

IT'S PARTY TIME!

TEA at 6.00 then DISCO DANCING

For 12 years and under

THE CORONATION HALL

Friday, 25th September

£5.00 per child

To include hot dogs, pizza, ice creams
and all the squash you can drink!!

Booking essential please

Tickets ...01672 811997 or

call in at The Swan, Wilton

Mums and Dads welcome too for a beer or glass of wine!

Evenings are drawing in as the Autumn colours start to appear, Summer holidays are over and the harvest is gathered in. Most of those with fruit trees will have a bumper crop of apples to harvest and the sloes are just about ready for that bottle of sloe gin in preparation for Christmas!

Don't forget the new harvest offering of the quiz in the Coronation Hall on Friday 13 November (not usually a lucky day but this could be an exception!) Call Martin Butt **01672 810743** or Liz Hosier **01264 731242** to book.

A new calendar of Winter Warmer lunches should prove to be entertaining as well as delicious as always.

Youth activities are progressing with much to anticipate so why not come along to see for yourself and to join in with planning sessions which will interest you?

Exciting Programme of Youth Activities



and more...

By the time you read this we hope to have agreement to our funding application. It will cover the cost of activities for at least 12 months and includes all the suggestions proposed by young people in Grafton Parish.

Meanwhile a series of activities is planned:

Friday 2 October 6.30pm - Making & decorating cupcakes*

Tuesday 27 October - Ice skating at Swindon Ice Rink

Friday 20 November - Pottery/Craft session

Friday 04 or 11 December - Self defence training.

**Make sure you put the dates in your diary
and spread the word!**

* At the October session we'll also plan a trip to Tidworth Bike Park to establish what's needed to create a bike track – so if cupcakes aren't your thing come along anyway and help plan who, when and how we make the Tidworth trip happen.

More details will follow for ice skating trip and November and December's activities– see Community News and Grafton Parish Community News page on Facebook.

We have several parent volunteers and still need a couple more, come along to a session and find out what's involved, the more volunteers we have the more events we can arrange.

News will be posted on www.graftonparish.com and via our developing network. Please contact news@graftonparish.com or Karen.brown@wiltshire.gov.uk or **07795 665756** if you have questions or want more details.

Planning applications details available on

**[www.wiltshire.gov.uk/planninganddevelopment/
planningapplicationssearchonline.htm](http://www.wiltshire.gov.uk/planninganddevelopment/planningapplicationssearchonline.htm)**



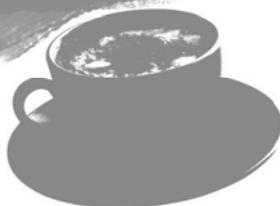
World's Biggest Coffee Morning

Friday 25th September
10am to 12pm
Coronation Hall
East Grafton

A community event organised
by Sunflowers at Grafton

**COME FOR
COFFEE
AND
CAKE**

**WE ARE
MACMILLAN.
CANCER SUPPORT**



Organised in aid of Macmillan Cancer Support, registered charity in England and Wales (2611917), Scotland (SC039609) and the Isle of Man (504). Also operating in Northern Ireland.

Winter Warmers

Our popular lunch club for members of our parish is back at the Coronation Hall. Join us for some good company and conversation over a lovely lunch on the following Wednesdays at 12.30.

On your own or with a group of friends - everyone welcome.

Please call Liz Hosier to book **01264 731242**

14 October menu

Harvest casserole

Apple & Blackberry crumble

11 November Remembrance	9 December Christmas
13 January New Year	10 February Valentines.
9 March Mad March Hares	13 April The Queens Birthday

If you have any raffle prizes to donate they will be most welcome too!

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Mark Chick/Simon Walker

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Tel: **01488 684000**
Charlie Booker/Maryclare Prowse

Website: www.manningfordcroft.com

Crofton Beam Engines

The Engines are next 'in steam' at our special, annual Steam Gala on September 26/27. Please see our web site for details of opening times during non-steaming periods. Contact:

www.croftonbeamengines.org or Crofton Pumping Station, Marlborough, SN8 3DW.

E-mail: crofton.shop@katrust.org.uk

Wiltshire Police are holding a two week firearms surrender

The surrender started on Saturday 5 September and will finish at 9pm on Sunday 20 September.

The force is appealing for people to surrender unlicensed or unwanted firearms and ammunition. To surrender a firearm, people need to call Wiltshire Police on **101**. An appointment will then be made so that the firearm can be collected from the property. Dedicated units will be on hand during the two week period to collect surrendered firearms and appointments will be made at the earliest opportunity.

