

# **Wixams Road Safety Survey**

Your safety matters to us. As part of our ongoing efforts to improve road safety in Wixams, we are conducting a Hazard Report Survey. This survey aims to address the overpopulation during school run hours and identify highrisk pinch points in the villages that have caused accidents. Your input is invaluable in creating hazard logs that enable thorough data analysis.

#### **Purpose of the Survey**

- To identify hazardous areas during school run hours.
- To pinpoint high-risk pinch points where accidents frequently occur.
- To gather data for analysis and strategic planning to enhance road safety.

#### **Road Safety Poster Competition**

We invite children of school age to participate in a postermaking competition. Your creativity can help spread the message of road safety to as many people as possible. We ask for your support in engaging children to create posters that highlight road hazards and near misses.

#### **Competition Rules**

- Participants must be of school age.
- The poster must clearly state "Road Hazard" or "Road Near Miss".
- The design must engage attention and effectively communicate the message of road safety.
- Include a QR code space for easy access to additional information.
- All entries must be clear and visually appealing.
- Reward for the Winner:
- The winning poster will be displayed in next month's newsletter and distributed throughout Wixams. Additionally, the winner will receive a bouquet of flowers and a box of chocolates as a token of appreciation for their contribution to road safety in our community.

#### Conclusion

Your involvement in this survey and poster competition is crucial in making our roads safer for everyone. Together, we can raise awareness, identify hazards, and take proactive measures to prevent accidents. Thank you for your support and participation.

Submit your poster entries by Sunday 5th May.

Together, let's make Wixams roads safer for all.

residents@wixams.town





St. George's Day Graphic by Freepik

## **USEFUL NUMBERS**

999 - Emergency

Where there is a risk of: • Personal injury

- 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 officerGetting update reported crime

- Suspicious incidents
- Suspicious incidents

• Wixams Parish Council 07386 904950
• Lakeview Village Hall 07544 853633
• Lakeview School 01234 741653
• Wixams Tree 01234 608960
• Wixams Academy 01234 608950
Houghton Conquest
Lower School
• 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
• The Woolpack
• NHS Direct
• Wilstead Pharmacy
• Bedford Hospital
• Doctors - London Road 01234 266866
Doctors - Houghton Close 01525 300898
• Doctors - Greensand
• Doctors - Oliver St 01525 631395
• Doctors - Wootton
• Dentist - Cranfield
• Scotts Vets
• BPHA Customer Service
Bedford Borough Council
• L&Q Estates
• Wilstead & Wixams Good
Neighbours Scheme
• Wilstead Post Office
• Seasons Garden Centre 01234 741909
Houghton Conquest
Parish Council 01234 270016
Houghton Conquest
Post Office
Stewartby Parish Council
• Stewartby Parish Council

# **Wixams Parish Council**

At the March Parish Council Meeting held on 16 March 2024 the following items were discussed.

#### Transport

As the times of buses have changed, Stagecoach, along with Cllr Jim Weir will be looking into additional transport and will review the changes.

#### Updates from Delegated Committee Meetings

#### Planning Applications discussed at Infrastructure Meeting held on 26 February 2024

**24/00239/ADV** Installation of fascia lettering and logo for Wixams Academy – The committee did not object to the application.

**24/00233/FUL** Installation of a loft conversion at 97 Harlequin Crescent, the committee discussed any potential material planning considerations, of which there were none, and as such did not object to the application.

**23/02025/MAF** related to the extension of the retirement village. The committee discussed several concerns which amounted to material planning considerations, namely the impact to the highway and traffic flow of having up to 40 cars parked on Bedford Road for the 2 years of construction. It was also noted that the end state would not provide according to the plans the 201 promised spaces dropping the 0.7 ratio of cars per unit below what was agreed when the original grant of planning was given.

It was agreed by the Committee to object on the grounds of highway, mindful of invalid insurance, unsecured private car parking and the impact on Bedford Road. The Council to work with representatives of Extra Care to find alternative options.

#### Infrastructure

Issues around parking continue to be a challenge. Please be assured that the council are fighting hard for crossings, yellow lines where appropriate and cases involving individuals are being investigated by the enforcement officer of highways.

We are looking to install new CCTV cameras; A CCTV survey is also being commissioned for residents to share their views with the council.

Want to name a road? Get in touch at infrastructure@wixams-pc.gov.uk

#### Community

We are investigating the abandoned houses on Dane Lane and trying to find a resolution with the landowner.

4 festive lamp posts with lights have been acquired through a grant and will be going up soon. Any ideas as to where they should go?

We have had some issues with our website, which is being looked into and should be up and running better than ever soon.

Please look out for a survey asking for your opinions on what is needed and wanted in our community. Your views are vital in this process, and we encourage as many people as possible to complete it.

