



# WIXAMS NEWSLETTER

An Independent Newsletter covering all parishes across Wixams • [newsletter@wixams.org](mailto:newsletter@wixams.org)

## NHS SAID 'NO' TO A WIXAMS DOCTOR'S SURGERY

### Write/email today - change their minds!

Over 1,000 residents responded to the Wixams Newsletter survey on the need for a Wixams GP (see March edition). Here are comments representing the 1,000 people on why NO WIXAMS GP is unacceptable.

"I spent £42 on taxi to go to doctors last week" as I'm registered blind  
"I can't get to Ampthill independently" as I'm registered blind  
"There is no public transport to Ampthill, Shortstown or Wootton, the nearest GPs"

"they will not do home visits due to the distance"

"I don't drive"

"I can't drive and I can't get to my GP by bus ... my baby son needs many drs appts due to his health needs."

"I have multiple health issues and a young son, I can't drive due to the vast amount of medication I'm on, so I find it extremely hard or expensive in a taxi to get there as my mobility is impaired"



image: Freepik.com

"Currently I have to take 2 buses to get to the surgery. A visit takes about 4 hours. I'm severely sight impaired and have early stage dementia"

"It was a nightmare when I was heavily pregnant"

"I don't drive so getting over to Wootton or Ampthill is too much"

"If my son is really poorly I have to drag him on a bus to the doctors and back again and have to wait around for 30-60 minutes for a bus. It's awful!"

"If my husband had been able to get a Drs appt his cancer may have been diagnosed sooner ... More people will die unnecessarily"

"I have 2 disabled (wheelchair-bound) boys and it is really hard ... When my boys are ill this is a long and exhausting journey [by bus]"

I going through Cancer treatment at the moment ... I can't take a bus. We really need a surgery here and I'm positive that I'm not the only one.

"Having to drive to a surgery when you are unwell is horrible"

"it makes me avoid going to see the doctor"

"healthcare authority needs to step up and prove that they put patient care first as is their mandate"

"abhorrent way to treat young families"

"crazy" "outrageous"  
"disgrace" "shame on you"

"we MUST have a GP"

"ICB - you have had 20+ years to plan a surgery"

**This is SHOCKING! Write your letter NOW!**

#### 1) WRITE AND COMPLAIN

Write/email to **Felicity Cox – Chief Executive**, Bedfordshire, Luton and Milton Keynes (BLMK) Integrated Care Board, 3rd Floor, Arndale House, The Mall, Luton LU1 2LJ  
Or email [blmkicb.contactus@nhs.net](mailto:blmkicb.contactus@nhs.net)  
(please copy in [newsletter@wixams.org](mailto:newsletter@wixams.org))

- **Ask them** to fund a doctor's surgery.
- Explain how no doctor's surgery in Wixams **affects you personally** (the ICB say 'Our priority is you'!)
- Explain your **difficulty in travelling** to your doctor and how this affects quality of service.  
(The ICB say 'We are committed to delivering the highest quality healthcare and services *as close to where you live as possible*' )
- Be **polite**. Be **factual**.
- Include Your Name, Address, Email

**Wixams/Wilstead has over 11,000 residents NOW!**

#### 2) ASK THEM QUESTIONS

Ask the Integrated Care Board (ICB) questions. Pre-submit your question in advance of their meeting on Friday 30 June 2023. (Mtg at Central Bedfordshire Council Offices, Chicksands, SG17 5TQ. Papers and a link to join the meeting remotely will be available a few days before the meeting). See their website.

#### 3) USE FACEBOOK, TWITTER and other media to give reasons why 'No Wixams GP' is shocking.

The Bedfordshire, Luton and Milton Keynes (BLMK) Integrated Care Board decided at a committee meeting on 11th January that they cannot afford to pay for a Doctors Surgery at Wixams! The Wixams new town has been in planning for 23 years! At the first **Wixams Residents Meeting** on Wednesday 12th April, Mayor Dave Hodgson, Cllrs Graeme Coombes and Rebecca Hares urged all residents to write to the NHS ICB Chief Executive to complain about a lack of a doctor's surgery in Wixams. The ICB control the funds!

