



March 2021 Issue 6 Volume 1

WIXAMS NEWSLETTER

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

We don't want anyone to miss out on our informative monthly Wixams Newsletter so we will be delivering to all houses regardless of whether or not there is a notice advising "No Junk Mail, Flyers" or similar. We believe our Newsletter does not fall into that category. We also don't want to offend anyone so if you have this sign and really don't want our Newsletter please e-mail newsletterdistribution@wixams.org and we will respect your wishes. Thanks, the Wixams Newsletter Team.

WIXAMS RAILWAY STATION UPDATE

Good progress has been reported on the Wixams Railway station project.

Funding has now been secured for a two-platform station with a planned opening date of July 2024. More details can be found in Councillor Graeme Coombes column on page 5, and we'll keep you informed as we hear more...

*Similar station pictured
Image - Motacilla - Wikimedia Commons*



Image - Alex Nevin-Tylee - Wikimedia Commons



Readers Pictures...



One of your younger followers, Amelia, keeping herself updated with the latest goings on in Wixams!

Send your pictures from around the village to newsletter@wixams.org



Crime Stats

- 02/01/21 - Assault without Injury - Common assault and battery - Harlequin Crescent
- 31/12/20 - Assault without Injury - Common assault and battery - Tawny Avenue
- 06/01/21 - Having possession of a controlled drug - Class B - Cannabis - Green Lane
- 12/01/21 - Other criminal damage, other (Under £5,000) - Green Lane
- 24/01/21 - Sec 4 POA Fear or provocation of violence A6
- 11/01/21 - Theft from a motor vehicle - Zander Way
- 10/01/21 - Theft from a motor vehicle - Zander Way
- 07/01/21 - Theft if not classified elsewhere - Brooklands Avenue
- 31/12/20 - Theft if not classified elsewhere - Bluebird Gardens
- 25/01/21 - Theft of a motor vehicle - Green Lane
- 30/12/20 - Theft or Unauthorised Taking of a Pedal Cycle - Bedford Road
- 14/01/21 - Theft or Unauthorised Taking of a Pedal Cycle - Little Owl Lane

Last year, over 25% of all collisions involving driver using mobile phone ended in fatality or serious injury - Beds Police



Using mobile is
incredibly dangerous

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www.rac.co.uk/drive/advice/legal/mobile-phone-laws



Wixams Retirement Village

Our featured residents this month are Philip and Lin Hunter-Meyer. Philip and his wife Lin were the first to exchange contracts on their apartment and moved into the Retirement Village in June 2019. Philip, having been born in Kenya East Africa came over to the UK in the late 60s to play rugby for Richmond and then trained as a stage manager at the Royal Opera House. Having progressed onto having his own theatrical scenery company he first met Lin whilst she was working for London Weekend Television. Some twelve years later they met again by chance, and as they say....the rest was history and they went on to marry in 2003.

Philip has put his woodworking skills to good use by helping set up the extensively equipped Workshop at Wixams and, after undertaking 'Train the Trainer' instruction, had just started offering starter courses for fellow-residents when the pandemic struck in March 2020. Lin keeps herself busy by supporting staff and residents with desktop publishing.



DAWNUNTILDUSK
CHILDCARE

Lakeview Pre-School
February Holiday Club



Pancake Day

The children had a fantastic time making pancakes on Pancake Day at Holiday Club.

Follow us on facebook for weekly updates:
Dawn Til Dusk Lakeview Preschool

Easter Holiday Club

Come and join us for Easter Fun at our Easter Holiday Club for children aged 7yrs and under

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Wixams Parish Council News

Planning - With so much development in Wixams, we often receive some quite varied planning applications to comment on. There are plans for 5G coverage for Wixams; the potential location of the mast is on Bedford Road, very close to houses. The mast is 18 metres tall so the parish council has requested to know whether this can be located in a more isolated spot. The initial response from the applicant has been that it needs to be this close to be effective as 5G operates differently to 4G. This will be discussed again at the March parish council meeting. The planning application number is 21/00440/TELPN and the documents are available on the borough council planning portal, should you wish to view them or comment to the borough council planning team.

