



WIXAMS NEWSLETTER

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

Platinum Jubilee Roundup Edition

Find out about many of the Queen's Platinum Jubilee Celebrations held around Wixams last month. Thank you to everyone who sent their photos in!

Read on from page 8



Street parties!



Some of our younger members of the Wixams community with their commemorative coin

Was your child born after June 1st 2021?

Receive a commemorative Platinum Jubilee Coin from Wixams Parish Council.

Please email saqhib.pc@gmail.com



Upcoming Events

Send details of your local events to newsletter@wixams.org

Event	Date	Location/Details
Wixams Newsletter Meeting	Tuesday 12th July, 20.00pm	Zoom - please email newsletter@wixams.org
Happy Circus (Lakeview PTA)	Saturday 16th July, 13.30pm	Lakeview Village Hall
Wixams WI	Wednesday 20th July, 19.45 pm	Lakeview Village Hall
Bedford River Festival	Saturday 23rd & Sunday 24th July	For more information visit https://riverfestival.bedford.gov.uk/
Summer Camping at Herrings Green Farm	Saturday 23rd July	Herring Green Activity Farm, Winstead. For more information visit https://birdsofpreycentre.co.uk/product/summer-camping-at-herrings-green-farm-july-23rd-august-6th-20th/
Wixams Parish Council Meeting	Tuesday 26th July, 19.30pm	Lakeview Village Hall
Wonderful Woodland Animal Crafts	Tuesday 2nd August, 11.00am and 13.00pm	The Forest Centre, Marston Moretaine. Spaces are limited. For more information visit https://www.marstonvale.org/Event/woodland-animal-crafts-tuesday-2-august
Wonderful Woodland Animal activity trail	Wednesday 3rd August, 11.00am and 13.00pm	The Forest Centre, Marston Moretaine. Spaces are limited. For more information visit https://www.marstonvale.org/Event/woodland-activity-trail-wednesday-3-august-2022
Summer Camping at Herrings Green Farm	Saturday 6th August	Herring Green Activity Farm, Winstead. For more information visit https://birdsofpreycentre.co.uk/product/summer-camping-at-herrings-green-farm-july-23rd-august-6th-20th/
Dinosaur Crafts	Tuesday 16th August, 11.00am and 13.00pm	The Forest Centre, Marston Moretaine. Spaces are limited. For more information visit https://www.marstonvale.org/Event/dinosaur-crafts-tuesday-16-august-2022

All upcoming events are correct at the time of publishing. Please check with the event organisers directly for more information.

Wixams Parish Council

Meeting locations

All parish council meetings are now back at Lakeview Village Hall. As ever, meetings remain open to the public and your attendance is welcomed. There is a public open session at the beginning of every meeting.

Actions with the borough council

We have a number of items that I've mentioned previously that are awaiting action from Bedford Borough Council (BBC). Items get

prioritised against the rest of the borough so the wait can often be long, but they are not forgotten:

Speed signs

BBC Highways have approved the location of an additional speed sign on Bedford Road – facing the other way to the existing one – we are awaiting the install of the column. Barratt Homes have now given permission for a sign on Harlequin Crescent, so that's next to be installed.

Highways Proposals

BBC Highways still need to take to public consultation the latest proposals for parking restrictions: double yellows and "No Footway parking" on Brooklands Avenue.

Traffic calming and road safety measures

We are awaiting details of the commencement of a feasibility study from BBC Highways to provide advice on crossings at three locations in Wixams. We will push the borough council to fund these but it may end up falling on the parish council to ensure they happen. It is not a case of just painting the lines on the road and a zebra crossing costs upwards of £45k and a crossing with traffic lights would be at least £85k.

Bollards

We are awaiting the installation of bollards on Green Lane and Kingfisher Avenue – the parish council will be funding these.

WRV bus shelter: Borough Councillor Tim Hill confirmed £4k of his ward fund for the Wixams Retirement Village bus shelter and the parish council has put forward £2k. We need the borough council to agree to this approach and confirm this can now be taken forward.

Other actions

Broken bench at WRV: The new bench by the lake at WRV has been

vandalised and repairs are on the way.

Youth club

Following the decision in the April meeting to contribute £12k a year to fund a youth club for one night a week in Wixams, an agreement has been signed with BBC Youth Services who are going out to tender for a provider. There is an expectation of a September start if all goes to plan.

