

WIXAMS NEWSLETTER

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

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Wixams' Residents Grill ICB Chief Executive on the Lack of GP Facilities



On Tuesday 15th August the Wixams Residents' Association (WRA) hosted another meeting for the Wixams community which was attended by Felicity Cox, Chief Executive of the Bedfordshire, Luton & Milton Keynes Integrated Care Board (BLMK ICB). In January the ICB announced that they would not be able to fund the GP surgery planned for our town centre. In response to this and other issues in Wixams, the WRA hosted the first residents' meeting in April where residents were encouraged by the former Mayor of Bedford Borough, Dave Hodgson, to contact Mrs Cox at the ICB to pressure them into reviewing their decision. Clearly the Wixams community made a big impact because when the ICB were invited to send a representative to the August meeting they immediately agreed.

At the meeting Mrs Cox gave an overview of the ICB's role, what they're doing to support access to services for residents, what the ICB are doing next to try and establish a surgery in Wixams and if there's anything residents can do to push the issue forward. She made it clear that the core issues are around funding but they are working closely with councils to find a way to commission the surgery with their limited budgets. This assurance was echoed by representatives from Bedford Borough Council including the Chief Executive Laura Church and Cllr Graeme Coombes. BLMK ICB have a budget of £1.7

billion and has allocated £1.6 million for all primary care improvements across Bedfordshire, Luton and Milton Keynes.

Wixams is in the Mid Bedfordshire constituency and there is likely to be a by-election in the coming months. Due to the issues with the lack of budget for the Wixams surgery, Mrs Cox recommended that residents lobby the parliamentary candidates and make sure they're aware of the significant challenges faced by residents here due to the lack of primary healthcare provisions.

It was stated that the cost for a new healthcare centre, such as the one planned for Wixams, would be around £4 million. This figure was queried by members of the audience, including some from the healthcare sector, who asked for a breakdown of these costs. It was suggested that a cheaper facility would be adequate and some members of the audience pushed for the ICB to consider establishing a Portakabin drop-in centre as a temporary solution. Mrs Cox and Nikki Barnes, Director of Estates at BLMK ICB, listened to the feedback from residents at the meeting and took on board their suggestions.

You can read a statement issued by the BLMK ICB in the panel on the right.

ICB Chief Executive Felicity Cox and Associate Director of Estates Nikki Barnes were pleased to attend the Wixams Residents' Association Meeting on the evening of 15 August.

The meeting provided an opportunity to:

- Hear first-hand the experiences of residents seeking to access primary care, and to recognise the difficulties of needing to travel out of Wixams to access services;
- Confirm that it remains the ICB's ambition to establish a Primary Care Facility in Wixams Town Centre;
- Explain the challenges the ICB faces in achieving this ambition in an affordable way, and the ongoing partnership working with Local Authorities, developers and others to support the financing of such a facility;
- Discuss the costs associated with a new facility – including but not limited to building construction; fit-out of building to the standards of a modern general practice (including specialist mechanical, electrical, plumbing and energy efficiency requirements); wider site preparation (such as site clearance, installation of drainage etc); and professional fees (including architects, surveyors, engineers, planning expertise, legal etc).
- Set out the challenges the ICB faces in accessing capital funding from national government to support the construction of new facilities;
- Commit, in response to feedback from residents, to explore what more we can do, with partners, to support access to primary care in the short term and to provide a further update on this alongside any more detail that we can share on the potential costs of a new facility
- Talk to residents about the work the ICB is doing to improve access to primary care, including improving telephone and digital access, supporting community pharmacy, and creating additional clinical space in nearby practices which serve Wixams residents.

The ICB looks forward to keeping residents updated and to attending another public meeting in due course.

Take Action Now to Secure our Surgery!

It's clear residents need to take action to get the councils and ICB to allocate the funding needed for a surgery in Wixams. There are two things YOU can do:

- Sign the GP Surgery petition: www.change.org/p/fund-a-wixams-gp-surgery-now (scan the QR code to the right)
- A new group has been set up to work on more actions on this issue, you can join the group by attending the meeting:

8pm • Monday 18th September • Munson Room, Lakeview Village Hall



USEFUL NUMBERS

999 - Emergency

Where there is a risk of:

- Personal injury
- Loss of life
- Crime in action

101 - Non emergency

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

- Wixams Parish Council 07554 443800
- Lakeview Village Hall..... 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

Wixams Wanderers

An Unforgettable Evening with Luton Town's
Premier League Manager Rob Edwards and Wixams
Wanderers Wolves Under-7 Teams



An extraordinary event unfolded in Wixams Village this evening as the Wixams Wanderers Wolves, a dynamic and passionate group of under-7 football players, had the incredible privilege of meeting Luton Town FC, Premier League manager Rob Edwards. The memorable occasion was highlighted by a special visit from Mr. Edwards, who personally presented the young athletes with their fresh team kits. The evening was brimming with inspiration and motivation as the community came together to celebrate the spirit of grassroots football. Rob Edwards, renowned for his dedication to the sport, made an amazing gesture by gracing the event with his presence. The Premier League manager's genuine passion for football and his dedication to nurturing young talent were evident as he interacted with the children,

their parents, and the entire Wixams community.

