



WIXAMS NEWSLETTER

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

WE NEED A WIXAMS HEALTH CENTRE AND WE NEED IT NOW

"If my husband had been able to get a Dr's appointment his cancer may have been diagnosed sooner but unfortunately by the time he was seen and referred to the correct department it was untreatable. He died in October 2022. So I would say it's a matter of high priority, in fact it's a matter of life and death."

Thanks to the 1,000 plus respondents to our survey – the full analysis can be found on the centre pages 10-13.

As you are by now aware Wixams Health Centre GP Provision was turned down in January 2023 by the local NHS through Bedfordshire, Luton and Milton Keynes Integrated Care Board (ICB) Primary Care Commissioning Team.

Due to an in-year funding shortfall for the ICB for 2023/24 and spending cuts and efficiencies of £16m, various proposed GP surgeries, hubs, health centres and expansions were declined. However, some Amptill schemes where over **50% of Wixams residents** attend were approved. Our residents travel out of our village to where a GP practice is now being expanded - **this makes no sense.**

The 20,000 plus local residents in Wixams, Wilstead, Cotton End, and Houghton Conquest deserve a health centre **NOW**. This has to be delivered by 2026, if the S106 /Community Infrastructure Levy (CIL) agreement is enforced on L&Q/ Gallaghers in 2023 due to the requisite number of homes being occupied. It should have been ready in Autumn 2024 when the Town Centre and Station are delivered.

I recently met with the Mayor along with Wixams Parish and Bedford Borough Councillor Graeme Coombes, Parish Councillor Eric Benton - Chair of Wilstead Parish Council, Becs Hares, Houghton Conquest Parish Councillor and Central Bedfordshire District Councillor along with Bedford Borough and Central Bedfordshire Planning officers. The Mayor was due to

meet with a BLMK ICB Estates official later that day, and we have agreed to meet again in early March.

There is a potential capital funding shortfall - which can be made up from the NHS, S106, CIL, Central Bedfordshire Council (CBC) and Beds Borough Council (BBC) funding towards the £3.4m build costs.

There is also believed to be a £190k annual running costs shortfall which is why the Wixams Health Centre did not secure approval.

What does this shortfall mean in real terms:

It is very approximately the **profit** house builders make on just **ONE 5 Bedroom house in Wixams.**

Wixams Villages 1-4 will eventually be **5,000 homes**, with a further **2,000** homes south of Wixams and over **1,000** homes West and South of Wixams in Wilstead Parish.

The **lack of a Wixams Health Centre** could lead to **deaths - and serious illness** through delayed diagnosis as highlighted in the resident quote above.

Don't Delay - Please write now to Rima Makarem, Chair of BLMK ICB at blmkicb.contactus@nhs.net or Governance & Compliance Team, 3rd Floor, Arndale House, The Mall, Luton, LU1 2LJ

We will also share the results of our survey with the ICB, BBC & CBC. Thank you.

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.....	07544 853633
• 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

MARCH 2023

WIXAMS PARISH COUNCIL

NEWS



CELEBRATE

The parish council is pleased to announce our support to the local community during this momentous occasion. The support will be coronation starter bags for all streets within Wixams that are having street parties/events on the day. These starter bags are free but will be one per street. They will include bunting, flags, balloons and theme coronation factsheets and games. To apply please email councillors Deb Bowman and Sam Mardel on the following email addresses:

deb.bowman@wixams-pc.gov.uk & sam.mardel@wixams-pc.gov.uk.

Please note we will publicise the closing date in the next issue of the magazine and the starter bags will be handed out closer to the coronation day.

INTERESTED IN BEING A PARISH COUNCILLOR? APPLY SOON TO BE PART TO THE MAY ELECTIONS!

If you're passionate about where you live and want to make a difference then consider joining the parish council! To apply you must:

- be over 18 years old
- British, Irish or qualifying Commonwealth citizen or European Union citizen

And at least ONE of the following:

- Registered elector for the parish area.
- Occupied as owner or tenant of any land or premises in the parish area for the last 12 months.
- Principle place of work (including unpaid) during the last 12 months in parish area.
- Lived in the parish area during the last 12 months or within 3 miles of it.

For further information email clerk@wixams-pc.gov.uk

Wixams Yarn Bombers

We hope you enjoyed our Christmas Tree on Lakeview and it was great to hear all your lovely feedback.

Since then we took some time out to think about what our projects will be for 2023 which included upcoming Valentine's Day, Easter and King Charles III Coronation. Our Valentines display by the lake was a beautiful display of swans and a smaller heart banner on the post box. It was extremely disappointing to find that the Swans had been removed and were found floating in the lake after a plea for their return. The community spirit really lifted our hearts and we will continue to put up our displays to bring some joy.

You may find some small objects around Wixams over the next couple of months so keep an eye out.

Our next big project will be for the Coronation, there are some fabulous ideas being discussed and thanks to David Wilson/Barratt homes who have provided sponsorship, we are excited to get this underway.

Next meeting is on Wednesday 1 March with details on our Facebook page, you are most welcome to join us. We are looking at holding a workshop to teach knitting and crocheting, if you are interested please contact us - wixamsyarnbombers@gmail.com



Councillor Graeme Coombes

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

The major issue of the month has of course been the decision of the local 'Integrated Care Board' (ICB) not to support the GP/Health facility to be built in our new Town Centre. The Board's 'Primary Care Assurance & Commissioning Committee' decided at its meeting on 11 January 2023 that "it was not affordable to the ICB at this stage".

Announced to a shocked Council Chamber in late January, I immediately asked the Mayor how the Board's decision would impact Wixams, given that funding for the building was included in developer contributions to Bedford Borough and Central Beds Councils. The Mayor responded that he would seek further information as the papers as presented to the meeting did not provide sufficient information on timescales.

The withdrawn support from the ICB came out of the blue. The last conversation I had with the project consultants, was that discussions with health authorities were at an advanced stage and going well.