#### Update from the GP Surgery Action Group

On the 26 February, members of the Wixams GP Surgery Action Group met with MP Alister Strathern, along with Felicity Cox, the Chief Executive Officer of the Bedfordshire, Luton & Milton Keynes Integrated Care Board (BLMK ICB), representatives from the Wixams and Houghton Conquest parish councils, Councillors from Bedford Borough and Central Bedfordshire Council including both Chief Executives and members of the Wixams Surgery Action Group.

Please see the full update in this newsletter. But it looks like we need to keep the pressure on them. This is too important. We would like to extend our thanks and continued support to the Action Group.



#### **Youth Section**

4YP runs our youth club on a Wednesday evening. Parish council working with your youth group to consider their views. Your views on how things can be improved for our young people are always welcomed.

Please look out for a survey for young people to contribute their views.

## **Grant Applications**

£250k grant accepted cricket board for enhanced cricket for women and girls at Wixams Academy.

## Upcoming events

The next Parish Council meeting will be held on 16 April 2024, at 7.45pm at the Munson room, Lakeview Village Hall, Wixams.

The next Planning and Infrastructure meeting is on the 22 April 2024 at 6 pm for Planning and 7 pm for the Infrastructure Meeting in The Swan Room, Lakeview Village Hall, Wixams.

Our Community Committee is held on the last Thursday of each month. The next one is on Thursday 25 April 2024 at 7 pm in the Craft Room, Wixams Retirement Village.

We are in the process of putting together various working group to help our Community – for more information please email *clerk@ wixams-pc.gov.uk*.



Wixams Parish Council Annual General Meeting Friday 31st May 2024

Wixams residents and other members of public are all welcome to attend the Wixams Parish Council AGM

This will be hosted in two parts

#### Part 1 - 17.30 - 19.30 Community Market Place Lakeview Suite

Come and meet your local Parish Councillors and your local community groups and find out more about what they do and how you can get involved. Also a great opportunity to get an update on whats happening across Wixams.

Part 2 - 19.30 - 20.30 Wixams Parish Council AGM Meeting Swan Room For more information email: clerk@wixams-pc.gov.uk

# **Update from your local Bedford Borough Councillors**

## Pedestrian Crossings, Green Lane and Brooklands Avenue

The lack of pedestrian crossings near Wixams schools has been an issue for some time. Within the last couple of years, petitions were handed to the Borough Council after children were hit by cars on their way to and from school. Sadly, despite strong representation from local residents, the Mayor and Council at the time chose not to address the issue and the school run still poses a big danger, with no crossings currently in place near to our schools.

However, since the change of administration last May, with a new Mayor, we have had lengthy and ongoing discussions with Borough Council Highways Officers and the Cabinet member for Highways and Transport. We have again requested urgent measures to address dangerous and speeding traffic around Wixams, and particularly the continued absence of safe spaces for children to be able to cross the road to get to school.

The Borough Council has an annual programme of Integrated Transport works which aims to promote safe and sustainable travel. We have persuaded the Council of the importance of including Wixams in that programme.

We are therefore pleased that for the year starting 1st April 2024, the Council has agreed to include funding for two new crossings at Wixams. These are to be situated on Green Lane and Brooklands Avenue.

We cannot yet give a specific date that the works will commence or a specific location on the roads mentioned. However, design work will start early in the new financial year (starting on 1st April) following a site visit with your local Councillors, to review the best locations for these crossings. We hope to be able to give more details when the design and exact location has been confirmed.

Crossings for Bedford Road and Southern Cross are being actively considered for future years.



Andrea Spice andrea.spice@bedford.gov.uk



**Graeme Coombes** wilshamstead.ward@yahoo.co.uk



Marc Frost marc.frost@bedford.gov.uk



# 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, biscuits and cakes.

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





Bedford Branch 93 Ashburnham Road MK 40 IEA 01234 350107 (f) @RAFABEDFORD

afybc. ARMED FORCE

Armed Forces & Veterans BREAKFAST CLUBS

# 2nd Sunday of the month

# Doors open 10.45am Breakfast served at 11am

# £5 per person

To include: Full English Breakfast, Toast, Tea/Coffee and Juice.