The pinnacle of the evening was the amazing interaction between Rob Edwards and the under-7 players. Mr. Edwards took the time to autograph footballs, balls, shirts, and other memorabilia, creating cherished mementos that will forever remind the young players of this remarkable experience. The joy and excitement radiating from the children as they proudly wore their new kits symbolized the unity and determination that is integral to the sport.

The event also provided a unique opportunity for both children and parents to engage in an insightful Q&A session with Rob Edwards. The interactive dialogue allowed the young athletes to gain valuable

advice and wisdom directly from a Premier League manager, igniting their dreams of becoming future football stars. Mr. Edwards' humility and authentic





approach resonated deeply with everyone in attendance, leaving an indelible mark.

Colin Sharpe, Vice Chairman of Wixams Wanderers FC, expressed his gratitude for Rob Edwards' presence and shared wisdom: "Having Rob Edwards join us tonight to share his knowledge with our talented under-7 players was a true privilege. His generosity and commitment to inspiring grassroots football development are commendable. We would also like to extend a heartfelt thank you to Bruno Dunnington for orchestrating this unforgettable

experience for the children."

The visit concluded with a surge of excitement as the young players eagerly anticipated their upcoming training sessions, proudly sporting their brand-new kits. The evening not only reinforced the importance of community and teamwork but also left an indomitable spirit of determination and aspiration in the hearts of all who were present.

For more information about Wixams Wanderers FC, please visit: www.wixamswanderers.com

About Wixams Wanderers FC

Wixams Wanderers FC is an excellent football club based in Wixams Village. We are 10 years old and have 23 teams, keeping over 300 children active and playing each week. Committed to fostering a love for football and nurturing young talent, the club provides a supportive and inclusive environment for children to develop their skills, teamwork, and sportsmanship.

Update from your Local Bedford Borough Councillors

It's been a busy few months since we have been elected across the whole ward. Here is a brief update on some of the issues we have been working on in Wixams:

- Southern Cross speeding. We are investigating why this has been excluded from the newly implemented 20 mph zone.
- We are aware of problems with the buses and community bus schemes and the challenges around them and we are looking in to how we can support these services for our residents.
- Speeding on A6. We are working with officers and the Police and Crime Commissioner to establish the best way to deal with this.
- Flooding on the A6. A job has been created to work on resolving this long term. For now, a temporary fix has been carried out.
- As we go to print there is a residents' meeting being held tonight with the main agenda item being the Wixams GP. Together with Mayor Tom we are committed to a GP surgery in Wixams.
- Wixams train station. We are actively looking at financial proposals and are expecting to hear back from rail stakeholders soon.



andrea.spice@bedford.gov.uk



wilshamstead.ward@yahoo.co.uk



Marc.frost@bedford.gov.uk



Follow us on @wixamsandwilstead



PROTECT YOUR MONEY WORDSEARCH

Here are our top tips to help you to protect your money from fraudsters and scams:

Be **SUSPICIOUS** of unexpected phone calls, texts and emails.

Fraudsters often **PRETEND** to be officials, eg. police, bank staff or government departments - and can be **VERY** convincing.

Never give out **PERSONAL** information, such as your bank details or date of birth, to an individual or organisation who has contacted you.

Never **TELL** anyone your bank card's PIN number.

This is **ONLY** for use at **BANK** machines or payment machines at shops or restaurants.

Don't deal with **DOORSTEP** traders. It is a **GOOD** idea to display a "No Cold Callers" sign.

Don't allow yourself to be **PRESSURISED** by **PUSHY** sales techniques or **SCARE** tactics.

Take your **TIME** - why not seek a second opinion from friends or neighbours?

Paying by credit card offers greater protection than other payment methods in terms of **FRAUD** and non-delivery. Avoid **CASH** payments or money transfers. **NEVER** send money to **ANYONE** you don't **KNOW** or pay fees, however small, to claim prizes, lottery winnings or other **UNEXPECTED** windfalls.

Don't call unfamiliar numbers or reply to unknown texts as these may charge **HIGH** rates.



