

COMMUNITY NEWS

Some interesting additions to our www.graftonparish.com have been posted recently. In the last days of the Grafton Friendship Club all the members recounted life in the Parish between 1910 and 1999, just in time for the turn of the century. This record paints a vivid picture of life in and around the parish and is well worth a look since it tells of a very different life from that led by residents today. The Friendship Club ran for over 50 years with a vibrant membership of over 60's in the Parish. It closed just before the original Coronation Hall was demolished for the new building and our wonderful Winter Warmers lunches now provides a regular meeting place for all members of the Community.

News@graftonparish.com also received a surprise email from the Grandson of a gentleman (Richard Marshall) who lived in Saddlers Cottage (on The Green) at the time when the original Coronation Hall was built and opened on the current site in Grafton. Richard's grandson has the clock which was presented, at the opening of the hall, to his Grandfather for all his work in the Parish. We have received cuttings from the opening ceremony newspaper reports. All these documents have also been added to www.graftonparish.com for you to view.

At the Parish Council meeting on 12 March both David Lemon and George Hosier were thanked for all their successful work in clearing the snow at the beginning of March. These two gentlemen and their teams worked extremely hard to clear the roads from all the drifted snow and opened the roads for us all, even gritting people's driveways to avoid slipping onto the main roads. Later in March David and George took to the snowploughs again to repeat their efforts during the second dumping of the white stuff in the Parish!



See the flyer in this issue for more details.

GRAFTON PARISH HAS A NEW COMMUNITY CINEMA

The Picture Palace Community Cinema has been established in association with Moviola to present regular screenings of the latest movies at the Coronation Hall, East Grafton.

The film of the month - Murder on the Orient Express will be presented on the **27 April** with doors opening at 7p.m. for pre-show drinks and refreshments.

The aim is to provide a fun, entertaining and memorable evening for all.

Tickets are £6.00 and available from the Swan in Wilton or from Kevin Burke **01672 811719** or kevin.burke237@gmail.com. **You can buy tickets at the door too!**

Saturday 17 March snow and litter!**Thank you, thank you!**

An enormous thank you to everyone who came litter picking on the snowy weekend of 17/18 March. A grand total of 53 people picked up 28 bags of rubbish across the 5 Grafton Parish villages.

It is appalling that so much litter is dropped, but also heart warming that so many turned out to help. What a great effort – well done Grafton Parish.

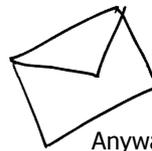
**St Nicholas' Church East Grafton**

Do make a visit to St Nicholas' Church whilst all the stunning lilies and spring flowers are in full bloom to celebrate Easter. The PCC is very grateful to all those who purchased lilies in memory of loved ones who have passed; the Commemorative Scroll is in the Church.

All the arrangements and work involved in making the church look so beautiful for Easter takes a lot of effort from willing volunteers and their time and work is very much appreciated.

The **PCC AGM** was cancelled due to the snow and has now been rescheduled for **15 April at 11.30am** after the Holy Communion service at **11am** on the same day. Please come along - there will be refreshments served!

Letters from the Vicar, photographs and church service details are now available on www.graftonparish.com



Dear Community News

I was cross with myself that a busy life got in the way and I didn't write last time we had snow.

Anyway to rectify that, I wanted to say Thank You to all the Farmers /Farm hands that came out again to clear the snow on Sunday.

They didn't have to do this but supported their community and really helped out.

From one East Grafton family and the whole community THANK YOU

PHT East Grafton

Winter Warmers menu

Last of the season until the Autumn!

Wednesday 12 April 12.30

Coronation Hall

Fish pie and vegetables
Lemon meringue pie and cream

Please reserve your place with Liz
01264 731242 or liz@wexcombefarm.co.uk

Don't forget to order your delivery if you are unable to get to the Coronation Hall. Please tell Liz if you know of someone who would like home delivery.