Grants

At the June meeting £1k was granted to 1st Wixams Beavers Cubs & Scouts for camping equipment. Please approach us if you wish to have an informal discussion in the first instance about whether you may be eligible for a grant.

20mph limit

The parish council was supportive of the borough council's proposal for a 20mph limit in Wixams. However, it was requested that physical measures of enforcement are brought in alongside the signage and that it is extended into Village 2 upon adoption. You can find the proposal maps on our website.

Crossing attendant

The borough council are still recruiting for a school crossing attendant to be funded by the parish council. The work will be at school times and be in the region of 7.5 hours a week. Full training will be provided. Please drop me an email if you are interested.

Next Parish Council Meetings

Our next meetings will be on 26th July and 16th August at 7.30pm in Lakeview Village Hall

wixamspc@gmail.com
www.wixams-pc.gov.uk

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
• Welcome (Wixams Co-Op).....	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 COUNCILLOR VACANCIES!

Wixams Parish Council needs YOU to become a councillor!

The parish council is your local authority that makes decisions on behalf of the people in Wixams Parish. It is the level of government closest to the community, with the borough authority (Bedford Borough Council) above it in the hierarchy.

We meet once a month in the evening for the council meeting, to which members of the public are also invited. Meetings may last two hours, depending on the agenda set for the meeting and what needs to be discussed. We also have Planning and Grants committees to deal with these specific subjects.

For full representation we would like to see more applicants from villages 2 and 4, although we welcome interest from residents in any area of Wixams Parish. No prior experience is required.

Come along and meet us and see if you'd like to join.

We look forward to seeing you at our next meeting!

Meetings: One evening meeting a month!

Come along and join the team and influence:

Planning decisions

Services & facilities

Footpaths, open spaces and highways

...and many more!

CONTACT

Email the Clerk for details:

clerk@wixams-pc.gov.uk



Councillor Graeme Coombes

*Graeme is the Wilshamstead Borough Councillor.
Reporting to Wixams (June 2022)*

This month I find myself yet again writing about the traffic and road safety at Wixams. At the time of writing, news reaches me of another child hit by a vehicle whilst crossing the road. This is wholly unacceptable and follows shortly after a petition was presented to Bedford Council by Wixams residents (after another child was involved in an accident) urging the Council to install pedestrian crossings in order to address the issue.

At the time, the Cabinet Member for Transport put forward a fairly wishy-washy motion that said they would address the road safety issue 'as quickly as possible'. Clearly, this is not quickly enough. We have a proposal from the Borough (due to be discussed at the June Wixams Parish Council meeting) in which large swathes of Wixams would have 20mph zones installed. However, these 20mph zones will only work if drivers stick to the speed limit and the Borough Council enforces them by punishing speeding drivers.

The only serious route to creating safer streets is by providing proper pedestrian road crossings, where traffic has to stop and pedestrians aren't forced to dodge moving traffic. I have now written again to the Borough Council's Highways team asking them as a matter of urgency to put together concrete plans for road crossings at Wixams, with a clear timetable for their installation.

So far, I am told that the children hit by cars have thankfully not been seriously injured. But the risk remains and I will not apologise for continuing to raise this matter in this newsletter and with Borough Council officers until the safety of local children and other pedestrians is put first and foremost and this issue is addressed.

Tel: 07815 302 318

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

Facebook: Cllr. Graeme Coombes



Councillor Tim Hill's Report

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

NHS Dentist Appointment Availability – Largely thanks to this Government's incompetence and underfunding, residents are finding it increasingly difficult to get an appointment for emergency work with a local NHS dentist. If after contacting several dental surgeries you still cannot find a dentist accepting NHS patients, call NHS England's Customer Contact Centre on 0300 311 2233. If you think you need urgent care, contact your usual dentist as some surgeries offer emergency dental slots and will provide care if clinically necessary. You can also contact NHS 111, who can put you in touch with an urgent dental service. Do not contact a GP, as they will not be able to offer urgent or emergency dental care. For further details, please see this website: <https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/>

WRV Bus Shelter – I have submitted a £4,000 bid from my Councillors Ward Fund as a contribution towards the cost of a Bus Shelter for the Bus Stop on Bedford Road, opposite the entrance to the Wixams Retirement Village. The Bus Stop is actually in the Wilstead Borough Ward and Wixams Parish, but will mainly benefit the residents of the Wixams Retirement Village who live in my Ward and Wixams Parish. As is customary with Ward Fund grants for Parished areas, it is hoped Wixams Parish Council will contribute and as a small number of Wixams residents will benefit, that their Borough Ward Councillor will also contribute from his Ward Fund.