Footsteps Podiatry Services

Tidworth Leisure Centre

07881 802386

katie@thepodiatrist.org.uk

- ⇒ All aspects of footcare undertaken
- ⇒ Nail Surgery
- ⇒ Biomechanical review inc plantar fasciitis, heel pain, metatarsalgia
- ⇒ Orthotics
- ⇒ Verrucae treatments
- * Drop in appointments 9-2 term time excl Wednesday
- * Evening and weekends can be arranged
- * Home visits available for a fee



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CALL DARREN
01635 569195/07900398678
areasweep@btinternet.com

News In Brief

Pewsey Area Board Meeting

Monday 14 September 7pm at Woodborough Social Club, Smithy Lane

End of 2015 Wilton Windmill Season

Sunday 27 September is the last day of the 2015 season for Wilton Windmill. The windmill will be open from 2pm to 5pm for guided tours and refreshments as well as flour. Thank you to all the volunteers and helpers who make the open season possible. Wilton Windmill will be at the Hungerford Food Fair in October and the AGM date will be announced shortly. New helpers are always welcome to join in the activities at the windmill on open days, regular opening or milling days - if you are interested then please email secretary@wiltonwindmill.co.uk

Pewsey Vale Tourism Partnership

If you are a local business related to the visitor economy, then you may wish to consider joining the Pewsey Vale Tourism Partnership. Have a look at the website www.visitpewseyvale.co.uk or email info@visitpewseyvale.co.uk for more information. The Partnership is a local, not for profit organisation

News In Brief

HUNGERFORD FOOD FESTIVAL Sunday 4 October 2015

With over 50 stalls, sizzling street food and the buzz of live cooking demonstrations, this year's Hungerford Food Festival 11am - 3.30pm Sunday 4 October promises to be another inspiring celebration of local and seasonal fayre. www.hungerfordfoodfestival.com or contact **01488 648534** or hungerfordfoodfestival@gmail.com

Super-fast broadband and what it means

Super-fast broadband is a connection with a speed of 30Mbps or above. This means that even at its slowest, super-fast broadband is several times faster than the UK average of around 9Mbps.

A super-fast connection means you can download movies and music within seconds and stream TV without interruption too. As a result, your web surfing experience will be smoother than ever and the way you use online multimedia applications and services will be transformed overnight.

Whether you need super-fast broadband largely depends on how you use the Internet. But if you're a heavy downloader, play games online or watch a lot of on-demand television, then a super-broadband connection is essential for your needs. Conversely, if you're the kind of person who only uses the Internet for e-mail or perhaps a bit of shopping and light web browsing, then you're possibly better off sticking with your existing connection.

To establish whether you can access super-fast broadband www.uswitch.com has a post code checker which will tell you the average speed available in your area. This is not necessarily the speed available to your residence however! It is always wise to talk to someone from a selected supplier to establish the exact speed available to you before you sign up for their service.

To compare the deals offered by different suppliers of super-fast broadband you could use www.uswitch.com/broadband/compare/adsl_broadband. Other sites are available of course but this is just an example to help you to get started if you are unsure of what is involved.

OUR DOCTOR WRITES

The antibiotic over prescribing story has been in the news recently. There is no doubt about the scale of the problem. GPs prescribe most of the antibiotics in the NHS because we see most of the people most of the time. It is estimated that this is 90% of patient contacts (for only 8% of the NHS budget). There are explanations why antibiotics tend to be overprescribed but between us all - doctors and patients we need to do better. There is a great deal of job satisfaction for a doctor to prescribe antibiotics when they are necessary, they can rapidly improve the symptoms and shorten the duration of illness for some conditions such as urine infections. They simply don't work at all though for viral infections. If a doctor concludes that antibiotics aren't going to help it isn't because of pressures of cost that they are not prescribed it's that they are more likely to do harm than good in that situation and lead to worsening bacterial resistance in the future.

For those of you between 70 and 80 there is a new round of shingles vaccination call up about to happen soon. Shingles can be really debilitating. If you do receive a request to have the vaccine I would recommend that you take it - even if you have had shingles in the past. The flu vaccination season is almost upon us again and if you are in one of the groups offered the vaccine I would strongly recommend that you have the flu jab. People often mix up flu in their mind with a bad cold. Unlike colds which don't very often kill people, flu can. To help us with our call and recall please help us to help you and make sure that we have your up to date contact information especially in the form of mobile numbers and email if you have them.

We are revitalising our patient group. We need a vibrant core Group and I'm pleased to say that after receiving great help and support from Ernie Tomlin we now have a new Chair of the Group Ken Mortimer. In addition to the core group it's really helpful to have a larger "virtual" online community to act as a sounding board. If you would like to take part in this with no need to come to meetings and a very light impact on your time then you can sign up on our surgery website www.oldschoolsurgery.co.uk. On the right hand side of the web page there is a tab marked Have your say. Under this is the Patient Group tab. Click on this and you can sign up. Many thanks in anticipation!!

Dr Tim Ballard

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Dates for your diary

All events take place in the Coronation Hall unless otherwise specified (contact details on page 4).
St N refers to St Nicholas' Church.

