



Welcoming Walkers to the Pewsey Vale

As part of a post-covid recovery plan for the Pewsey Vale economy, the Pewsey Vale Tourism Partnership is seeking to gain "Walkers Are Welcome" accreditation, a national scheme launched in 2007.

This accreditation will provide the area with additional publicity and will show the Vale to be an excellent destination for anyone who wants to enjoy a walking holiday.

Susie Brew, Coordinator for Pewsey Vale Tourism Partnership, said, "To meet the criteria for the scheme, we have to demonstrate that walking routes within scope are well maintained which we are doing in conjunction with local walking groups, landowners, Parish Councils and Wiltshire Council. We also have to demonstrate that the accreditation is supported by local people, businesses and organisations - so we have set up an online Register of Support. It takes just a few seconds to register at <http://bit.ly/3ivI6Dj> and we are urging as many people as possible to do so."

The Pewsey Vale Tourism Partnership is a not-for-profit, voluntary, community organisation set up in 2015 to promote the Vale of Pewsey. It is supported through annual membership – for more information contact Susie Brew – susie@visitpewseyvale.co.uk.

www.visitpewseyvale.co.uk

Dates for your diary

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

| APRIL | | |
|-------|-------|--|
| 04 | 09.00 | Easter Sunday celebration - See notices |
| 08 | 14.00 | Closing date for Parish Cncl nominations For details see POSTS page on www.graftonparish.com |
| 12 | 13.00 | Parish Council planning meeting <i>Zoom</i> |
| 13 | 24.00 | Church electoral roll closing date |
| 29 | 19.00 | St Nicholas' Annual Parochial Church Meeting <i>Zoom</i> Meeting ID: 820 1278 7111 Passcode: 467910 |
| MAY | | |
| 06 | | Parish, Council, Police Election Day |
| 10 | 19.15 | Parish Council AGM <i>Zoom</i> |



News from The Swan

On the 12th April we will open for "al-fresco" drinking and dining, and this time you can come and enjoy a pint without the complication of having to buy a scotch egg.

You may meet in groups of up to six or two households. We would advise that you book.

We will continue to offer takeaways, and the shop will remain in place until 17th May when you can all come inside in groups of six.

We are now supplied with lots of wonderful locally produced food: yoghurt, cream and milk (organic and unhomogenised) from Berkley Farm, cheeses from Brinkworth Dairy, and delicious bread from the Baking Chambers. We also have our much sought after scotch eggs, pies and deli pots (homemade humus, tapenade, pesto etc). Pop-in and have a look you might be surprised to see what we have.

We would like to thank everybody in the Parish for their continued support.

(01672) 870274

www.theswanwilton.co.uk

Coronation Hall Re-Opening Update

With lockdown restrictions lifting across the country, the Coronation Hall will be re-opening its doors in the coming weeks for exercise classes. Initially for children only, Charlotte's CAP dance and exercise classes will resume from 19 April with adult classes, including Yoga, resuming on 19 May. Do check with your tutors for their own return schedules. We also hope to introduce a new Pilates class on Thursdays from May, with Winter Warmers returning in July.

Of course, all this is reliant on the lockdown restrictions being lifted as planned, so please keep in contact with your tutors as needed.

Although no private parties can be held at the Hall at the moment, we will be able to start taking bookings for events after 21 June, when all legal limits on social contact are removed. Do contact Natalie by email at hall@graftonparish.com or call **07479 281809** with any

See www.graftonparish.com, call **07479 281809** or email hall@graftonparish.com for Coronation Hall booking information and details of gazebo hire.

St Nicholas' Church news



If you are interested in joining the Church Electoral roll (this is separate from the Electoral Roll which allows you to vote in a public election) then please contact Patricia Knowles **01672 810072** before the closing date 13 April.

Church Roof

Following the Zoom meeting on 25 March, a Fund-raising Committee has been established to form a plan to raise the money required to repair the roof. Work is likely to commence in the middle of June 2021 and is estimated to take 1-2 weeks. More details in the next issue. In the meantime contact Millie Lemon **07803 032273** to find out about progress or to offer assistance with this project.

Great litter picking effort across the Parish - thank you !)

Thanks to everyone who has picked litter over the past couple of weeks as part of the Great British Spring Clean. This annual litter pick really does help to keep our corner of the county looking lovely.

An extra big hurrah to those who love where they live all year round by picking up litter as they go about the Parish.

As a result of the litter picking there is a plea - to dog walkers to please take poo bags home with you. In particular, if you walk your dog on the Parish Playing Field please do not leave poo bags here.

