children qualify for Free School Transport to Wixams Academy, but Borough Officers have so far refused to provide Free School Transport. It isn't safe for the pupils to walk to Marston Vale Middle and there is currently no pedestrian access to Wixams Academy!



Councillor Graeme Coombes

*Graeme is the Wilshamstead Borough Councillor.
Reporting to Wixams (August 2021)*

August is generally a quieter month at the Borough Council, as the cycle of committee meetings closes down until September. However, here in Wixams, things are still busy:

Developers building warehouses are still working out of hours on Sunday mornings, causing a nuisance to those living nearby. I am continuing to challenge the environment and planning departments to take tougher action against those who choose to ignore the rules.

A planning application has been submitted for the area around the 'rookery' to include landscaping and an outdoor gym. I believe the proposals are too 'intensive' and the gym equipment should be located elsewhere, so the wildlife is protected. I am due to have discussions with planning officers and will propose scaling back the intensity of the application.

At long last, the Borough Council has announced plans to resurface roundabout between Bedford Road and The Causeway. However, they plan to do these works at night, which will mean HGV traffic by day and noise through the night. Despite concerns raised by residents, the Parish Council and myself, the Borough Council plans to continue with the works during the night.

I recently met Highways Officers outside Wixams Retirement Village, to discuss proposals for double yellow lines outside the WRV, to stop HGVs parking overnight. A residents' representative felt that a better option would be a 'weight restriction', however the Council advised that they had no powers to enforce these. A compromise proposal of a single yellow lines, with parking restrictions from 6pm to 6am was put forward. This is enforceable and the Council can issue tickets to those choosing to ignore the restriction.

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Facebook: Cllr. Graeme Coombes

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Quick and Easy Lemon Drizzle Cake



170g self-raising flour
 170g caster sugar
 113g soft margarine
 Pinch salt
 2 eggs
 5 tablespoons milk (at room temp.)
 Rind of lemon

Topping:

113g icing sugar
 Juice of lemon

Place all ingredients for the cake in a mixing bowl and whisk until light and white. Bake in a lined 7 inch round or loaf tin at 160°C for 1hr to 1hr 15mins. When the cake comes out of the oven, prick all over with a fork, pour the topping over the cake and leave in tin until cold.

Have you got a tasty recipe that you'd like to share with Wixams? We'd love to feature it in a future edition - email newsletter@wixams.org



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Wixams' Volunteers Help Our Community Thrive

Did you know that many of the groups and facilities that are part of our everyday life here in Wixams are mostly run by volunteers? This includes Lakeview Village Hall, the events at summer and Christmas, the Scouts and Girlguiding groups, the parish councils, and even this newsletter.

In this edition we have shared some inspiring stories from residents that are giving up some of their free time to contribute to the wonderful community feeling we have in Wixams and for the benefit of others.

If you are interested in joining a group in Wixams and making a difference, you'll find a list of groups and committees in Wixams on page 10. There are lots of activities going on and there are plenty of opportunities to share some of your skills and talents, get involved in something new and help other people in need. Volunteering can make a huge difference to your own life too, through meeting new people as well as having something extra to include on your CV.

The National Council for Voluntary Organisations (NCVO) conducted a study in 2017-19 in which they have found that 68% of volunteers agreed their volunteering had helped them feel less isolated, 77% of volunteers agreed it has improved their mental health and wellbeing; 89% of volunteers agreed that they had met new people through their volunteering.

I signed up to volunteer with the 1st Wixams Rainbows unit about 4 years ago. At the time, my family and I had just moved to Wixams and we didn't know anyone in the area. Becoming a volunteer was a way for me to get to know people, but also enabled my daughter to make new friends and settle into the new area. From day one we had a great time, and it was lovely to see my shy youngest daughter Bella get involved. The other leaders and helpers were so friendly and welcoming I now consider them friends. Rainbow and Brownie nights are now just as social for me as they are for the girls. I was surprised at how Girlguiding had evolved over the years from the days when I was a Brownie, and the range of activities the leaders organise is fantastic.

In my 'day job' I work as a scientist, and so I especially love it when we do STEM (Science, Technology, Engineering and Mathematics) activities, the girls really enjoy it and watching their excitement when the experiment works is so rewarding. Helping the girls develop confidence, make friends and have fun is a great way to spend an hour each week.