SEPTEMBER

14	19.15	Parish Council meeting	
20	11.00	Holy Communion	<i>St N</i>
25	10.00	World's Biggest Coffee Morning	
25	18.00	Party Time for under 12s	
26/27	10.30	Steam Gala	<i>Crofton</i>
27		Last day of the season	<i>Wilton Windmill</i>
27	16.00	Family Worship	<i>St N</i>

OCTOBER

02	18.30	Youth activities cup cakes/bike trail	
04	11.00	Harvest Festival	<i>St N</i>
11	18.00	Evensong	<i>St N</i>
14	12.30	Harvest Winter Warmer lunch	
18	11.00	Holy Communion	<i>St N</i>
25	16.00	Family Service	<i>St N</i>
27		Youth activities skating trip	

email news@graftonparish.com with contributions for the Community News. Deadline for the next issue 2 October.
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www.savernaketeam.org.uk for St Nicholas' service details.

MONDAY

CIRCUIT & FITNESS	Henrietta MacKinnon 	09:15 to 10:15 Monday
YOGA		11:00 to 12:30 Monday
Bingo		19:00 to 20:30 Alternate Mondays

TUESDAY

ZUMBA		09:30 to 10:30 Tuesday
Marlborough Multiples		15:00 to 16:30 Alternate Tuesdays
YOGA		19:30 to 21:00 Tuesday

WEDNESDAY

CIRCUIT & FITNESS	Henrietta MacKinnon 	09:15 to 10:15 Wednesday
Mobile library at the Coronation Hall 26 August, 8, 22 September 11.30 to 12.00		

	C.A.P. Dance & Fitness	Various classes for all ages between 15:30 and 19:00
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THURSDAY

	GRAFTON GOSLINGS	Baby and toddler group 10:00 to 11:30 Thursday
YOGA		19:30 to 21:00 Thursday

FRIDAY

	pilates <i>by nature</i>	09:30 to 10:30 Friday 10:45 to 11:45 Friday Beginners and gentle work
KARATE CLASS		Children only 16:30 to 17:00

Useful contacts

Societies/Clubs/Organisations: 1 line free entry

Bingo	hall@graftonparish.com
Church flowers/clean	01672 810072 Patricia Knowles
Circuit/fitness Training	01672 810266 Hen Mackinnon
Community News	news@graftonparish.com
Coronation Hall	07479 281809 hall@graftonparish.com
County Councillor	01672 810285 Stuart Wheeler
Cricket Club	wiltoncc@yahoo.co.uk
Crofton beam engines	www.croftonbeamengines.org
Dance and Fitness	07746 479345 Charlotte Price
Grafton Goslings	graftongoslings@yahoo.co.uk
Horticultural Society	01672 810364 Marijke Craig
Junior cricket club	wiltoncc@yahoo.co.uk
Karate	07775 510143 Darren Pettifer
Link Scheme	0771 7006787
Marlborough Multiples	07967 835831 Amber
Member of Parliament	01380 729358 Claire Perry clerk@graftonparish.com 01672 811335
Parish Council	01672 870266 Millie Lemon
PCC Secretary	07796 225942 Tracey Rich
Pilates	999 or 112
Police emergency	101 Jonathan Mills
Police non emergency	www.savernaketeam.org.uk
St Nicholas' church	01672 810478 Lyndsey Turner
Sunflowers at Grafton	07557 110418
Wiltshire Good Neighbours	secretary@wiltonwindmill.co.uk
Windmill Society	01672 841553 Lizzy Hawnt
Yoga	01672 484464 Joanna Bury

Local commercial listing

B&B West Grafton	Angie Orssich	01672 810339
Baby sitting/odd jobs	Tom Nield	01672 870196
Builder	Sam Sanchez	07887 991249
Builder & roofing	Dan and Co	07936 586228
Cake making	www.faysfairycakes.co.uk	
Car washing	wiltonwashers@gmail.com	
Disco and Karaoke	Pete Vallis	01672 811326
Disco and Party	Steve	01672 811109
Dog training/walking	Carrie Holborow	07546 941709
Double glazing repairs	David Willcocks	01672 811979
Furniture	Holgate & Pack	01672 870887
Gardening	Sue Upham	01672 810526
Grafton Garage	Tony Gilbert	07845 006890
Hair and Beauty	Katherine Le Bon	07770 945307
Hat Hire	Victoria Frost	01672 810386
Homeopathy	Emma H-Byass	07540 773531
Kindling	Jo Harman	01672 810673
Logs/tree surgeon	Jeremy Hawkins	07980 536156
Painting & Decorating	Neil Anderson	01264 731362
Pest Control	Julie Wilson	01672 811479
Printing clothing/signs	www.SCSigns.co.uk	
Reflexology	Jacque Gibbons	07724 676569
Swan Inn	Bill Clemence	01672 870274
Usborne Books	Trish Highnett	07775 941646

Advertising rates per issue:

Business based in the Parish: 1 line listing – Free
 Business based outside the Parish: 1 line – £1/issue £10/pa
 For larger adverts: 1/12 page £5 1/6 page £10 1/4 page £15

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References available on request.



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Jemma Jones BSc (Hons) Human Anatomy, BSc (Hons) Physiotherapy, Cert. ECBS

Tel: 07748 987 109 Email:

info@jemmajonesbowen.co.uk

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Respiratory Problems	IBS, Constipation		



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