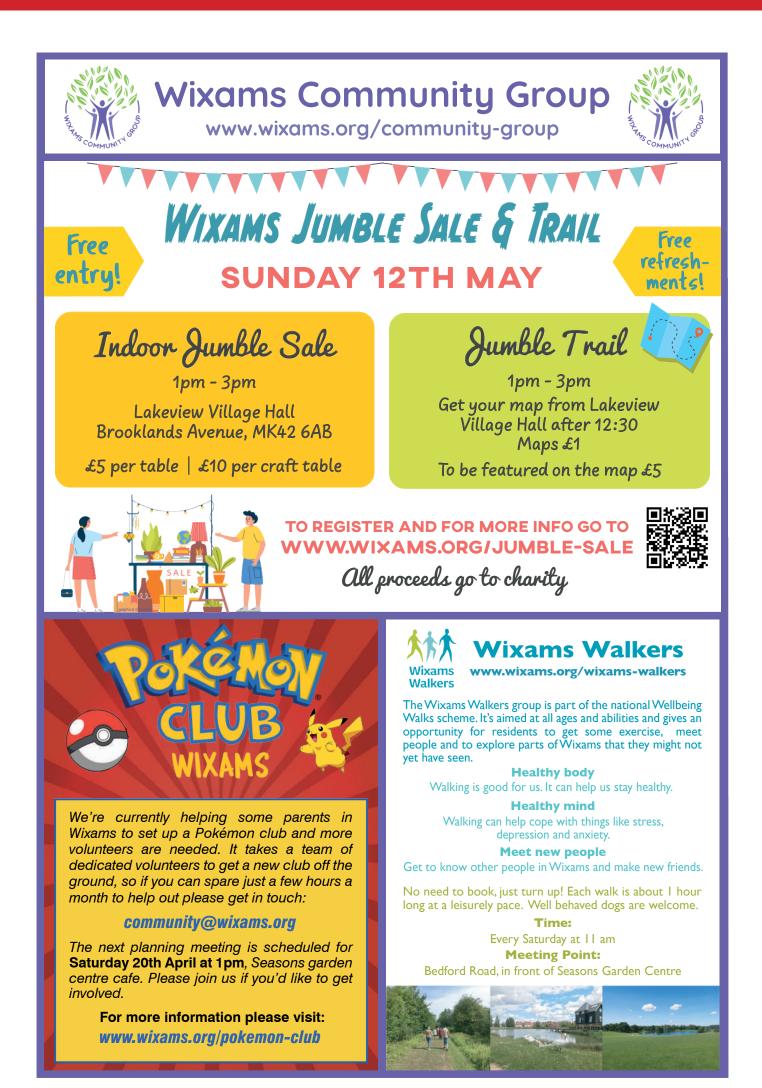
# **All Welcome**

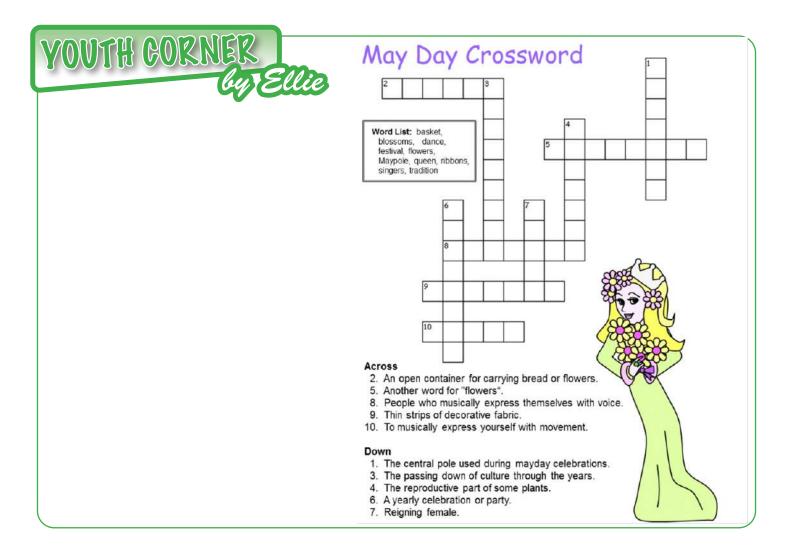
## Booking required by the Thursday before please

Please advise of any dietary requirements in advance Note: November will be after the Remembrance Service in town



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An independent blog based resource for the people of Wixams.

Discover information about the community & wider Bedfordshire area.

Covering essential services to local events and attractions.

Our aim is to visit and review areas of interest focusing on Outdoor Life, Things to do, Health & Wellbeing, Food & Drink along with other useful information.





An independent blog & resource for the people of Wixams.

Discover reviews & information on Outdoor Life, Things to do, Health & Wellbeing, Food & Drink around the community & wider Bedfordshire area.

In this months Wixams Life contribution for the Wixams Newsletter we shine a spotlight on the **Wixams Runners Community**.

Article by: Angela Barrington (Wixams Runners) - Editorial by: Nick Edwards (Wixams Life)

# Did you know...

Wixams has it's own running group? It has been around for over a year, with over 500km of runs organised to date.

# **HOW IT STARTED!**

A post on Facebook from Andy, **'Anyone fancy meeting regularly for a run?'** So, three of us met up on a frosty December evening, donning high vis & thermals, about a week before Christmas, for our first maiden run. There was Andy (owner of the post), Olly (the PT guy) & me, little old nursey who quite likes running.

We started running around Dane Lane Lake, on those frosty December evenings, which I'm sure amused the resident Swans.

After the ground thawed, we ventured out on different routes across Wixams, exploring the new constructed paths, roads & parks which started to appear over the last 16 months.

More people joined & expanded the group.

As the nicer weather kicked in we took to the surrounding fields and country foot paths, which was great to see Wixams from afar.