I would encourage anyone thinking about volunteering to give it a go - you will get so much out of it. You can give as little or as much time as you want, from being an occasional helper when we meet, to becoming part of the leadership team helping to plan what activities, trips or camps we will do each term. The more volunteers we have, the more girls in Wixams we can offer places to!

Kelly Vogliqi, 1st Wixams Rainbows



Before covid reared its ugly head I was driving around the south of England every day as a rep for a retail company, so I went from 100 to zero rather abruptly when we went into lockdown. I have family and friends working in the NHS and the School/Care sector, most of whom were having to juggle home life as well, so I really felt I needed to do something to play my part.

I was contacted by the voluntary services as one of the local pharmacies needed volunteers to pick up/drop off prescriptions to the vulnerable members of the community, so I dusted off my bike and spent the summer cycling round the town. I also did a number of shopping trips.

In the second lockdown, I started supporting the vaccination centres, I would be doing anything from directing traffic to helping organise the flow of patients coming through the doors. It was amazing to see all the medical/reception staff and volunteers working together for such a great cause.

I'm so glad I got involved, volunteering really made me feel part of the community. I hope to carry on volunteering, as I know we are greatly needed in non-pandemic times just as much. It also really helped my own mental health in the strangest year I've ever had!

Karen Reeve, NHS Volunteer



I'd originally heard about the Wixams Good Neighbour Group (now merged with the Wilstead group) through a flyer. At the time, this was a relatively unestablished group of friendly people who were looking for new volunteers. Being new to the area, I thought it would be a good way of meeting people whilst having the opportunity to help others by sharing my skills. Although I had never volunteered before, I was more than happy to give it a try.

After completing a few jobs, I started to get to know some of the other volunteers and soon realised that giving up just a few hours a week had huge benefits for those we were helping as well as giving ourselves extra confidence to do more.

Becoming a volunteer was one of the greatest things I've done and I would thoroughly recommend it to anyone, whether it be to learn a new skill, meet new people or simply give something back.

Richard Oxlade, Wilstead & Wixams Good Neighbours Scheme

I became Chairman of the Village Hall Management Committee when the previous Chairman left in July 2016, and, unfortunately no one else was prepared to take over. My role is to run the Committee, chair the monthly meetings, liaise with Bedford Borough Council officers for funding and together with the Site Manager, meet potential hirers and liaise with contractors and more.

People might say why do I do it? Well, I am retired and like to give something back to the community of which I belong. I have time on my hands and like doing it; many aspects keep my brain active, rather than let it stagnate!

We've had a wide range of challenges during my tenure, such as an accident involving a youngster at the pre-school club, as well as improvements to the hall including air-conditioning in the Munson Room and the Swan Room, and the installation of an evacuation chair from the first floor. Probably one of the most significant issues was the closure of the multi-use games area (MUGA) due to the surface becoming defective and of course the Covid pandemic when the hall was closed for several months with the staff being furloughed.

The village hall is a fantastic facility for people of all ages in Wixams to meet and take part in clubs, groups, martial arts, slimming clubs and hiring for private parties, christenings, wedding receptions and more. I'm happy that I can give back to the community and work with such great people who help to provide a facility that benefits so many.

Colin West, Lakeview Village Hall Committee





I moved into Wixams back in 2012. Wixams Events Team had already been established and I joined the team to get to know more people around the area. Initially I joined to help deliver the promotional leaflets but as time went on I took a more active role, in mid 2015 I took over as Chairperson. As a team we decided to expand the size of our events and put on larger events, in particular the Christmas light switch on and the summer event.

We have around 12 current volunteers. Barbara is the secretary, she keeps an eye on the finances. The events team was formed to put on local events which bring the community together. We are always on the look out for new volunteers to join the team. Our next meeting is booked for 2nd September at 8pm in the village hall, if you would like to find out more about the events team feel free to join us. Without the volunteers we are unable to put on these events. Our next scheduled event is Wixams Christmas light switch on Saturday 4th December.

