



WIXAMS NEWSLETTER

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

Best wishes for 2022 to all our readers, advertisers and contributors

Wixams Newsletter Calendar



Support your local
calendar. Only £5!

Profits to be shared four ways between the three Wixams
Schools and Royal British Legion.
Visit wixamsnewsletter.square.site (use the QR code above)
or cash purchases at newsletter@wixams.org.

Gardening & Houseplants Special!

Did you know it's National Houseplants Week 10th
- 16th January?

Find out about how many Wixams residents have
been transforming their houses, gardens and
allotments. Read more to understand the mental
health benefits and find out how you can recycle
your lateral flow solution tubes to make monster
monstera's! Read on from page 16



Christmas Decorations Competition



Another strange year has come to its end, but once again
our creative Wixams residents have helped to make our
community more colourful, cheerful and homely, with their
phenomenal Christmas displays. Our judges thoroughly
enjoyed making their way around Wixams and viewing
the 20 houses entered into the competition, all of which
were decorated beautifully and thoughtfully.

One house especially stood out for the judges and was the
clear winner in 2021. Congratulations to this colourful and
christmassy home on Brooklands Avenue, which we are
sure brought a lot of joy to many people this winter!

Continued on page 5

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
• 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

A look back on 2021

January

We said goodbye to 2020, and hello to 2021. We featured a pub quiz and the Wixams Community Group featured Sports & Recreation facilities around Wixams Villages 1-4 and the Town Centre. Kids were still studying from home.

February

We featured the Big Garden Watch with the RSPB and advertised the setting up of a Speed Watch in Wixams. Jackie Normanton had joined as the new Head at Lakeview Primary School. We featured the Wixams Memory Tree in aid of the Sue Ryder Foundation. The Little Book Hub was launched, a local "library" and book swap for the community. We also had our first Wixams Newsletter Children's competition.

March

We got confirmation that the much delayed railway station would finally arrive in July 2024, our article was then featured in the Bedford Independent. Village 2 got their first noticeboard. We featured maps of local walks commissioned by Wilstead Parish Council from several years earlier.

April

We featured the new Wixams Village signs designed by William, Myah and Aaron. William's winning design was installed

at the two entry points to Village 1. We featured the Police & Crime Commissioner candidates (Festus was to be the winning candidate in May). We presented a series of maps featuring the Borough Council boundaries, Ward boundaries, Parish Council and Parliamentary boundaries were featured. We featured Marion Colledge, our resident Gardening Columnist. We also promoted our local Hedgehog rescue, Spiny Norman's Hedgehog support.

May

We launched the Wixams Survey to gather residents' views on living in Wixams, facilities and services. We also featured Ramadan, and shared the importance to Muslim residents. The Parish Council put forward a request to BBC for a Schools Crossing Attendant.

June

Following several weeks of Parent pressure, confirmation of the Wixams Academy 6th form featured on our front page after fears there would be no 6th Form on the site for the Year 11s when they finish in July 2022. We featured a picture of one of our resident swans with their clutch of eight cygnets. We grew from a 12 to a 16 page edition.

July

We featured the results from the Wixams Survey and introduced the Wixams Stone Snake (during the first Covid lockdown

Upcoming Events

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

Event	Date	Location
Wixams Parish Council Meeting	Monday 17th January, 7:30pm	Wixams Retirement Village
Wixams Vixens WI Meeting	Wednesday 19th January, 7:45pm	Lakeview Village Hall
Wixams Community Watch - Priority Setting Meeting	Monday 24th January, 6:30pm	Online via MS Teams at link: https://bit.ly/wcwjan22
Learning Lunchtime - Ups and Downs of Garden Birds	Monday 24th January, 11:00am	The Forest Centre, Marston Moretaine For more information and booking visit: https://www.marstonvale.org/Pages/Events/Category/events-whats-on Spaces are limited.
Learning Lunchtime - All about hoverflies	Monday 31st January, 11:00am	
Freddie Mercury Tribute Night	Friday 4th February, 7:00pm	
Learning Lunchtime - The Bedford & Milton Keynes Waterway Park	Monday 7th February, 11:00am	
Learning Lunchtime - John Bunyan Country	Monday 4th February, 11:00am	
Wixams Newsletter Meeting	Monday 14th February, 8:00pm	Lakeview Village Hall
Wixams Parish Council Meeting	Monday 21st February, 7:30pm	Wixams Retirement Village

All upcoming events are correct at the time of publishing. Due to the current situation, some of these events may be cancelled, postponed or held virtually - Please check with the event organisers directly for more information.

children had placed stones creating a “snake”.) The new benches commissioned by the Parish Council were featured. 287 households responded to the survey. 40% had less than 2 years residency, 13% ran businesses from home and 34% felt they were not kept informed about the Wixams Town Centre. 66% felt their views on the development were not taken into account by the developers. Healthcare featured as top of the list for absent facilities in Wixams, followed by Parking issues and Roads and Traffic. 239 out of 287 said they got their news from the Wixams Newsletter.

August

We featured a letter to residents from the Head Boy and Head Girl at Lakeview Primary School. Elstow Cricket Club featured for the first time. The Wixams Events Team highlighted their two main events in Summer and Winter.

September

We featured the new Play Area in Village 4. We held a spotlight on volunteering in Wixams and the new operators of the WRV Village Store.

October

We celebrated 12 months of the new Wixams Newsletter. We promoted the Halloween Competition organised by the Wixams Community Group, sponsored by Budgens and the Parish Council. We advertised the new Wixams Charity Calendar raising funds for the three village schools and the Royal British Legion. We introduced an upcoming events listing. Wixams welcomed a new PC, Craig Bond to Wixams taking over from Kerry Jones. We also featured the Wixams Wanderers Football club. We started a Wixams Recruitment Page of jobs in and around Wixams. We also introduced a new “What’s On” page promoting activities around Wixams. The newsletter grew again, this time to 20 pages.

November

We featured the upcoming Winter Wonderland and the worthy winners of the Halloween competition. The Parish Council advertised the two crossing attendants for the two school roads in Wixams. We covered advice from Sgt Killick following a spate of car and van thefts and break ins.

December

We had an amazing Wixams Wonderland (well done to the Wixams Events group) with thousands of visitors to Wixams, a huge variety of outdoor activities and indoor stalls and the switching on of the Xmas tree sponsored by the Parish Council and the opening of a new Welcome store from Co-op replacing the Budgens.

Thank you for your readership and ongoing support. Please continue to take part in the wide variety of community activities and share your letters and pictures at newsletter@wixams.org. If you have a vacancy to promote or advert, please email advertising@wixams.org.

We hope you had a wonderful Christmas break and wish you a very Happy New Year. Let’s hope for a better 2022 than the last two years- stay safe.

Saqhib Ali

Editor, Wixams Newsletter

newsletter@wixams.org

Cornish Ginger Fairings

Preheat the oven to 190/gas mark 5 and line 2 baking trays with non-stick greaseproof paper. Melt the butter and syrup in a saucepan over a low heat until dissolved. Add the flour, sugar, ginger and bicarbonate of soda and give it a good mix with a wooden spoon. Leave the mixture to cool for a few minutes as you will need to be able to handle it.

Using your hands, form handfuls of the warm mixture into balls about 4cm across; you should make about 15. Place them on the lined trays, making sure that there’s plenty of space for them to spread in the oven. Leave about 5 cm between each one.

Bake in the oven for 12-15 minutes until the dough has spread into cracked looking biscuits. If you like your biscuits with a bit of a chew (more cookie-like) then taken them out when only the sides are brown. If you like them crunchy then let the whole biscuit go brown. Let them cool on the baking tray for a few minutes then transfer to a wire rack to cool completely.



Makes about 15

115g Butter
1 tbsp Golden Syrup
170g Self-Raising Flour
85g Caster Sugar
1 tsp ground ginger, or more if you like a strong ginger taste
½ teaspoon bicarbonate of soda

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

# Crime Stats

Crimes reported in November 2021, by date committed:

- 01/01/18 - Assault Without Injury - Brooklands Avenue
- 27/10/21 - Burglary - Residential - Silverstream
- 01/11/21 - Malicious Communications - Ladybird Way
- 03/11/21 - Trafficking Of Drugs - Kingfisher Road
- 06/11/21 - Modern Slavery
- 06/11/21 - Public Fear Alarm Or Distress - Bluebird Gardens
- 06/11/21 - Threat Intent To Commit Crim Dam - Bluebird Gardens
- 07/11/21 - Malicious Communications - Green Lane
- 14/11/21 - Assault Without Injury - Mink Meadow
- 14/11/21 - Other Criminal Damage - Mink Meadow
- 14/11/21 - Possess Of Control Drugs (cannabis) - Mink Meadow
- 17/11/21 - Assault Without Injury - Green Lane
- 23/11/21 - Assault Without Injury - Bedford Road
- 26/11/21 - Theft In A Dwelling Other Auto Mach - Fallow Lane
- 29/11/21 - Other Theft - Greenside Close

To report online non-emergency crimes, incidents or give the police information, go to [www.bedfordshire.police.uk/report](http://www.bedfordshire.police.uk/report)  
See also [www.police.uk](http://www.police.uk)

You can webchat direct with someone in the Bedfordshire Police control room by clicking the green icon on their website. If you have something to tell us that's not urgent this leaves the phone lines for emergencies.