Committees - The council has created an Events Committee to work alongside the current Wixams Events Team. We also now have a committee to bring outdoor equipment to Wixams, including items such as a fitness trail. These are just getting off the ground so we'll look to bring you more detail in the near future.

Electric Vehicle charging points - The borough council have agreed to request their provider, BP Chargemaster, to carry out an assessment along Brooklands Avenue for the viability/suitability of public EV chargers. This is part of a wider survey of locations around and within Bedford.

Speed feedback signs - Three of the speed feedback signs have now been rotated so

that we can gather speed data from the other direction, as well as use the signs to discourage speeding. The location with the worst speeding is Bedford Road and both the police and the borough council's Community Speedwatch van will be visiting this location. Between 18th November and 31st January, 46,785 vehicles passed towards the sign: 19% were breaking the 30mph speed limit with the highest speed recorded of 82mph. The sign does not display the speed above 45 mph, although it does record them. We shall stop stating the top speed, so as not to incite, but we will be passing the data and the time that it's occurring to the police in the hope of catching the culprit/s; this is clearly unacceptable and irresponsible.

Village 2 Noticeboard - We've recently installed a noticeboard by the Village 2 playground. The right section is unlocked for public use and there are pins inside for your notices. The section on the left is locked for parish council use. Please be respectful of other people's notices and remember to close the door properly. Thank you.

Wixams entrance signs - The entrance signs have now been manufactured and will be delivered to us shortly. To remind you, the design came from a competition for Wixams' children

and was won last year by 11-year-old William (presumably now 12...). Two of the signs will go on the entrances from the A6, with the location of the one from the west still to be decided.

Facebook group - Reminder that the parish council now has a Facebook group for sharing information. Search for "Wixams Parish Council". Correspondence with the parish council from residents should remain via email/letter/phone call directly to the clerk.

Grants - The council has funding of £10,000 in total each year to fund local groups. To apply for a grant you must be a community group or local voluntary organisation with a dedicated bank account, operating or providing a service to the community of Wixams. Grants can be offered on a one-off basis to support a particular project or the purchase of equipment, to new groups wishing to start up, or as a contribution towards running costs. Please contact the Clerk for further details.

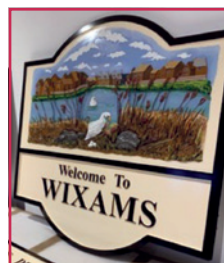
Next Parish Council Meetings - Our next meetings will be on 15th March and 19th April at 7.30pm. We are currently meeting using Zoom video conferencing. Please email the clerk if you wish to attend. Our agendas will always be published on our website at least 3 working days before the meeting.

Contact details:

Email: wixamspc@gmail.com

Phone: 07554443800

Website: www.wixams-pc.gov.uk



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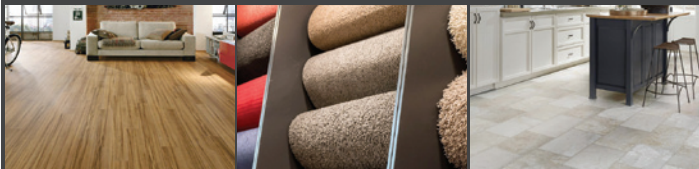
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Wixams Wanderers FC

We are in the process of trying to set up more children's teams. But sadly, we have no managers or coaches to do so. Would you be willing to help?

Please call Colin Sharpe for further information 07859069555 or email: colinsharpecoaching@outlook.com

You will be required to undertake a DBS check with the club



USEFUL NUMBERS

999 - Emergency

Where there is a risk of:

- Personal injury
- Loss of life
- Crime in action

101 - Non emergency

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

• Wixams Parish Council	07554 443800
• Lakeview Village Hall.....	07821 744848
• Lakeview School	01234 741653
• Wixams Tree.....	01234 608960
• Wixams Academy.....	01234 608950
• Budgens.....	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

YOUTH CORNER by Ellie



Hi, youth of Wixams! There is finally light at the end of the tunnel for students, as we should hopefully be getting an update very soon on when we can return to school. For many of us, this couldn't come quick enough, but there will also be a lot of us who are a little nervous to return, and that is okay. Remember to reach out to parents or teachers if you are struggling - it's all right to ask for help!