WIXAMS NEWSLETTER NEEDS VOLUNTEERS

**Wixams Newsletter seeks volunteers across
Villages 1,2 and 4 to help with stories, regular
columns, proof reading and delivery**

Contact newsletter@wixams.org



Caring For Humanity

Two 13-year-olds from Wixams Academy, Naima Khanom and Emma Chamberlain partnered up with UK registered charity, Caring For Humanity (Charity Registration Number: 1186786), hosted a fundraiser to raise money and awareness for period poverty within Bangladesh. The “Stand Up For Women!” fundraiser was held in Lakeview Village Hall in Wixams, Bedford; the charity raised a mind blowing £860.97, the entirety of the raised amount will be donated to provide sanitary products, essentials such as painkillers and meal packages for vulnerable women in Bangladesh. Naima and Emma both brought together this idea of standing up for women and tackling period poverty in less fortunate countries. Both girls have displayed and proven that the youth of today could make a huge impact to protect the vulnerable youth and the wellbeing of the struggling people of the future. There is a certain taboo around this topic of period poverty as it is not well spoken about

and nor is it well provided for. When people think of charity, there mind does not go towards period poverty instead they think of other issues such as food shortages or shelter shortages, therefore issues such as period poverty, which also affects a large amount of people, goes amiss and is not tackled to the best they can be. Caring For Humanity has taken a stand to tackle this issue and bring awareness of period poverty as well as the struggles that women and young girls may face in today’s world.

There were various stalls distributed within the Lakeview Village Hall:

- Cupcakes
- Indian food
- Baby clothes
- Henna
- Baubles
- Crystals
- Fashion jewellery items
- Resin gifts
- Woodwork
- Books
- Candyfloss

All of the stalls and the stall holders made a huge impact on making the fundraiser complete success. Kempston Town Councillor, Mr Ali

Akbar, donated a fantastic £100.00 to the cause to show his support in tackling period poverty .

Sharon & Little L’s Lovely Little Goodies donated a wonderful £120.00 to support the cause!

This is one of many fundraisers/ distributors which Caring for Humanity has completed. In early June 2022, previously mentioned 13 year old’s Naima and Emma partnered up with Caring for Humanity and completed a fundraiser for Ukraine in which they raised over £200 by hosting a Tombola at Wixams Academy; these funds were used to support Ukrainian families who are struggling due to the ongoing war by Russia against Ukraine. Naima and Emma had also completed a book sale in Great Denham primary school in which they raised £102.60, The proceeds for this Books sale were used to purchase stationary and school equipment for children in Bangladesh. Caring For Humanity has also completed various distribution such as meal packages and winter blankets.

Further information can be found on their website:
www.caringforhumanity.org



WIXAMS COMMUNITY WATCH

JUNE CONTENT BY: DEBBIE BOWMAN

FACEBOOK: WIXAMS COMMUNITY WATCH

EMAIL: WIXAMSCOMMUNITYWATCH@GMAIL.COM

SUMMER FETE

By the time you read this we will already have held a stall at the Wixams Summer Fete, thank you to all of those involved in arranging and co-ordinating this event. It is always great to meet Wixams residents and explain what we are doing in helping to keep our community safe.

The details of the competition to take a selfie next to each of the Street Watch signs will be published in the next edition of the newsletter, watch this space.



STREET WATCH

The Street Watch volunteers are out and about and if you are interested in joining, please contact;

Juliet.Wright@beds.police.uk or contact us at WCW email address above.