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



Winning logo by Thomas Price

At the last parish council meeting, councillors voted for the winner of the Wixams Community Watch logo competition. We would like to congratulate Thomas Price (13) who scooped the £50 first prize. A big congratulations to our runners up Millie (6) and Leah Lewis (13).

# Wixams Community Watch

We hope you all enjoyed your Christmas and New Year!

We had our first stall at Wixams Winter Wonderland where we were paid a visit by PC Craig Bond, who attended the event. PC Bond enjoyed chatting to you all, as well as giving away useful equipment such as the personal safety alarms, anti-spike drink caps, purse bells, UV marking pens and lots of helpful reading material.

It was great to see so many of you come over to ask questions, we would like to thank everyone who came to visit the stand and look forward to the summer event. Special thanks to WCW member Michelle and the Wixams Events Team who did a fantastic job planning and organising the day.



We are well on the way to seeing our Street Watch patrols starting up this year. Volunteers are completing their training, in conjunction with our local police and community. We will let you know when this will be rolled out.

The one thing we can all do as a community is report to 101 if you see anything worrying or anti-social. This is by no means a negative response, the more incidents that are reported, the more police presence we will see.

Please view the upcoming events section on page 2 in the newsletter for details on our next meeting for residents to attend online and have their say in our local community policing.

Facebook: Wixams Community Watch  
Email: [Wixamscommunitywatch@gmail.com](mailto:Wixamscommunitywatch@gmail.com)

# Christmas Decorations Competition

[www.wixams.org/christmas-competition](http://www.wixams.org/christmas-competition)

...continued from page 1

The judges were really impressed with the range of ornaments on display and how together they captured the spirit of a child's Christmas.

Thanks to the generous donation by Welcome Co-op Wixams, we were able to award the Blackman family their prize, a huge two-part hamper full of goodies which we hope they will really enjoy.

With so many creative decorations amongst our entrants, it was fantastic to be able to give a second prize this year: a £50 John Lewis voucher, donated by the Wixams Parish Council. The well deserved Runner-Up was this delightful house on Mink Meadow, a fantastic effort.

2nd Prize



Below we have some photos of our other great contenders for your viewing pleasure, please check the webpage above for the competition write-up and photos.



All photos by  
Tu Plus Tu Photography

# Wixams Parish Council

## Bus shelter

At the December meeting, the parish council voted to put forward £2,000 of funding, and its full support, for a bus shelter outside the Wixams Retirement Village. Borough Councillors Tim Hill and Graeme Coombes have also pledged £1,000 each from their ward funds. Further funding is being sought for the remainder of the cost, but hopefully the sight of older people standing in the rain waiting for a bus will soon be a thing of the past.

## Highways proposals

The parish council has been considering a number of further proposals for parking restrictions in Wixams. Brooklands Avenue: Double yellows at junctions and on bends and "No Footway parking" signs – the latter will allow borough council Parking Enforcement to take action. Southern cross: Double yellows at junctions and at the bend. Some suggested alterations have been made, which we will respond with to borough council Highways. You can find the versions that were reviewed at the meeting in the agenda area of our website.

## Crossing attendant

The borough council have not yet managed to recruit for the two school Crossing Attendants to cover the below locations – one of these will be funded by the parish council. Please email the Clerk if you are interested and you will be put in touch with the borough council recruitment team.

Brooklands Avenue - AM 08:15 – 09:00 / PM 15:10 – 15:55 = 7 hours 30 min per week

Green Lane - AM 08:15 – 09:00 / PM 15:10 – 15:55 = 7 hours 30 min per week

You will be required to undertake 1 full day training, plus 6 training shifts (3 x AM and 3 x PM) before commencing in the role. You will also be required to attend 1 full day refresher training per annum.

## Speeding

The additional speed indication device is now in place on Southern Cross. Once Village 2 is adopted by the borough council we hope to install two further columns and move this sign between them all.

## Salt bin for village 2

A salt bin has been installed at parish council request on the verge where Southern Cross leads towards Harlequin Crescent. There is an incline here that can be slippery during cold weather. Please feel free to disperse the salt along the public areas – the salt is not for domestic use.

## Youth group

We would like to hear from organisations who can run a youth club in Wixams. The contract will be fully funded by the parish council. If you'd like your organisation to tender for this contract then please reach out to the Clerk: [wixamspc@gmail.com](mailto:wixamspc@gmail.com)

## Vacancies

We have one new vacancy for a councillor position. Please contact the clerk if you're interested in joining the council – no previous experience or qualifications are necessary.

## Next Parish Council Meetings

Our next meetings will be on 17th January, 21st February and 21st March at 7.30pm. The council meetings are held at Wixams Retirement Village in the main hall – everyone is welcome to attend and you can address the council in the public forum at the start of every meeting.

.....  
[wixamspc@gmail.com](mailto:wixamspc@gmail.com)

[www.wixams-pc.gov.uk](http://www.wixams-pc.gov.uk)

## PLAY, LEARN AND GROW AT YOUR LOCAL 5\* DAY NURSERY



Email: [manager@monkeypuzzleshefford.co.uk](mailto:manager@monkeypuzzleshefford.co.uk)  
or call 01462 337273  
to find out why so many parents choose Monkey Puzzle in  
Sheffield to care for their children



# Health & Wellbeing

Christmas and New Year can be a difficult time for many people particularly with the ongoing challenges of Covid-19. Whether it's looking back on the year and reflecting on the loss of a loved one, having experienced a change in personal circumstances or worried about the next 12 months.

No matter what that is, it's important to know there is support out there for those that may be struggling at this time.

Below are some tips for improving your mental wellbeing

- Relax and reduce stress
- Find ways to learn and be creative
- Spend time in nature
- Connect with others
- Look after your physical health
- Try to get enough sleep

Ref <https://www.mind.org.uk/>



## Crisis Support Café

### Location and Opening times

Bedford Crisis Café, Florence Ball House, Bedford Health Village, 3 Kimbolton Road, Bedford, MK40 2NX. Crisis Cafes are open seven days a week, 365 days of the year, between 5.00pm – 11.00pm.

### Who are the Crisis Cafés for?

Adults (18+) who are experiencing severe mental distress or crisis.

### Do you need an appointment?

Each Crisis Café is now operating a drop-in service and an appointment is not required.

### Questions about the service?

If you would like further information about our Crisis Cafés, please email us on: [crisiscafe@mind-blmk.org.uk](mailto:crisiscafe@mind-blmk.org.uk) or call us via: 0300 330 0648 (open 9am – 4:30pm).

**Please note that we cannot offer crisis support over the phone during these hours.**

## Mental Health Crisis Support

### Call 111 Option 2

- All ages
- Bedfordshire and Luton
- 24/7

Mental health crisis support is available 24/7 for all ages in Bedfordshire and Luton by contacting NHS 111 (Option 2).

### Who can use the 111 (option 2) service?

Anyone can use and access 111 (option 2). It's a service that's available to all.

### How does the service help?

The service helps by providing immediate access to advice and guidance to those requiring mental health support. We are able to advise and direct you to the most appropriate services.

### When should people contact the service?

The service is available 24/7. If you feel as though you're in a mental health crisis or believe a friend or family member is then make that call.

Yes the service is available 24 hours a day 7 days a week throughout the year.



## New Year...New Prospectus!!!

Bedfordshire and Luton Recovery College have launched their new prospectus for Jan - March 2022

The recovery college offers a range of courses and groups from opportunities to build skills and knowledge, getting creative whilst meeting other people and workshops to improve your physical and mental health and wellbeing.

Courses and workshops focus on mental health wellbeing and recovery. They are delivered by people with lived experience and professional experience.

The college is open to any adults who live or work in Bedfordshire and Luton and the timetable of courses are published 4 times per year.

For further information or to review the current prospectus visit:  
<https://www.elft.nhs.uk/service/382/Bedfordshire-and-Luton-Recovery-College>  
Email [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net) or telephone 01234 263 621

# Lakeview Village Hall Activities

The groups advertised below are correct at the time of publishing.