Lockdown is easing and it's time for spring cleaning!

Not the house, well you can if you like! But as we move out of lockdown, it's time to break out from what seems like the longest winter ever. It's time to destress the mind and the body and give it a good spring clean!

Spending long periods of time cooped up in confined spaces, can increase stress levels for anyone. It's no wonder that lots of people are feeling slightly on edge now and keen to get out to see friends and family. There are lots of ways to manage stress, including just stopping for a few moments and taking a few big, deep breaths. If you are feeling a little stressed right now, get outside and go for a lovely walk in the amazing countryside that we are so lucky to have around here. Stop and listen to the birds singing, maybe skylarks as they climb up into the sky or a thrush singing at the top of the trees from dawn to dusk. Another option is to join a Yoga class. Yoga is proven to help reduce stress, improve fitness, flexibility and your balance!

The body can become sluggish, tired and achy. It is important to get the body moving in order to activate the lymph system. The lymph system is a second circulatory system in the body, but without a pump like the heart. You can think of it as an exhaust system for the body taking away the waste from the muscles and internal organs and when it gets clogged up, the body will cease to operate effectively.

In order to activate the lymph system we need to activate the muscles to get things moving. That means lots of twists and squeezing of the muscles. Add in some inversions and you get a perfect Yoga class. If you would like to try out a Yoga class, contact me for a free taster class.

Over the next couple of weeks, I will be launching a new mini guide on how to reduce stress. If you would like a copy, then please go to my website and join the email list (link at bottom of home page) - www.timmybyoga.co.uk.

Grafton Parish Reflects - 24 March

Thank you Annie, Jane and Tamara for the lead in producing the very tasteful and restful "Grafton Parish Reflects" candles and daffodil tribute by the Coronation Hall. This was visited by many and appreciated by all who saw it - including the children at Sunflowers

Our Doctor writes



On Friday 19 March I spent the morning vaccinating at Ramsbury Surgery. On the Saturday myself, Dr Anne Woods, Nurse Sue Woods and two of our administrative staff, Donna Pais and Stephanie Roe, were involved in the vaccination clinic at Marlborough Leisure Centre, where the majority of the 900 people vaccinated were aged 50 to 60. In April all those due their second dose will receive it, but following the announcement that supplies are likely to be disrupted, NHS England have requested that inviting the 45 to 49 cohort for their first dose is delayed for a few weeks.

The European Medicines Regulator reviewed all the trial data for the Oxford AstraZeneca vaccination and concluded that it is safe and effective. Results from the US trial, which has just been published and involved 32,000 people, concluded the same. The vaccine was 79% effective against stopping symptomatic Covid disease and 100% effective at preventing people falling seriously ill. There were no safety issues regarding clots.

Please do not become complacent once you have had your vaccination. It takes 2 to 3 weeks to develop immunity and this is not 100%. You still need to keep washing your hands, wearing your mask, social distancing and abide by the lockdown rules. Becoming complacent will only result in a longer lockdown.

If you have had COVID-19 you could potentially help other patients fight it by donating your blood plasma. NHS Blood Transfusion are currently looking at how the antibodies from blood plasma could support high risk groups such as the elderly and people with cancer who could struggle to develop their own immune response to the virus. Donations are vital to this ongoing lifesaving research. If you are male and have received hospital care you are around six times more likely to have the high antibody levels which might save lives. Anyone who has had COVID-19 can offer to donate by calling **0300 123 23 23** or completing the online form at www.nhsbt.nhs.uk

Finally, I would like to apologise to the two members of our reception staff who are shielding. Although they not been able to come into the surgery, they have both been very busy working from home doing administrative tasks. Ellie has now returned with amended duties and it is wonderful to see her. We hope to see Sadie soon. The perils of journalism, I'm just very grateful neither are suing me!

Stay safe. Keep well. Dr Angela Paddon and the team at The Old School Surgery.

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WhatsApp groups help maintain the flow!

On Thursday 25 March a large water main burst near Great Bedwyn. News travelled at speed throughout the Parish as users of the WhatsApp groups spread the word and kept everyone informed about progress on repairs and the restoration of the service.

If you have not yet joined your village group do think about it to ensure that you are kept informed. Details on page 4.

Parish updates will arrive in the June issue

Look out for all the reports from every club, organisation and enterprise in the Parish in the June issue of Community News. Due to the AGM being held via Zoom this will be your only way of catching up with local news. Zoom details are published on the Agenda for each meeting placed on village noticeboards and on www.graftonparish.com

If you would like to contribute to this "round-up" of local activities please submit a short piece to clerk@graftonparish.com

Keep your dog under control and on the lead any where near sheep

It is lambing time and there have been several reports of "well behaved" dogs attacking or worrying sheep and young lambs.