Winter Warmers would like to thank Mrs Susan Taylor for her generous donation towards their funds. This will ensure that the future of this enterprise is secure.



Slime lovely Slime!

Friday 20 April at Coronation Hall, East Grafton, 6.30 pm for Slime!

Homemade slime is gooey, sticky and all the rage, but what is it? Come along to find out and make your own! We will have a few recipes for you to try out and some pots to take them home in! There is no charge for this activity and nibbles and drinks are provided

Summer Half Term.

A trip to Cotswold Water Park is in the planning to include the Waterski Inflatable Rides or perhaps the Aquaventure Obstacle Course! Keep an eye out for details.

If you are interested in knowing more or have questions, email youthactivities@graftonparish.com or text Annie on **07802 923344**. Youth Activities is an initiative started by Grafton Parish Council and is aimed at young people at secondary school or in further education



Grafton Junior Cricket Club

**10:30 to 12:00 on each Saturday
5, 12, 19 May and 9, 23, 30 June**



As with previous years we will be charging £10 for the season and ideally the sessions are for children in the Parish who attend primary school.

This is a great way to develop cricketing and ball skills. We will have 6 training days and for the final gathering we will have a parents/children game. The training sessions will be on the East Grafton playing field, adjacent to Sunflowers at Grafton (just past St Nicholas' church).

If you have any questions please email pdewinton@savills.com

Grafton Parish Rounders Challenge 2018



Following the success of last year's inter-village rounders challenge match this is becoming an annual event.

Planned for **Friday 8 June** so start practicing your bat and ball skills!

If you can help to make it happen contact news@graftonparish.com

More details will follow in next month's edition.

News in brief

Volunteers for Warm and Safe Service

Warm & Safe Wiltshire is a service provided by the Centre for Sustainable Energy (CSE) on behalf of Wiltshire Council - www.warmandsafewiltshire.org.uk. The service helps those struggling to stay warm and healthy in their homes and to lower their fuel bills. For more information visit pewsey.ourcommunitymatters.org.uk/news/volunteers-for-warm-and-safe-service

Easter student leisure memberships

With the Easter holiday just around the corner we're again offering our special 4 week student membership for just £29.99 at all 10 Wiltshire Council Leisure Centres This includes unlimited access to the gym, group exercises classes and public swimming sessions with no contract, no admin fee and no session costs. Available to students aged 16 and over, in full time education. For more information visit pewsey.ourcommunitymatters.org.uk/news/easter-student-leisure-memberships



11 November Remembrance

11.11.18 is one hundred years after the end of World War 1 and therefore the Remembrance Service this year is especially important.

If you, or anyone you know, could play the "last post" at 11o'clock at the War Memorial then please email news@graftonparish.com to let us know.

This event is being co-ordinated between St Nicholas' PCC and Grafton PC to ensure that it is a Community Event for the whole Parish. You are invited to come along to the PCC AGM (15 April) and/or Parish Council AGM (14 May) to offer help and to find out more.

Email news@graftonparish.com with any comments, offers and suggestions please.

Local commercial listing

B&B West Grafton	Angie Orssich	01672 810339
B&B Grafton	Victoria Frost	07557 791604
Builder	Sam Sanchez	07887 991249
Cake making	www.faysfairycakes.co.uk	
Celebration Cakes	www.nattiesbakesandbites.co.uk	
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
Homeopathy	Emma H-Byass	07540 773531
Logs/tree surgeon	Jeremy Hawkins	07980 536156
Painting & Decorating	Neil Anderson	01264 731362

Local commercial listing Continued

Personal trainer	Hen Mackinnon	07977 511959
Pest Control	Julie Wilson	01672 811479
Printing clothing/signs	www.SCSigns.co.uk	
Storage/lock up	David Lemon	01672 870266
Sunflowers at Grafton	Julie McLernon	01672 810478
Swan Inn	Bill Clemence	01672 870274
For help and information		
Link Scheme	0771 7006787	
Police emergency	999 or 112 - information 101	
Member of Parliament	Claire Perry	01380 729358
County Councillor	Stuart Wheeler	01672 810285