BLMK ICB Board website



## 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



**Councillor**  
**Graeme Coombes** &  
Wilshamstead Borough Councillor



**Councillor**  
**Rebecca Hares**  
Central Bedfordshire  
Independent Councillor

Following an intra-Parish Council meeting with Wilstead, Wixams, Houghton Conquest and Cotton End arranged by Wixams Parish Councillor Saqhib Ali, two meetings were subsequently held with the Mayor and planners from Bedford Borough and Central Bedfordshire.

At the Wixams Residents Association Meeting held on Wednesday 12 April 2023 Borough Cllr Graeme Coombes and District Cllr Rebecca Hares provided the following updates:

### GP Surgery - Wixams Town Centre

After discussions with the Borough it looks as though:

- there is currently an £800k shortfall in funding for the building
- any healthcare centre building would be smaller than originally envisaged
- there would be some kind of 5 year leasing option in place for the BLMK to take it on

Cllr Coombes has had a strong indication from a Primary Care Provider in Ampthill that they would be willing to open an additional surgery at Wixams if and when the ICB agree to the new facility. The ICB fund GP providers.

The ICB are still maintaining that they cannot pay for the £190k annual running costs shortfall, which is absurd, as there is no other organisation whose responsibility this falls under, other than the ICB.

Both Councillors encouraged all residents to make their feelings known publicly by:

- Writing to the CEO of the BLMK ICB, Felicity Cox: [felicity.cox1@nhs.net](mailto:felicity.cox1@nhs.net)
- Writing to letters to the media
- Continue to lobby whoever is elected as Mayor and Ward Councillors after 4 May

Upcoming meeting June 23rd of the ICP. Questions to be submitted 3 days before hand

<https://blmkhealthandcarepartnership.org/integrated-care-partnership-joint-committee/>



## High Sheriff of Bedfordshire's Award - Young Persons Citizenship Award

Young volunteers of Caring for Humanity, Naima Khanom and Emma Chamberlain won the High Sheriff of Bedfordshire's Award for "Young Persons Citizenship Award". Both girls have worked hard across 2022 to raise over £2000 pounds for charitable causes such as period poverty, winter blankets and school supplies. Naima and Emma volunteer weekly to plan, market and execute their fundraising efforts, all for the sake of charity. A great big well done to Naima and Emma and thank you to Lady Clifford for honouring these lovely, hardworking girls.



# WIXAMS PARISH COUNCIL

## WILL BE HOSTING THE **ANNUAL PARISH MEETING**

**Join us at  
Lakeview Village Hall  
Tuesday 30th May at 7:00pm**

Everyone welcome!  
Come join us at our new  
style Annual Meeting, have a  
chat with local community  
groups and councillors.

Refreshments will be available

### MORE INFORMATION



07555224657



[clerk@wixams-pc.gov.uk](mailto:clerk@wixams-pc.gov.uk)





**WIXAMS  
COMMUNITY  
WATCH**

MAY 2023 CONTENT BY MARIA DZ  
FACEBOOK: WIXAMS COMMUNITY WATCH  
EMAIL: WIXAMSCOMMUNITYWATCH@GMAIL.COM



# WANT TO START YOGA?

## START BY BENDING OVER AND PICKING UP YOUR DOG POO 🍌

### THEN PUT IT IN THE BIN

The stark fact is that only about 60% of dog owners pick up after their dogs; 40% do not. This seems to hold true with some exceptions on the type of area according to studies done in parks, in urban communities, and in suburban areas. Sadly a lot of dog owners in Wixams choose NOT to clean after their pets.

40% of dog owners say that they don't pick up their pet's poop for a variety of reasons. The main being: They think it will eventually dissolve, decompose or otherwise go away.

#### Why is it important to pick up dog poop?

Picking it up promptly — Prevent parasites, bacteria, and viruses from infecting people or other pets by picking up your dog's poop immediately. Many parasites require days to weeks to reach the infective stage, so faeces becomes more hazardous to your health the longer it sits.

#### Here are some tips for effectively convincing your neighbour to pick up after their dog:

Try a Friendly Chat. If you've noticed your neighbour being slightly "forgetful" about bringing out the baggies, and other people are left to clean up after dog

waste, try a friendly chat. Mention that you've noticed the issue and it's bothering you. Keep calm and keep it friendly.