H	E	O	I	T	A	M	R	O	S	E	M	I	T
J	R	E	V	E	N	D	I	U	E	P	P	E	A
O	A	E	M	L	M	P	O	R	T	R	G	T	E
I	C	O	W	L	Y	I	M	O	E	E	M	U	D
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W	T	S	H	N	I	O	P	E	V	E	R	Y	E
D	G	K	U	Y	H	T	S	O	W	D	S	K	N
N	O	N	R	O	W	S	N	R	P	V	N	Z	U
C	A	O	E	N	U	L	L	Y	E	A	I	V	E
S	O	W	G	E	Y	U	C	E	B	P	C	U	R



CRIME STATS FOR MAY - AUG 2023

Recorded Date	Offence	Street
ASSAULT WITHOUT INJURY	04/05/2023	Tawny Avenue
PUBLIC FEAR ALARM OR DISTRESS	24/05/2023	Brooklands Avenue
ASSAULT WITHOUT INJURY	06/08/2023	Southern Cross
OBSCENE PUBLICATIONS ETC	03/08/2023	
ROBBERY OF PERSONAL PROPERTY	04/08/2023	Bedford Road
ASSAULT WITH INJURY	23/07/2023	Willowsway Road
OTHER CRIMINAL DAMAGE	28/07/2023	Fisherswood Road
RACE OR RELIGIOUS AGG PUBLIC FEAR	26/07/2023	
SEXUAL	31/07/2023	
THEFT OR UNAUTH TAKING OF A MOTOR VEH		Fisherswood Road

**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.





Wixams Community Group

www.wixams.org/community-group

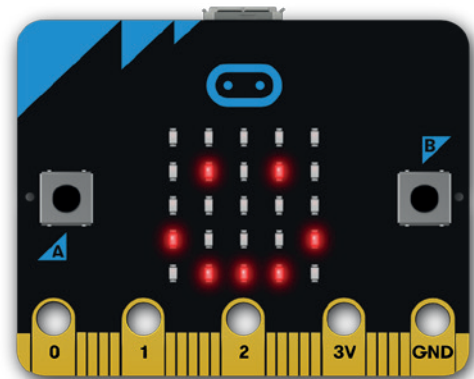


WIXAMS CODING CLUB

www.wixams.org/coding-club

If you're a programmer or looking to learn then you might be interested in joining the Wixams Coding Club! The club started in February 2023 (with limited numbers to make things more manageable) and so far we have been learning some of the basic concepts and techniques using the BBC micro:bit computer (pictured right). The micro:bit is a fantastic little device which is designed to help people learn and is packed with some amazing features like a digital compass, LED display which can display messages, light sensors, buttons, an accelerometer, a speaker, Bluetooth communications and more.

The club meets fortnightly on Thursday evenings from 7 to 9 pm and for each session we build a new project to try out the micro:bit's capabilities and to learn programming as we go along. It's a fun way to learn, even for experienced programmers who want to try out something new!



BBC micro:bit computer:
microbit.org

- > **ONBOARDING SESSION**
- > **Thursday 21st September**
- > **7 - 9 pm**
- > **Swan Room, Lakeview Village Hall**

If you're interested in joining the club we'll be running an 'onboarding' session to bring new members up to speed with the basics of the micro:bit so they can follow along in the normal club meets. The session will take place on Thursday 21st September at 7pm in Lakeview Village Hall. Please visit the page above for more details about the club and to sign up for the onboarding session.

★ PROJECT SANTAGRAM ★

★ www.wixams.org/project-santagram ★

Dear Residents,

Although Christmas is a distant date for many, Santa is already planning his schedule and asking for local assistance to ensure he does not leave anyone out on this special day.

Santa has asked the Wixams Community Group to support in this global task so we are asking anyone who may be interested in supporting 'Project Santagram' to come forward. Due to the audience on this newsletter we do not want to give away any secrets, but if you are interested in finding out more we'll be hosting a meeting on 5th October so please do come along. You can also find out more at the page above.

Rudolph

7 pm, Thursday 5th October
Swan Room, Lakeview Village Hall



Please note we won't be running a Christmas decorations competition this year.

WIXAMS COMMUNITY GARDEN

✿ www.wixams.org/community-garden ✿

If you'd like to help plan, run and/or take part in setting up a community garden in Wixams please come along to our kick-off meeting. Please visit the page above for more details about the project.