Nathan Sutters, Wixams Events Team

I am Charlotte and I am the Chief Officer at the local Women's Centre. I have worked for a registered charity for 13 years, but this is not my first experience of the third sector. I first started volunteering to help feed homeless people when I was 13, since then I have worked in a charity shop, ran groups for a local youth organisation, I've been a school governor, a volunteer at the village hall, been on the Parish Council and sat on a community forum representing victims for the CPS.

Why Volunteer? It's pretty selfish really, it makes me feel part of the community, makes me feel like I am trying to help, and supports positive change. Is it always rewarding? In my experience yes. Do you always get the results you want? No, but that doesn't mean we don't keep trying.

The Community Voluntary Service (CVS) Bedfordshire has lots of opportunities for volunteering you can spend as much or as little time as you can and to suit every skill set. If nothing else volunteering looks good on a CV. Why not have a look?

Charlotte Day, Bedford Women's Centre

I began my volunteering journey as a founder member of the 1st Wixams scout group. We have been running for 3 years now. I have moved up being a section assistant, quickly realising I wanted to offer more and so became an assistant cub leader. Having been bitten by the bug I recently took on the role of scout leader.

Volunteering is so incredibly rewarding and I am so proud that even with the stresses of Covid we have managed to complete some really exciting and fun activities. To be able to continue offering the young people of Wixams these great opportunities we need adults to step up and start their scouting journey. This could be as part of our Beaver, Cub or Scout groups, whether it be a few hours a month or offering some time every week.

There is no prouder moment as an adult volunteer than when you see the impact your time has on the young people you have worked with. One example is Aaron, one of our founder member scouts who recently took on his fundraising badge. Organising a cake sale in aid of the scouts and Keech hospice. Seeing all his hard work left me feeling so proud and made all the time I spend creating a programme of activities so worth it.

Sarah "Bagheera" Perry, 1st Wixams Scouts



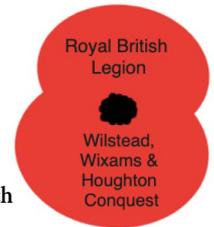
I joined the Wilstead, Houghton Conquest and Wixams Royal British Legion in 2018 initially as a volunteer, as this is a charity that has always been close to my heart personally due to the sacrifices made by so many during the 2nd World War. During my first 12 months of volunteering, my passion grew for charity work which ultimately led to me standing to be Chairman in 2019. Since 2019 working as a team, we have run some very successful events in support of this local and national charity such as afternoon teas, a quiz night and further events were planned which were sadly halted by the Covid-19 pandemic.

Every year the team run the Poppy Appeal and can be seen in local shops and businesses promoting the appeal which began in 1921 to mark the first ever Remembrance Day. During the 2020 Covid-19 Pandemic all our lives were disrupted, and it was brilliant to see the communities of Wilstead, Houghton Conquest and Wixams continue to support the Poppy Appeal raising a total of £3551.04 in the hardest time the nation has had to endure for many years.

For me personally, volunteering is something we can all do if we have the desire to get involved, volunteering for a charity doesn't take up all your time but far less than I realised. It feels great to be giving something back to the local and national communities through giving up a small amount of my time.

From 28th October 2021 the team will be out in the community again for the Poppy Appeal. By supporting the Poppy Appeal the Royal British Legion ensures serving personnel and ex-serving personnel receive support for physical and mental well-being, financial and employment support, local community connections, care and independent living and guidance when needed. These personnel gave and continue to give so much to the nation, and it feels a privilege to be in a position to support them and give something back.

Paul Wilson, RBL Wilstead, Wixams and Houghton Conquest Branch



The majority of my volunteering time is as a Parish Councillor, which I've been for nearly two years. The main reasons for getting involved were to contribute to the residential community after becoming a father, as well as to increase awareness of local businesses operating from the Wixams.

My background in banking has secured me a role in supervising the finances of the council, ensuring that we both spend the money but in a prudent fashion. I also really enjoy the activities that allow the whole family to take part - examples being the community litterpick and tree planting. Passing on the values of looking after everything around you I feel are important, and hopefully the children follow suit.

I find volunteering extremely rewarding, both in terms of the satisfaction it gives as well as the benefit it provides - treating yourself a little afterwards doesn't harm either!