CRIME STATS

Date	Offence	Street
04/05/2022	ASSAULT WITHOUT INJURY	Brooklands Avenue
04/05/2022	HARASSMENT	
11/05/2022	ASSAULT WITH INJURY	Fallow Lane
11/05/2022	ASSAULT WITHOUT INJURY ON A CONSTABLE	Fallow Lane
14/05/2022	ASSAULT WITHOUT INJURY	Brooklands Avenue
15/05/2022	HARASSMENT	
16/05/2022	CONTROLLING OR COERCIVE BEHAVIOUR	
19/05/2022	ASSAULT WITHOUT INJURY	Southern Cross
19/05/2022	ASSAULT WITHOUT INJURY	Green Lane
19/05/2022	PUBLIC FEAR ALARM OR DISTRESS	Kingfisher Road
22/05/2022	ASSAULT WITH INJURY	Roe Deer Place
22/05/2022	ASSAULT WITH INJURY	Roe Deer Place

E-SCOOTERS AND UNDERSTANDING THE LAW



We are seeing complaints regarding the use of E-scooters on pathways, one of them being a parent carrying a child to school as a passenger.

These are classed as motor vehicles, and you will need to have a licence, insurance and tax. Below is the advice from Beds Police.

Did you know that it is illegal to use a private E-Scooter on public roads or pathways, including green belt areas?

If a person is seen by police riding an E-Scooter on pathways, public roads and green belt areas then we will do one of the following.

- Issue you with S59 Warning
- Seize the scooter under Section 165 Road Traffic Act and report you for no insurance
- If you are under the age of 18 years old will speak to your parents

There are serious risks for riders, which include:

- Serious life changing injuries and death
- Criminal prosecution for causing death by dangerous driving, potentially receiving a prison sentence up to 14 years and being disqualified from driving
- Prevent civil proceedings against them by any injured party, potentially losing their homes

The risk for others include:

- Serious life changing injuries and death
- ASB/Criminality enabled by usage

It is not currently possible to get appropriate insurance for privately owned e-scooters. This means they cannot be used on the road or in public places legally, so please only use them on private land with permission.

JOIN US

The Wixams Community Watch team of volunteers is growing, but we are still open to new members. It's a great way to contribute to your community, so if you are interested, contact us at the email address at the top of the page or by scanning the QR code



Wixams Monthly Bike Meet & Run

Fancy meeting other bikers in Wixams?

We meet on the first Sunday of the month at Seasons and then ride into Bedford to join the main Bedford meet in St Paul's square.

11am Meet in Seasons car park

12pm Ride into Bedford

Bikers from other villages are welcome too



Wixams Buggy Walks

Every Thursday

08:45 am

Meet outside Lakeview Village Hall

All are welcome!



Wixams Book Group

What? Chat about books, meet other book lovers, eat nibbles and bring wine/gin/tea/other. Possibly a monthly read.

When? First meet up tbc.

Where? Various locations in and around Wixams.

Who? For more information, contact Hadeel Bennett - hadeelfarrag@hotmail.com



Wixams Community Café

The Wixams Community Café is open weekly and for just **£2 each** (kids under 5 go free) you get unlimited tea, coffee, squash and biscuits.

Everyone is welcome so why not pop in for cuppa and a natter?

Tuesday mornings
10:30 am to 12:00 pm
Swan Room, Lakeview Village Hall



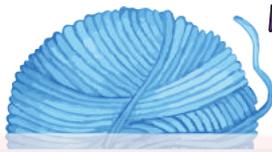
Platinum Jubilee Celebration



2nd Wixams Rainbows dressed as princesses and decorated crowns and painted pinwheels and flags. The Brownies planned their own party where they made their own party which included decorations, food and crown making. All the girls earned a special jubilee badge.

Celebrations in Wixams





The Queen's Platinum



If you went for a walk down to the village lake or to the Willow Grove marketing suite during the Jubilee weekend last month, you might have noticed that Wixams had been 'yarn bombed' and parts turned into a woolly and colourful celebration for the Jubilee. The displays were created by the newly formed group "Wixams Yarnbombers", which was started only in April thanks to a sponsorship from Barratt and David Wilson Homes. The group already has over 35 enthusiastic knitters and crocheters, including some complete novices.



The first yarn bombing project was quickly established in the group as the Queen's Platinum Jubilee was upcoming. Over the following 6 weeks complete beginners and experienced knitters and crocheters together created 394 paper chain links, 185 flags, 137 flowers, crowns, flower wreaths and even a Queen with her Corgi!



um Jubilee in Yarn



The success of the first display has left a real sense of pride within the group: "Wow, we have completed our very first display" said Deb Bowman of the Wixams Yarnbombers, "Due to the fantastic success of The Queen's Platinum Jubilee 2022 will be taking this onto bigger projects with the amazing work done within this group, going forward towards Remembrance Day and Christmas."