The group is centred on supporting people get fit through running, it has also helped people achieve new distances – all whilst running a comfortable "chatty pace". It has also supported our local runners who trained for distances and races like the London Marathon, 'Well Done! Sarah'; and all who ran last year's event.

For me this group has helped improve my confidence and given me the opportunity to train for wider events in a group of like-minded people. It's also given me the opportunity to get to know the area well from running around our lovely village.

Wixams is a great area to run, especially now more roads have opened. Some of the parks are not very well lit yet. So, running these parks with as a group feels safer & makes it more enjoyable to run in the evenings. Wixams is a great area to run, especially now more roads have opened. Some of the parks are not very well lit yet. So, running these parks with as a group feels safer & makes it more enjoyable to run in the evenings.

# HOW CAN YOU GET INVOLVED?

Please join the Facebook group, this is where you will see live updates on run meets. Search: Wixams Runners Community

or Scan the QR Code





# When & Where

Thursday's - 7pm Sunday's - 9am

Willow Grove Marketing Suite, off Southern Cross, Dane Lane Lake.

# How Far?

# For Who?

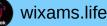
5km (comfortable pace) All abilities Beginners to Novice



🌐 www.wixamslife.co.uk

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# **Upcoming Events**

EVENT	DATE	DETAILS	
Wixams Bike Meet	Sunday 7th April , 11.00am	Monthly meet 11am - meet at seasons Garden Centre 12 noon	
Big & Little pottery painting workshop	Friday 12th April, 11.00am	The Forest Centre, Marston Moretaine For more information visit; https://www.marstonvale.org/Event/firenest-pottery-painti 12th-april-2024	
Auto Anonymous	Sunday 14th April , 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 Full Parish Council Meeting	Tuesday 16th April, 19.45pm	Munson Room Lakeview Village Hall	
Pokemon Club Planning Meeting	Saturday 20th April, 13.00am	Meet at seasons Garden Centre	
Wixams Photography Club	Saturday 20th April, 14.00am	Monthly meet 3rd Saturday of the month Meet at seasons Garden Centre	
Wixams parish Council – Planning Committee	Monday 22nd April, 18.00pm	Monthly meet 4th Monday of the month (dates may change to bank holiday) Swan Room, Lakeview Village Hall	
Wixams parish Council – Infrastructure Committee	Monday 22nd April, 19.00	Monthly meet 4th Monday of the month (dates may change to bank holiday) Swan Room, Lakeview Village Hall	
Wixams parish Council – HR Committee	Tuesday 23rd April, 19.00	To be checked	
Wixams parish Council – Community Meeting	Thursday 25th April, 19.00	Monthly meet 4th Thursday of the month Wixams Retirement Village	
SKA Madness Tribute Night	Friday 26th April, 19.00pm	The Forest Centre, Marston Moretaine For more information visit; https://www.marstonvale.org/Event/madness-tribute-night	
Wixams Jumble Sale	Sunday 5th May, 12.30	Lakeview Village Hall	
Wixams PTA Spring Fayre	Saturday 11th May	Wixams Academy	

# "It takes a village to raise a child"

# ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE IN HOUGHTON CONQUEST

As a result of discussions with Councillors and residents, this is a shout out to potential volunteers who wish to get involved with activities for children and young people within the Parish.

This could be:

- Nationally affiliated groups such as Rainbows and Brownies, which we used to have in the village
- Unaffiliated groups, similar to the Houghton Pioneers group we also used to have
- A youth club or similar
- Indoor or outdoor sports
- Music, drama or dance groups

We believe that there is interest in activities for children and young people throughout the Parish, as with many of these things, the onus will be on volunteers that come forward to run these groups, attract members and raise funds.

The Parish Council will support volunteers as much as it is able, but obviously can't run these activities itself.

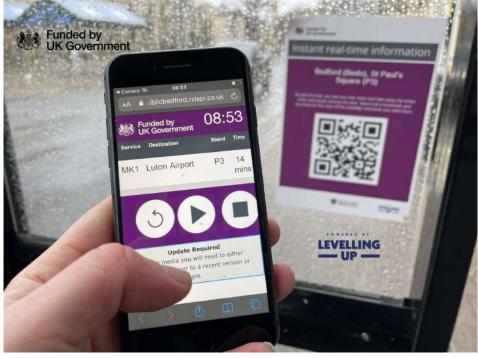
The Village Hall Committee will liaise with group leaders on time slots that are available in the Village Hall.

If you are interested in getting involved then please email Houghtonyouth@gmail.com giving contact details and the kind of activity or group you would be willing to get involved with and we will see who we get!

# **QR code project provides real-time information for Bedford Borough bus users**

Bedford Borough Council is excited to announce an initiative aimed at enhancing the experience for bus users. QR codes have been placed at bus stops across the borough that allow people to quickly and easily access real-time bus information for all local bus operators.