The capital costs of the new facility are estimated at £3.38m with annual running costs of £190k. At a subsequent meeting arranged with the Mayor, planning officers and Wixams and Wilstead Parish Councils, it was agreed to look at how a funding package could be put together. But the local ICB MUST also contribute, and not expect all the costs to fall on others.

I would encourage all residents to write to Felicity Cox, Chief Executive of the BLMK Integrated Care Board, and make your feelings known about this appalling decision not to support a Wixams GP facility. She can be contacted on: blmkib.contactus@nhs.net and feel free to copy me in.

Yet again, Wixams is being let down by those in authority. Yet again, the unrelenting housebuilding continues, but the infrastructure is absent.



Councillor Tim Hill's Report

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

WRV Bus Shelter – The Parish Council Clerk has told me that the BPTT (Borough Public Transport Team) has told her, it will take 18 weeks to install this. I have contacted the BPTT saying 18 weeks is unacceptable. I have asked who can I contact to get this done sooner? I said I appreciate that because of Brexit, there are supply issues across the UK economy, but 18 weeks is unacceptable. The BPTT Manager has replied, saying "I appreciate that this seems to be dragging on a bit but we are chasing the shelter providers for an update as to an ETA for delivery and install. We are currently exploring avenues to see if there is any way in the future that we can bypass the shelter provider we are tied into a contract with but at this time we are limited as to who we source these shelters from. As soon as we get an update regarding these shelters I will be sure to pass the information on."

Wixams Retirement Village Pedestrian Crossing Fisherswood Road – I have chased Highways on this much needed Crossing. A Highways Officer has since sent the following reply "As you may be aware there have been significant delays with the delivery of materials and plant in the construction industry over the last year. The backlogs seem to be clearing now which includes the plant required for zebra crossings. As such we are now in a position to issue the design details for a new Zebra Crossing at Fisherswood Road, Wixams to the council contractor Breheny for construction. We are currently awaiting confirmation of the works programme..."

Wixams history – An Elstow resident has done a new section in the history archive on the Elstow website. It is all about the site that is now Wixams, and tells the stories of the Nirex project and how this site was formerly home to a Royal Ordnance Factory, a Storage Depot, a Women's Land Army Camp and an Italian POW camp: <https://elstow.weebly.com/nirex.html>.



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



Welcome to the Wixams Runners

We're here to pull the local running community together by organising social runs and post-run hangouts.

Visit our Facebook page to stay up to date

www.facebook.com/WixamsRunners



Upcoming Events & Things to do

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

Event	Date	Location/Details
Wixams Community Cafe	Tuesday 5th March, 10.30	Runs every Tuesday. Pop in for a coffee and a natter
Wixams Bike Meet	Sunday 5th March , 11.00am	Monthly meet 11am - meet at seasons Garden Centre 12 noon
Wixams Community Cafe	Tuesday 14th March, 10.30	Runs every Tuesday. Pop in for a coffee and a natter
ECP Weigh & Play Sessions (run by Early Childhood Partnership)	Thursday 16th March , 09.30	Lakeview Village Hall 1st and 3rd Thursday of the month
Wixams Photography Club	Saturday 18th March, 14.00am	Monthly meet 3rd Saturday of the month Meet at seasons Garden Centre
Wixams Community Cafe	Tuesday 21st March, 10.30	Runs every Tuesday. Pop in for a coffee and a natter
Wixams Parish Council Meeting	Tuesday 21st March , 19.45pm	Lakeview Village Hall
Wixams WI	Tuesday 21st March , 19.45pm	Lakeview Village Hall Annual General Meeting (AGM)
Jersey Boys Tribute Night	Friday 24th March, 19.00	The Forest Centre, Marston Moretaine For more information visit; https://www.marstonvale.org/Event/jersey-boys-tribute-march-2023
Easter Activities at Herrings Green Activity Farm	1st April – 17th April	Activities include tea with owls, animal encounters, junior bird of prey & animal days, owl encounters and alpaca walking. Herrings Green Farm, Wilstead For more information visit; https://birdsofpreycentre.co.uk/product-category/half-term/easter-events/
Wixams Bike Meet	Sunday 2nd April , 11.00am	Monthly meet 11am - meet at seasons Garden Centre 12 noon
Decorate your own butterfly house – Kids Craft	Tuesday 4th April 11.00am and 13.00pm	The Forest Centre, Marston Moretaine For more information visit; https://www.marstonvale.org/Event/kids-crafts-butterfly-houses
Easter Activity Trail	Thursday 6th April 11.00am and 13.00pm	The Forest Centre, Marston Moretaine For more information visit; https://www.marstonvale.org/Event/easter-activity-trail-ap6-2023
Easter Activity Trail	Friday 7th April 11.00am and 13.00pm	The Forest Centre, Marston Moretaine For more information visit; https://www.marstonvale.org/Event/easter-activity-trail-ap7-2023
Easter Activity Trail	Saturday 8th April 11.00am and 13.00pm	The Forest Centre, Marston Moretaine For more information visit; https://www.marstonvale.org/Event/easter-activity-trail-ap8-2023
Easter Activity Trail	Sunday 9th April 11.00am and 13.00pm	The Forest Centre, Marston Moretaine For more information visit; https://www.marstonvale.org/Event/easter-activity-trail-ap9-2023
Easter Activity Trail	Monday 10th April 11.00am and 13.00pm	The Forest Centre, Marston Moretaine For more information visit; https://www.marstonvale.org/Event/easter-activity-trail-ap10-2023
Easter Activity Trail	Tuesday 11th April 11.00am and 13.00pm	The Forest Centre, Marston Moretaine For more information visit; https://www.marstonvale.org/Event/easter-activity-trail-ap11-2023
Easter Activity Trail	Wednesday 12th April 11.00am and 13.00pm	The Forest Centre, Marston Moretaine For more information visit;
Krisgar's Magic Show	Thursday 13th April 11.30am and 13.30pm	The Forest Centre, Marston Moretaine For more information visit; https://www.marstonvale.org/Event/magic-show-april-2023
The King's Coronation Kids' Crafts	Friday 14th April, 11.00am and 13.00pm	The Forest Centre, Marston Moretaine For more information visit; https://www.marstonvale.org/Event/the-kings-coronation-kids-crafts
Wixams Photography Club	Saturday 15th April, 14.00am	Monthly meet 3rd Saturday of the month Meet at seasons Garden Centre
Wixams Parish Council Meeting	Tuesday 18th April, 19.45pm	Lakeview Village Hall
Wixams WI	Tuesday 18th April , 19.45 pm	Lakeview Village Hall

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

Warden Abbey Vineyard

<https://wardenvineyard.org.uk/>

Warden Abbey Vineyard is situated on a four acre site between Old Warden and Cardington, and was planted by the Whitbread family in 1986 – although vines were first planted on this beautiful Bedfordshire field in medieval times by monks at the Cistercian Abbey of Warden.