**In line with new Government regulations, all hirers and visitors to Lakeview Village Hall are required to wear face coverings**

 Lakeview Village Hall

Some groups run term time only. Please contact the group directly for their class running times. The groups will have their own restrictions in place to ensure the safety of their members, including maximum number of attendees permitted. If you wish to book on the groups below or have any queries, contact the group directly on the numbers provided below.



| Day       | Time          | Group                                                    | Room     | Contact                     | Website/Facebook                                                                                                                                                                                                  |
|-----------|---------------|----------------------------------------------------------|----------|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | 18:30 - 20:00 | Wixams Tang Soo Do                                       | Lakeview | Nick                        | Facebook: <a href="https://www.facebook.com/WixamsTSD">www.facebook.com/WixamsTSD</a>                                                                                                                             |
|           | 20:00 - 21:00 | Go box fitness                                           | Lakeview | 07727113285                 | Facebook: <a href="https://www.facebook.com/goboxfit">www.facebook.com/goboxfit</a>                                                                                                                               |
| Tuesday   | 17:00 & 18:30 | Slimming World                                           | Lakeview | Holly - 07968719951         | Website: <a href="https://www.slimmingworld.co.uk/group/558255">www.slimmingworld.co.uk/group/558255</a>                                                                                                          |
|           | 18:30 - 19:30 | Yoga                                                     | Munson   | 07825561569                 | Website: <a href="https://www.livyoga.co.uk">www.livyoga.co.uk</a>                                                                                                                                                |
|           | 18:30 - 19:30 | Christ the Word Ignite Club for yrs 6, 7, 8 and 9        | Swan     | Alan - 07879716958          | Facebook: <a href="https://www.facebook.com/christthewordwixams">facebook.com/christthewordwixams</a><br>Website: <a href="https://www.christthewordwixams.org.uk">www.christthewordwixams.org.uk</a>             |
| Wednesday | 09:45 - 13:05 | Baby Sensory Different groups running                    | Lakeview | Samantha - 07538502587      | Facebook: <a href="https://www.facebook.com/babysensorybeds">www.facebook.com/babysensorybeds</a><br>Website: <a href="https://www.babysensory.com/beds">https://www.babysensory.com/beds</a>                     |
|           | 17:45 - 20:00 | Irish Dancing Primary, Intermediate & Open classes       | Lakeview | Katie                       | Facebook: <a href="https://www.facebook.com/stuartirishdancebedford">www.facebook.com/stuartirishdancebedford</a>                                                                                                 |
|           | 17:00 - 18:00 | Rainbows                                                 | Munson   |                             |                                                                                                                                                                                                                   |
|           | 18:15 - 19:30 | Brownies                                                 | Munson   |                             |                                                                                                                                                                                                                   |
|           | 20:00 - 21:00 | Go box fitness                                           | Lakeview | 07727113285                 | Facebook: <a href="https://www.facebook.com/goboxfit">www.facebook.com/goboxfit</a>                                                                                                                               |
| Thursday  | 09:45 - 14:00 | Toddler Sensory Different groups running                 | Lakeview | Samantha - 07538 502587     | Facebook: <a href="https://www.facebook.com/toddlersensebeds">www.facebook.com/toddlersensebeds</a><br>Website: <a href="https://www.toddlersense.com/bedfordshire">https://www.toddlersense.com/bedfordshire</a> |
|           | 18:15 - 19:00 | Go box fitness for kids                                  | Lakeview | 07727113285                 | Facebook: <a href="https://www.facebook.com/goboxfit">www.facebook.com/goboxfit</a>                                                                                                                               |
| Friday    | 10:00 - 11:00 | Active Pack Wixams                                       | Lakeview | Andy                        | Facebook: <a href="https://www.facebook.com/activepackactivities/">www.facebook.com/activepackactivities/</a><br>Email: <a href="mailto:activepackactivities@gmail.com">activepackactivities@gmail.com</a>        |
|           | 18:00 - 20:00 | Scouts                                                   | Lakeview |                             | Facebook: <a href="https://www.facebook.com/1stwixamsscouting">www.facebook.com/1stwixamsscouting</a><br>Website: <a href="http://www.1stwixamsscouts.org.uk">http://www.1stwixamsscouts.org.uk</a>               |
| Saturday  | 09:00 - 10:15 | Shine Dance Drama, Dance & Singing                       | Munson   | Louisa Hodges - 07749091885 | Facebook: <a href="https://www.facebook.com/Shine-Theatre-School">www.facebook.com/Shine-Theatre-School</a><br>Website: <a href="https://www.shinetheatreschool.co.uk">www.shinetheatreschool.co.uk</a>           |
|           | 09:30 - 11:30 | Irish Dancing Beginners classes for all ages             | Lakeview | Katie                       | Facebook: <a href="https://www.facebook.com/stuartirishdancebedford">www.facebook.com/stuartirishdancebedford</a>                                                                                                 |
| Sunday    | 08:30 - 09:30 | Go box fitness                                           | Lakeview | 07727113285                 | Facebook: <a href="https://www.facebook.com/goboxfit">www.facebook.com/goboxfit</a>                                                                                                                               |
|           | 10:30 - 11:30 | Christ the Word Church Services                          | Lakeview | Alan - 07879716958          | Facebook: <a href="https://www.facebook.com/christthewordwixams">facebook.com/christthewordwixams</a><br>Website: <a href="https://www.christthewordwixams.org.uk">www.christthewordwixams.org.uk</a>             |
|           | 15:00 - 16:00 | Christ the Word Sunday Club For children aged 4-10 years | Munson   | Alan - 07879716958          | Facebook: <a href="https://www.facebook.com/christthewordwixams">facebook.com/christthewordwixams</a><br>Website: <a href="https://www.christthewordwixams.org.uk">www.christthewordwixams.org.uk</a>             |



Laura Thomas M.Ed., MNCS (Accred.)  
07915 431739  
[www.laurathomascounselling.co.uk](http://www.laurathomascounselling.co.uk)  
[hello@laurathomascounselling.co.uk](mailto:hello@laurathomascounselling.co.uk)

**"We don't have to do all of it alone,  
We were never meant to"**  
- Brene Brown

If you are feeling anxious,  
overwhelmed, worried or  
just not yourself, get in touch!

- Individual
- Young People
- Couples Therapy
- Family Therapy

Therapy room based in Wixams

[@laura\\_thomas\\_counselling](https://www.instagram.com/laura_thomas_counselling) [@laurathomascounselling](https://www.facebook.com/laurathomascounselling)





## Councillor Graeme Coombes

Graeme is the Wilshamstead Borough Councillor.  
Reporting to Wixams (December 2021)

2021 was another difficult year, as we continued to deal with the effects of the pandemic and have so far been unable to shake it off. This makes focussing on other things, often quite important matters, quite a challenge. Towards the end of last year, we saw the impact on our refuse collection service, with some delays to the collection of green bins. Council officers have continued valiantly, throughout the last year, in the face of some very trying circumstances.

Nonetheless, a new year is a chance to refocus and to try and have a sense of renewed optimism as to what the future holds. We should be able to see a new 6th Form at Wixams Academy, the station plans continue to progress and I am also looking forward to seeing proposals for the town centre development.

Our Wixams village continues to grow, with new houses built, new residents arriving continuously and new pupils joining our Wixams schools. I'd like to wish them all a very warm welcome and encourage them to get involved in our community and help it grow and flourish.

Can I therefore wish all residents of Wixams the very best for 2022. I hope it will be a much better year and expect that we will have much to look forward to.

Tel: 07815 302 318  
Facebook: Cllr. Graeme Coombes  
E-mail: [wilshamstead.ward@yahoo.co.uk](mailto:wilshamstead.ward@yahoo.co.uk)

## SANDRA BECK

MARKETING & EVENTS

~ Helping Small Businesses Grow ~

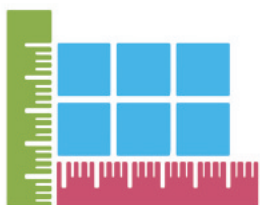
Does your business need help with...

~ Promoting your services  
~ Design and Branding  
~ Event Planning

Contact me for a free, no obligation consultation

[info@sandrabeckmande.co.uk](mailto:info@sandrabeckmande.co.uk)

07971 671 646



**DB22**  
Designs

**f** DB22Designs

**ig** #DB22Designs

**E** infofordb22designs@mail.com

**M** 07825506431

**FOR ALL YOUR  
INTERIOR AND  
EXTERIOR WORKS**

**MACS MECHANICS**  
NIGEL McANENY

**AUTOMOTIVE  
REPAIRS & SERVICING**

**CARS & LIGHT COMMERCIAL  
DIESEL & PETROL**

- MOT
- GEARBOXES
- SERVICING
- BRAKES
- CLUTCHES
- AIR CONDITIONING
- DIAGNOSTIC CHECKING
- CAMBELTS
- ENGINE REPAIRS
- WATER PUMPS
- BATTERIES
- TYRES
- PUNCTURES
- VALETING

**PHONE: 07900 266990**  
**FREE COLLECTION & DELIVERY**

**Shine**  
Theatre School

Dance classes in IDTA Ballet and Musical  
Theatre for ages 4yrs-11yrs.  
Lakeview Village Hall, Wixams.

To book a FREE taster session  
call **07749091885**.