With just a simple scan of the QR code using a smartphone, users will be instantly connected to a dedicated webpage providing real-time details on up to the next five buses scheduled to arrive at that specific stop. This innovative service not only offers text-based



information but also provides an option for users to listen to the real-time updates for those that prefer.

Furthermore, users have the flexibility to save the webpage as a favourite, for future reference, ensuring that they can access live bus timings for that stop anytime, anywhere, as long as they are connected to the internet. This allows bus users to plan their journeys more efficiently and reduces the uncertainty often associated with public transportation.

Councillor Jim Weir, Portfolio Holder for Environment, Highways, and Transport at Bedford Borough Council, said, "We recognise that bus services are under pressure and we continue to review the network, this new initiative will improve accessibility to real-time bus information, making it easier for users to access important service information.

"By harnessing digital technology, we are not only enhancing the daily commute experience but also fostering a more sustainable and connected Bedford Borough."

This initiative underscores Bedford Borough Council's ongoing commitment to leveraging technology to address the evolving needs of residents and visitors. By embracing innovation and collaboration, the Council aims to enhance the overall quality of life and mobility within the borough.

This project has received £20,000 from the UK Government through the UK Shared Prosperity Fund.

The UK Shared Prosperity Fund is a central pillar of the UK government's Levelling Up agenda and provides £2.6 billion of funding for local investment by March 2025. The Fund aims to improve pride in place and increase life chances across the UK investing in communities and place, supporting local business, and people and skills. For more information, visit https://www.gov.uk/government/publications/uk-shared-prosperity-fund-prospectus.



APRIL 2024 FACEBOOK: WIXAMS COMMUNITY WATCH EMAIL: WIXAMSCOMMUNITYWATCH@GMAIL.COM



Here are some of the routes walked by the Street Watch Team, if you feel there is a problem area or a specific time that things happen, let us know and the street watch team will do there best to ensure walks are timed accordingly. If you would like to join in, then feel free to drop us an email.

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DOG WALKERS Why not use your eyes and ears to support Bedfordshire Police's Dog Watch? Seen something unusual or noticed anything that you'd like to report but not sure who to contact? Dog Watch could be for you?	Dog Vatch is a Bedfordshire Police community volunteer scheme. It is an initiative that encourages dog owners to be proactive and vigifant whilst walking their pets in their area. The idea is for dog walkers to act as the eyes and ears for the local community and to report anything out of the ordinary on their regular routes, Because of their local knowledge, dog walkers will notice



To find out more, email us on:

WatchSchemes@beds.police.uk

community and to report anything out of the ordinary on their regular routes. Because of their local knowledge, dog walkers will notice unusual or suspicious activity and anti-social behaviour.

Joining Dog Watch will give you the tools to report to the relevant authority whilst staying safe.

The scheme is a great way way to build community relations and work in partnership with the Police and Local Authorities to reduce the fear of crime, deter offending and improve the quality of life in your area.

To find out more, email us on:

WatchSchemes@beds.police.uk



RECORDED DATE	OFFENCE	STREET	
13/03/24	Assault without injury	Thorne Close	
13/03/24	Dangerous driving	Bridle Road	
04/03/24	Harassment		
29/02/24	Malicious	Nightingale Court	
29/02/24	communications		
10/03/24	Other criminal damage	Bedford Road	
06/03/24	Residential Burglary	Greenside Close	
01/12/23	Sexual		
05/03/24	Theft or unauthorised	Brooklands	
	taking of a pedal cycle	Avenue	



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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.





from **£120** 

Get in touch at: thomasprice.me/Portfolio





# WIXAMS

# DELIVERERS NEEDED

If you have an hour to spare on a monthly basis we are looking for more volunteers to help deliver our monthly Newsletters.

We have some permanent locations that need deliverers in and around Streets in Southern Cross and in Willow Grove as the village expands. We are also looking for volunteers who are willing to act as a back up to cover our regular Distributors who are on holiday or unable to deliver.

newsletterdistribution@wixams.org



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## WWW.BEDSFLOORS.CO.UK WWW.123FLOOR.CO.UK