Warden Abbey was one of seven Cistercian monasteries to cultivate vines in England and Wales, with the monks planting a Great Vineyard (possibly about 24 acres) and an adjoining Little Vineyard (just over 16 acres), probably before the end of the 12th century.

Bedfordshire Rural Communities Charity have leased the vineyard since 2010, and developed it as a resource for the local community. The community vineyard is a not-for-profit venture that works with local charities, organisations and local schools to offer:

- a unique setting for horticultural therapy
- learning and skills development
- help for people into employment or voluntary work
- a range of volunteering opportunities for local people and community groups, and a great chance to be involved from vine to wine
- wildlife and heritage projects
- a secure future for this historic vineyard

Community involvement

Set in a beautiful and historic location, there is tremendous scope to explore the site's heritage, whilst improving wildlife habitats. All at a time when English wines are really coming into their own!

As well as offering a range of formal courses, Bedfordshire Rural Charities Commission also hopes to provide opportunities for the whole community to get involved.

- Vines are cared for all year round by volunteers, who also help with promoting the project, historical research, vineyard tours, organising events and fund-raising.
- They run visits for local schools keen to offer pupils a chance to experience work outdoors in the countryside or learn about medieval life here.
- The vineyard also provides opportunities for jobless volunteers to improve their chances of finding permanent jobs, as well as offering a unique setting for social and therapeutic horticulture, and wildlife and heritage projects.

Tours

These tours allow visitors to explore the history of the vineyard – from medieval origins to modern times – and to find out about the vines. There's also the opportunity to taste and purchase the wines. To find out more about the tours, visit the website below; <https://wardenvineyard.org.uk/tours-and-events/about-our-tours/>

Volunteer

The vineyard is lovingly cared for all year round by local people giving their time to the project. It's considered a great green gym, and a unique way to enjoy the outdoors, meet new people, and relax from the stresses of life.

To get more information about volunteering, please contact the Vineyard Manager by emailing info@wardenvineyard.org.uk

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The community
vineyard



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browsandbeyond-byemily@outlook.com

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Wixams Community Watch

Cycling into Spring



March brings the return of daylight, much warmer and longer days. As some of us are thinking of getting fitter and healthier why not to start cycling? The first few weeks might be scary and downing but eventually all get easier with time and practice. Start off with 15 to 20 minutes for your allocated cycle days. Riding bikes should be fun, as long you keep safety in mind. Apart from setting the correct seat height, avoid doing too much. Don't forget to wear a helmet with high-visibility clothing, and switching your lights on when its dark. Keep hydrated too - remember your bottle of water.

As well as looking after yourself, its important to keep your bike secure, we recommend:

- You should register all bikes in your household, you can do this for free on the police-approved database. For more details visit: <https://www.bikeregister.com>
- Mark your bicycle frame by writing your postcode on the frame, we can supply you with special marking pens (see picture attached). If you need one just write us an email
- Keep note of the make, model and serial number of your bike, take a photo as it might be required for your insurance.
- At home keep all your bikes in a secure garage or a shed using a good quality U-lock, chain, and padlocked to a ground anchor
- Insure your bike if its high value
- Fit a hidden tracker
- When parking away from home make sure your bike is locked to a heavy-duty piece of street furniture and where possible with the lock or chain off the floor; leave it in a well-lit place ideally with CCTV
- Make sure the lock you use is independently tested (e.g. Sold Secure approved), the correct size and difficult for thieves to access to break it
- Make sure you update the status on the cycle database where you registered it – the sooner the better to help stop it from being sold on

Crime Stats for January 2023

Recorded Date	Offence	Street
14/01/2023	ASSAULT WITH INJURY	Bluebird Gardens
25/01/2023	ASSAULT WITHOUT INJURY	Tawny Avenue
16/01/2023	ASSAULT WITHOUT INJURY	Linnet Lane
06/01/2023	ASSAULT WITHOUT INJURY	Brooklands Avenue
01/01/2023	ASSAULT WITHOUT INJURY	Robins Heath
30/01/2023	ATTEMPTED BURGLARY - RESIDENTIAL	Tawny Avenue
05/01/2023	BURGLARY - BUSINESS AND COMMUNITY	Green Lane
03/01/2023	CRIMINAL DAMAGE TO A VEHICLE	Tawny Avenue
21/01/2023	HARASSMENT	
06/01/2023	HARASSMENT	
19/01/2023	OBSCENE PUBLICATIONS ETC	
30/01/2023	STALKING	
16/01/2023	STALKING	
15/01/2023	STALKING	
23/01/2023	THREATS TO KILL	Thorne Close



Send us an email if you'd like some security stickers and markers to mark your property.

Wordsearch!

L	A	Y	M	I	N	A	V	T	N
P	P	R	P	O	R	T	C	T	E
D	R	A	B	R	C	M	A	H	N
C	O	L	B	C	P	I	M	E	E
R	T	G	D	U	K	M	W	F	I
I	E	R	C	M	S	I	G	T	G
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X	T	B	M	A	C	D	E	B	B
S	I	C	M	A	E	F	A	S	O
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C	S	H	I	I	H	T	F	E	H
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B	X	H	Y	R	I	J	B	T	O
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ABUSE
BURGLARY
CCTV
COMMUNITY
CRIME
NEIGHBOURHOOD
PROTECTION

SAFE
SCAMS
STREET
SUPPORT
THEFT
WIXAMS

Once you are done, take a picture of your completed Word Search Puzzle and send it to our email address wixamscommunitywatch@gmail.com for your chance to win a prize! The winner will be announced in May edition of newsletter.