Passers-by have taken a keen interest in the work the group have created and people were often spotted taking photos of the display or with their little kids on the hunt for bugs and bees on the trellises. "The response from the community has been overwhelming and we hope this will encourage future members to come along and learn a new skill" said Jane Hirst of the group.



Kim, Jane, Shirley, Deb and Michelle of the Wixams Yarnbombers



Would you like to join the Yarnbombers?

If you are interested in a new hobby or the group, why not join our next relaxed get together for those who would like to learn or improve skills?

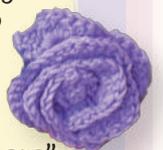
It takes place on

Wednesday 20 July, 19.00-21.00.

Let us know in our Facebook Group „Wixams Yarn Bombers” or email wixamsyarnbombers@gmail.com

for more information.

Everyone is welcome!



Lakeview Village Hall Activities



The groups advertised below are correct at the time of publishing. Some groups run term time only. Please contact the group directly for their class running times and further information.



Day	Time	Group	Room	Contact	Website/Facebook
Monday	16:00 - 17:00	Shine Theatre School	Lakeview	Luisa Hodges - 07749091885	facebook.com/Shine-Theatre-School shinetheatreschool.co.uk
	18:30 - 20:00	Wixams Tang Soo Do	Lakeview	Nick	facebook.com/WixamsTSD
	20:00 - 21:00	Go box fitness	Lakeview	07727113285	facebook.com/goboxfit
Tuesday	17:00 & 18:30	Slimming World	Lakeview	Holly - 07968719951	www.slimmingworld.co.uk/group/558255
	18:30 - 19:30	Yoga	Munson	07825561569	www.livyoga.co.uk
	18:30 - 19:30	Christ the Word Ignite Club for yrs 6, 7, 8 and 9	Swan	07879716958	facebook.com/christthewordwixams www.christthewordwixams.org.uk
Wednesday	09:45 - 13:05	Baby Sensory Different groups running	Lakeview	Samantha - 07538502587	facebook.com/babysensorybeds www.babysensory.com/beds
	17:45 - 20:00	Irish Dancing Primary, Intermediate & Open classes	Lakeview	Katie	facebook.com/stuartirishdancebedford
	17:00 - 18:00	Rainbows	Munson		
Thursday	18:15 - 19:30	Brownies	Munson		
	09:45 - 14:00	Toddler Sensory Different groups running	Lakeview	Samantha - 07538 502587	facebook.com/toddlersensebeds www.toddlersense.com/bedfordshire
	18:15 - 19:00	Go box fitness for kids	Lakeview	07727113285	facebook.com/goboxfit
Friday	18:30 - 19:30	QI Gong Class Mind-Body-Spirit Exercises	Munson	07908006677	Email: innertherapy@gmail.com
	18:00 - 20:00	Scouts	Lakeview		facebook.com/1stwixamscouting www.1stwixamscouts.org.uk
Saturday	09:15 - 10:00	Shine Theatre School	Munson	Louisa Hodges - 07749091885	facebook.com/Shine-Theatre-School www.shinetheatreschool.co.uk
	09:30 - 11:30	Irish Dancing Beginners classes for all ages	Lakeview	Katie	facebook.com/stuartirishdancebedford
Sunday	08:30 - 09:30	Go box fitness	Lakeview	07727113285	facebook.com/goboxfit
	10:30 - 11:30	Christ the Word Church Services	Lakeview		
	15:00 - 16:00	Christ the Word Sunday Club For children aged 4-10 years	Munson	Alan - 07879716958	facebook.com/christthewordwixams www.christthewordwixams.org.uk

Bedford River Festival 2022

The ever-popular Bedford River Festival takes place in July every other year, and will be back bigger and better for 2022. As always, the River Festival is free to attend and offers something for everyone – including live entertainment and activities, a funfair, raft and dragon boat races, plus Pirate Island, the Sports Island and water sports arena. This year the Bedford Festival of Motoring will also be taking over the High Street to present one hundred unique and interesting vehicles.