Links for local information

Charity working for community development www.communityfirst.org.uk
Pewsey Area Board www.pewsey.ourcommunitymatters.org.uk
Access Community notice boards and much more on www.wiltshire.gov.uk
Grafton Parish www.graftonparish.com
Tree wardens for Wiltshire www.wiltshiretreewardens.co.uk



Our Doctor writes

We spend approximately one-third of our lives sleeping and it is increasingly evident that a good night's sleep is important for physical health and mental wellbeing.

A bit about the Science of Sleep

The brain has a biological clock which regulates the body's rhythm over a 24 hour period. There are 3 stages of sleep - at the deepest level, achieved after about an hour of sleep, growth hormone and chemicals which stimulate immunity are released. After you have been in the deepest stage of non REM sleep for an hour or so, the body enters rapid eye movement (REM) sleep. This is when you dream. Dreaming appears to be necessary for organising and archiving memories, for learning and for problem solving – so if you cannot find a solution to a problem, sleep on it. After 10 to 15 minutes of REM sleep you revert to non REM sleep. This pattern repeats 4 or 5 times during the night with REM sleep lasting longer with each cycle.

The benefits of sleep

A good night's sleep boosts immunity and a lack of sleep may leave you vulnerable to catching recurrent colds and flu. Sleep prevents diabetes and heart diseases because deep sleep changes the way the body processes sugar. People who sleep less than seven hours a day tend to gain more weight and have a higher risk of becoming obese than those who get seven or more hours of sleep. Sleep is essential for mental wellbeing. A single sleepless night can make you irritable and moody the following day. Concentration, attention and judgement are reduced and mistakes can happen after a few more nights of poor sleep.

Suggestions for improving your sleep

We need about 8 hours of sleep a night. Most fitness trackers, eg Fitbit, have apps which allow you to monitor and analyse your sleep pattern. Try to fall asleep and wake up at the same time each day. Avoid caffeine, nicotine and alcohol in the 4 to 6 hours before bedtime. Exercise helps promote restful sleep if is done several hours before sleep, otherwise stress hormones released during vigorous exercise can cause wakefulness. Eat early and try to keep any meal light before sleep. Establishing a soothing, relaxing pre-bedtime routine can be beneficial. A bath can be helpful because the rise then fall in body temperature causes drowsiness. Make your bedroom a sleep inducing environment - quiet, dark and cool. Avoid computers, TVs, phones etc. If you cannot get to sleep within 20 minutes of going to bed or of waking up during sleep, then get up, keep the lights dim and do a restful activity like reading or listening to music. Go back to bed when you feel sleepy. Natural light, especially in the morning, keeps your circadian rhythm on a healthy sleep-wake cycle. So get as much natural light as you can during the day.

When to see your doctor

Insomnia is difficulty sleeping for more than 3 weeks. Often it is simply a reaction to stress and usually improves without medical intervention. However, if it is not improving with the suggestions above and is impacting on your ability to function during the day, you may need help. Sleeping tablets and sedatives can be used for short periods to help initiate sleep. However these medicines are not a long term solution as they disrupt the natural sleep pattern and reduce time spent in essential REM sleep.

Coronation Hall AGM Friday 4 May 7.15pm

A wonderful chance to meet those who manage and maintain our fabulous Village Hall. The AGM promises to report on activities in recent years and to outline the plans for the future.

Everyone is welcome to come and find out more about the Hall and to offer ideas for the future and, if possible, to volunteer some time and energy to help with community events.

Parish Council Annual meetings 14 May 7.15pm

Representatives from all community groups and enterprises in the Parish are invited to report on the activities which they have undertaken in the past year and to outline plans for the coming 12 months.