Get Involved

Remember, The Wixams Community Watch group are always open to new members. So feel free to get in touch if you are interested in joining.

By: Maria Dz

Facebook: Wixams Community Watch

Email: wixamscommunitywatch@gmail.com

Lakeview Village Hall Activities

 Lakeview Village Hall

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	09:30 - 11:00	Playgroup	Lakeview		1st and 3rd Monday of the month (term time)
	16:00 - 17:00	Shine Theatre School Ballet (aged 5-11 years)	Munson	Luisa Hodges - 07749 091885	facebook.com/Shine-Theatre-School shinetheatreschool.co.uk
	17:15 - 18:15	Rainbows	Munson		
	18:15 - 19:30	Brownies	Munson		
	18:30 - 20:00	Wixams Tang Soo Do	Lakeview	Nick	facebook.com/WixamsTSD
Tuesday	20:00 - 21:00	Go box fitness	Lakeview	07727 113285	facebook.com/goboxfit
	10:30 - 12:00	Wixams Community Cafe	Swan		
	18:30 - 19:30	Yoga	Munson	07825 561569	www.livyoga.co.uk
	18:30 - 19:30	Christ the Word Ignite Club for yrs 6, 7, 8 and 9	Lakeview	07879 716958	facebook.com/christthewordwixams www.christthewordwixams.org.uk
Wednesday	17:30 - 19:30	Wixams Youth Group	Swan	07880 448599	Email: wendy.milgate@4ypuk.com facebook.com/4YPUK
	17:30 - 20:00	Irish Dancing	Lakeview	Katie	facebook.com/stuartirishdancebedford
	17:00 - 18:00	Rainbows	Munson		
	18:15 - 19:30	Brownies	Munson		
	19:45 - 21:00	Guides	Munson		
Thursday	09:45 - 14:00	Toddler Sensory Different groups running	Lakeview	Samantha - 07538 502587	facebook.com/toddlersensebeds www.toddlersense.com/bedfordshire
	16:30 - 17:15	Entertainia Dance Class Class 1 (4-7 years)	Lakeview	Nina	entertainiatheatreschool@gmail.com
	17:15 - 18:00	Entertainia Dance Class Class 2 (7-11 years)	Lakeview		
	18:30 - 19:15	Go box fitness for kids	Lakeview	07727 113285	facebook.com/goboxfit
	18:30 - 19:30	QI Gong Class Mind-Body-Spirit Exercises	Munson	07908 006677	Email: innertherapy@gmail.com
Friday	10:00 - 11:00	Little Stars	Swan		
	18:00 - 20:00	Scouts	Lakeview		facebook.com/1stwixamscouting www.1stwixamsscouts.org.uk
	19:00 - 20:45	AA	Munson		
Saturday	09:15 - 10:00	Shine Theatre School Ballet (aged 3-5 years)	Munson	Louisa Hodges - 07749 091885	facebook.com/Shine-Theatre-School www.shinetheatreschool.co.uk
	09:15 - 10:00	Shine Theatre School Musical Theatre (aged 4-7 years)	Munson		
	09:30 - 11:30	Irish Dancing Beginners classes for all ages	Lakeview	Katie	facebook.com/stuartirishdancebedford
Sunday	09:45 - 11:15	AA	Munson		
	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 - 07879 716958	facebook.com/christthewordwixams www.christthewordwixams.org.uk
	18:00 - 19:00	Taekwondo	Lakeview		



Visit our website for dates & bookings

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ENTERTAINIA DANCE

MUSICAL THEATRE DANCE CLASSES AGES 4-11

Do you want to perform?
Work towards musical theatre dance productions?
Learn performance dance techniques?

When? Thursday's
Class 1 (Aged 4-7) 4.30pm-5.15pm
Class 2 (Aged 7-11) 5.15pm-6.00pm

Where? @Wixam's Village hall

Email Nina entertainiatheatreschool@gmail.com to book your place or for more information

Join us in Egypt with

Joseph!

Holiday Club

Free

Easter holidays
Mon3, Tue4, Wed5 April
10am-12 Lakeview Village Hall

All children welcome
aged 4-10yrs

book at christthewordwixams.org.uk

Christ the Word
church Wixams

IGNITE
Mon3, Tue4, Wed5 April
2pm-4pm, Lakeview
Village Hall all young
people in years
6,7,8,9 welcome

Do you run a small business?

We are offering to include 5 lines of text about your business for free in the Newsletter like a yellow pages classified up to 4 times a year.

If you want to be included please complete the Survey below:

<https://www.surveymonkey.com/r/GBPIQ5V>

If you also want to advertise with images in sizes 1/8 to a full page, please contact advertising@wixams.org – you can find the prices for advertising on the back page of every Newsletter.”

Job and Volunteer Opportunities



Do you have a position to fill whether it be a paid or volunteer role?

Would you like to widen your advertising to the local community of Wixams, delivering to approx. 26500 houses?

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joinus@kidsdawnuntildusk.co.uk
or telephone 01234 930505 for an informal chat.

All posts are covered by the Children Act 1989 and are subject to a satisfactory DBS and reference checks and are not open to anyone on the ISA Barred List.



