

COMMUNITY NEWS



Lest We
Forget

There are always plenty of opportunities to chat to your neighbours in Grafton Parish. A nibble and a natter were enjoyed by many at the recent Macmillan Cancer Support coffee afternoon and a wonderful £250 raised for Macmillan. The Harvest Supper was a great opportunity to catch up with friends and neighbours and the new season of Winter Warmers lunches are a welcoming place to meet, eat and chat. The lunches start in the Coronation Hall on Wednesday 11 October with a delicious autumnal menu.

Will you take the #shareacuppa pledge? See page 3 for more information on this new initiative.

Sunday 12 November

10.45 at St Nicholas' Church

This traditional act of remembrance will be held firstly at the Parish War Memorial by the church lych gate and then inside the church

A notice from our new Poppy Appeal co-ordinator

Tony Nolson has, at the grand age of 86, retired after sixteen years of fantastic service to this Parish and the surrounding villages. We owe him a great deal of thanks for the wonderful job he has done. I have big boots to fill!

Look out for our team of volunteers who will be visiting the villages and knocking on your doors over the next few weeks in the run up to Remembrance Sunday on 12 November.

Thank you

June Pearson Tel **01672 811997** email
june.walnuttree@btinternet.com
and Caroline Pearson (deputy)

Wiltshire Mobile Library Service

The Wiltshire Mobile Library Service are carrying out a routine review of mobile library routes and would appreciate comments from the community on the proposed mobile library schedules for our area. They are keen to engage with as many people as possible and invite you to comment on the review.

Closing date 4 November. The consultation documents are available to view online from the Wiltshire Libraries webpage at <http://services.wiltshire.gov.uk/MobileLibrary/>

Recycling Centre News

FCC Environment is taking over the running of the recycling centres in Wiltshire and will be doing refurbishment work during October and November. This means that some of the centres will be temporarily closed to enable the work to be done. The ones closest to Grafton Parish are as follows:

Marlborough - closed from 2 to 12 October
Everleigh - closed from 23 to 28 October
Devizes - closed from 29 November to 9 December



Sunflowers at Grafton Recruiting now!

We are looking for enthusiastic individuals to join our team in the following roles:

Lunch cover – 2 hours/day, midday to 2pm in the nursery.

Bank team – working on an ad-hoc basis to cover holidays and sickness in the nursery. Ideally qualified to L2 or L3, but not essential.

Passenger Assist – to travel on the school minibus run in the morning and afternoon to assist a specific passenger. Immediate start. 10 hours per week.

Relief minibus drivers to start end of October 2017 – to provide cover for a pending long term absence, 10.5 hours per week. Must hold clean driving license with D1 or equivalent. MIDAS training will be provided.

We are happy to combine these roles where appropriate and consider job shares for the right applicant.

Interested? For more information please contact Alison Halfpenny on **01672 810478** or email **alison@sunflowers-grafton.co.uk**

CANCER

RESEARCH UK

Stonehenge and Pewsey Vale

CHRISTMAS FAIR

The Bouverie Hall, Pewsey

Saturday 11 November

Doors open 10am to 3pm

Free Entry

All donations gratefully received

sponsored by:

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Christmas Turkeys

This year St Nicholas' Church and Manor Farm will be supplying local turkeys (all reared and prepared within 20 miles of East Grafton) and donating the proceeds to St Nicholas' Church and Wiltshire Air Ambulance. As many of you who have bought turkeys from us in the past have commented – they are probably “the best turkeys ever” and with the proceeds going to 2 really good causes then “what’s not to like?”

There will be 3 types of bird available:

- **Organic Free Range Bronze Turkeys** – to Soil Association Standards
- **Free Range Bronze Turkeys**
- **Traditional Barn Reared Farm Fresh Turkeys**

The Organic birds are reared by local organic farmers in Vernham Dean and the others are reared on a farm high up on the Berkshire Downs by Ed Walters of Walters Turkeys. All the birds are reared to high welfare standards in spacious airy barns with a deep straw bed with lots of perches and the Organic and Free Range have access to large grass paddocks to roam over during the day.