Don't forget to make good use of the 'Little Book Hub' outside of Budgens, so we can all share our favourite reads. **Did you know?** It was 'Real Bread Week' from February 20-28th! Why not try baking your own bread? Here is a website with child friendly recipes: www.bbcgoodfood.com/recipes/collection/kids-bread-recipes

Wixams Events Team

We hope this finds you all well. As the lockdown has continued we have still been unable to put any plans in place for Events but we hope that we can do this very soon. Once we can get back to some form of normality we will be looking for more volunteers to join us. If you are new to the area and want to meet new people or want to support your local Events Team to enable us to carry on providing events then please let us know by e-mailing - wixamsevents@gmail.com.

In the meantime as always stay safe.

The Wixams Events Team

Wanted: Newsletter Delivery Volunteers

Our Newsletter is delivered by our volunteers to Villages 1, 2 and 4. We now need some more help with delivering leaflets in Village 4 which is currently accessed via the B530. If you have an hour or so to spare and would like to help with delivering in Village 4 please email newsletterdistribution@wixams.org and we will be in touch. Look forward to hearing from you.

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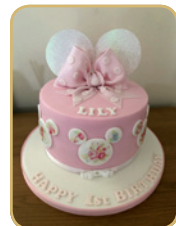
Wixams hunt starts
Monday 29th March
(Easter hols)



Christ the Word

Meeting every Sunday
using Zoom, family service 10:30-11:30am, m:07879716958,
word@wixams.org.uk, www.christthewordwixams.org.uk

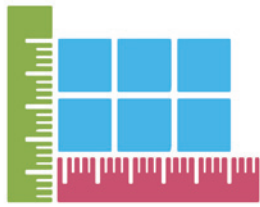
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Lakeview Primary School

I cannot believe that we are already half way through our spring term. The weeks have gone so quickly, despite us being in Lockdown, and I am thoroughly enjoying working with the staff, pupils and families of Lakeview Primary. I am very much looking forward to meeting everyone face to face, hopefully in the not too distant future.

Children and parents have been amazing during this challenging time. Week on week, parents and children have continued to work together in partnership with our team at Lakeview to ensure that learning is taking place and children are having the opportunity to engage with their peers, where possible from home. We know how difficult it is for families and it is appreciated that, where possible, you are keeping your children at home so that you and your families stay safe. We thank you for continuing to do this.

This term we have enjoyed working on a number of topics and themes. These have included taking part in Safer Internet Day, helping children to keep safe online. Many of our children enjoyed taking part in the Festival of Literature and enjoyed listening to authors and taking part in Q&A sessions on line. We also held a Be Creative Week where children could express themselves through a range of creative tasks.

Although we don't have a definite date for the school re-opening it has been wonderful to see such fantastic work by children in all year groups and hopefully it won't be too long until we are altogether back in the classrooms.



We have nursery places available at our school after Easter

We can offer 3 hour sessions for 5 days per week
8.45am - 11.45am or 12.30pm - 3.30pm

For more information please contact the school office on
school.office@lakeviewschool.co.uk or 01234 741653



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Wilshamstead Borough Councillor **GRAEME COOMBES**

Reporting to Wixams (March 2021)

In late January I attended the latest meeting of the Wixams Station Board. The Board includes planners, engineers, and rail industry specialists, council officers, plus the Mayor and myself, and is overseeing the design and delivery of the station, now that the necessary funding has been secured.

A report was presented which described project progress since the last Board meeting, including the latest version of the station delivery programme, the potential risks and key issues.

Overall, good progress continues to be made. The focus since the previous meeting had been on gaining rail industry acceptance for a two-platform station. Support for the project was forthcoming, in principle, from the Midland Mainline Project Development Group for this option.