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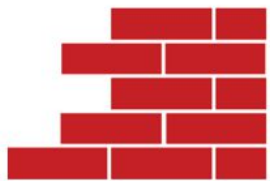
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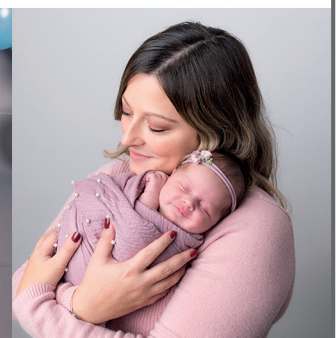
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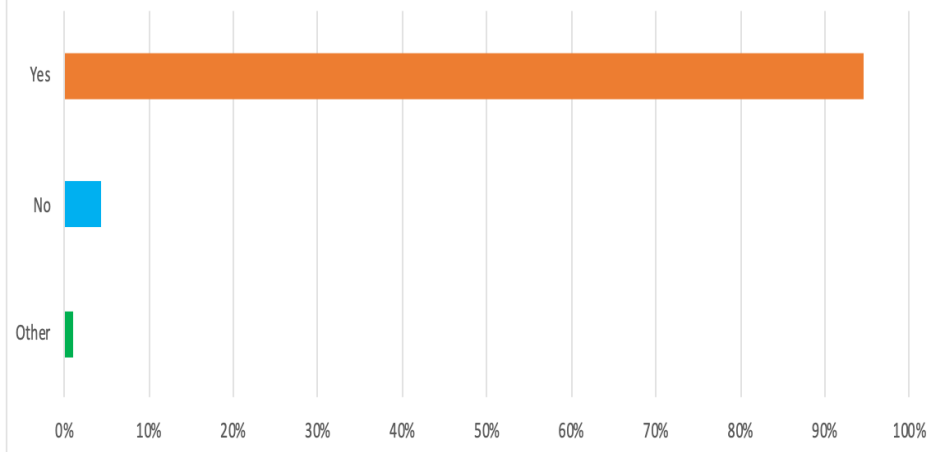
Miss Jones
PHOTOGRAPHY

www.missjonesphotography.co.uk

Wixams Surgery Results

Please see the results we have gathered from the Survey published in the February Newsletter. This followed the recent decision by the ICB to withdraw support for a surgery in Wixams. The top responses were:

Q1. Do you have a GP?

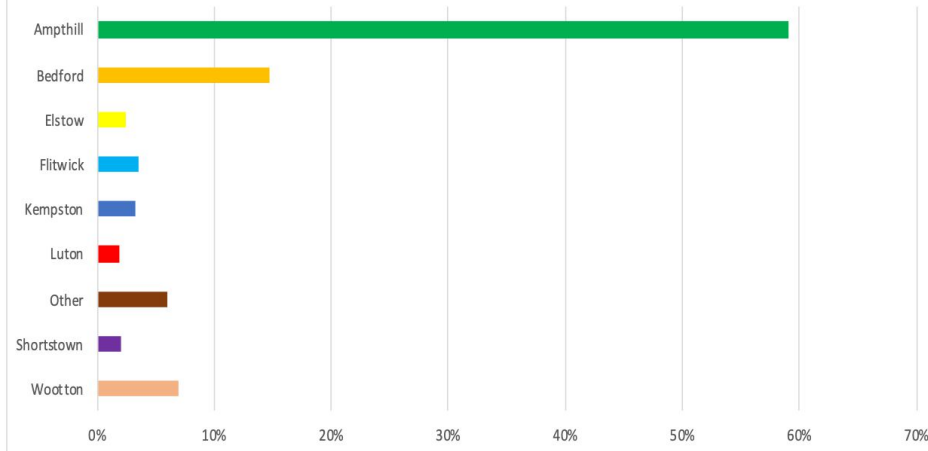


"This was a commitment as part of the original planning and has been deprioritised in favour of housing and profits – it's time for that to change"

"Land originally set aside for the GP Surgery was used for Dawn to Dusk!"

"Currently a waiting time of over 2 months for routine appointments"

Q2. Where is your GP based?

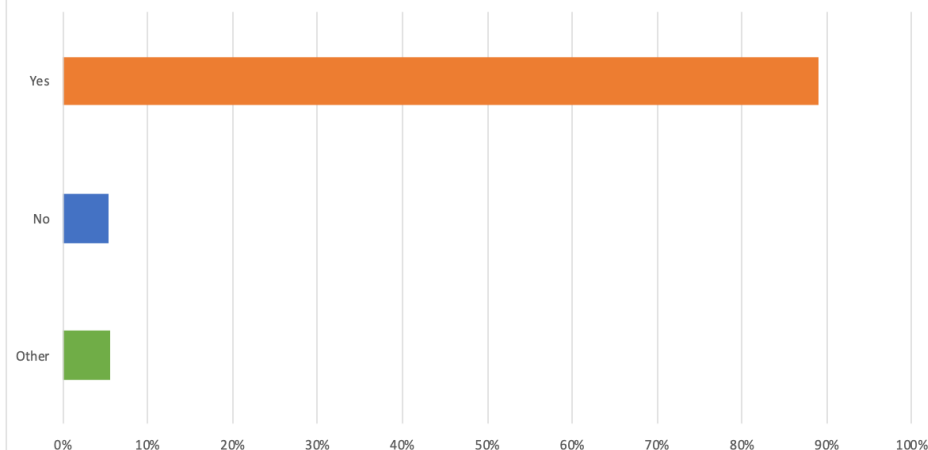


"A GP Surgery is one of the huge selling points by developers"

"The population of Wixams is becoming a burden on surrounding areas because local doctors are oversubscribed"