The law allows our Environmental Crime Enforcement Officers to give anyone seen not clearing up after their dog an on-the-spot fine called a fixed penalty notice (FPN). The FPN is for £50, but if you are prosecuted in court for dog fouling you could receive a maximum fine of £1,000.



## CRIME STATS

FOR MARCH 2023

Recorded Date	Offence	Street
20/03/2023	ASSAULT WITH INJURY	Bedford Road
12/03/2023	ASSAULT WITH INJURY	Thorne Close
25/03/2023	ASSAULT WITHOUT INJURY	Hummingbird Way
21/03/2023	ASSAULT WITHOUT INJURY	Brooklands Avenue
21/03/2023	ASSAULT WITHOUT INJURY	Brooklands Avenue
25/03/2023	CRIMINAL DAMAGE - RESIDENTIAL	Hedgehog Mead
21/03/2023	CRIMINAL DAMAGE - RESIDENTIAL	Millbrook Close
24/03/2023	MALICIOUS COMMUNICATIONS	Tawny Avenue
06/03/2023	OBSCENE PUBLICATIONS ETC	
23/03/2023	OTHER THEFT	Bluebird Gardens
08/03/2023	STALKING	
07/03/2023	STATE OR PUBLIC ORDER	Thorne Close

**JOIN  
US**

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.





# 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 only)
	16:00 - 17:00	Shine Theatre School Ballet (aged 5-11 years)	Lakeview	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.liviyoga.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	wendy.millgate@4ypuk.com facebook.com/4YPUK
	17:30 - 20:00	Irish Dancing	Lakeview	Katie	facebook.com/stuartirishdancedbedford
	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.1stwixamscouts.org.uk
	19:00 - 20:45	AA	Munson		
Saturday	08:45 - 9:15	Shine Theatre School Ballet (aged 3-5 years)	Swan	Louisa Hodges - 07749 091885	facebook.com/Shine-Theatre-School www.shinetheatreschool.co.uk
	09:30 - 11:00	Lego Club	Munson		Email: lego@wixams@gmail.com
	09:15 - 10:00	Shine Theatre School Musical Theatre (aged 4-7 years)	Swan	Louisa Hodges - 07749 091885	facebook.com/Shine-Theatre-School www.shinetheatreschool.co.uk
	09:30 - 11:30	Irish Dancing Beginners classes for all ages	Lakeview	Katie	facebook.com/stuartirishdancedbedford
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		

## Business Directory - May 2023

BUSINESS NAME	SERVICE	PHONE	EMAIL	LOCATION
123floor	Carpets	07825304080	Marc@123floor.Co.uk	Wilstead
AKB Aesthetics	Aesthetics	07540 943655	dramritakbhogal@gmail.com	Wilstead
Alex Hall Design	Graphic Design	07801653563	Alex@alexhalldesign.co.uk	Wixams
Balloons Next Door	Party/Event Decor	07733666508	balloonsnextdoor@outlook.com	Wixams
Balloons Next Door	Event Decor	07733 666508	balloonsnextdoor@outlook.com	Wixams
Carl Ahearne Photography	Photographer	07510317570	carl@carlahearne.co.uk	Wixams
Carpet fresh	Carpets	07925614291	Carpetfresh01@outlook.com	Wilstead
Clarity Crystals	Crystal Gifts	0754472795	thecraritycrystals@outlook.com	Wixams
Dan James Media Ltd	Digital Services/Events	01234256326	hello@danjamesmedia.com	Wixams
GV8 Limited	Retail (online, local collection available)	07807008305	hello@gv8tech.co.uk	Wixams
Insight decorating	Painter and decorator	07500005974	Awest092@gmail.com	Wixams
Jess Burden Bookkeeping	Accounting	07580081328	Jessicaspikings@hotmail.co.uk	Wixams
Kandy Bhai UK	Online Sweet Shop	07578394422	KandyBhaiuk@gmail.com	Wixams
Laura Thomas Counselling	Health	07915431739	Hello@laurathomascounselling.co.uk	Wixams
Ledger's Learners Tutoring Service (Wixams)	Education	07504524344	learners@ledger.org.uk	Wixams
Lilia-Rose Consulting	Business Support Services	07590 850413	liliaroseconsulting@gmail.com	Wilstead
LL Electrical	Electrician	07753137391	Leelitchfieldwork@hotmail.com	Wixams
Love Teach Read Inspire- In Partnership with Usborne Children's Books	Books	07492508627	loveteachreadinspire@gmail.com	Houghton Conquest
Pure Beauty	Beauty therapist/ aesthetician	07927271407	chanellebaigent@gmail.com	Wixams
Road 2 Freedom - Motorhome Hire	Travel Company	07450432535	Road2freedomtravelhire@gmail.com	Wixams
Russells (Accountants) Limited	Accountant	07850947846	IR@russells-accountants.co.uk	Kempston
Scents Galore	Fragrances	07455 005749	abi.blake89@gmail.com	Wixams
Shutters4Bedford	Shutters & Blinds	07856712812	Info@shutters4bedford.co.uk	Wixams
Strange Social	Marketing	-	Info@strangesocial.com	Wixams
TGR Plumbing and Gas Services Ltd	Plumber	07703738166	Tgrplumbandgas@outlook.com	Houghton Conquest
Therapy From Within	Massage & Holistic Therapies	07904315317	therapyfromwithin@outlook.com	Wixams
Thomas Property Maintenance	Handyman	07368260017	Thomaspropertiesbedford@gmail.com	Wixams
ThomasJPrice Web Development	Web design + development	07864756435	thomasjprice2@gmail.com	Wixams
Yoga with Terri	Yoga teacher	07494 750647	Shortstownyoga@gmail.com	Shortstown