KICK-OFF MEETING

6 pm – Monday 2nd October
Swan Room, Lakeview Village Hall

HALLOWEEN DECORATIONS COMPETITION

If you'd like to take part in this year's Halloween competition please visit the page below to sign up. More details will be in the October newsletter.

www.wixams.org/halloween-competition



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
	20:00 - 21:00	Go box fitness	Lakeview	07727 113285	facebook.com/goboxfit
Tuesday	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	wendy.millgate@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	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/stuartirishdancebedford
Sunday	09:45 - 11:15	AA	Munson		
	10:30 - 11:30	Christ the Word Church Services	Lakeview	Alan - 07879 716958	facebook.com/christthewordwixams www.christthewordwixams.org.uk
	15:00 - 16:00	Christ the Word Sunday Club For children aged 4-10 years	Munson		
	18:00 - 19:00	Taekwondo	Lakeview		

Upcoming Events & Things to do

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

Event	Date	Location/Details
Wixams Photography Club	Saturday 16th September , 14.00am	Monthly meet 3rd Saturday of the month Meet at seasons Garden Centre
Wixams Surgery Action group	Monday 18th September, 20.00	Lakeview Village Hall
Wixams Parish Council	Tuesday 19th September, 19.45	Munson Room, Lakeview Village Hall
Wixams Wi	Tuesday 19th September, 19.45	Swan Room, Lakeview Village Hall
Macmillan Coffee Morning	Saturday 23rd September, 12.30	Lakeview Suite, Lakeview Village Hall
Bee Gees Tribute Night	Friday 29th September, 19.00pm	The Forest Centre, Marston Moretaine https://www.marstonvale.org/Event/bee-gees-tribute-night-sept2023
The Great British Bird Experience	Sunday 24th September, 10.00am & 13.00pm	Herring Green Activity Farm, Wilstead https://birdsofpreycentre.co.uk/product/the-great-british-bird-experience-september-24th-october-1st-10-00-1-00/
Soy Candle Making Workshop	Saturday 30th September, 11.30am	The Forest Centre, Marston Moretaine https://www.marstonvale.org/Event/soy-candle-making-workshop
The Great British Bird Experience	Sunday 1st October, 10.00am & 13.00pm	Herring Green Activity Farm, Wilstead https://birdsofpreycentre.co.uk/product/the-great-british-bird-experience-september-24th-october-1st-10-00-1-00/
Wixams Community Garden Kick-off Meeting	Monday 2nd October, 18.00	Swan Room, Lakeview Village Hall
Michael Jackson Tribute Night	Friday 20th October, 19.00pm	The Forest Centre, Marston Moretaine https://www.marstonvale.org/Event/michael-jackson-tribute-night
Wixams Events Group: Kids Halloween Party	Saturday 21st Oct, 4pm and 6pm	See page 16 or visit wixamsevents.uk for more info & tickets

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




Lakeview Village Hall Management Committee

Notice of Annual General Meeting

All are welcome

Saturday 14th October
11.00am - 13.00pm
Swan Room
Lakeview Village Hall

Come and meet the Committee Members
Find out more about how you can get involved

Why not join the Committee
The Village Hall Management Committee is run by a small group of volunteers from Wixams. We are looking for more people to get involved to help support the management and development of the hall. To find out more contact the Chairman

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

secretary@lakeviewvillagehall.co.uk



WIXAMS LEGO CLUB

Come and join us at the Lakeview Village Hall for our weekly meet to build everything Lego !

Session 1 - 9:00am to 10:00am
aimed at children aged 3 to 7
with Duplo, Lego, Lego Kits & Bionicles

Session 2 - 10.15am to 11:45am
suitable for ages 7 - 16
with Lego, Lego Kits & Lego Technics

held every Saturday during school term time

Annual Membership Fee - £5
Members weekly attendance fee - £2
Non-members weekly attendance fee - £2.50

For further information please email – legoatwixams@gmail.com
or visit our Facebook page  **Wixams Lego Club**

Please note that due to popular demand this Club is open only to children who reside at Wixams.











Why getting out in the sunshine can ease anxiety.

Last issue saw us introduce what anxiety is, how it presents itself and when you should be worried. My name is Laura, and I'm a counsellor based in Wixams. As summer is in full swing, I'm here to explain why getting out and about in the sunshine can ease our anxieties.

Fresh air and sunlight directly affects our hormones - for the better!

I think it's safe to say we all feel a bit brighter when the sun starts to shine, but have you ever thought why?

The sun does wonders for our physical and mental health. Our skin soaks up the vitamin D – needed to regulate our calcium and phosphates, whilst it's our eyes that are taking in the sunlight which leads to a release of serotonin (our happy hormone). Serotonin is linked with improved mood, helping us feel calmer and more focussed. If we stay indoors too much, our bodies (and eyes) don't get the much-needed sunlight, and our serotonin levels drop, increasing our risk of feeling low and unmotivated.

Fresh air is equally important. For our brains to remain calm, they require A LOT of oxygen. Getting out in the fresh air literally lifts and revitalises our minds. Go out there and take a deep breath!

A little bit of exercise? How can that help lower our anxiety?