The Organic birds have been fed on a fully organic diet. All the birds are allowed to grow slowly and mature naturally before they are traditionally prepared by Ed Walters and his team, they will be dry plucked and hand finished before being hung for at least 7 days and come wrapped in greaseproof paper and boxed with vacuum packed giblets and a free pop up timer.

The careful rearing and processing gives a really traditional turkey - tender and full of flavour.

Prices and details on how to reserve your turkey will follow but to register your interest please send an email with your contact details to pipmanorfarm@btconnect.com and Pip will email out the forms as soon as they are ready – orders will need to be in by 1 December.

Manor Farm, East Grafton, Marlborough, Wiltshire, SN8 3DB

Conservation roadshow

Come and talk to our expert conservators, on Thursday 12 October 2pm to 4pm, to find out how to look after your precious family keepsakes, photographs and treasures.

Get advice on the best materials and techniques to care for your items at home and when to seek help from an expert.

If you have items in need of a little TLC see if our conservators can give you hints and tips for cleaning without damage or a quote to get them repaired.

Location: Wiltshire & Swindon History Centre, Chippenham
Price: FREE – please book a place Tickets: please phone **01249 705500** or email localstudies@wiltshire.gov.uk

News from St Nicholas' Church East Grafton



Harvest Festival: Sunday September 24th

Over 50 people enjoyed the Harvest Festival service this year and the church was beautifully decorated with flowers and seasonal produce for the occasion.

Special thanks go to Mr and Mrs Taylor of The Manor, Marten and to Mr Davies of West Grafton who provided the many beautiful flowers which were displayed.

The Harvest supper in the barn at Wilton was an hilarious success with tasty food, a quiz and lots of wonderful produce auctioned. Well done to all those who made the event possible.



Our September Youth Activities session was a great success. Burgers of all shapes, sizes and flavours were produced and consumed by a very enthusiastic group ... and the battered onion rings were to die for! Join us in October;-

13 October, 6.30pm in the **Coronation Hall**, it will be a suitably spooky film for Friday the 13th! Come along for a night at the cinema and a chance to make your own pizzas for the interval.

Give us your suggestions for trips and activities this autumn (maybe some weekends?) and we can help you make them happen.

Contact youthactivities@graftonparish.com and Annie on **07802 923344** with any questions or your suggestions.

Local commercial listing

B&B West Grafton	Angie Orssich	01672 810339
B&B Grafton	Victoria Frost	01672 810386
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
Hair and Beauty	Katherine Le Bon	07770 945307
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 870866
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 about teenage mental health

Your mind can become unwell, just like your body and just like with any physical illness, there is treatment and support available for problems with your mind. This article covers some of the more common problems of the mind teenagers come to see a GP about and how these can be managed.

Anxiety and depression: It is normal to feel worried or anxious from time to time, an understandable reaction to change or a stressful event. Obsessive compulsive disorder (OCD) is a type of anxiety disorder which causes you to have repeating thoughts, images or feelings which often revolve around dirt, contamination or danger. Carrying out rituals or habits (compulsions) like repeated hand washing, checking doors are locked or counting allows temporary relief. Depression is a feeling of sadness or low mood which persists for more than two weeks. In addition to the symptoms you can experience with anxiety, you may find that you are tearful, no longer interested in the things you used to enjoy and interact less with your friends and family.

Anorexia nervosa and bulimia: These are eating disorders and serious mental health conditions. Anorexia often develops out of an anxiety about body shape and weight that originates from a fear of being fat or a desire to be thin. Some teenagers have a distorted image of themselves, thinking they are fat when they are not. If things feel out of control, restricting what you eat can be a way of feeling more in charge. You may start to miss meals, find it hard to eat in front of others, avoid fatty foods, count calories, make yourself vomit, repeatedly weigh yourself, take laxatives and exercise a lot. The most worrying physical changes are rapid weight loss and, in girls, not having periods. Bulimia involves binge eating and then making yourself vomit as a way of feeling more in control of your life. Eating disorders can affect your mood, concentration and sleep and can lead to serious physical health problems.