# Upcoming Events & Things to do

Send details of your local events to [newsletter@wixams.org](mailto:newsletter@wixams.org)

Event	Date	Location/Details
Wixams Lego Club	Saturday 13th May, 9.30am	Lakeview Village Hall
Auto Anonymous	Sunday 14th May, 11.00am	Monthly meet If you're into cars pop along to see a great display from some real enthusiasts 11am - meet at seasons Garden Centre
Wixams Parish Council Meeting	Tuesday 16th May, 19.45pm	Lakeview Village Hall
Wixams WI	Tuesday 16th May, 19.45pm	Lakeview Village Hall
Adele Tribute Night	Friday 19th May, 19.00	The Forest Centre, Marston Moretaine For more information visit; <a href="https://www.marstonvale.org/Event/adele-tribute-night">https://www.marstonvale.org/Event/adele-tribute-night</a>
Wixams Photography Club	Saturday 20th May, 14:00pm	Monthly meet, 3rd Saturday of the month. Meet at Seasons Garden Centre
Wixams Lego Club	Saturday 20th May, 9:30am	Lakeview Village Hall
Wixams Lego Club	Saturday 27th May, 9:30am	Lakeview Village Hall
Party with a Princess	Friday 2nd June, 12:30pm	The Forest Centre, Marston Moretaine For more information visit; <a href="https://www.marstonvale.org/Event/party-with-a-princess-june-2023">https://www.marstonvale.org/Event/party-with-a-princess-june-2023</a>
Charity Quiz Night	Saturday 3rd June	Lakeview Village Hall
Wixams Bike Meet	Sunday 4th June, 11.00am	Monthly meet 11am - meet at Seasons Garden Centre
Tina Turner Tribute Night	Friday 30th June, 12:30pm	The Forest Centre, Marston Moretaine For more information visit <a href="https://www.marstonvale.org/Event/tina-turner-tribute-night">https://www.marstonvale.org/Event/tina-turner-tribute-night</a>

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



## Father's Day Cup Cakes

Cooking time: 20 minutes  
Difficulty: Easy  
Makes: 12 deep cupcakes

### Ingredients

- 150g pot natural yogurt
- 3 eggs, beaten
- 1 tsp vanilla extract
- 175g golden caster sugar
- 140g self-raising flour (swap 1 tbsp of flour for cocoa powder)
- 100g ground almond
- 175g unsalted butter, melted

### Chocolate Frosting

- 100g chocolate (milk or dark)
- 140g unsalted butter
- 140g icing sugar

For Fathers Day, why not treat your loved one by baking some cupcakes. You can make them really chocolatey or make them extra special by adding their favourite sweet or nut on top.

### STEP 1

Line a 12-hole muffin tin with paper cases and heat oven to 190C/fan 170C/gas 5. In a jug, mix the yogurt, eggs and vanilla extract. Put the dry ingredients, plus a pinch of salt, into a large bowl and make a well in the middle.