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



KATE WREN FLOWERS

**WIXAMS BASED FLORIST**

Wedding flowers, Birthday Flowers, Monthly or Weekly  
Flower Subscriptions, Every Day Flowers & Lots More

TO PLACE AN ORDER EMAIL  
[INFO@KATEWRENFLOWERS.COM](mailto:info@katewrenflowers.com)  
OR VISIT THE WEBSITE  
[WWW.KATEWRENFLOWERS.COM](http://WWW.KATEWRENFLOWERS.COM) OR  
CONTACT KATE ON 07769334555  
LET'S GET SOCIAL ON INSTAGRAM OR  
FACEBOOK



**FUN - FRIENDLY - FAMILY ORIENTATED - WIXAMS BASED PHOTOGRAPHER**



specialising in families, weddings, professional headshots, cakes smashes and newborn photography

Call Michelle - 07508362610

*Miss Jones*  
PHOTOGRAPHY

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

# Wixams Events Group - Wixams Wonderland

After what has been an unsettling time for everyone the Wixams Events Team were delighted that the Winter Wonderland was able to go ahead. The event was very well supported and was the busiest one we have done so far. There was a lot of entertainment for all including the Circus Workshop, Fairy and light show, North Pole Elves, not forgetting Santa and Mrs Claus.

The official switching on of the lights was carried out by the Mayor of Bedford and there were Christmas Carols performed by the Bedford Brass Band.

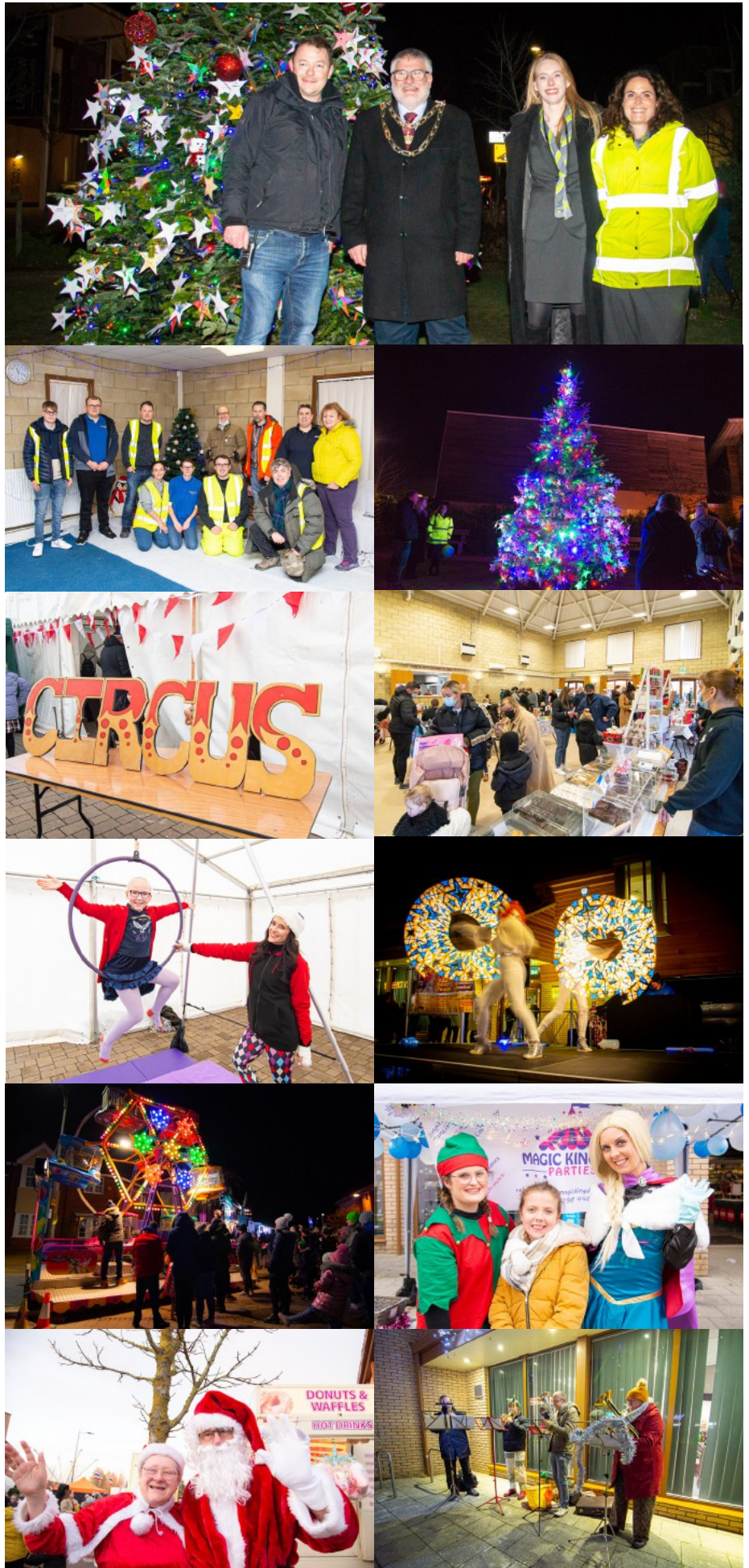
All of this could not have taken place without the kind donations and sponsorship from David Wilson/Barratt Homes, the Bedford Borough Council, Liftright Access and Paul Riches skips. We must also thank the Wixams Parish Council for providing and installing the Christmas Tree and its lights. The children from both Schools made their own stars which decorated the tree and looked fantastic!

We will be organising an open meeting in the New Year which will be open to everyone to give the opportunity to have input into future events.

If you would like to join the Wixams Events Group please email us at [wixamseventsgroup@gmail.com](mailto:wixamseventsgroup@gmail.com) for further details.

In the meantime stay safe and we wish everyone a Happy Healthy New Year.

The Wixams Events Group



# Wixams Newsletter Photography Competition



**£30 voucher**

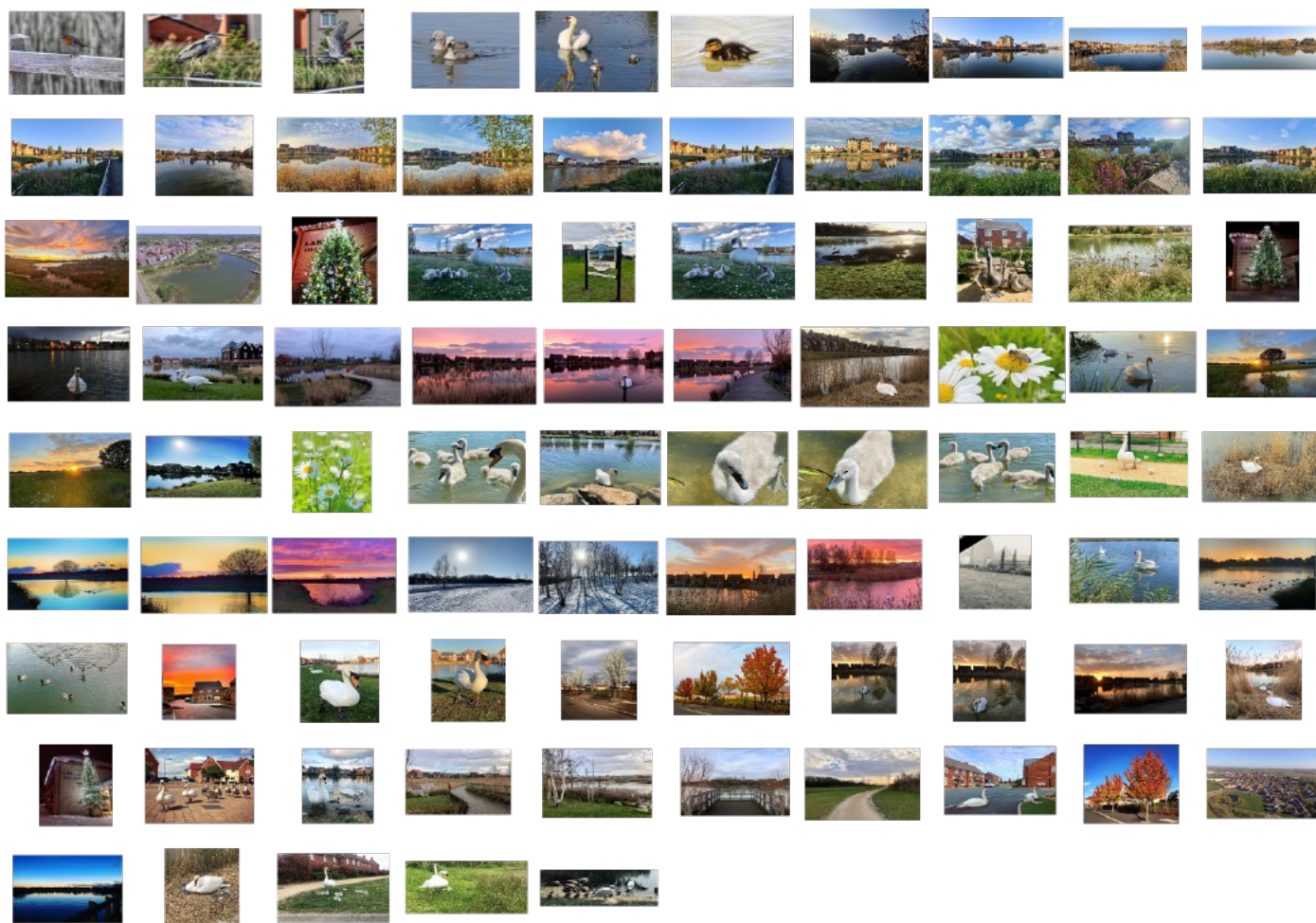


**£20 voucher**

**£50 voucher + a framed print of the winning photo (up to 70x50cm) for both the winner and for the Village Hall**



**Email your photos to us by 19th January deadline. Up to 5 photos per entrant. Readers voting will be in the February edition. Send to [newsletter@wixams.org](mailto:newsletter@wixams.org)**



Thanks to Jamie Lowings, Richard Kingham, Stephanie Eccles, Rob Cowell and Adam Kubik for their pictures which featured in the Wixams Newsletter 2022 Calendar.