Treatment: Medicines for depression and anxiety are not very effective in developing brains which is why 'talking therapy' is used predominantly to treat depression and anxiety in children and teenagers. Counselling involves talking to someone who can help you work out why you are feeling the way you do and how to work through the situation. This could be a friend or relative or a trainer counsellor. Your school has a counsellor you can see or if you are 18 and older you can see a counsellor at the surgery by contacting Wiltshire IAPT (Improving Access to Psychological Therapies- **01380 731335, iapt-wilts.awp.nhs.uk**). You may need to be referred by your GP to the child and adolescent mental health service for under 18s (CAMHS) if you are struggling or have more serious symptoms, such as self harm or psychosis. Through CAMHS you can access psychologists and psychiatrists who provide cognitive behaviour therapy (CBT) and prescribe medicine. In CBT you work with the therapist to change the way you think and behave and find strategies to help you manage your feelings and thoughts. CAMHS can also provide therapy for families. If you do not want to see your GP, you can see a counsellor confidentially through Youth Access **0208 773 9900, www.youthaccess.org.uk**.

News in Brief

Support with People with Arthritis Information for Carers

We know that living with arthritis and chronic pain can be difficult, not only for the person who has the condition, but also for the people who live with and care for them. Come and find out about the support, services and information at the Bath Institute for Rheumatic Diseases and Carer support. Read more at **www.pewsey.ourcommunitymatters.org.uk/news/support-with-people-with-arthritis-information-for-carers**

Join us in taking the #shareacuppa pledge

Neighbourhood Watch has teamed up with social network "Nextdoor" and youth charity "The Challenge" to promote a great new initiative – the #shareacuppa pledge. Research shows that 60% of people don't know their neighbours well or at all. Nearly two thirds never borrow things or exchange favours with their neighbours. Read more at **www.pewsey.ourcommunitymatters.org.uk/news/join-us-in-taking-the-shareacuppa-pledge**

The Bee Road

This is a community project to build a 'Bee' Road between Marlborough and Pewsey – 7 miles of pollinator friendly forage and habitat, joining communities and supporting the bees to re-establish their populations. Find out more at **www.facebook.com/TheBeeRoad**

Do you have an opinion on Waste Management?

Wiltshire Council is undertaking a Waste Strategy Consultation which is open until 14 November 2017.

To access the online consultation link and a printable version of the consultation, go to **www.pewseycap.org.uk/wiltshire-council-waste-strategy-consultation/**



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

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www.thebowentechnique.com

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	problems		
RSI, Tennis Elbow, Carpal	Frozen	Period Pains	Hayfever
Tunnel	Shoulder		
Respiratory Problems	IBS,		
	Constipation		

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



Dates for your diary

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

OCTOBER

01	11.00	Holy Communion	<i>St N</i>
08	18.00	Evensong	<i>St N</i>
11	12.30	Winter Warmers lunch	
13	18.30	Youth Activities	
15	11.00	Holy Communion	<i>St N</i>
22	16.00	Family Worship	<i>St N</i>
27	24.00	Closing date for Community News	

NOVEMBER

11	10am	Cancer Research Fair	<i>Bouverie Hall</i>
12	10.45	Remembrance Day Service	<i>St N</i>
13	19.15	Parish Council Meeting	

Community News	news@griftonparish.com
Coronation Hall	07479 281809 hall@griftonparish.com
Parish Council	clerk@griftonparish.com
St Nicholas' services	www.savernaketeam.org.uk
PCC Secretary	01672 870266
Local Clubs	
Windmill Society	secretary@wiltonwindmill.co.uk
Junior cricket club	pdewinton@savills.com
Horticultural Society	01672 810364 Marijke Craig

MONDAY

YOGA



11:00 to 12:30
01672 841553 Lizzy Hawnt

TUESDAY



ZUMBA fitness YOGA



09:30 to 10:30
07710 115324 Joanna Bury

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
6 October 11.55am to 12.25pm



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	15.45 - 17.45	Grde 1/2 Modern & Tap, Grde 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 October.

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References available on request.

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