### STEP 2

Add the yogurty mix and melted butter, and quickly fold in with a spatula or metal spoon – don't overwork it. Spoon into the cases (they will be quite full) and bake for 18-20 mins or until golden, risen and springy to the touch. Cool for a few mins, then lift the cakes onto a wire rack to cool



completely. Keep in an airtight container for up to 3 days or freeze as soon as possible

### STEP 3

Chocolate frosting: Melt the chocolate in the microwave on High for 1 ½ mins, stirring halfway. Leave to cool. Beat the butter and icing sugar in a large bowl until creamy. Beat in the chocolate.

Cover and chill (for up to one month). Up to 48 hrs before serving (or the day before if it's really hot), bring back to room temperature, then spread over the cakes.

To finish the cupcake off, why not add a sweet treat. Put chocolate buttons on or any other sweet or nut on the top.

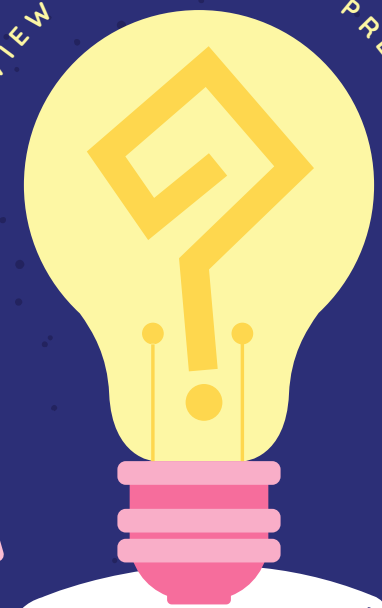
Keep cool, out of direct sunlight.

Have you got a tasty recipe that you'd like to share with the community? We'd love to feature it in a future edition. Email [newsletter@wixams.org](mailto:newsletter@wixams.org)

TICKETS: 07548 386450  
OR AT WIXAMSEVENTS.UK

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Children

LAKEVIEW VILLAGE HALL PRESENTS



START  
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DOORS 6PM

**£5**  
PER PERSON  
MAX TEAMS OF 8

# quiz night

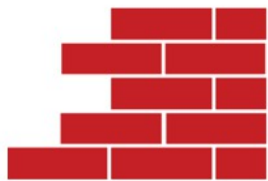
**SATURDAY 3RD JUNE 2023**

PRIZES • CASH ONLY BAR • RAFFLE

Raising funds for **Operation Oscar Bear**. In the moments after he was born, Wixams resident, Oscar, was deprived of oxygen for 20 minutes. This HIE event resulted in brain damage. Oscar's family need to raise money towards SDR surgery, physio, and many other costs, which will reduce pain and muscle tightening, allowing him to re-learn to use his muscles and become more independent.

LAKEVIEW VILLAGE HALL, BROOKLANDS AVENUE  
WIXAMS, MK42 6BE





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[www.shinetheatreschool.co.uk](http://www.shinetheatreschool.co.uk)



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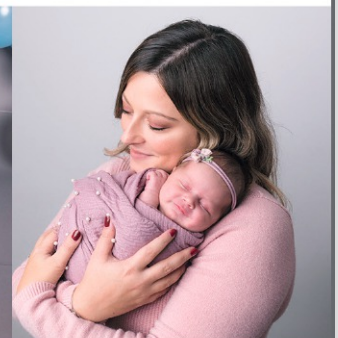
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91 Harlequin Crescent MK42 6DY Wixams Bedfordshire

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[FORBESXTERIORCLEANING.CO.UK](https://www.forbesexteriorcleaning.co.uk)

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- DERMAPLANING
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Silverstream, Wixams, MK42 6ES

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## CHEVALIER HOMES

SALES, LETTINGS AND PROPERTY MANAGEMENT

OUR FEES:

LETTINGS:	SALES:
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# Volunteer and Employment 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. 2500 houses.

The team at Wixams Newsletter are keen to support local employment.

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

Email: [advertising@wixams.org](mailto:advertising@wixams.org)



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Our school is at the heart of our community.