Please take care

Another of our regular advertisers writes about their business: Hannah Hatherell - Natural Hypnotherapy

From sports professionals to teenagers, weight issues to addictions, self-esteem can lie beneath many of the issues that I work with as a hypnotherapist. We all have times when we lack confidence and do not feel good about ourselves. But when low self-esteem becomes a long-term problem, it can have a harmful effect on our mental health and our day-to-day lives. When we have healthy self-esteem, we tend to feel positive about ourselves and about life in general. It makes us better able to deal with life's ups and downs. When our self-esteem is low, we tend to see ourselves and our life in a more negative and critical light.

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Call me at **07968 191115** and let the changes begin!



The Gastro Wheels are still turning!



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Local commercial listing

| | | |
|-----------------------|--|--------------|
| B&B Grafton | Victoria Frost | 07557 791604 |
| Builder | Sam Sanchez | 07887 991249 |
| Celebration Cakes | cakes@nattiesbakesandbites.co.uk | |
| Computer issues | Stuart | 07881 912477 |
| Disco and Karaoke | Pete Vallis | 01672 811326 |
| Dog Grooming | Victoria | 07786 868192 |
| Dog training/walking | Carrie Holborow | 07546 941709 |
| Double glazing | David Willcocks | 01672 811979 |
| Flowers | Gill Campbell | 07833 670693 |
| 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 |
| Personal trainer | Hen Mackinnon | 07977 511959 |
| Pest Control | Julie Wilson | 01672 811479 |
| Printing | Jane Goldstein | 01672 515444 |
| Storage/lock up | David Lemon | 01672 870266 |
| Sunflowers at Grafton | Julie McLernon | 01672 810478 |
| Swan Inn | Bill Clemence | 01672 870274 |
| Pinckneys Farm Shop | Wendy | 07989 228864 |

Young entrepreneurs

| | | |
|--------------|-----------------|--------------|
| Baby sitting | Sophie | 07557 915052 |
| Dog walking | Sebastian Horne | 07548 719030 |

Grafton Parish Council response teams

| | | |
|------------------|----------------|--------------|
| Parish food bank | Kevin Burke | 07713 067113 |
| East Grafton | Kevin Burke | 07713 067113 |
| Marten | Mike Hyslop | 07799 760417 |
| West Grafton | Annie Whitcher | 07802 923344 |
| Wexcombe | George Hosier | 07786 332950 |
| Wilton | David Lemon | 07974 400224 |

For help and information

| | | |
|----------------------|------------------------------|--------------|
| Link Scheme | 0771 7006787 | |
| Police emergency | 999 or 112 - information 101 | |
| Member of Parliament | Danny Kruger | 01380 729358 |
| County Councillor | Stuart Wheeler | 01672 810285 |

Community Contacts

| | |
|-------------------------|--|
| Church flowers/cleaning | Liz Hosier 01264 731242 |
| Vicar, M. McHugh | 01672 870779 |
| Community News | news@graftonparish.com |
| Coronation Hall | 07479 281809 hall@graftonparish.com |
| Junior Cricket | pdewinton@savills.com |
| Parish Council | clerk@graftonparish.com |
| PCC Secretary | Millie Lemon 01672 870266 |
| St Nicholas' services | www.savernaketeam.org.uk |
| Winter Warmers | 01264 731242 liz@wexcombefarm.co.uk |
| Youth Activities | Text Annie 07802923344 |

Local Clubs

| | |
|---------------------------------------|--|
| Windmill Society | secretary@wiltonwindmill.co.uk |
| Horticultural Society | 01672 810364 Marijke Craig |
| Crofton Beam Engines | crofton@katrust.org.uk |
| Grafton Goslings Baby & Toddler Group | graftongoslings@yahoo.co.uk |
| Dance classes | 07746 479345 Charlotte Price |
| Pilates | 07769 580148 Tracey Rich |
| Yoga for All | 07747 780898 Tim Brew |
| Yoga | 01672 841553 Lizzy Hawnt |
| Zumba | 07710 115324 Joanna Bury |

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

Village WhatsApp groups - Text or WhatsApp to join: East Grafton (Tamara 07711 824864), West Grafton (Annie 07802 923344), Marten (Mike 07799 760417), Wexcombe (George 07786 332950), Wilton (Tara 07833 320951). New to What's App? We can help - just get in touch.

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