The Board then recommended that the project proceed to the next stage (Stage 2b), by commissioning design work specifically for a two platform faced station. The deadline should be met for obtaining the additional station funding from L&Q who are still engaged with the project and keen for it to proceed.

Planning permission is still needed, though I'm hopeful that it won't be a problem getting it. At that stage we should be able to see what the new station will look like, though it will probably be broadly similar to the original designs.

The planned date for the opening of Wixams station is currently July 2024 – around 11 years late! Let's hope the trains are more punctual.

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Health & Wellbeing

Bedford Borough Children's Centres have put together a timetable of their current activities to make it easier for you to see what they are running.

These sessions continue to run via Zoom and all sessions must be booked via Eventbrite and will go live a week before the Event.

To book your place, please visit www.eventbrite.co.uk

The zoom meeting details will be sent via Eventbrite an hour before the session.



The Coronavirus (COVID-19) outbreak will have affected our day-to-day lives in one form or another so it is important to continue to look after ourselves and our families as we get through these difficult times.

The best way to do this is through a combination of keeping active, eating well and looking after our mental health and there are local organisations that can help support you to do this. In this edition of the newsletter we want to share with you information on the Bedfordshire and Luton Recovery College.

Bedfordshire and Luton Recovery College

Bedfordshire and Luton Recovery College is part of the Bedfordshire Mental Health Academy which

is a formal partnership with East London NHS Foundation Trust (ELFT) and the University of Bedfordshire.

The college is open to people age 18 and over who live or work in Bedfordshire and Luton and the courses are free of charge.

Timetable of courses are published 4 times per year.

The courses and workshops focus on mental health wellbeing and recovery. They are delivered by people with lived experience and professional experience and are a great opportunity for bringing people together.

Students accessing this course include:

- Courses are open to people age 18 and over

who live or work in Bedfordshire and Luton

- People living with mental health problems, their carers, family and friends
- Colleagues from ELFT, Local authorities and local partner organisations

For more information on the courses available visit:

Facebook: <https://www.facebook.com/rcluton/>

Web: <https://www.elft.nhs.uk/service/382/Bedfordshire-and-Luton-Recovery-College>

Alternatively you can contact:

Tel: 01582 708917

Email: elft.recoverycollege@nhs.net

 Timetable for Facebook Spring Term 2021 				
Monday	Tuesday	Wednesday	Thursday	Friday
Breastfeeding Support contact 0300 323 0245 to book an appointment Activity or story posted on Facebook 10am Zoom Well-Being 1.30-2.30pm Weekly	Breastfeeding Support contact 0300 323 0245 to book an appointment Potty Training Workshop on Zoom - 10am 23.02.21 09.03.21 Story & Rhyme live on Facebook 1.30pm Weekly Introducing Solid Foods on Zoom for babies 20+ weeks 2pm	Breastfeeding Support contact 0300 323 0245 to book an appointment Activity or story posted on Facebook 10am Behaviour Workshop on Zoom - 10am 17.03.21 Zoom Well-Being 1.30-2.30pm Weekly Bedford Bumps a social group for women 30+ weeks pregnant on zoom 3-4pm 25.02.21, 11.03.21 25.03.21	Breastfeeding Support contact 0300 323 0245 to book an appointment Wiggles and Jiggles Live on Facebook 10am Weekly Sleep Workshop on Zoom - 1.30pm 25.02.21, 25.03.21 Introducing Solid Foods on Zoom for babies 20+ weeks 2pm 04.03.21	Breastfeeding Support contact 0300 323 0245 to book an appointment Activity or story posted on Facebook 10am Home Safety Workshop on Zoom - 10am 05.01.21
All zoom sessions must be booked via Eventbrite using the link below and will go live a week before the Event: https://www.eventbrite.co.uk/e/early-childhood-partnership-27970195355 The zoom meeting details will be sent via Eventbrite an hour before the session.				

Meet your local...Cake Maker

What does Fieldfare Cakes specialise in?