# EMPIRE CARS BEDFORD

01234 741002 / 07727258633 SALES@EMPIRECARSBEDFORD.CO.UK

1 COTTON END ROAD, WILSTEAD, MK45 3BT

## SALES SERVICE MOT REPAIRS

FROM SERVICING AND MINOR REPAIRS TO CLUTCH AND ENGINE JOBS, OUR WORKSHOP IS EQUIPPED TO DEAL WITH IT ALL! WE HAVE A HIGHLY-SKILLED MECHANIC AND THE ABILITY TO CARRY OUT MOT TESTS ON-SITE, SO YOU CAN BE ASSURED THAT YOUR VEHICLE IS IN GOOD HANDS!



### SERVICING, REPAIRS & MOT

(FREE PICK UP/DROP OFF TO WIXAMS)

AIRCON, TYRES, EXHAUSTS  
ENGINEER & GEARBOX REPAIRS

### QUALITY USED CAR SALES

OVER 60 CARS IN STOCK

WE BUY CARS FOR CASH!

0% DEPOSIT FINANCE AVAILABLE

## CONQUEST



### COURIERS

- . 24 hours / 7 days a week
- . Same day delivery or collections
- . Next day / Overnight
- . Fully insured
- . Competitive rates
- . Domestic & commercial work
- . Storage facilities available

**Small trusted family run business, offering a reliable friendly service**

**Driving is our passion, delivering is our game  
providing a 5\* service is our aim**

**BIG ENOUGH TO COPE SMALL ENOUGH TO CARE**

**[www.conquestcouriers.com](http://www.conquestcouriers.com)**

**Contact Us On:**

Mark Tel: 07826515500 Mark@conquestcouriers.com  
Donna Tel: 07368154155 Donna@conquestcouriers.com  
Lianne Tel: 01234 960201 Or 07501358570



**Free quote** We will help you pick the right flooring for your space.



## DEAKIN & PECK FLOORING

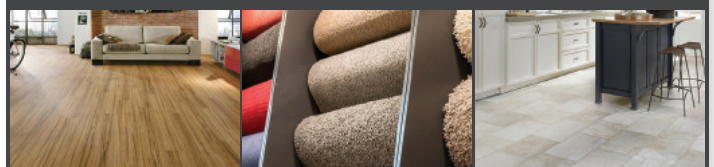
[www.deakinpeckflooring.co.uk](http://www.deakinpeckflooring.co.uk)

**We are a family run business  
with 20 years of experience.**

We can supply and fit carpets and all types of flooring in the Northampton, Milton Keynes, Bedford and surrounding areas.

We provide some of the well known brands, types and styles. We can cater for all types of customers looking for both luxury and good value flooring to meet a range of needs and suit any budget.

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



**Christ the Word**  
church **Wixams**

**Every Sunday 10:30am**  
**you are welcome at**  
**our Sunday Services**  
**in the village hall**

**10:30-11:30am**  
Activity bag for young children  
Please stay for tea, coffee & cake afterwards 😊

 [www.christthewordwixams.org.uk](http://www.christthewordwixams.org.uk), 07879716958

**Maskells M.O.T**  
Class 4 & 7 MOT's

 Your Local, Friendly MOT Test Centre. No Repairs, just an honest and fair test

**H Maskell & Son Ltd**  
The Works, Duck End Lane  
Wilstead, Beds, MK45 3HP  
[mot@hmaskell.com](mailto:mot@hmaskell.com)  
**Tel: 01234 740 213**

## Wixams Vixens WI

We apologise that we made the decision to cancel the Wreath Making event in December which was due to the surge in COVID cases and new guidance. Hopefully we will be able to do this again in December 2022.

Our next 2 meetings are:

19 January 2022 - Learn all about Skin Care  
16 February 2022 - Set up your Workspace

All meetings are held in the Munson Room, Lakeview Village Hall, Brooklands Avenue, Wixams from 19.45 to 21.45 – come along and join us.

If you want to join the WI please email [wixamsvixenswi@gmail.com](mailto:wixamsvixenswi@gmail.com) for further details.



**DAWNUNTILDUSK**  
CHILDCARE

Lakeview Pre-School  
The Wixams

In the week before the Christmas Holidays, Father Christmas helped us to raise funds for Gorgeous George. Please go to [GOFUNDME.COM](http://GOFUNDME.COM) if you would like to support George's fight.

Thank you to all our families for your continued support.

Find us on facebook and Instagram  
fb: Dawn Til Dusk Lakeview Preschool  
Instagram: [dawntilduskpreschool](https://www.instagram.com/dawntilduskpreschool)

**Holiday Club**  
Come and join us at our Holiday Club for children aged 7yrs and under.  
[www.kidsdawntildusk.co.uk](http://www.kidsdawntildusk.co.uk)  
Call Head Office for Holiday Club enquiries on 01234 930505

## Need a reliable electrician?

Contact us for a free estimate

**NRG ELECTRICAL**  
INSTALLATION SERVICES

Wixams based electrician covering Bedford and surrounding areas - No job too big or too small

### Our Key Services:

Commercial, Industrial and Domestic  
CCTV Installation  
Electrical Rewiring  
Consumer Units Replacement  
EICR Certificates  
Internal & External Power and Lighting  
Electric vehicle charger installers (OLEV Approved)  
Security lighting  
Smart Security systems  
Smart home automation equipment installed

T: 07885 212090 E: [info@nrgelectrical.co.uk](mailto:info@nrgelectrical.co.uk)  
[www.nrgelectrical.co.uk](http://www.nrgelectrical.co.uk)  NRG Electrical Installation Services

**Checkatrade.com**  
Where reputation matters



# Volunteer and Employment Opportunities



**General  
Assistant  
Required**

**Welcome**  
in partnership with southern co-op

Welcome Co-op, Wixams are recruiting for Part-time General Assistants

As part of this role your duties will include:

- Processing customer payments at the till
- Receiving, unpacking and arranging deliveries
- Restocking shelves
- Welcome Co-op are an equal opportunities employer and offer all the benefits you would expect from your local independently owned supermarket.

If interested, please come in and ask for an application form or contact 01234 740404.

Email your CV to [wixamscoop@gmail.com](mailto:wixamscoop@gmail.com)

**Working with  
young people  
not your  
thing?**

We're looking for people to make an impact behind the scenes.

Tell us what you're interested in, and we'll help you find something that matches your skills (and the time you have available).

We'd love to give you the chance to try out different things, meet the team, and see what support's on offer before you decide whether to be involved.

You'll learn career-friendly skills, boost your wellbeing, and make new friends. Because volunteering at Scouts is a two-way street – good for young people, and good for you too.

Contact us today. We'd love to chat about what's good for you.

[gsl@1stwixamsscouts.org.uk](mailto:gsl@1stwixamsscouts.org.uk)

**#GoodForYou**



Copyright 2021 The Scout Association Registered Charity numbers 306101/5038437



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

Would you like to widen your advertising to the local community of Wixams, delivering to approx. 2500 houses.

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

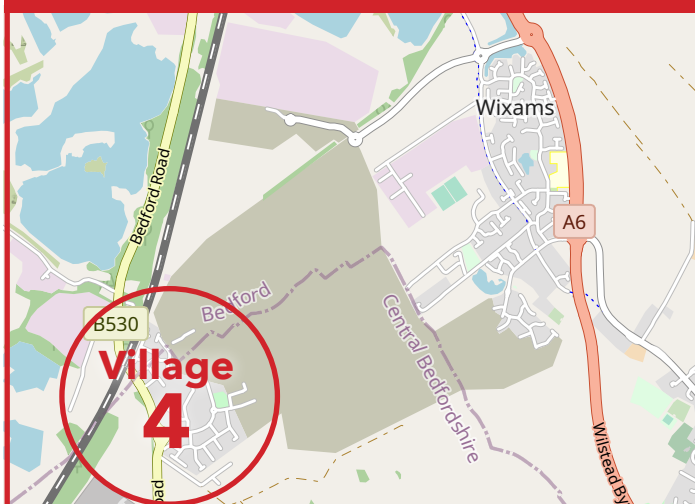
Get in contact to find out how we can support your Recruitment campaign.