- Moving decreases muscle tension, lowering your body's contribution to feeling anxious.
- Engaging in exercise diverts attention away from what you are worried about.
- Getting the heart rate up changes our brain chemistry, increasing the availability of important anti-anxiety hormones – serotonin and amino acids vital for healthy mental wellbeing.
- Exercise activates the frontal part of your brain which is responsible for logical thinking – whereas anxiety activates the emotional driven part of our brain. Exercise in any form, for however long, will allow your brain to start thinking logically about the situation that may be causing you to feel anxiety.

Walk around the lakes!

We are so fortunate with so many lakes on our doorstep. Being next to water physically allows the body to calm. Water is dynamic, so it holds our attention in a peculiar way. It tends to have a dream-like quality that allows us to quiet our minds. When you're focused on the movement of water, you are in the moment, allowing the thinking mind to kick in and rationalise our thoughts. Choose a lake – and just take a moment!

Meet up with friends, neighbours, and family

We are social beings with a basic need for human connection. We all know that socialising (with the right people ;) can lift our mood, this is all thanks to another fabulous hormone



called oxytocin which is our 'love hormone' that builds trust and attachment. This powerful hormone reduces anxiety and stimulates our calming nervous system. Without human connection we are at risk of loneliness and isolation – please be mindful of those who may be on their own. Loneliness happens in the sunshine too! (Check out the upcoming events and things to do at the village hall)

However, be mindful of who you are socialising with - don't let anyone deplete your serotonin and oxytocin!

Being out in the sunshine releases so many positive hormones that our bodies need and crave. If you have a lot on your mind or are feeling overwhelmed, I'm not suggesting that this advice is a magic cure for your anxiety, but what it may do is give you a bit of time, peace and the ability to gain perspective on what is worrying you.

If you feel that anxiety is affecting you from living your life please reach out for support. Counsellors and therapists are trained to help you understand your anxiety and work with you to make life feel better. No judgement, 100% confidential and discreet. I'm certainly not the only counsellor in Wixams, there are a few of us scattered around, so do get in touch.

Quick tips for if the anxiety becomes too much.

- Suck something sour (really sour!) – 'shocks the senses' and can stop a panic attack.
- The brain cannot be anxious and grateful at the same time (uses different nervous systems) – if anxiety is increasing, pause and think of something you are grateful for.
- Ground yourself – literally! Sit, lie, and flop on the floor. It is the bodies 'reset button'. We call this 'active rest' there is a psychological response of grounding the excessive energy the body is holding down and away through the floor.

Enjoy your (anxiety free) summer!

Laura
Hello@laurathomascounselling.co.uk
www.laurathomascounselling.co.uk



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Contact us: Tel: Lee: 07925597605 / Chris: 07474714557



**Shine
Theatre School**

LAKEVIEW VILLAGE HALL
WIXAMS

Ballet
Modern Jazz
Street Dance
Musical Theatre

Classes for ages 3-12yrs
Limited places available

For more info or to book a FREE
trial contact Louise on
07749091885



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Mid Bedfordshire Parliamentary By-election

Following the resignation of Nadine Dorries MP on 26 August 2023 there will be a Mid Bedfordshire By-Election on 19th October.

Known candidates as at 4 September 2023:

Conservative	- Festus Akinbusoye
Labour	- Alistair Strathern
Liberal Democrats	- Emma Holland-Lindsay
Reform UK	- Dave Holland
Independent	- Gareth Mackey
True and Fair Party	- Alan Victor
Green Party	- Cade Sibley



Festus Akinbusoye • Conservative

I am pleased that residents in Mid Bedfordshire will now have the opportunity to elect a new MP.

As the only candidate from one of the main political parties to live and work in the constituency, I fully understand the issues here and share the priorities of local people.

I will work tirelessly with local NHS leaders and the Conservative Mayor Tom Wootton to secure more investment in vital services, such as the long-promised GP surgery for Wixams. I will fight for more investment in our local economy and support for small businesses, and work to cut crime and keep residents safe, as I have as your local Police and Crime Commissioner.

I will fight to protect our countryside from overdevelopment and ensure local people always have a say over house building in the area.

Labour and the Liberal Democrats want to overrule local people and impose mandatory house building targets on communities like Wixams. This will put even more pressure on local services and threaten the beautiful countryside we have here in Mid Bedfordshire.

That is why I am campaigning to ensure any planned Green Belt development has community approval and the appropriate services in place before going ahead.

Most importantly, I will continue to be visible in the community and ensure local people can easily receive support. With a new constituency office and regular surgeries in our towns and

villages, I will make sure all residents in Wixams feel properly represented in Parliament.

Alistair Strathern • Labour

Bedfordshire matters to me. It's where I grew up, went to school and live today, back with my partner in Shefford. In between, I have worked as a teacher, councillor and at the Bank of England. From opening new medical centres to holding our largest banks to account, I've always put people at the heart of my work.