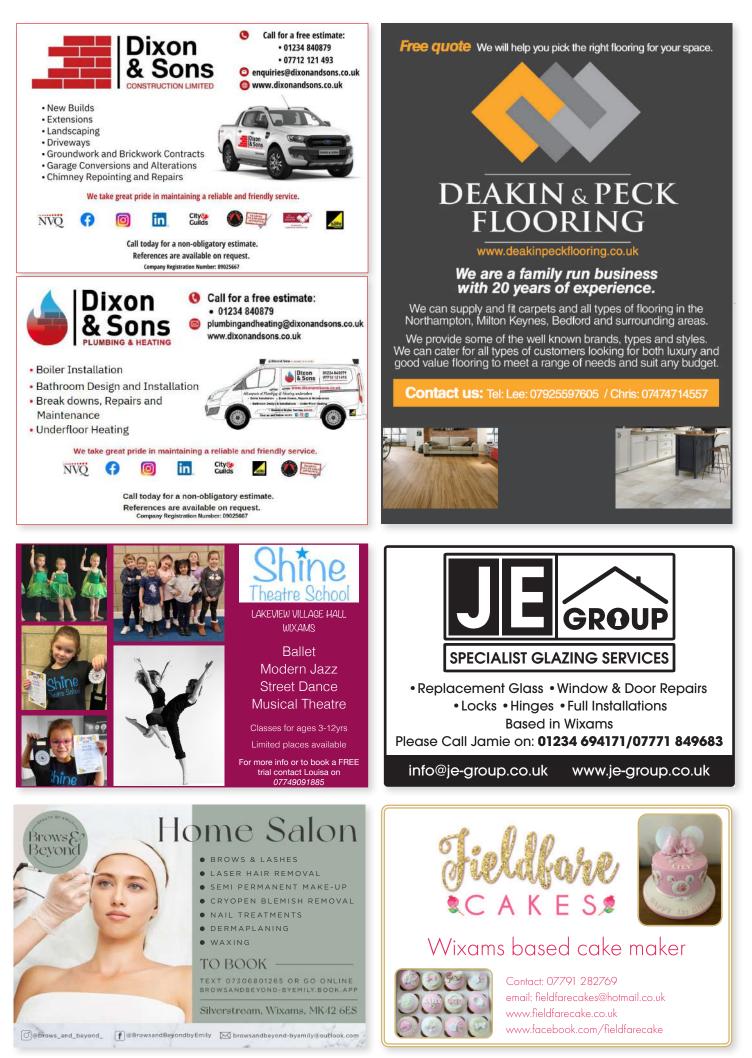
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# **Lakeview Village Hall Activities**



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
	09:30 - 11:00	Playgroup	Lakeview		1st and 3rd Monday of the month (term
Monday	16:00 - 16:30	Shine Theatre School Ballet (aged 5-11 years)	Lakeview	Louisa Hodges - 07749 091885	time only) 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.bookwhen.com/livyogauk
	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
	17:30 - 19:30	Wixams Youth Group	Swan	07880 448599	wendy.millgate@4ypuk.com facebook.com/4YPUK
Wednesday	17:30 - 20:00	Irish Dancing	Lakeview	Katie	facebook.com/stuartirishdancebedford
wednesday	17:00 - 18:00	Rainbows	Munson		
	18:15 - 19:30	Brownies	Munson		
	19:45 - 21:00	Guides	Munson		
	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
Thursday	17:15 - 18:00	Entertainia Dance Class Class 2 (7-11 years)	Lakeview	Ivilla	entertainiatileatteschool@ginaii.com
	18:30 - 19:15	Go box fitness for Kids	Lakeview	07727 113285	facebook.com/goboxfit
	19:30 - 20:30	Go box fitness for Adults	Lakeview		
	18:50 - 20:30	The Man Cave	Munson		facebook.com/p/The-Man-Cave-UK
	10:00 - 11:00	Little Stars	Swan		
Friday	18:00 - 20:00	Scouts	Lakeview		facebook.com/1stwixamscouting www.1stwixamsscouts.org.uk
	19:00 - 20:45	AA	Munson		
	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
Saturday	09:00 - 10:00 10:45 - 11:45	Lego Club (3-7 years) Lego Club (7-16 years)	Munson		Email: legoatwixams@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
	09:45 - 11:15	АА	Munson		
Sunday	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	Christ the Word Evening Group	Swan		
	18:00 - 19:00	Taekwondo	Lakeview		



# **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

# WIXAMS PARISH COUNCIL

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## STREET RANGER REQUIRED

Providing cover for the current Street Ranger and as required in other areas in Wixams - V2, V3 and parts of V4 Flexible Working Hours

18 hours per week litter picking required

Route and equipment provided

£13.00 per hour

Apply by email: clerk@wixams-pc.gov.uk Closing date: 14 April 2024

# **WIXAMS** NEWSLETTER

# Volunteer Roles

# Treasurer

Do you have an hour or two to spare on a monthly basis. We are looking for a volunteer Treasurer to join our newsletter Team.

## The role will include:

- Keeping an ongoing record of all group income/ expenditure
- Administering the group's bank account
- Invoicing Advertisers
- Providing a financial update to the Newsletter Committee on a monthly basis

If you are interested or have any queries email: *advertising@wixams.org* 

# **Advertising Manager**

The Wixams Newsletter Team are also looking for a Volunteer Advertising Manager. The key aim of this role is to act as point of contact between local advertisers and the newsletter team.

## This role will include:

- Liaising with local advertisers regarding the advertising schedule
- Providing a monthly update on advertisers to the Publisher and at monthly newsletter meetings
- Liaising with the Treasurer to provide the information for the presentation of invoices

If you are interested or have any queries email: advertising@wixams.org



# Sports clubs and organisations in Bedford Borough are invited to apply for space at the Sports Island for Bedford River Festival 2024



The Sports Development Unit at Bedford Borough Council is excited to announce an incredible opportunity for local clubs and organisations involved in sport or physical activities, to shine at the upcoming Bedford River Festival 2024. The River Festival will run on 20 and 21 July this year and the team are inviting any relevant clubs and organisations to register their interest in joining them at Sports Island.