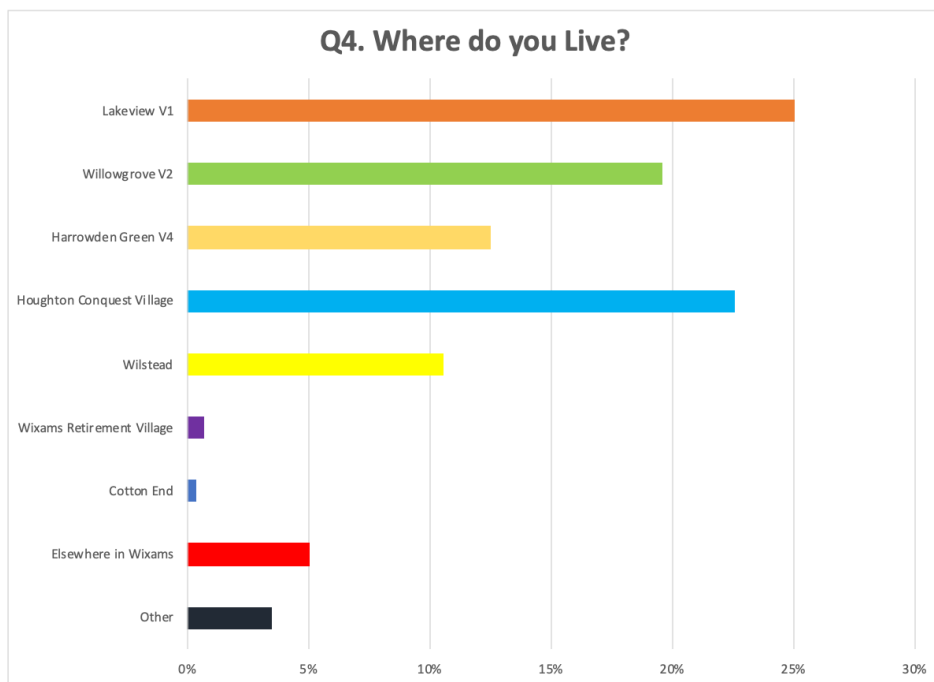
"Lack of Bus Service to Amphill – service recently axed."

Q3. Would you use a Wixams GP?



"Houses purchased with promises by developers for infrastructure, GP, dentist, shops – continued removal of infrastructure should not be permitted. Bedford Planners should enforce original plans."

"Having a Wixams GP would alleviate problems with overcrowding at other GPs"



"Because Oliver street in Ampthill has one doctor and 9000 patients. Travelling there is difficult when really poorly."

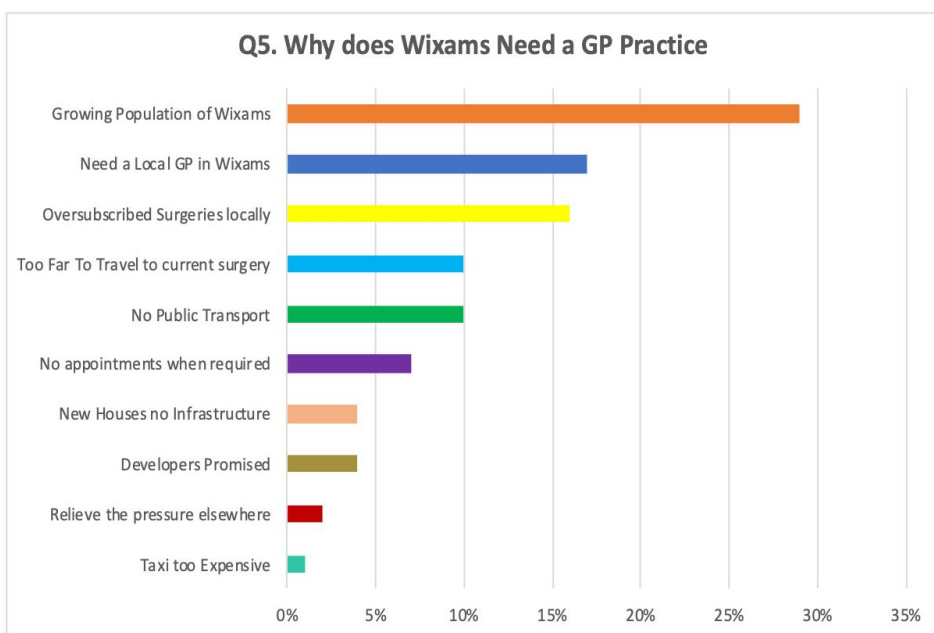
"Because there's none and many new houses were built with the promise. It's very difficult for people with limited mobility"

"To serve the local community along with other services so that we become a community, like Great Denham."

"Too many people, not enough GP's to serve them."

"More people will die unnecessarily."

"Struggle to get an appointment at Ampthill. Often nearly an hour on hold. The surgery said they have too many patients themselves. Cannot park if u manage to get an appointment. Wixams will be a town. Should not be legal to build this many house without a doctors"



Responses to Question 5 by residents strongly supported the urgent need for a local surgery:

- The population in Wixams is growing and there is no infrastructure in place to provide residents with the healthcare that they need.
- Local surgeries are oversubscribed and cannot meet the demand for appointments
- Some surgeries are no longer taking on any more patients
- Lack of public transport and the removal of a bus service to Ampthill and other areas means that some residents cannot easily get to the surgery if they do not drive
- A surgery in Wixams would ease the burden on other surgeries
- Waiting lists for appointments are over 2 months

Map of Local GP Surgeries



The information above shows the population of Wixams and surrounding villages as provided by the 2021 Census. This clearly shows that other villages that are smaller than Wixams have their own Surgery!

"Because gps are now refusing to register anyone from new build estates in the area as there's too many people"

"We desperately need a doctors, it's too much money to travel to the doctors when you don't drive. I have a baby and would love for there to be a doctors. It's a big help"

"Because it was extremely difficult for me to find a doctors that would accept us as new patients when we moved in 4 years ago, I can't imagine how difficult it would be now."

"Because the GP practices in Ampthill serve a large area and are overstretched and serve a wide area. With so many new houses being built in the area this is only going to get worse. Wixams is much more local to where I live and would be much more convenient for me and everyone else in Houghton Conquest. A GP practice here would take the pressure off the practices in Ampthill"

"It was promised Wixams would have a GP Practice before it was developed."

"Too many new households using already overstretched GP practices miles from their homes"

"Nearly a Town in its own right and when all houses have been built it will be a town."

"Not everyone can drive. We need more GPs to spread the load and reduce waiting times"

"Need a GP local to me, wixams is growing and we need our own provision. ICB should be focusing on local needs and placing a GP at the heart of the community is essential. What happened to place based services."

"We have just moved and have no local gp to move to other than ampthill and they are all over subscribed or have closed to new patients"

"Because most new residents won't be able to join an existing surgery to the fact they are already over subscribed!!!!"