It's been great speaking to Wixams residents but I've been concerned by the range of issues you've raised. Whether it's cost-of-living pressures or overcrowded NHS services, it's clear we've missed an MP who stands up for us.

I think you deserve better.

From the failure to deliver the promised GP surgery, to the delayed train station and town centre, you've been let down. We need a committed MP to fight our corner.



(Alistair Strathern, continued...)

This month, I'm holding a public meeting to hear more from you:

Sunday 17th September at 4.30pm, Lakeview Village Hall, MK42 6AB

I want to hear from you about your priorities. I'll also share your views directly with our Shadow Housing Ministers, so your experience informs future policy on planning and housing development.

As your MP, I would be campaigning on your priorities from day one. I hope to see you there.



Emma Holland-Lindsay • Liberal Democrats

A big thank you to everyone I have spoken to over the last few months, for your warm words of support and encouragement - but also for sharing just how you feel having been let down by an absentee MP and a Government that takes Wixams (and the whole of Mid Bedfordshire) for granted.

I grew up in Bedfordshire and live here with my family – I know the school run well and just how hard it can be when our area constantly gets overlooked in the rush for local services. I am a Central Bedfordshire councillor, so I know what it takes to stand up for local people and get things done.

Wixams is an established community now, and I will work with residents to fight for a GP surgery and oppose the Conservative-set national planning rules that let developers wriggle out of building the infrastructure we so sorely need. I will be the opposite of an absentee MP - staying in touch with you all and holding regular advice surgeries in our communities. I know that locally the Liberal Democrats have already made a difference, putting funding towards a new Wixams railway station and forcing the Conservative Mayor to consider capital funding for a new GP surgery and I will work with everyone to make this a reality.

Contact details: emma.holland-lindsay@libdems.org.uk / 01525 530 053

Dave Holland • Reform UK

I am Dave Holland, the Reform UK Mid Bedfordshire candidate and if elected I can categorically promise you several key things:

Firstly, I will hold at least one surgery per month in different locations across Mid Bedfordshire.

I do not intend to have an office in the constituency which will reduce my operating costs by over £20,000 per year. Instead, I will hold surgeries in pubs, cafés and coffee shops at different times, doing a little to support local businesses and in the process be more accessible to you, the electorate.

Secondly, I promise you that I will acknowledge all emails and phone calls received within two working days and will keep you updated with your issue from that point as it progresses.

For too long Mid Bedfordshire has not had adequate representation from their MP. I intend to change that, to be the public servant that many of us believe we are electing, to work for you, to address your concerns and issues, to be visible and active, to make Mid Bedfordshire a better place to live and work for us all.

If you want a hands on, accessible MP, vote for Dave Holland, Reform UK.



Gareth Mackey • Independent

This by-election may be the most important in recent memory. It comes on the back of an historic set of local election results which saw the Independents take control of Central Bedfordshire Council as the new Administration after decades of Conservative control. We are the first Independent Administration of a Unitary or County Council in England.

This context means the Westminster party system is under threat here. People are tired of putting their trust in Party automatons who have no real roots in the community and solely do the bidding of the party, voting at the whim of the Whips.

The stark choice facing the electorate is one of the uncaring status quo versus one where a brighter future is heralded by an Independent, uniquely positioned to serve the people of Mid Bedfordshire as they deserve. Integrity, honesty, hard work and community are my watchwords.

Mid Bedfordshire residents have been pawns in the political game where you are promised the world by a candidate wanting to be elected only to be disappointed when the election is won. I urge you to be bold and use your vote positively, with hope for a better future with me as your MP.

Alan Victor • True and Fair Party

I am standing because I have become disillusioned with mainstream politics and can offer a unique alternative to the other candidates, which is more than just committing myself to be your voice in Parliament.

I stand for family, community, and society. I believe in caring for each other, nurturing our youth and enabling all members of the community to reach their potential so that they, in turn, will make their own contribution to society. I also believe in laws, systems and rules that must be followed by everyone equally, or consequences faced.

I am the only candidate who stood in Mid Bedfordshire, at the last General Election (as an Independent) and I have lived and worked in Bedfordshire for over 30 years so my commitment to the area is absolute.

This time, I have the added backing of a new party, which challenges the status quo and has developed the necessary policies to address the errant behaviour of many MPs and ministers, including Mid Bedfordshire's own representative in Parliament.

The True & Fair party has identified dozens of policies which will clean-up politics, modernise democracy and fight corruption, giving me the opportunity to serve your interests faithfully.

(I ask those who don't normally vote, as well as those that do, to think about making a different choice because we have a chance to make a difference, this time.)