For the festival programme and map visit:
<https://riverfestival.bedford.gov.uk/>



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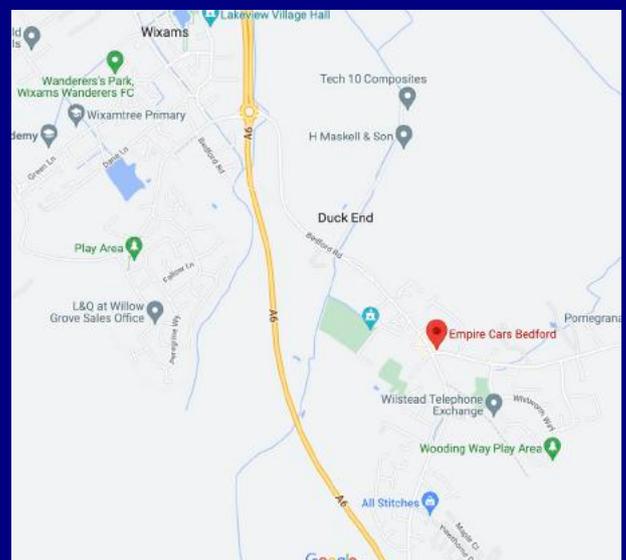
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Get in contact to find out how we can support your Recruitment campaign.

Email: advertising@wixams.org



Vacancy for Crossing Attendant

The borough council are recruiting for two school Crossing Attendants to cover the following locations:

Brooklands Avenue
Green Lane

Hours: 7.5 hours per week
08:15 – 09:00am and 15:10 – 15:55pm

Before commencing the role you will be required to undertake 1 full day training, plus 6 training shifts (3 x AM and 3 x PM). You will also be required to attend 1 full day refresher training per year.

Please email the Clerk if you are interested and you will be put in touch with the borough council recruitment team wixamspc@gmail.com



Would you like a small part-time job?

Wanted – one, or two people to share, the role of Assistant Caretaker at Wilstead Village Hall

To start as soon as possible, Wilstead Village Hall Management Committee is looking to fill the vacancy of an assistant caretaker by either one person or two people sharing the role.

This is for a minimum of 3 hours of work (as it depends on the amount of bookings) on one day of a weekend and for a minimum of 3 hours worked on a Monday.

There is the possibility of earning extra money to help cover the main Caretaker's holidays and sick days.

The pay is £10. per hour as worked.

Duties would include good time keeping to unlock and lock the hall for hirers, and preparing the hall and cleaning after a hire. Other duties might include gardening, deep cleaning and general maintenance.

Full support and training will be given.

If you are at all interested, even just for one of the days or require further information, please contact either of the names listed below.

Brian, our main caretaker is very willing to show you around the Hall.

Chairperson – Sandra Spinks – sanschambers@hotmail.com 07853395939

Secretary - Angela Fosbrook - angela.fosbrook@ntlworld.com

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July Garden Update by Deirdre Wilcock



Deirdre is a RHS qualified gardener and owner of Green Hands. For more garden updates find Green Hands on Facebook @deirdregreengrands.

SUMMER is finally here! July is the month for relaxing in the garden and taking the time to enjoy all of your hard work. Enjoy the al fresco dining and late summer evenings whilst we can! During hot spells make sure you keep newly planted trees and shrubs watered whilst they are still establishing their roots. Make sure you pay particular attention to your pots, they dry out the quickest and will need watering daily at this time of year. Maybe consider installing a water butt to save money on your water bill. They are super easy to install and is a great way to get young children involved in gardening too as they can reach the tap on the water butt and fill up their own little watering can.

Get your mower out!

One of my favourite jobs of all in the garden is mowing the grass. Nothing beats a stripy lawn! Mowing the lawn should be a weekly job now. Don't forget your summer feed for your lawn, it will need a top up this month from it's Spring feed if it's to get through summer looking lush and green!

My top 5 star plants for July:

- Verbena bonariensis - tall, airy perennial. Looks great planted at the back of the border
- Hebe 'Gauntlettii' - neat but bushy evergreen shrub that needs little pruning
- Phlox paniculata 'Eva Callum' - hardy perennial that will flower into autumn
- Clarkia amoena - hardy annual that thrives in poorer soil
- Eschscholzia californica - one of my absolute favourites!
California poppies : annuals that will self seed and reappear every year!