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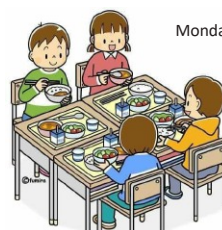
The post is subject to an Enhanced DBS check

To apply for this position please visit the Lakeview Website or School Office where the Application Form and Job Specification are available.

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## **Wixams Tree Primary are Recruiting for External LAB Members**



**Wixams Tree Primary School currently have vacancies for External Members on our Local Advisory Board, and we are encouraging applications for this voluntary position.**

### **Why should I become a LAB Member?**

Becoming a LAB Member offers you the opportunity to make a real contribution to our school and community. Members play a key role in the school and work together with the Headteacher, staff and other Members to ensure that our school provides the very best education for all our children

### **Who can become a LAB Member?**

We are encouraging applications from all backgrounds and experience levels for this position, however experience in Special Educational Needs would be very advantageous. You must be aged over 18.

### **What kind of time commitment does being a LAB Member involve?**

LAB Members are expected to attend LAB meetings at least three times per year, normally in the evenings. You may also be required to visit the school in action and attend meetings as part of our policies and procedures.

### **How do I apply?**

To find out more information and obtain an application form for this voluntary position, please email [nrobertson@bcats.co.uk](mailto:nrobertson@bcats.co.uk)



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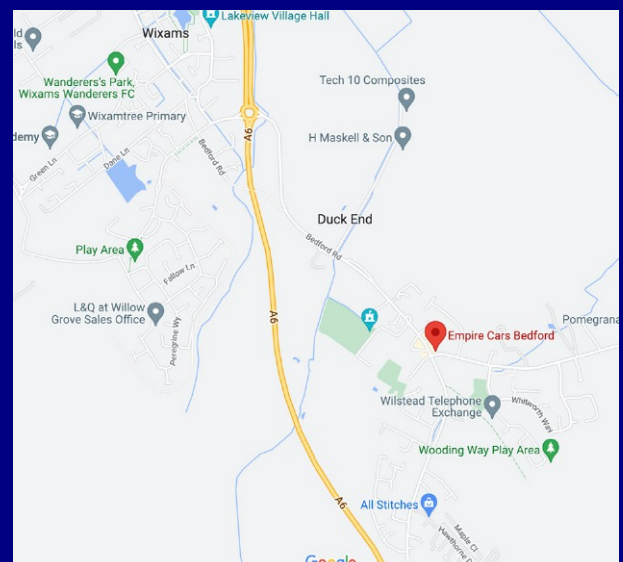
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# Mental Health Awareness Week 2023

Mental Health Awareness Week 2023 is focussing on anxiety to help raise awareness of what Anxiety is and providing information on what can help reduce it.

Anxiety is a feeling of unease, such as worry or fear that can be mild or severe. Anxiety can affect people in lots of different ways.

Occasional Anxiety is a normal part of life and some of us will worry about things such as health, money, or work or family problems. However, for many people anxiety can involve more than temporary worry or fear. In these cases anxiety does not go away, it can gradually get worse over time and for many the symptoms can interfere with daily activities such as job performance, schoolwork, and relationships.

The NHS website ([www.nhs.uk](http://www.nhs.uk)) highlights that anxiety is the main symptom of several conditions including:

- panic disorder
- phobias, such as agoraphobia or claustrophobia
- post-traumatic stress disorder (PTSD)
- social anxiety disorder (social phobia)

Over the next few editions of the Wixams Newsletter, we will be providing a series of information on national and local resources on areas of anxiety.

## Effects of anxiety on your body

People with anxiety will experience effects in different ways. Some of the effects anxiety can have on your body include:

- a churning feeling in your stomach
- sweating or hot flushes
- feeling light-headed or dizzy
- sleep problems
- pins and needles
- grinding your teeth, especially at night
- feeling restless or unable to sit still
- nausea (feeling sick)
- headaches, backache or other aches and pains
- needing the toilet more or less often
- faster breathing
- changes in your sex drive
- a fast, thumping or irregular heartbeat
- having panic attacks

## Effects of anxiety on your mind

People with anxiety will experience effects in different ways. Some of the effects anxiety can have on your mind include:

- feeling tense, nervous or unable to relax
- low mood and depression
- having a sense of dread, or fearing the worst
- rumination – thinking a lot about bad experiences, or thinking over a situation again and again
- feeling like other people can see you're anxious and are looking at you
- depersonalisation – a type of dissociation where you feel disconnected from your mind or body, or like you are a character that you are watching in a film
- feeling like you can't stop worrying, or that bad things will happen if you stop worrying
- derealisation – another type of dissociation where you feel disconnected from the world around you, or like the world isn't real
- worrying about anxiety itself, for example worrying about when panic attacks might happen
- worrying a lot about things that might happen in the future – you can read more about these sorts of worries on the Anxiety UK website.
- wanting lots of reassurance from other people or worrying that people are angry or upset with you

## Ways in which you can look after yourself

- **Talk about how you're feeling and what's making you anxious.** Just being heard and understood may make you feel better. You could open up to a friend or call Anxiety UK's helpline.
- **Look after your physical health.** Physical activity is a great way to keep you physically healthy as well as improving your mental wellbeing. Even a short burst of 10 minutes brisk walking can improve your mental alertness, energy and mood. This could also include gardening, cycling, community activities
- **Eating well can improve your wellbeing and your mood.** A balance diet is one that includes healthy amounts of proteins, essential fats, complex carbohydrates, vitamins, minerals and water.
- **Avoid smoking and drinking alcohol.** Many people with mental health problems believe that smoking relieves their symptoms, but these effects are only short-term.
- **Get enough sleep.** Establish a regular, relaxing bedtime routine that lets you unwind and sends a signal to your brain that it's time to sleep
- **Breathing exercises.** Practising mindfulness may be useful for some people.

# 15th – 21st May 2023

Here are some statistics to give you some insight on how many people across the UK are affected by anxiety.

**In the UK, a little over 1 in 10 of us will be living with an anxiety disorder at any one time. That's over 8 million people.**

MENTAL HEALTH UK

**In any given week in England, 6 in 100 people will be diagnosed with General anxiety disorder.**

MIND

**An estimated 822,000 workers are affected by work-related stress, depression or anxiety every year.**

HEALTH & SAFETY EXECUTIVE

**Less than 50% of people with generalised anxiety disorder access treatment.**

MENTAL HEALTH FOUNDATION

Over the next few editions of the Wixams Newsletter, we will be providing a series of information on national and local resources on areas of anxiety. To start you off here's just a couple of groups available in Wixams that can help.

## **Wilstead & Wixams Good Neighbours Scheme**

Good neighbour groups are made up of local people who want to offer help and support to others in their community. We have a lot of vulnerable people in our two villages and with the group we can get direct help to those in need from one of our DBS checked volunteers. One particular concern is loneliness which can make people very isolated from the rest of society and can lead to them having further mental health issues such as anxiety and depression. To help with loneliness we offer a 'befriending' service where a volunteer can meet with a resident, at their home or somewhere public, for just a chat. We're not counsellors, we can't provide specific mental health support, but we can lend an ear and that can really make a difference.

## **Wixams Walkers**

Did you know Wixams has a walking group? We're part of the national Wellbeing Walks scheme run by the Ramblers Association and we pride ourselves on being there for people in our community. Our walks are easy and accessible, last less than an hour and at a steady pace to suit everyone. If you're struggling with anxieties you might be surprised how our group can help. Everyone knows that getting exercise can help to improve your mental health, but it's the community that comes as part of the walking group itself which can give the biggest boost to your moral. We have a lovely bunch of regulars who are full of smiles and are very welcoming to new members, that can make a massive difference to people and has led to lots of new friendships being created in our town.

### **So why not give it a try?**

We meet at 11am on Bedford Road outside of Seasons garden centre, well behaved dogs are also welcome!

### **Sources and more resources**

[www.mind.org.uk](http://www.mind.org.uk)  
[www.nhs.net](http://www.nhs.net)