"But also, the whole point of Wixams was to be a self contained town and the planning for all 5000 houses here were granted based on the fact that it would also have its own infrastructure to support all of these new people. Now they are making changes to the infrastructure/reducing the available amenities (even the S106 application amendments from last year that took away other stuff) yet they are probably going to grant permission for even more houses in this area!"

To support the recent survey on the Wixams Health Centre GP Provision, we are keen to do a further story to support this data through means of a 'Patients Journey'. We are looking for a couple of people with different experiences where they require regular access to GP services however are unable to access them as a result of availability of appointments and doctors or transport.

We are particularly keen to hear from those that require regular access due to long term conditions or other conditions that require regular monitoring.

If you are interested in participating, please do get in contact by email: newsletter@wixams.org - any experiences printed in the Newsletter will be anonymous.

Mother's Day 2023

Mother's Day 2023 is on Sunday 19th March in the UK.

Also known as Mothering Sunday, this is the day where we show Mum just how much we love her in the UK. Mothering Sunday was traditionally the day when you returned to the "Mother Church" where you were baptised.

As Mother's Day (or Mothering Sunday) approaches here are some fun and interesting facts about the day.

1. So When Is Mother's Day This Year?

In 2023 it will be on Sunday 19th March. In 2024 it will be on Sunday 10th March

2. Why Does The Date Of Mother's Day Keep Changing?

In the UK we celebrate Mother's Day on the fourth Sunday in Lent, which is halfway through Lent. This is why the date differs from year to year.

3. When Is It Celebrated In Other Parts Of The World?

Mother's Day is celebrated on different days around the world.

The majority of countries uses the US date of the second Sunday in May. Other countries celebrate on Family Day, Mother's And Children's Day, International Women's Day and Parent's Day.

4. Why Is It Sometimes Referred To As 'Mothering Sunday'?

Mothering Sunday was originally the day when in 16th Century Christian practice one would make an annual visit to one's mother church, which meant that most mothers would be reunited with their children on this day.

Later it was the one day a year when servants were allowed to visit their families.

5. Is there a traditional food eaten on Mothers Day

Mothering Sunday is sometimes known as Simnel Sunday or Refreshment Sunday, due to the practice of baking Simnel Cakes to celebrate the reuniting of families during the austerity of Lent. Nowadays Simnel cakes are more usually associated with Easter.

6. Gifts on Mother Day

According to the British Retail Consortium around £45 million is spent on Mother's Day Cards with around 30 million cards sent, and around £55 million is spent on chocolates, with around 4 million people buying a box for their Mum.

For all your young ones that like to do some colouring, you can download some Mother's Day Colouring pictures.

<https://www.eparenting.co.uk/colouringpages/mothersdaycolouring.shtml>

Why not give the word search a go!!

Mother's Day Wordsearch



MOTHER
MUMMY
MUM
DAY
MOTHERING
SUNDAY
CHOCOLATES
FLOWERS
MARCH
CARD
LOVE
FAMILY
CHILDREN
BABY

Pétanque - the new game in Wixams!



Have you ever played pétanque? Did you know Wixams has four pétanque courts? They are in the new central park, near the 'red rocket'. An ideal game for your family to play together this Spring!

People of all ages can play pétanque. A player throws a metal ball (boule) to land as close as possible to the small target ball - the jack (or cochonnet – 'little pig' in French).

When the two teams – or two players - have thrown all the boules, the team/ person with the closest boule to the target wins the point. If they have two boules nearest then they win two points, and so on. It is helpful to take a tape measure to decide who is closest to the jack!

When the 'end' is won, the players start again from the other end of the court. The first team/player to 13 points has won the game.

Pétanque is a favourite game in France: in the middle of Paris, village or town square and on camp sites dotted around the countryside.

The only equipment required is a set of boules! Three boules each when two people play or two boules each when there is a team of three.



Where can you buy a pétanque/boules set ?

www.decathlon.co.uk

www.johnlewis.com

www.networldsports.co.uk

www.biggamehunters.co.uk



How do you play?

Scan the QR code to watch a YouTube video explaining the rules.



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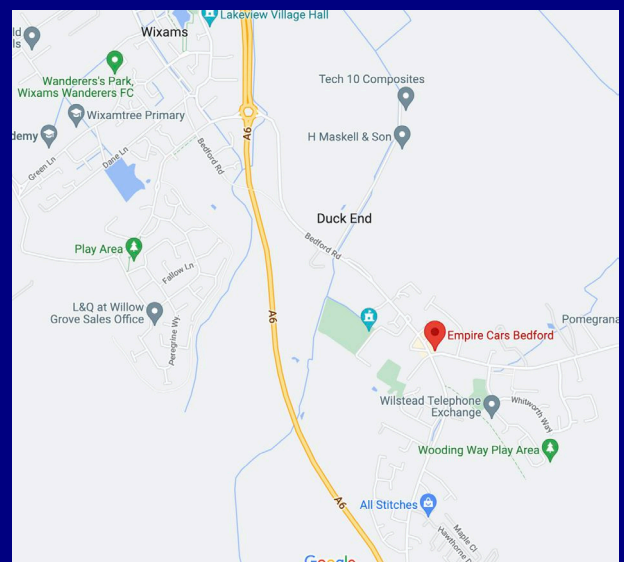
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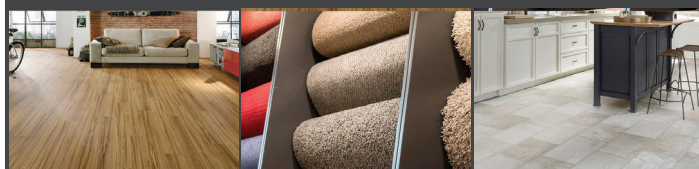
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PARENT REVIEWS

“

Helen Royle
 Parent

"I'm amazed at how confident my daughter has become. She got on with her maths homework without doubting herself and had complete confidence in what she was doing!"