Terry Christian, Wixams Parish Council



Volunteer Groups and Committees

1st Wixams Rainbows & Brownies
www.girlguiding.org.uk

1st Wixams Scouts
www.facebook.com/1stWixamScouting

Wixams Newsletter Committee
newsletter@wixams.org

Wixams Events Team
wixamsevents@gmail.com

Lakeview Village Hall Committee
www.wixams.org/village-hall

RBL Wilstead, Wixams and Houghton Conquest Branch
www.facebook.com/rblwilstead

Wilstead & Wixams Good Neighbours Scheme
Wilstead.Wixams.GNS@gmail.com

Wixams Parish Council
wixams-pc.gov.uk

Bedford Women's Centre
bedfordwomenscentre.org.uk



I moved into Wixams in June 2010, so really early on in the development, and have been involved in volunteering right from the start and in many different ways such as the Events Group and Lakeview Village Hall Committee.

In October 2020 I started volunteering on the Wixams Newsletter Committee providing content in various sections including the Health and Wellbeing. Working in the Health Sector I believe in the value of sharing information, promoting key services and wellbeing activities throughout the community, whether it be children's groups, mental health services or other relevant local organisations. In April 2021, I took on the role of coordinating the advertisements for the newsletter which is a real privilege. I've got to know more about local business than I ever have and it's truly rewarding when you can support businesses in promoting the work they do.

I feel truly honoured to have the opportunity to be able to support our newsletter. The Wixams Newsletter has come a long way since the very first one was produced back in 2009/10. Not only do I get to meet some great people, I get to give back to a community that is continuously growing and supporting one another in many different ways.

Sheila Menzies, Wixams Newsletter Committee

I started volunteering with Girlguiding when I was 14 years old, having been a Rainbow and Brownie myself. Since starting to volunteer, I've had so many opportunities which I wouldn't have had otherwise.

One of the best things I've done with Girlguiding is go to Disneyland Paris back in 2017 with 28 Brownies and Guides. It was one of the best experiences for both the leaders and the girls. We hope to do it again soon so if you join the team you may have the opportunity to come! We also have so many exciting activities and camps planned for the coming terms. Come and join the Girlguiding team and contribute to an amazing experience for young girls.

Vicki Kent, 1st Wixams Brownies



Emergency Grants for Wixams Families

ZeroPA Madad Community Interest Company launched in Wixams in May 2021. It is a social enterprise that uses their profits and assets for the public good.

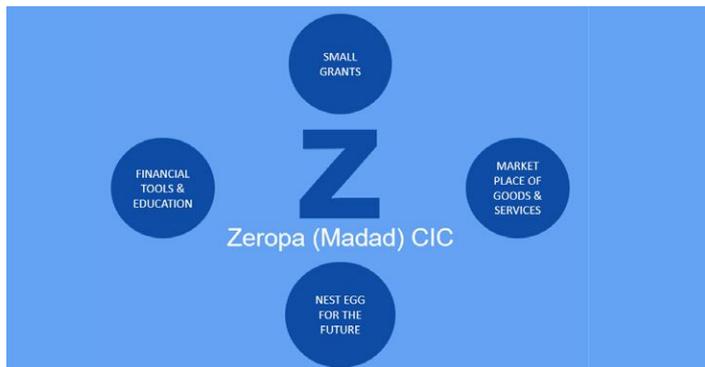
ZeroPA award grants of up to £50 to those in urgent need that may have been turned down access to emergency funding by the DWP, charities, credit unions or banks, and have been referred to ZeroPA by schools, places of worship, credit unions and Citizen Advice Bureaux.

It has limited funds from donations to help families in need with grants towards food, utilities, school uniform and other essentials. There is a simple grants form and income and expenditure template at www.zeropa.co.uk to be returned to grants@zeropa.co.uk

It is estimated that 10 million people in the UK (Step-change 2020) are in perpetual debt each month, owing in total £50 billion in non-mortgage debt. One can estimate that there are approximately 1,000 people that would benefit from our service in Wixams and surrounding villages. 15 million people in the UK are now in debt and 6 million people borrowed from family and friends during the pandemic.

Future plans include developing a market place of goods and services that beneficiaries can access to obtain cashback and discounted purchases such as white goods, repairs and groceries.