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

**WE NEED VOLUNTEERS TO DELIVER THE  
WIXAMS NEWSLETTER IN VILLAGE 4  
(TILIA HOMES DEVELOPMENT)**

Can you spare a few hours each month to help deliver our community newsletter?

Get in touch at  
[newsletterdistribution@wixams.org](mailto:newsletterdistribution@wixams.org)





# Ella's Cuisine

**Contact us for All Events**

---

**CALL US AT**  
**07575499871**

for Efo riro, Egusi, Ogbono,  
Jollofrice, friedrice, chicken stew,  
fish stew, goatmeat stew etc



## Councillor Tim Hill's Report

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

**G-Park working very noisy on a Sunday** – I've been working with residents and Wixams Parish Council to get action taken by the Borough Planning Enforcement Team on the out of hours working by the G-Park developers. Three Enforcement Notices were issued for compliance by 12 Oct 21. Residents have advised there were more breaches over the 6-7 Nov weekend. I asked for enforcement. The developers have replied to the Enforcement Notices and the Borough's Legal Team is reviewing that reply.

**Planning Application for variation of S106 funding for community facilities** – I have e-mailed the Planning Department to register my objections to this Application as follows:

- The community facilities in village 4 should stay in the area as planned, i.e. in the heart of the village.
- The retail facilities for both villages 2 and 4 should stay as the facilities are essential for residents.

A Planning Officer has since replied to my query this will be decided by the WJDC Committee, rather than under Officer's Delegated Powers.

**Bus Shelter outside Retirement Village** – The bus stop on the opposite side of Bedford Road to the Wixams Retirement Village was originally planned to be funded by a contribution from the developer of the planned extension to the Wixams Retirement Village. With the slower than expected occupancy of the existing Village, the developer has yet to make that contribution. I am looking at alternative funding sources with Parish Councillor Tony Musgrove. Tony has been in contact with ExtraCare, the operators of the Wixams Retirement Village to see if they would pay the required funds. Tony has asked me to and I have got a quote on the cost of a bus shelter from a Borough Officer. The Borough Officer has been in contact directly with the manufacturer that makes and provides our (Borough) shelters, as opposed to the company we are contracted to use (for our Borough shelters), who also utilise this manufacturer. Glen Wilson Shelters has provided a quote for a shelter of £5742 + VAT.

**Roundabout Overgrown Foliage** – I asked the Council to get this foliage cut back and I'm pleased to say it has been cut back.

## WIXAMS TURFING & LANDSCAPING SERVICES.

Hi my name is Jason, I have lived in Wixams for 10 years and have been in the Turfing & Landscaping Business for 12 years.

I would like to bring my experience to your outside space so that you can enjoy throughout the year.

If you would like a full or part transformation  
Or simply a garden tidy

Or haven't the time for upkeep of your garden  
Please give me a call or drop me an e-mail and I  
Will be pleased to give you a free quote.

E-mail - [wixamsturf@gmail.com](mailto:wixamsturf@gmail.com)

Contact Jason  
01234 743302  
07484651015



07578829561

Free no obligation quotation

## T&L

Painting & Decorating

We are a fully insured family run business based in Bedfordshire. We are recognised for high quality work and excellent customer service.

t.lpaintingservices@hotmail.com    www.tlpaintingservices.co.uk

## Burr's Garage Ltd

Tel, 01234741167  
Mob, 07777656767,  
Service, Repairs and Diagnostics

30 Ivy Lane,  
Wilstead,  
MK45 3DN

Monday to Friday:  
8.30am-5.30pm.




## MAGIC KINGDOM PARTIES

### Character Appearance Parties

Pass the parcel, Singing, Dancing, Fun and Games, Glitter Tattoos, Mini Face Painting, Parachute and Bubble Fun, Spell Lessons, sweetie catapults, Treasure Hunts and much more! Followed by a special surprise for the Birthday child!

WhatSapp or Call : 07729844822

[rebecca.fraser@magickingdomparties.co.uk](mailto:rebecca.fraser@magickingdomparties.co.uk)

# Gardening for Mental Health & Wellbeing

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. Growing food, flowers or plants, exercising outdoors or being around animals can have lots of positive effects. Evidence suggests that spending time in a green environment can reduce stress, improve mood, physical health, and connect you to your local community as well as boost confidence and self-esteem. In this edition we share some stories from Wixams residents...

*"I have steadily become more addicted to growing my houseplant collection. I've certainly increased the amount of time I dedicate to looking after them; pruning, feeding, and repotting are now a common activity. Having spent the majority of the last year working from home and confined to the house for extended periods of time, I decided to bring nature into my home. I now find myself surrounded by so many houseplants that I have run out of space to put them. For me, they lower my stress levels, giving me a sense of calmness. Caring for them offers me a few moments of peace away from work or the busyness of normal family activities. The same is true of gardening...it's an addiction."*

Ash



*"I started my House plant journey last year, and it has provided me with both physical activities to stay healthy and impacted my mental health positively, during the times of Covid19. I found the whole experience of been connected to nature through house plants refreshing and nourishing which helped me in many other aspects of my life, including creativity and connectivity."*

Tahreem

*"I am a newbie to gardening scene but I have definitely become a green thumb recently when I found it to be my new escapism. Getting in my garden is very therapeutic for myself and helps with my PTSD I find it grounds me again being with nature smelling the herbs, the contrast of colours from the flowers and the trees not forgetting listening to the sounds of nature that surround me."*

Sarah



Sarah's blackberry bush and primrose





*"My allotment journey, 18th October 2015 - 12th December 2021"*

The allotments had been handed over to the Lakeview Allotments Association and it was the beginning of my time as an allotment holder for the princely annual sum of £3. This had taken 4 ½ years of haggling and negotiating between residents, the developer and the Parish Council. I got the "keys" (code to the lock) and began to turn over my land.

Younger members of the family were roped in and their "love" of the allotment and gardening began. My mother had always encouraged myself and two brothers to garden at home whether mowing the lawn, tending to the vegetable plot or our various fruit trees.

Over the last 6 years I have grown onions, potatoes, green beans, radishes, beetroot and carrots.

As you can see I have sometimes succeeded in taming the weeds, other times using the rotavator on site to get the ground ready for the next season's crops.

I once spent 3 hours in the rain digging up the foliage that had grown over the prior months.

An allotment or gardening at home allows one to have physical exercise whilst zoning out- a non-technological mental health "headspace app". Due to various conflicting demands on my time I have given up my plot and wish the next allotment holder green fingers and a bountiful harvest!"

**Saahib**

*"I loved plants since I can remember. My mum always had house plants everywhere in our flat and as we didn't have a garden it was such a lovely way of bringing nature into our home.*

*I am continuing this tradition in my own home and could not imagine living in a house without plants! Some of them I have had for over a decade, some were gifts or cuttings from loved ones, some I fell in love with in a garden centre - they all have a story and a memory. It's exciting to see your plants grow, seeing new flower buds or a new leaf coming through. When I struggle with mental health, nature is my go-to remedy, and having something "living" in your own home to look after and something beautiful to look at has helped me immensely to feel grounded and happier in more difficult times, especially during the pandemic."*

**Adriana.**

## **WIXAMS & WILSTEAD** **Gardening Services**

**All aspects of gardening**  
**General maintenance**  
**Soft landscaping**  
**Weekly, monthly or one off jobs**

**FREE QUOTATION & CONSULTATION**

**Call JOHN on 07397 995935**



*"My husband is a shy man & suffers from anxiety. He spends most of his spare time tending to our garden. It is his pride & joy."*

**Anon.**



*"Here is my garden that I created [last] year. This areas is a morning suntrap and a welcome shady afternoon spot. A lovely calm place to relax and enjoy the plants and wildlife."*

Tricia



Karin's Allotment



Sam has extended her collection of roses from 3 to 38

*"I love my houseplants, and I also love that I can reuse single-use items to help them! Here are a couple of things I do..."*

*Once I've done a lateral flow test, I thoroughly wash the plastic solution tube (as long as it's a negative result of course), fill them up with water and place them on the ends of the roots of my monstera deliciosa. This is a great way to keep it hydrated and encourage new leaves through.*



*Single-use plastic bottles can make a perfect watering can for houseplants. I have these bottle caps that fit on standard bottles – alternatively, carefully poke a few holes in the lid and your watering can is ready! It's a handy way to make sure you're not overwatering plants that just need a little more moisture."*

Rhiannon



**WHEN DID YOU LAST HAVE A FINANCIAL HEALTH CHECK?**

Would you know if:

- Changes in legislation will affect how you access your pension?
- You could have a capital gains tax liability?
- Your pension fund is under performing?
- Your investments are providing the best return?
- You have an inheritance tax liability?
- You have sufficient cover in place to protect loved ones?