Sports Island, nestled within the heart of the Bedford River Festival, offers a unique platform for local clubs and organisations to showcase their talents and initiatives and engage with potential new participants. The 2022 River Festival saw over 250,000 spectators and participants across the site over the weekend. Previous activities have included blind shooting, table tennis robots, climbing walls, free running, skateboarding, street dancing and exercise classes. It's a fantastic shop window for thousands of visitors to discover activities and get involved by trying something new.

Councillor Sarah Gallagher, Portfolio Holder for Leisure and Culture, expressed their enthusiasm for Sports Island, stating, "The Sports Island at the River Festival encapsulates the spirit of our community – vibrant, inclusive, and passionate. It's a fantastic opportunity for local clubs and organisations involved with sport and physical activities to showcase their talent and inspire others to lead active lifestyles. I encourage everyone to get involved and be a part of this exciting celebration of sport and physical activity at the Bedford River Festival 2024."

From the Butterfly Bridge to Newnham Bridge, alongside Longholme boating Lake, this dynamic village will come alive, offering a bustling hub of activity for festival-goers to explore. The area is one of the highlights of the weekend, promoting community engagement, fostering a culture of health and wellness, and highlighting the incredible talent and dedication within our local sporting community.

All local clubs, organisations, and enthusiasts involved in sports and physical activity, however big or small, are invited to participate in Sports Island. From professional sports teams right through to a grassroots organisations and recreational groups, it's an opportunity to showcase your passion and inspire others to get active.

What is available:

A large covered stage, with music system, for displays of aerobics, bodybuilding, dance, acrobatics, martial arts... anything that will fit and you want to do! Time slots are available throughout the day.

A dedicated area of the river for exhibitions and 'have a go' sessions such as rowing, canoeing, paddle boarding and sailing.

Areas for participants to put up a gazebo or marquee to promote their activities or display information.

An outdoor grassed area for displays, demonstrations, or activities to promote a club or organisation.

The Bedford River Festival has a rich history of bringing the community together, and Sports Island has been a beloved feature of the event for years. Thanks to the support of the Bedford Borough Council and other stakeholders and sponsors, this year's festival promises to be more exhilarating than ever before.

Clubs or organisations can register their interest at https:// bedford-self.achieveservice.com/service/Bedford\_River\_ Festival\_Sports\_Island now. Spaces are always in high demand and while no there is no commitment expected at this stage, the team would like to know who is interested in this opportunity as soon as possible.

Don't miss this incredible opportunity to showcase your sporting prowess and be a part of something truly special at Sports Island, Bedford River Festival 2024!

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# HOW TO FIND US

WE ARE LOCATED AT THE CROSSROADS IN THE CENTRE OF WILSTEAD VILLAGE, JUST OPPOSITE WIXAMS AND TWO MINUTES FROM A6 ENTER WILSTEAD ON THE BEDFORD ROAD AND WE ARE ON THE LEFT NEXT TO WOOLPACK PUBLIC HOUSE.





Preparation time: 35 mins Cooking time: 30 mins plus cooling Serves: 10

#### Ingredients

- 230ml vegetable oil, plus extra for the tin
- 100g natural yogurt
- 4 large eggs
- 11/2 tsp vanilla extract
- 1/2 orange, zested
- 265g self-raising flour
- 335g light muscovado sugar
- 2<sup>1</sup>/<sub>2</sub> tsp ground cinnamon
- 1⁄4 fresh nutmeg, finely grated
- 265g carrots (about 3), grated
- 100g sultanas or raisins
- 100g walnuts or pecans, roughly chopped (optional)

## For the Icing

- I 00g slightly salted butter, softened
- 300g icing sugar
- 100g soft cheese



Did you know there was such a thing as International Carrot Day!! International Carrot Day, itself, was established in 2003 and it has spread throughout the world to all the places the carrot is known.

It may not be the most exciting of snacks, but carrots are the favourite food of rabbits and a great source of vitamin C. No doubt you were reminded as a child to eat your carrots, so you can see in the dark too.

Bake it into a cake, crunch it with some ranch, or cook it up in a butter sauce: the carrot is healthy, tasty, and surprisingly easy to grow for your own.

A tasty favourite for many is Carrot Cake. So if you like Carrot Cake, why not try this easy receipe.

## STEP I

Heat the oven to 180C/160C fan/ gas 4. Oil and line the base and sides of two 20cm cake tins with baking parchment. Whisk the oil, yogurt, eggs, vanilla and zest in a jug. 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.

## STEP 2

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.

## STEP 3

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.