To find out more, call Saqhib Ali on 07758 157051 or email enquiries@zeropa.co.uk

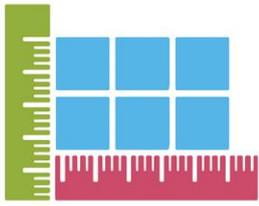


Puzzle Corner

Sudoku - Skill: Medium

7			4			9		
		8			1			
5		9	2				3	
		5		7				4
	6	2	8		4	3	9	
4				6		5		
	8				7	6		3
			5			8		
		7			8			9

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Gardening Tips for September

by Marion Colledge
Marion is a member of Garden Organic, and Biddenham Gardeners Association. She tweets @Marioncolledge



Raised beds, containers, trugs, little spaces

Good seed potting mixture has been difficult to get this year because I've been insisting on peat-free. What has been sold labelled as seed and seedling compost is not like the reliable John Innes seed compost (which unfortunately does contain peat), but looks like flakes of wood, some of which are too big to support tiny seeds. I went to an ironmongery/DIY store and ordered a sieve or 'riddle' to eliminate large bits.

One might be able to get damp sandy soil from a garden, sieve it and sterilise it in the microwave for 90 seconds.

You might be thinking of purchasing spring-flowering bulbs now to fill the spaces in the raised beds, or in the large garden under the herbaceous plants. The Royal Horticultural Society does some multi-packs, see rhsplants.co.uk. It's not a good idea to purchase cheap bulbs from a non-established source because of the danger of fungal disease.

In the large garden you may want to use bulb compost if you are planting, say, tulips which dislike too much moisture and you intend to leave them permanently in a clayey soil. Otherwise, using a deep pointed trowel you should be able to poke new bulbs six inches under your herbaceous plants.

Vegetables

A good courgette will probably still be producing like crazy – others may be weak and not doing much. It's a good idea to feed all courgettes a liquid feed in a small depression in the earth/mound.

Pick off yellowed leaves. Don't worry too much about mildewed leaves. They're due to low night temperatures and high humidity.

The tomatoes may have started producing. They'll be heavy and need tying up very carefully. When you've got five trusses, the remaining buds can be nipped off because it will probably be too late for them to produce unless you want to take them inside somewhere light like a conservatory to get a few late ones.

Yellowing leaves should be removed and also some of the green leaves can be cut off if they are stealing nutrients and blocking the sun from the fruits.

Larger Gardens

As I write, on warm days when it is raining, at least five peacock butterflies flit, chasing each other and drinking nectar from the perfumed purple buddleia. *Buddleja davidii* is so easy to grow—but watch out—it colonises railway walls in London and space is required. I had/have two and then only wanted one, but the base of the ten year old bush was impossible for me to get out. Peacock butterflies can live eight months and in inclement

weather they fold their wings and hide, looking like a withered leaf. The other thing peacock butterflies need is a nettle patch for their larvae to eat, so I haven't cut my nettle patch right down this year. I've only cut the flowers off so there aren't any seed heads forming. I've put them in a water tank to rot and make a plant food.

Allotments

I had Russian tomatoes this year and cherry tomatoes. The latter are in the shade of my rampant grape vine and are producing very slowly, but up to now have been safe from this destructive rain we've been having. The Russian ones were elsewhere in the garden and got blighted (stems and leaves went brown) after a rainstorm a week last Monday. I picked the green tomatoes, washed, chopped and froze them. I can chutney them later when I'm less busy picking fruit and weeding.

The rain this last month has made snails a nuisance. Look for them in dark spots under pots, trugs, or behind water butts and they are catchable. Unfortunately if it gets too wet for them on the ground, they will climb into fruit bushes. I found them eating my daughter's apples. Luckily, an allotment member has asked for them to feed to his hens. Tiny ones with their translucent shells will be eaten by frogs foraging under dead leaves or leaping in an evening rain storm—provided there's plenty of organic matter and a pond nearby that has supported tadpoles. It took our nine year old son a week of his Easter holidays to dig through the gravel to make our mini-garden pond a metre wide by half a metre deep. We bought sand to line the earth and a 'plastic shell' which has lasted 22 years.

Enjoy your gardening!



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Deadline for submissions for next issue:
19th September 2021

If there is anything specific you would like to see in the Newsletter or if you would like to write an article of interest to others please get in touch with us at newsletter@wixams.org

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