<https://www.trueandfairparty.uk/alan-victor>

[FB.com/AlanVictorTFP](https://www.facebook.com/AlanVictorTFP)

Thank you for giving me this opportunity.



Cade Sibley • Green Party

Cade Sibley is a Care Worker who works for Central Bedfordshire Council

Born, raised and lives in Mid Bedfordshire, going to school at Harlington Upper and working in engineering, construction, retail and refuse collection.

Cade has been active in the local community organising litter picks and is a keen cyclist. He is concerned that not enough is being done to combat climate change, or protect the local environment and green spaces which are such an important feature of Mid Bedfordshire.

He knows what it's like to be an essential worker but like most he is struggling with the cost of living crisis. Despite this he knows it is important for the Government to take a more sustainable approach to the economy.

If elected he would prioritise:

- Taking the climate emergency seriously and investing in renewable energy
- Insulating homes and maximising protections against fuel poverty
- Supporting active travel; and clean, reliable and affordable public transport system
- Pushing for the provision of high-quality and accessible mental health support for young adults
- Providing more resources for social care and public health to reduce the strain on the NHS and fighting to keep the NHS free at point of service.

The Mid-Bedfordshire By-Election has now been called for Thursday 19 October.

The by-election is open to all Wixams Residents eligible to vote in a General Election.

This is fewer residents than in a council election, check your eligibility. If you are not registered and do not get a polling card you will be ineligible to vote. When voting please remember to take the appropriate photographic ID which is required at all Polling Stations.

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Preparation time: 25 minutes
Cooking time: 35 - 40 minutes
Serves: 12

Ingredients

235ml vegetable oil,
plus extra for the tin
100g natural yogurt
4 large free range eggs
1 ½ tsp vanilla extract
½ an orange, zested
265g self-raising flour
335g light muscovado sugar
2 ½ tsp ground cinnamon
¼ tsp fresh nutmeg, finely grated
265g carrots (about 3), grated
100g sultanas or raisins
100g walnuts or pecans, roughly
chopped (optional)

For the icing

100g slightly salted butter, softened
300g icing sugar
100g full-fat cream cheese

Carrot Cake

1. Heat oven to 180C/160C fan/gas 4.
2. Oil and line the base and sides of two 20cm cake tins with baking parchment.
3. Whisk the oil, yogurt, eggs, vanilla and zest in a jug.
4. Mix the flour, sugar, cinnamon and nutmeg with a good pinch of salt in a bowl. Squeeze any lumps of sugar through your fingers, shaking the bowl a few times to bring the lumps to the surface.
5. Add the wet ingredients to the dry, along with the carrots, raisins and half the nuts, if using. Mix well to combine, then divide between the tins.
6. Bake for 25-30 mins or until a skewer inserted into the centre of the cake comes out clean. If any wet mixture clings to the skewer, return to the oven for 5 mins, then check again. Leave to cool in the tins.
7. To make the icing, beat the butter and sugar together until smooth.
8. Add half the cream cheese and beat again, then add the rest (adding it bit by bit prevents the icing from splitting).
9. Remove the cakes from the tins and sandwich together with half the icing.
10. Top with the remaining icing and scatter with the remaining walnuts.
11. Will keep in the fridge for up to five days. Best eaten at room temperature



Chorizo Sausage Rolls

Preparation time: 40 minutes
Cooking time: 25 - 30 minutes
Serves: 15 - 17

Ingredients

400g (13oz) pack pork sausages,
casings removed
75g (3oz) cooking chorizo (2 small
sausages), casings removed, finely
diced
small handful flat leaf parsley, finely
chopped
1 egg yolk
2 tbsp milk
320g (11oz) ready rolled, all-butter
puff pastry
a little plain flour, for dusting
2 tbsp sesame seeds

1. Preheat the oven to gas 5, 190°C, 170°C fan.
2. In a mixing bowl, combine the sausage meat, chopped chorizo and parsley with a little black pepper.
3. Mix the egg yolk and milk together in a cup to make an egg wash.
4. Unroll the pastry on a lightly floured surface. Roll out so that the rectangle is a little longer. It should measure about 25 x 35cm.
5. To make large sausage rolls, form the sausage mixture into a cylinder of about the same length as the long side of the pastry rectangle.
6. Dust with flour and lay on the pastry, about 4cm from one edge.
7. Roll the pastry round the sausage, sealing the edges with egg wash.
8. Slice into 15-17 pieces, each about 3cm wide.
9. To make small sausage rolls, cut the pastry in two, lengthwise, so it forms two strips. Divide the sausage mixture into two and form each
10. Lay a cylinder on each strip and roll the pastry round, sealing the edges with egg wash.
11. Slice each cylinder into 15-17 pieces, each about 3cm wide.
12. Transfer the sausage rolls to a large baking sheet lined with non-stick baking paper. If not needed that day, the rolls can be refrigerated overnight or even frozen at this stage. Just defrost when needed and bring them up to room temperature before baking.
13. Brush the tops of the rolls generously with egg wash and sprinkle a few sesame seeds on to each. Bake for 25-30 minutes, depending on the size of the rolls, until golden brown and well risen. Serve warm or at room temperature.



half into a cylinder the same length as the pastry strips.