## **STEP 4**

To make the icing, beat the butter and sugar together until smooth. Add half the soft cheese and beat again, then add the rest (adding it bit by bit prevents the icing from splitting). Remove the cakes from the tins and sandwich together with half the icing. Top with the remaining icing and scatter with the remaining walnuts. Will keep in the fridge for up to five days. Best eaten at room temperature.

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



# The Parish Churches covering Wixams



"The welcome someone receives in church has a huge impact on whether they stay. Many of us are in church because of the acceptance and inclusion we've felt when we entered it, and that we continue to feel as we've remained".

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https://elstowteamministry.org.uk/ 01234 261477







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# April Garden Update by Deirdre Wilcock

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

I find April to be one of the most exciting gardening months of the year (and the most busiest month for Green Hands!) With temperatures on the up, the

soil starts to warm up providing ideal growing conditions. Plants wake up from their winter rest and the garden is already awash in colour! The birds are building their nests and hedgehogs are coming out of hibernation. Walking around the garden on a warm April day and taking in the sights and smell of spring will really lift your spirits!

#### Sudden cold snaps

Whilst the weather is on the up in April there is still very much the risk of some hard frosts, so don't get too carried away just yet. Keep your tender plants and seedlings under cover and protected from the frost. Don't get lured in by the bright sunny April days just yet, hold off planting any tender plants out in the garden until May. You will thank me later for it! April tends to be a windy month too, ensure all newly planted trees are staked and any lightweight greenhouses/ cold frames are weighted down.

#### Get that mower out

If you haven't done so already give the lawn a cut. It's been such a wet winter and you may have missed that last cut of the year last year as it has pretty much rained, what feels like non-stop since last October so the grass may be a little longer than usual for this time of year. Cut the grass initially on the highest setting on your lawn mower before dropping it down to your preferred height after the second or third cut. Due to the wet weather you may find your lawn has developed a lot of moss over winter. This needs to be treated to ensure it doesn't take over the lawn.



My top 5 star plants for April:

- Dicentra spectabilis tall arching perennial. Great for shady spots
- Prunus 'Kanzan' double deep pink flowers, absolutely stunning
- Aubrieta 'J.S Barker' creeping perennial, perfect for tumbling over rocks and walls
- Ribes sanguineum oinky/white flowering currant
- Bergenia 'Sunningdale' tough, leathery leaved perennial, great for ground cover

#### Tasks for April:

- Feed the birds and help them through to spring to nesting season
- Check all tools and machinery are all serviced, sharpened and in good working order ready for a busy season ahead
- Start to stock up on fertilisers, ready to apply to your borders early spring to get your plants off to their best start
- Last month to lift and divide any summer/autumn flowering perennials
- Plant out summer flowering bulbs
- Sow grass seed where required
- Pot up Dahlia's my absolute favourites!

Happy Gardening!

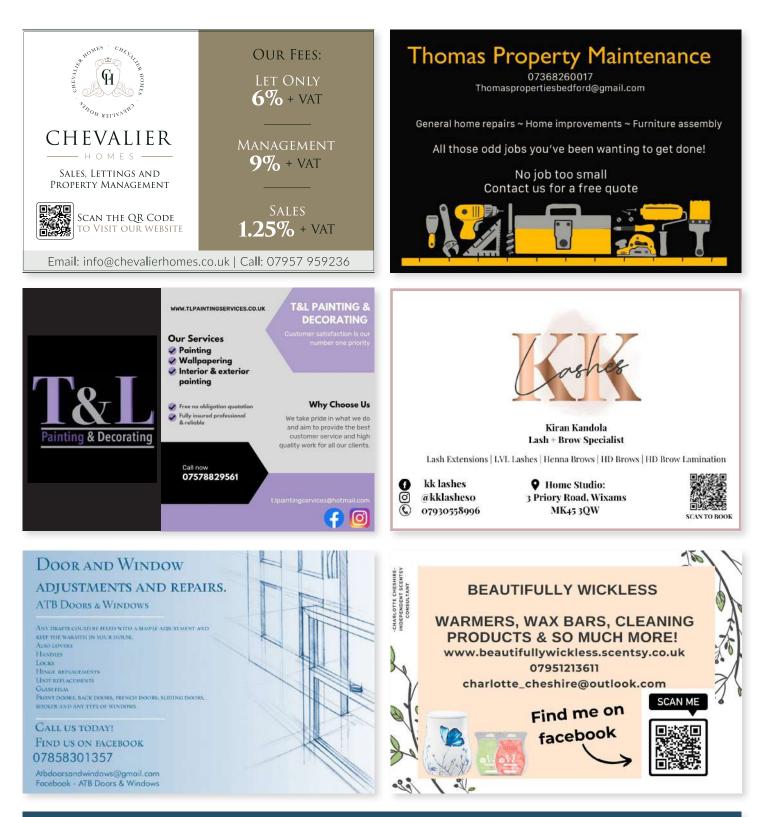
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## Email: newsletter@wixams.org

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#### Deadline for submissions for next issue: 15th April 2024

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