[www.championhealth.co.uk](http://www.championhealth.co.uk)  
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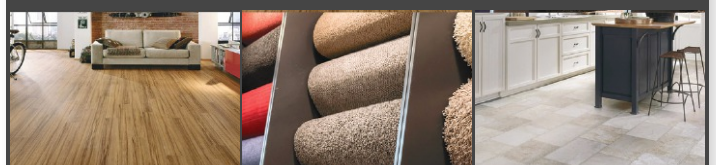
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# May Garden Update

by Deirdre Wilcock

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

It has been a little cooler than I would like for this time of year but the long range forecast for May is looking great so let's make the most of it! The garden has well and truly woken up from Winter. The trees are back in leaf and the garden is gearing up for summer! As the spring flowers die back for another year there may be a little gap before your summer flowers make an appearance, this is when summer bedding plants are great. They will fill in the gaps nicely and super easy to take care of. Your local garden centres and supermarkets will stock a range of summer bedding plants that are ready to go and be planted. It has been known to still have overnight frosts in May so do keep an eye on the weather but by mid-May we shouldn't see any frosts again until later in the year. I have been super lucky this year and have tickets for the RHS Chelsea Flower Show later this month. Hope you have fun if you are going too!

## Weeds

Weeds love the month of May. It is warm and the ground is still a little wet so it is prime growing conditions for weeds. Keep the garden clear and tidy to avoid harbouring and pests. Regularly hoe bare ground to stop weeds germinating. May is the easiest month to kill off any weeds. If you have any bare soil in the garden I would strongly suggest covering the area with a thick mulch/bark to suppress any weeds that may grow.

## Climbers

Climbing plants such as Clematis, Honeysuckle, Jasmine and Roses will be very active this month. Regularly check your climbers and tie in any new growth. If you are training a climber up a wall or arch or something similar it will need help in attaching itself to the structure. Keep the climber in check and ensure it's growing where you want it too, some climbers are quite vigorous growers and need to be kept in check. If you have a Clematis Montana, prune it after it has flowered. You can prune back as far as you need to, to keep it in its allotted space or just give it a little tidy up.

## Lawns

Lawns will be actively growing from now all through summer and into autumn. To maintain a heavy lawn it needs to have a good lawn maintenance program. Make sure the grass is cut at least once a week and not left long. Ensure weeds are removed promptly to avoid them going to seed and creating hundreds more, give it a good feed and sit back and enjoy!

## Additional tasks for May

- Continue to deadhead spring bulbs and leave the foliage to die back naturally for next year's flowers and also give them a feed
- Regularly water any new plants that have been planted in the garden until they are well established
- Harden off any tender plants before planting out in the garden
- Stake and tie in perennials that require it before they become too well established
- Take cuttings from herbaceous perennials
- Water and feed all containers regularly
- Plant up hanging baskets
- Protect young plants from slugs and snails
- Plant out Dahlias towards the end of the month

Happy Gardening!



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# Advertising

Why not advertise in this newsletter?  
It is delivered to 2,750 homes and businesses.  
A **50% discount and priority** will be given to Wixams and Wilstead based businesses as we will have limited space. Advertising options are shown here. If you would be interested in advertising in the next issue of the Wixams Newsletter then please contact Sheila Menzies on [advertising@wixams.org](mailto:advertising@wixams.org) or 07490 345510.

There may be a limit to how many adverts of each style we can accommodate in each issue

- Option 1** (93 x 132.5mm) ..... £40 per issue  
*Local rate .....£20 per issue*
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- Half Page** (190 x 132.5mm) .. £80 per issue  
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- Full Page** (190 x 270mm) ..... £160 per issue  
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Advertising prices do not include artwork design, but our designer can offer this service for an additional fee.



Visit [www.wixams.org/newsletter](http://www.wixams.org/newsletter)

for digital versions of Wixams Newsletter and contact details.

Email: [newsletter@wixams.org](mailto:newsletter@wixams.org)

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Tel: 01234 270465 [www.whitehartpress.co.uk](http://www.whitehartpress.co.uk)

Deadline for submissions for next issue:  
**15th May 2023**

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](mailto:newsletter@wixams.org)

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PLEASE REMEMBER THAT ALL OUR DELIVERERS ARE VOLUNTEERS AND AIM TO DELIVER THE LEAFLETS AS QUICKLY AS POSSIBLE. AS THERE ARE 2750 COPIES TO DELIVER, SOME HOUSES MAY GET THEIR COPIES BEFORE OTHERS BUT YOU WILL GET YOUR COPY!

# zeropa

## SMALL EMERGENCY GRANTS

ZeroPA Madad CIC, is a new Wixams based community interest company. We can issue grants of up to £50 to families in urgent need of food, utilities, or clothing.

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