**With a financial health check you could get the answers you need.**

**Pensions**  
**Investments**  
**Business Financial Planning**  
**Protection**  
**Discretionary Investment Management**

\* Please note some of the above areas of service may not be regulated by the FCA.

To find out more, contact me for a **FREE**, no obligation financial review.

**Greg Crawley** Cert CII, DipPFS  
 Independent Financial Adviser  
 m. 07436 247 046  
 e. [greg.crawley@afhgroup.com](mailto:greg.crawley@afhgroup.com)  
 w. [www.afhwm.co.uk](http://www.afhwm.co.uk)

**AFH** wealth management

AFH Wealth Management is a trading style of AFH Independent Financial Services Limited, which is authorised and regulated by the Financial Conduct Authority. [www.fca.org.uk/register](http://www.fca.org.uk/register). Financial Services Register no. 216704. Registered in England and Wales. Company no. 04049180. Registered Office: AFH House, Buntford Drive, Stoke Heath, Bromsgrove, Worcestershire. B60 4JE. AFH Independent Financial Services Limited is a wholly-owned subsidiary of AFH Financial Group Plc (company no 07638831). A5079-09/21-01

Wixams Dance Hall, Wixams Retirement Village, Bedford Road, Bedford MK42 6EA

# PLANET SWING

**EVERY THURSDAY** **WIXAMS**

**FREE SWING DANCE CLASS**  
 Followed by Live Band



Balboa class 7:15pm till 8pm - £5  
 Planet Swing 8pm till 10.30pm - 8pm till 8:15pm Free Dance Class Entrance: £10  
[www.Swingsters.co.uk](http://www.Swingsters.co.uk) ☎ 07956-366449 ✉ [dance@swingsters.co.uk](mailto:dance@swingsters.co.uk)

-CHARLOTTE CHESHIRE-  
INDEPENDENT SCENTSY CONSULTANT

**BEAUTIFULLY WICKLESS**

**WARMERS, WAX BARS, CLEANING PRODUCTS & SO MUCH MORE!**  
[www.beautifullywickless.scentsy.co.uk](http://www.beautifullywickless.scentsy.co.uk)  
 07951213611  
[charlotte\\_cheshire@outlook.com](mailto:charlotte_cheshire@outlook.com)

Find me on facebook

SCAN ME




# PAUL CUTS

MOBILE BARBER

Wixams based Barber available for all hair and beard treatments.  
 Please call to book an appointment

## 07800778005

Facebook: [paulcutsbarber](https://www.facebook.com/paulcutsbarber)



# GOODEARTH WASTE

WE CLEAR RUBBISH

- > HOUSE CLEARANCE
- > GARAGE CLEARANCE
- > RUBBISH REMOVAL
- > BIN EMPTYING
- > SOFA REMOVAL

**07399 742565 OR 07900 553240**

**STARTING FROM £40 FOR THE FIRST YARD AND THEN ONLY £20 A YARD AFTER!**



**BEFORE**



**AFTER**

All of these properties



have recently been sold by  
**JOSEPH CULLINANE**  
**ESTATE AGENTS**

Buying and Selling Property Made Easy



[sales@josephcullinane.co.uk](mailto:sales@josephcullinane.co.uk)  
01234 954848  
[www.josephcullinane.co.uk](http://www.josephcullinane.co.uk)



Liftright Access is a Wilstead based provider of powered access (cherry pickers and scissor lifts) to the whole of Bedfordshire and Nationally. Our services include:

- o Hire
- o Sales
- o Service
- o Parts
- o Thorough Examinations
- o User Training
- o Breakdown repairs
- o Refurbishment

For further information, a quote or to book a  
**FREE OF CHARGE** survey

Telephone us on 01234-740648

Liftright Access Limited, Duck End Farm

Duck End Lane, Wilstead MK45 3HP

Email: [enquiries@liftrightaccess.com](mailto:enquiries@liftrightaccess.com)

Web: [www.liftrightaccess.com](http://www.liftrightaccess.com)



## Meet your local...Estate Agent

### **How long have you been in the industry?**

I have been in the industry my whole career; some 38 years in total.

### **What areas do you cover?**

The areas I prefer to cover are Wixams, Wilstead, Elstow and Bedford as a whole.

### **What do you love most about your job?**

Every day as an estate agent is different, but most enjoyable of all is finding that perfect home for any buyer or seller and helping them to move onto the next chapter of their life.

### **What is your top tip for someone looking to sell their property?**

Always try to make the most of the kerb appeal of your property as how it looks from the outside is the first impression buyers will have of your home. Make the internal aspects of your property look their best as this will help enhance the level offer you receive.

### **What is your top tip for someone looking to buy a property?**

Get advice when buying a property. Everything from the mortgage to the solicitor you will be using, but most of all be flexible on what you are looking for. Most buyers end up buying a property slightly different from the type they were initially looking for, so decide what is most important to you in a home.

### **How do people contact you for a valuation?**

I can be contacted seven days a week on my office number and out of hours on my mobile to arrange a market appraisal on your property.

### **How long have you lived in Wixams and what do you like about the area?**

I have lived in Bedford for three years and have just recently relocated to another home within the area. I can be found most days in Seasons Garden Centre café on Bedford Road having coffee, planning my day ahead or meeting up with clients.



**JOSEPH CULLINANE ESTATE AGENTS 01234 954848**

[sales@josephcullinane.co.uk](mailto:sales@josephcullinane.co.uk)  
[www.josephcullinane.co.uk](http://www.josephcullinane.co.uk)

# INDOMITABLETKD SCHOOLS OF TAEKWONDO



**MARTIAL ARTS - SELF DEFENCE  
FITNESS**



**REGULAR CLASSES IN WIXAMS FOR ANYONE  
INTERESTED IN LEARNING A MARTIAL ART!**

- **FIRST CLASS FREE!**
- **FOUR WEEKS FREE TRAINING WHEN YOU JOIN!**
- **FULL REFUND OF JOINING FEE IF YOU STOP AT EIGHT CLASSES!**
- **FREE TRAINING T-SHIRT AFTER TEN CLASSES!**
- **DISCOUNTS FOR FREQUENT TRAINING!**
- **DISCOUNTS FOR FAMILY GROUPS!**
- **FULL ACCESS TO OUR OTHER CLASSES!**
- **TAUGHT BY 5TH DEGREE BLACK BELT INSTRUCTOR MR ADRIAN FELICE: OVER 24 YEARS EXPERIENCE IN TAEKWONDO!**
- **CLASSES RUNNING IN WIXAMS SINCE 2011!**

**CLASSES ARE HELD EVERY TUESDAY AND WEDNESDAY  
IN THE MAIN HALL OF LAKEVIEW LOWER SCHOOL  
STARTING AT 7PM AND LASTING ONE HOUR.  
MINIMUM AGE FOR NEW STUDENTS IS 8 YEARS,  
ADULTS WELCOME. AND MANY OF OUR STUDENTS  
ARE ADULTS!**

FOR FURTHER INFORMATION, OR TO GET IN TOUCH, TAKE A LOOK AT OUR  
WEBSITE AND FACEBOOK:

**WWW.INDOMITABLETKD.COM**

**WWW.FACEBOOK.COM/INDOMITABLETKD**

# Fieldfare CAKES



Wixams based cake maker



Contact: 07791 282769  
email: fieldfarecakes@hotmail.co.uk  
www.fieldfarecake.co.uk  
www.facebook.com/fieldfarecake



**CHEVALIER**  
HOMES

SALES, LETTINGS AND PROPERTY MANAGEMENT

OUR FEES:

LETTINGS:

4% + VAT  
(LET ONLY)

5% + VAT  
(MANAGEMENT)

SALES:

0.75% + VAT

Contact Us: info@chevalierhomes.co.uk | www.chevalierhomes.co.uk

## ART & PASSION

### SHOP TIMES:

MONDAY: 07:00-17:00

TUESDAY: 07:00-12:00

THURSDAY: 07:00-17:00

FRIDAY: 07:00-19:00

SATURDAY: 07:00-19:00

SUNDAY: 07:00-19:00



A.BARBERS.ltd



07950918091



UNIT 1 10 DANE LANE, MK45 3HT, WIXAMS

### SHOP PRICES:

TRIM + BEARD £20.00

BOOKINGS £25.00

UNDER 15's £15:00

OVER 50's £15:00

SHAPE UP £10.00

FACIAL SERVICE £7.50

[ WALK INS ALWAYS WELCOME ]

[ ALL BOOKINGS £5.00 EXTRA ]

[ BOOKINGS WILL GET PRIORITY ]