Refreshments are served at the start of the meeting and everyone in the Parish is invited to come and find out what is happening in the Parish. This is traditionally an opportunity to find out more about your parish and to meet your Parish Councillors.

Parish Council planning reminder

If there are any planning applications, for building work, received with a closing date in between the bi-monthly full Parish Council meetings then an additional "planning meeting" is held on the middle Monday at 1pm. Agendas are posted on the hamlet noticeboards and on **www.graftonparish.com** at least 4 days before the meeting date. All residents are invited to attend.



MISSING ITEMS from ST NICHOLAS' CHURCH

A six foot folding table is missing from church, if you have borrowed this for a party or to accommodate extra diners over Christmas, we would be so pleased to have it back where it belongs.



Similarly we are missing 2 sheep from our small church nativity set. Could you please check all toys boxes for any likely livestock and shepherd them home. We would be very grateful. Thank you.

Please contact Patricia Knowles **01672 810072** if you have any information to help with the return of these items.

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



Community Contacts

Church flowers/cleaning	Patricia Knowles 01672 810072
Community News	news@graftonparish.com
Coronation Hall	07479 281809 hall@graftonparish.com
Junior Cricket	pdewinton@savills.com
Parish Council	clerk@graftonparish.com
PCC Secretary	01672 870266
St Nicholas' services	www.savernaketteam.org.uk
Winter Warmers	01264 731242 liz@wexcombefarm.co.uk
Local Clubs	
Windmill Society	secretary@wiltonwindmill.co.uk
Horticultural Society	01672 810364 Marijke Craig

Dates for your diary

All events take place in the Coronation Hall unless otherwise specified. *St N* refers to St Nicholas' Church.

APRIL

08	18.00	Evensong	<i>St N</i>
09	13.00	Parish Council planning meeting	
12	12.30	Winter Warmers lunch	
15	11.00	Holy Communion	<i>St N</i>
15	11.30	PCC AGM	<i>St N</i>
20	18.30	Youth Activities	
22	16.00	Family Service	<i>St N</i>
27	19.00	Picture Palace Community Cinema	
27	24.00	Closing date for Community News	
29	11.00	Rogation Service	<i>Manor Farm Wilton</i>

MAY

04	19.15	Coronation Hall AGM	
05	10.30	Junior cricket	<i>Grafton playing field</i>
12	10.30	Junior cricket	<i>Grafton playing field</i>
14	19.15	Parish Council AGM/APM/meeting	

See www.graftonparish.com for Coronation Hall booking information and details of gazebo hire - dates and information for all Parish council meetings and past community news issues.

MONDAY

YOGA

11:00 to 12:30
01672 841553 Lizzy Hawnt

TUESDAY



ZUMBA

09:30 to 10:30
07710 115324 Joanna Bury

YOGA

19:30 to 21:00
01672 841553 Lizzy Hawnt

WEDNESDAY

CIRCUIT & FITNESS

09:15 to 10:15
01672 810266 Hen Mackinnon

THURSDAY



Baby and toddler group
10:00 to 11:30
graftongoslings@yahoo.co.uk

FRIDAY

Mobile library at the Coronation Hall
13 April, 11 May 11.40am to 12pm



09:30 to 10:30
10:45 to 11:45
Beginners and gentle work
07769 580148 Tracey Rich



07746 479345
Charlotte Price

Monday	17.00 - 18.30	West End (Group Show Dances), Bronze Jazz, Pre-Pointe
Tuesday	16.00 - 18.00 18.00 - 18.30	Grade 1/2 Modern & Tap, Grade 3 Tap
Wednesday	15.30 - 19.00	Baby Ballet, Pre-Primary Ballet, Primary & Grade 1/2 Ballet, Grade 3 Modern
Thursday	16.45 - 18.45	Grade 4/5 Ballet, Grade 4/5 Modern

Deadline for the next issue Friday 27 April.

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References available on request.
07990 512342 Jasonlewis08@aol.com

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