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

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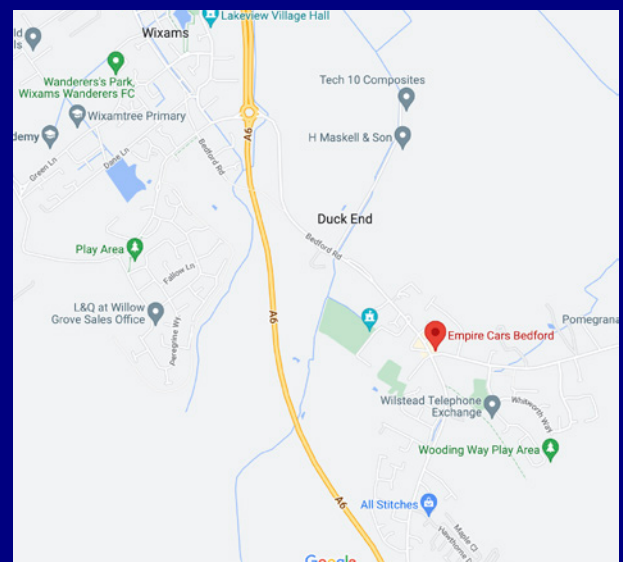
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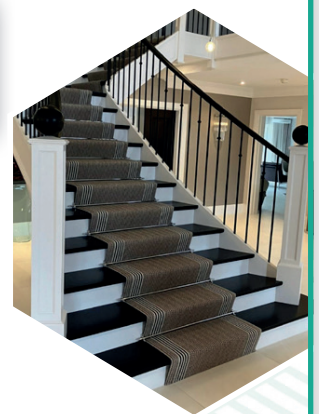
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September Garden Update

by Deirdre Wilcock

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



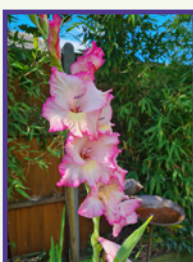
September is the month all of the amazing autumn colours start to appear in the garden. I do love summer and all the flowers in abundance. There is something about the autumn garden and the array of colours that appear. If you grow your own fruit and vegetables then September is the month for you. Your harvest will be plentiful!

Time to plan ahead!

It seems crazy to start to plant your Spring garden but from September right through to early December you can plant your spring flowering bulbs. I love this time of year, making plans and planting my spring bulbs. Now is also a perfect time before the ground becomes frozen, to plant any shrubs, climbers and perennials for next year's flowers. Garden centres usually have deals for the remaining stock they have for this year. Whilst you won't get any flowers this year, you will be rewarded for your forward thinking next year! September is also the perfect time to take a walk around the garden and have a look, take note and take photos so you can remember what is there, so you know what to expect to pop back up next year. It is easy to forget what you grew in the garden in the summer and then the following year, mistake your poppies for weeds and pull them out!

Cultivating clay soil

I think I speak for the majority of us that we all have heavy clay soil in the garden. There is a myth that you can't grow anything in clay soil which is completely untrue! Take a look at the pictures on this article, they are all taken from my garden which is on HEAVY clay soil, the stuff you could probably build a house with! Clay soil is rich and fertile, you just need to know how to work with it. September is a great month to add organic matter to the soil. I add lots of home made compost from my compost bin, bark and pea shingle to improve drainage. I add a thin layer of bark to my border and it breaks down over winter.



My top 5 star plants for September:

- **Rudbeckia 'Herbstsonne'** - one of my absolute favourite perennials
- **Sedum 'Autumn Joy'** - amazing colour for late summer/early autumn
- **Stipa gigantea** - tall ornamental grass with amazing golden colour, great for the back of the border to fill in any gaps and add height
- **Aster novi-belgii 'Peace'** - type of daisy, super easy to grow and will come back every year
- **Viburnum oculus 'Compactum'** - shrub with white flowers which turns to bright red fruits.

Tasks for September:

- Clear the borders so no pests and diseases can harbour over the winter
- Divide flowering perennials once they have nearly all died back so they don't become over crowded and continue to flower well
- Move any evergreen shrubs that are in the wrong place
- Collect seeds from any annuals that you might want to grow again next year
- Sow hardy annuals direct in the soil for next years flowers
- Aerate and scarify the lawn to keep it in tip top condition

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15th September 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

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