Tasks for July:

- Deadhead roses to prolong your display. Many people will just snap old flower heads off but if you want your display to continue well into Autumn you have to prune back to a bud in a leaf to encourage new shoots
- Remove any black spot, rust and mildew leaves off plants to minimise the spread of disease
- Remove any growth that has come from bases or trunks of trees. This new growth saps the energy from the main tree
- Take Hydrangea cuttings. Remove non flowering shoot, cutting just above a bud and remove lower leaves. Place straight into compost in a pot and you will new free plants! Roots should form in about 4 weeks then you can pot on
- Prune Wisteria whippy growths so they are about five or six buds of the main stem. This will encourage flower buds for next year
- Take semi ripe cuttings. Semi ripe cuttings are cuttings taken from new growth before it comes woody. It's super easy to do! Cut and place straight into compost
- Take photo's of your garden so you remember where your plants are planted. You can easily forget next year where your plants will be popping back up from and dig them up thinking they are a weed!

Happy Gardening!



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1) What does Positively Empowered specialise in?

Positively Empowered specialises in hypnotherapy and hypnobirthing. Hypnotherapy helps you make positive changes by re-programming your subconscious mind to be open to suggestion and bringing about change. Hypnobirthing helps mums to have a calm birth, shorter often drug free more comfortable labour. Hypnobirthing always makes a difference. The skills learned in the hypnobirthing course can be used throughout life in all sorts of circumstances.

2) How long have you been in the industry?

I decided to learn hypnobirthing after watching my grand daughter come into the world in a very medicalised way. I thought at the time that things had not improved since my own daughter was born 19 years previously! I have since helped my other grand daughters be born the hypnobirthing way and have helped over 100 babies come into the world in a calm way to a calm mum.

3) What is Hypnotherapy and Hypnobirthing?

Hypnotherapy helps bring about change. When you experience a hypnotherapy session, the hypnotherapist will lead you into a deep state of relaxation. It is in that relaxation that the sub conscious mind is more open to accepting change. Everything that we have experienced in life is stored in our subconscious mind, and the subconscious mind is there to keep us safe. Unfortunately, in some instances it has learned patterns of behaviour that may no longer be beneficial to us. Examples of this are, smoking, or over eating, feeling anxious, fears and phobias, lack of confidence, not being able to let go of a past relationship or not reaching our full potential. Hypnotherapy can help our subconscious mind change the thought pattern and therefore help bring about change. Hypnobirthing works in a similar way by reprogramming the mind. We have been told so many negative stories about childbirth. If that is all you have ever heard negative stories from family and friends, or watched drama on the television with programmes like one born every minute or call the midwife, how do you know any different. Pregnant mums are not taught how to work with their bodies and minds? Hypnobirthing changes the way mums view and behave in labour and how they approach it.



Birth Partners are really important with hypnobirthing mums. They are the continuity of care. On the course they learn how hypnobirthing works, how to help mum stay in her hypnobirthing bubble and how important they are to mum during labour. Giving birth is not just about mum, it is also the baby's journey into the world. Mums have carried their babies for nine months, why wouldn't they want to make their baby's journey into the world in the easiest, calmest natural way possible? How wonderful to be able to look back at the birth of your baby and say as many of our mums do... what an amazing experience!

4) Who are the classes open to?

Classes are open to everyone. Whether you are of an older generation or a younger one, hypnotherapy and hypnobirthing has its place for everyone.

5) Do you offer group sessions or one to one?

Sessions are both in groups and one to ones.

6) What do you love most about your job?

I love my job. I have experienced so many lives changed with a few sessions of hypnotherapy and hypnobirthing. One of my latest clients had a severe dental phobia. She had spent a fortune on being sedated in the dentist chair for 40 years. She had three hypnotherapy sessions and was able to have a filling without sedation. See my google reviews. Hypnobirthing mums are amazing. I have stories where mums have been terrified when they first come for a session. After completing the course, putting in the practice there have been so many who have had amazing births, both first time mums and mums who have already had previous labours. This brings me so much joy, knowing they can look back at giving birth with wonderful memories knowing they have brought their babies into this world calmly and controlled. Making a positive difference in my clients' lives is the best reward I can have.

There are so many success stories I can write about, but if I have to choose one, it is a first time mum who came to me absolutely terrified of giving birth. She and her birth partner completed the course, put in the work. They arrived at hospital and the midwives found it difficult to believe she was actually in labour as she was so calm. She was at the hospital 1 hour before she gave birth to her 9lb 3oz baby boy. She said to me, what an amazing experience giving birth is! How many mums can say that about their first baby??

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Deadline for submissions for next issue:
19th July 2022

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

The Newsletter Team

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