At Fieldfare Cakes I specialise in beautifully decorated cakes that taste as good as they look. I offer large cakes, cupcakes, cookies and hot chocolate bombs.

When did you start Fieldfare Cakes?

I started cake making after I had had my eldest son in 2008. I've always been creative and I made some Mother's Day cupcakes for my Mum whilst on maternity leave. I was bitten by the cake decorating bug and after a few years of practicing and much encouragement from family and friends I launched Fieldfare Cakes.

What are your main baking skills?

I think my main baking skills are attention to detail, consistently delicious recipes that I have developed through much trial and error, and bringing to life peoples ideas in cake form.

Do you have a current Hygiene rating?

Since launching I have held a 5* Hygiene Rating from Bedford Council, I also have Food Safety Certificates Levels 2 & 3, and full insurance. These things are incredibly important to have in place before you start selling food to the public.

Did you have to train to start your business?

I have completed a City & Guilds in Sugarcraft, gaining 2 x Distinctions and 1 x Merit. Prior to Covid I also regularly took part in different courses with industry experts and award winning cake makers. Now I find a lot of information to improve my skills in online courses and also YouTube.

What are your most popular ordered items?

My most popular items currently are cupcake boards, they are perfect for a small lockdown birthday celebration, and cupcake boxes. I had a very popular box of Valentines designs recently, and I'm now taking orders for my Mother's Day options.

What's the most challenging bake you've made?

Over Christmas everyone went crazy for my Hot Chocolate Bombs, I ended up making over 300! That was especially challenging as every surface in my house ended up being covered with them!

What do you love most about your job?

I love the fact that I'm my own boss, I can organise my day how I want and work when I want. I also love the fact that I can be creative every day. My favourite style is vintage floral and I love making pretty things.

How long have you lived in Wixams?

I've lived in Wixams since September 2010, so it will be 11 years this year!

What's your favourite treat to eat?

I just love Macarons, they're tricky little things to make though so Lauduree in London is my favourite place to visit and buy some.



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Councillor Rebecca Hares

Central Bedfordshire Independent Councillor

This last month I have been lobbying CBC to halt their plans for an inappropriate Council Tax increase of 4.95%! Though this increase is claimed to be necessary, there seems to be little evidence of justification. My concern is many residents are enduring an ongoing furlough and employment uncertainty and are subsequently suffering incredible financial constraints during the pandemic; this significant increase would be devastating. Does any budgetary benefit of an increase outweigh the detriment to these residents already experiencing financial hardship?

The other factor that makes this decision even more shocking, is the restrictive interpretation of Government guidance on ARG funding for businesses who have suffered during the pandemic lockdowns. CBC have taken the position that any business owner already in receipt of income support SEISS payments will not qualify for funding to help with their business expenses, many eyebrows were raised when almost half of the Executive recused themselves from partaking in this controversial decision, due to their declared interest in the item. The Local Authority are pleased you receive income support so you can pay your personal costs, but refuse to help you keep on top of the increasing debt due to ongoing business costs that owners cannot afford to pay with their businesses non-operational.

Finally the application for 1200+ homes as part of the Wixams Southern Extension proposal. For those unfamiliar with this application I would encourage you to have a look at the proposal, I believe the impact 1200+ houses will bring to Wixams will be significant. Many residents routinely mention the lack of: facilities, infrastructure, health services and basic amenities. This application is a cul-de-sac road layout and only proposes one public house, a primary school and a community hall. This will increase pressure on already limited facilities in Wixams and the road design will see heightened traffic through existing settlement. Consultation has been extended to the 12th of March so I urge residents to have your say now to influence this as even less can be done once an application has been determined.

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

Deadline for submissions for next issue:
19th March 2021



Councillor Tim Hill's Report

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

Coronavirus - If you have received an NHS England letter inviting you to attend a regional Covid-19 vaccination centre, which is out of area and which you will struggle to attend, please don't worry. If you would prefer to receive a local vaccination, you do not need to do anything. Your GP will call you or you will be notified when the next priority group includes you e.g. I am in Priority Group 6 and as I type this report, my first vaccination is booked for 17 Feb 21 at Kings House.