“

Lucy Roberts
 Parent

"My daughter's gone from scoring 60% in her weekly arithmetic tests to 100% since she's joined Tina at Wixam's Tuition!"

Thanks Tina, see you later. Sam has been getting 10/10 for his weekly tests and got 34/40 for his arithmetic. Waiting to receive these back but I believe he got 26/35 for reasoning 🍌

11:19 am

Bobby Mudhar

recommends Wixams Maths English Tutor.

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Wixams Maths English Tutor

1 Comment

Therese Clelland

recommends Wixams Maths English Tutor.

Son is thoroughly enjoying his maths lessons with Tina. Confidence and understanding has grown. We are delighted with results and certainly recommend. Tina always has a smile and such a positive can do attitude that it rubbing off on my son. Thank you

You and 1 other

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March 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 @deirdregreengrass.

The first month of Spring has FINALLY arrived at last! The garden really begins to come alive after a very long winter. Spring bulbs will be in full flower this month bringing some bright colour to your gardens. March weather is very unpredictable, bright sunshine one day with hard frosts the next so don't get too carried away planting any tender plants in your garden until the risk of frost has passed which isn't until late April/beginning of May.

Coming Alive

The clocks going forward this month gives us gardeners much needed extra time for getting everything done - March is a super busy month preparing your garden for the rest of the year. Weeds will start making their comeback and with the warmer weather pests will be on the rise. If you pick out pests as soon as you see them and prune out any badly infested shoots you will stop them multiplying and causing more trouble later on. Once you have weeded make sure you mulch bare soil. Soil in border left bare quickly loses moisture in the warmer, sunnier weather. Also you want to stop more weeds setting in!

My top 5 star plants for January:

- **Anemone blanda 'Violet Star'** - plant tubers in autumn for a wonderful spring display
- **Crocus versus 'Pickwick'** - a firm spring favourite with attractively striped petals
- **Prunus sargentii** - flowering cherry tree
- **Forsythia x intermedia** - great shrubs with gorgeous yellow flowers in spring. Easy to grow and will tolerate most soils and positions
- **Narcissus 'Cheerfulness'** - double flowered daffodil with an amazing scent

Tasks for March:

- Clean out bird boxes of old nesting material, this will encourage birds to nest again this year
- Prune Cornus (dogwoods) down to about one or two buds of last year's growth. Pruning hard ensures the stems stay vibrant in winter
- Prune roses if you haven't done so already ready for new spring growth
- Move any shrubs which are in the wrong place
- Start feeding your plants this month, especially those in pots
- Start sowing seeds from this month, starting off indoors or in a greenhouse and bringing outside during the day to harden them off and get used to outdoor temperatures
- Start planting summer flowering bulbs this month and next month for a succession of flowers
- Deadhead spring flowering bulbs as soon as the flower 'goes over' to prevent the bulb going to seed. Just take off the flower head leaving the green foliage to die back naturally. This puts the energy back into the bulb for next year's flowers
- Give your lawn its first cut this month, for the first few cuts set the blades on the highest setting. Your lawn may need some renovation work after a long winter. It will also most definitely need a lawn treatment.

Happy Gardening!



Gardening Tips for March

by Marion Colledge



So far we have had very wet weather this winter and I am thinking of investing in a new water butt. I already have two old water tanks behind my garden shed and three water butts near the house lined up and joined together with small amounts of hose so that they feed into each other when full.

I finally got round to making apple chutney on 7 December from the stored cooking apples and added a few frozen blackcurrants to make a nice red colour. I don't like to use a lot of sugar, so I added copious amounts of cinnamon and a small amount of cloves to prevent the formation of mould and pectin to help it set. I have just eaten one of my squashes from the summer - I had stored it in the unheated extension where the temperature was about 14 degrees.

The birds in the garden have noticed the extra light and have become more active, they are flying faster and feeding hard. A family of tits have arrived and are flying quite low to feed on some tiny insects on old Michaelmas daisy stems. I am glad I didn't cut them off even though they are scraggy.

It has been so wet and I had guests over Christmas and so I have only just raked the Magnolia leaves up off the lawn. They are big and leathery and take two years to rot down and are in a separate wire leaf cage from the cherry, lime, maple and hawthorn leaves which rot in one season. Don't forget that leaves need oxygen if they are to rot and reduce greenhouse gasses - if you mix them with the rest of your compost in a closed compost bin, they may rot in a different way and produce methane.

Window Boxes Indoors

In your window boxes, you may now be enjoying crocuses and snowdrops and winter flowering heathers but don't forget to leave a space for herbs and vegetables.

If you have a tiny plug-in heated propagator (plastic base and see-through lid) in your sitting room, you can plant herbaceous and annual seeds soon. There are many to choose from and the basic ones are not expensive. But bear in mind that when the little plants get too tall for the propagator, they may have to be put into pots until the weather outside is warm enough.

Planting Vegetables

By now you may be able to plant peas again. Most peas say March to May for planting on their packets. Douce Provence and Pea can be planted first in early May as they germinate at 5 - 25 degrees so they can go in earlier. Don't forget you need deep composts and the stakes ready for later. Slugs can be deterred by lines of wool compost or soot.

If you haven't chosen your potato sets yet, the allotment shops in Mile Road and Newnham Avenue will be running short and there probably won't be much choice left. Pick some earlies and some later main crops. It is worth trying to get blight resistant ones. Earlies will save you money in supermarkets, later ones may be difficult to grow big if we have another dry summer. I took my lovely tasty later (reds) out of their dark paper bags in the unheated storeroom (14 degrees) on 1 December and transferred them to the fridge before I put the heating on and still have many left to cook. They are not beginning to sprout because it is 2 degrees in the fridge and I have put some food grade dehumidifying crystal packets among them.

Garden Visits and Garden Talks

If you want to take the children or doggies to see winter beauty, Moggerhanger House <https://www.moggerhangerpark.com> (Willington-Sandy Road) is open at the weekends till 14.40, with Snowdrops in the wood and a basic café to warm yourselves up afterwards.

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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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