### Black Cricket

#### Animal Services

pet sitting & visits

small pet boarding

walking & exercise

pet taxi

new enclosure set up

Outstanding care for  
your precious pets

Exotic species specialist

www.blackcricket.co.uk

07922155565



Home Salon

• Brows & Lashes

• Facials

• Semi Permanent Make Up

• Waxing

• Nail Treatments

• Hopi Ear Candling

Text 07306801265 or book at browsandbeyond-byemily.book.app

Silverstream, Wixams, MK42 6ES

@brows\_and\_beyond\_



@BrowsandBeyondbyEmily



browsandbeyond-byemily@outlook.com

### MAKEUPBYJENW

AND BEAUTY

MAKEUP

WAXING

BROWS

NAILS

LASHES

TOOTH GEMS

EAR PIERCING

07725512488

WWW.MAKEUPBYJENW.CO.UK

# DAVID J FRAS PLUMBING & HEATING LTD

FRIENDLY, RELIABLE SERVICE EVERY TIME — NO JOB TOO BIG OR TOO SMALL

● Boiler services and repairs

● Boiler replacements

● Heating system upgrades

● Radiators and towel radiators

● Powerflushing

● Underfloor heating

● Wireless controls

● Cylinder replacements

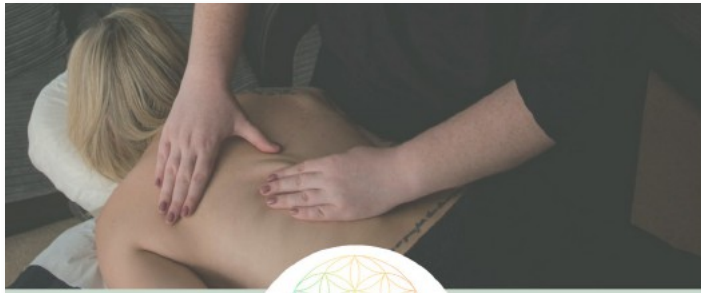
● Bathroom & wetroom installations

● Taps, showers, ball valves

● All general plumbing & heating  
maintenance

Mob: 07866 926433





BOOK ONLINE NOW

Back, Neck & Shoulder Massage  
Full Body Massage  
Aromatherapy Massage  
Hot Stone Massage  
Meditation Classes & Workshops  
Hopi Ear Candling  
Reiki & Sound Healing  
Crystal Healing  
Indian Head Massage

WWW.THERAPYFROMWITHIN.CO.UK

@THERAPYFROMWITHIN • 07904315317 • BASED IN WIXAMS



**Don't Like Ironing?  
Don't have enough time?**

**Don't be Stressing,  
Let me do the Pressing**

- ★ Free Collection & Delivery
- ★ Fast & Friendly Service
- ★ Competitive Rates
- ★ Quick Turn Around

**PRESSED & DRESSED  
Ironing Services**

**Call Lesley on 07817980088**

**or**

**Email: [pressedanddressedironing@outlook.com](mailto:pressedanddressedironing@outlook.com)**

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

HAND MADE AT 27

**EM's  
at 27**

WITH LOVE AND GRACE

[www.emsat27.com](http://www.emsat27.com)

[info@emsat27.com](mailto:info@emsat27.com)



*Small local independent business providing handmade, luxury highly scented wax melts and other scented products. Also providing personalisation of home products and clothing.*

**SCENTED PRODUCTS**

- Wax Melts / Warmers
- Soap Sponges
- Bath Bombs
- Carpet Fresheners
- Toilet / Mop Bombs

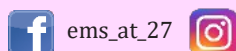
**CUSTOMISED PRODUCTS**

- T-Shirts / Sweaters
- Children's / Baby Wear
- Storage Boxes
- Water Bottles
- Gift Hampers

*Offering free local delivery on orders over £20.*

*Regular games and free gifts on our social media sites. Follow us on Facebook and Instagram.*

07905 045320  
27, MK45 3GN



Bedford based IT Company – over 15 years' experience, no problem too big or small

Small business services – ad hoc support or monthly maintenance contracts

Hardware and software supply

Laptop/desktop upgrades

Networking and Wi-Fi

AntiVirus and Malware Removal

Cloud services and backup solutions

CCTV Installation

01234 484070

[info@SRS-Tech.co.uk](mailto:info@SRS-Tech.co.uk)

[www.SRS-Tech.co.uk](http://www.SRS-Tech.co.uk)

[f](https://www.facebook.com/SRSTechUK) [i](https://www.instagram.com/SRSTechUK) [t](https://www.twitter.com/SRSTechUK) @SRSTechUK

# Advertising

**New  
Sizes  
Available!**

Why not advertise in this newsletter?  
It is delivered to 2500 homes and businesses.  
A **50% discount and priority** will be given to Wixams and Wilstead based businesses as we will have limited space. Advertising options are shown here. If you would be interested in advertising in the next issue of the Wixams Newsletter then please contact Sheila Menzies on [advertising@wixams.org](mailto:advertising@wixams.org) or 07707 209698.

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

|                              |                      |
|------------------------------|----------------------|
| Option 1 (93 x 132.5mm)..... | £40 per issue        |
| <i>Local rate .....</i>      | <i>£20 per issue</i> |
| Option 2 (93 x 64mm).....    | £20 per issue        |
| <i>Local rate .....</i>      | <i>£10 per issue</i> |
| Option 3 (45 x 64mm).....    | £10 per issue        |
| <i>Local rate .....</i>      | <i>£5 per issue</i>  |
| Option 4 (190 x 64mm).....   | £40 per issue        |
| <i>Local rate .....</i>      | <i>£20 per issue</i> |
| Half Page (190 x 132.5mm) .. | £80 per issue        |
| <i>Local rate .....</i>      | <i>£40 per issue</i> |
| Full Page (190 x 270mm)..... | £160 per issue       |
| <i>Local rate .....</i>      | <i>£80 per issue</i> |



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

for digital versions of Wixams Newsletter and contact details.

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

Printed by White Hart Press, 58a York Street, Bedford MK40 3RL  
Tel: 01234 270465 [www.whitehartpress.co.uk](http://www.whitehartpress.co.uk)

Deadline for submissions for next issue:  
**19th January 2022**

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

## The Newsletter Team

|                        |                                                       |                                                                                                                                                                                          |
|------------------------|-------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Editor                 | Saqhib Ali                                            | <a href="mailto:newsletter@wixams.org">newsletter@wixams.org</a>                                                                                                                         |
| Advertisements         | Sheila Menzies                                        | If you are interested in advertising in this newsletter, please contact Sheila at <a href="mailto:advertising@wixams.org">advertising@wixams.org</a> or 07707 209698                     |
| 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 <a href="mailto:newsletterdistribution@wixams.org">newsletterdistribution@wixams.org</a> |
| Design and Production  | Dan James                                             | Find out more at <a href="http://danjamesmedia.com">danjamesmedia.com</a>                                                                                                                |
| Editorial/Proofreading | Barry Huckle                                          |                                                                                                                                                                                          |
| Treasurer              | Anthony Musgrove                                      |                                                                                                                                                                                          |
| Wixams Community Group | Leon Staszak and Adriana Schepankiewitsch             | <a href="mailto:community@wixams.org">community@wixams.org</a>                                                                                                                           |
| Committee              | Alan Pibworth, Nick Edwards, Emma Egan and Ellie Egan |                                                                                                                                                                                          |

PLEASE REMEMBER THAT ALL OUR DELIVERERS ARE VOLUNTEERS AND AIM TO DELIVER THE LEAFLETS AS QUICKLY AS POSSIBLE. AS THERE ARE 2500 COPIES TO DELIVER, SOME HOUSES MAY GET THEIR COPIES BEFORE OTHERS BUT YOU WILL GET YOUR COPY!

## Emergency Small Grants

ZeroPA Madad CIC, a new Wixams based Community Interest Company can issue grants of up to £50 to adults in urgent need for food, utilities, or clothing.

TERMS AND CONDITIONS AT  
[WWW.ZEROPA.CO.UK](http://WWW.ZEROPA.CO.UK)

[grants@zeropa.co.uk](mailto:grants@zeropa.co.uk)

07758 157051



## SMALL BUSINESS GRAPHICS PACKAGE

- ✓ Original Logo Design, plus...
- ✓ Professional Business Card Design
- ✓ 100 Printed Business Cards - Delivered
- ✓ Letterhead or Compliment Slip Design
- ✓ Social Media Profile Graphics Prepared

All for just **£200**

alex hall design

[w. alexhalldesign.co.uk](http://w.alexhalldesign.co.uk)  
e. [alex@alexhalldesign.co.uk](mailto:alex@alexhalldesign.co.uk)



## FOR ALL YOUR PRINTING REQUIREMENTS ...

- Stationery
- Magazines
- Flyers / Leaflets
- Booklets
- Business Cards
- Posters
- Brochures
- Plans / Drawings



## THE COMPLETE SERVICE

- Stickers / Labels
- Correx Signs
- Vinyl Banners
- Embroidery
- Roller Banners
- Orders of Service
- Foamex Boards
- Wedding Stationery

58a York Street  
Bedford MK40 3RL

ESTABLISHED 1987

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

[info@whitehartpress.co.uk](mailto:info@whitehartpress.co.uk)