Quieter road surfaces being laid - I'm really very pleased to advise that, following my request and of Mayor Dave's, a quieter material is being laid on The Causeway and the other Wixams resurfacing schemes. This will help reduce the noise nearby residents suffer from the traffic going by their homes. However, a non-skid material will be laid on the part of Bedford Road right next to the new pedestrian crossing. This is a safety requirement of national legislation.

Pedestrian Crossing on Fisherwood Road - The resurfacing schemes include a pedestrian crossing on Bedford Road. Fisherwood Road is still a private road, so a pedestrian crossing cannot be installed on Fisherwood Road yet. I have successfully asked Borough officers to continually press the developer for the road to be adopted at an earlier time than planned.

Bus stop outside the Wixams Retirement Village - As I type this Report, a footway and hardstanding for bus users is being installed for outside the WRV (along with associated dropped kerb access). I am working with WRV residents on securing funding for a shelter. The current funding source of a contribution from Extra Care from WRV Phase 2 is in doubt.

Elstow Road Speeding - Residents raised their concerns with me on the speeding taking place on the Elstow Road, between the Interchange roundabout and Cow Bridge. I successfully requested the Borough Speedwatch Camera Van include the area in its rota. The Van has already logged many speeding vehicles and all these selfish drivers will be cautioned.

Mobile Advice Surgery - As I type this Report, my next Advice Surgery is planned for 12pm-12.30pm on Saturday 13th March 2021. As we're in a national lockdown, I'll be holding a Ward-wide "Virtual" one via Zoom. This will be advertised via social media and by e-mail. If you want to be included in my regular e-mails, please let me know. I'd just like to say a quick thanks to all the residents who came on my Zoom Advice Surgery on Saturday 20th February 2021 to have a chat with me about their local issues.

JOIN US AND HELP OTHERS!

Respite at Home Volunteers are a charity which have been coming to the rescue of hundreds of families across Central Bedfordshire over the last 21 years. The charity provides a befriending service to families living with life limiting illnesses.

There has never been a better time to help others, so we are calling for new Super Hero Volunteer Friends everywhere to join our lively team

Our service is limited at the moment due to social distancing, but If you have a phone and enjoy spending time chatting and listening and have a sense of humour then this could be a real life changing opportunity for you

No capes required, but full training and support are given and no prior experience needed, just your extra special powers of warmth and empathy to help others

You could really help to change someone's world for the better at this time, just by a telephoning a family once a week



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For more information about our Super Volunteer Friends service, or to make a referral if you are lonely and just want a friendly chat, then we can come to your rescue!

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CHILDREN'S LOCKDOWN COMPETITION WINNERS!!

Thank you for the entries to each of our competitions.
It was a tough decision to choose only 3!
Well done to our winners. Your prizes will be on their way to you soon.

UNDER 5's
Tilly-Mae
Aged 4



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

The missing word was
LOCKDOWN

5-8 YRS
Brayden Mead
Aged 6



9-15 YRS
Aaron
Aged 14

Look out for future children's competitions in our newsletter!

Puzzle Corner

Sudoku - Skill: Medium

		2	1		7		8	5
	4							7
	7			3			1	
3		7	6			1		
	9			5			7	
		6			1	4		9
	5			7			4	
7							9	
9	1		2		5	7		

Notes:

5	8	6	4	7	3	9	2	1
2	1	7	9	5	6	3	4	8
3	4	9	8	2	1	6	5	7
6	2	3	5	4	7	1	8	9
4	9	1	2	6	8	7	3	5
7	5	8	3	1	9	2	6	4
8	3	2	1	9	5	4	7	6
1	7	5	6	3	4	8	9	2
9	6	4	7	8	2	5	1	3

Last month's solution:

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* equivalent to 75% of regular black sack, or large 60x50x25cms laundry bag (supplied free to regular customers).

Dealing with continuous changes at the time of COVID-19

As a counsellor, I always wonder what the best way to deal with change is. How I could help myself, and then also help my clients to cope, manage, and maybe even flourish at times of change. In the past, a change in someone's life might have seemed major, such as a loss of a job. However, since the beginning of 2020, we have all had so many changes hit us, it seems almost too hard to make sense of it all. For some, a number of job losses or not being able to find a job as not many companies are recruiting, multiple bereavements, friends and family in hospital, long covid and its disabling effects, isolation, home schooling, working from home, breakdown of relationships and even friendships. The differences in the attitudes among friends and family about what is going on, how to follow the rules, what is allowed and what is not allowed, can be so significant that they create a rift in those close relationships, intensifying the feeling of isolation and loneliness. The overarching feeling of powerlessness is the most pervasive.

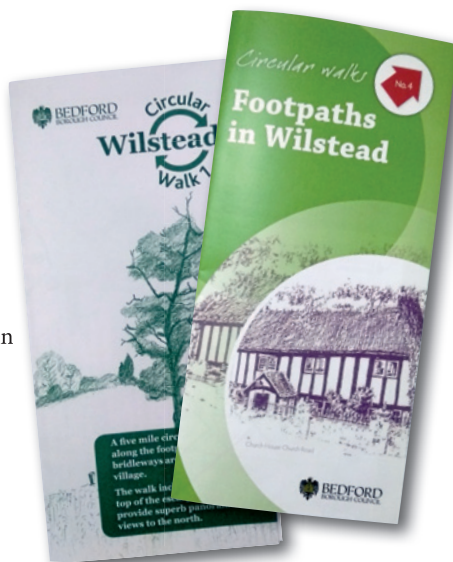
Where we have control is to decide our attitude towards it. Yes, it is hard. And yes, this too shall pass. What we do in between is a choice we have. This crisis has been going on for much longer than anyone originally expected. Can we put our life on hold? Should we? How do we find a way to navigate every day so that it is as fulfilling as it can be within the constraints we have?

What I suggest is to look at small things. What makes moments fun, fulfilling or special for you? What used to bring you joy in the past? Or is it time to discover new things? Of course, we need to start from self-care, a term very close to my heart. It means looking after ourselves on a very basic level. In involves healthy eating, making sure we drink enough, and limiting the intake of unhealthy substances, such as alcohol, caffeine, processed food, etc. It also involves looking after our bodies, what we wear and how we look after our living space. And finally, it involves movement: going outdoors, for walks or exercise outside, breathing fresh air, even if it is raining. When we are at home, we don't have to switch the news on, we can make another video call, but this time to a good friend we have not heard from in a while, to see how they are doing. Or we can grab a book to read or listen to some music. And we can dance!

I would also like to stress this: if you have done things to try to improve your mental health, but you still feel your mental health is suffering, please seek professional help from your GP, Nurse, 111 or a Counsellor. **Dr Melissa Sedmak MBACP, is a qualified counsellor in private practice Bedford Bridge Counselling**
Profile available on <https://www.counselling-directory.org.uk/counsellors/melissa-sedmak>

Local Walks

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It is delivered to 2200 homes and local 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 Sandra Beck on advertising@wixams.org

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

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Deadline for submissions for next issue:
19th March 2021

If there is anything specific you would like to see in the Newsletter or if you would like to write an article of interest to others please get in touch with us at newsletter@wixams.org

The Newsletter Team

Editor	Saqhib Ali	newsletter@wixams.org
Advertisements	Sandra Beck	If you would like to advertise in our newsletter, please contact Sandra at advertising@wixams.org
Distribution/Delivery	Barbara Matthews	If you would like to help out and have an hour or so a month to spare please contact Barbara at newsletterdistribution@wixams.org
Design and Production	Alex Hall	Your local Graphic Designer! For all your design needs visit www.alexhalldesign.co.uk
Editorial/Proofreading	Barry Huckle	
Treasurer	Anthony Musgrove	
Wixams Community Group	Leon Staszak and Adriana Schepankiewitsch	community@wixams.org
Committee	Alan Pibworth, Sheila Menzies, Emma Egan and Ellie Egan	

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