

News in brief

he Parish Steward: Grafton Parish has the occasional use of the Wiltshire Parish Steward who is employed to provide remedial actions when residents report problems with roads and footpaths to the Parish Council. A concerted effort has been made recently by Parish Councillors and residents to ensure that best use is made of this facility now that it has been enhanced by Wiltshire Council. If you see any potholes, overgrown pathways or footpaths or any other similar issue please email clerk@graftonparish.com or contact **My Wiltshire app** and your concerns will be progressed as soon as possible. If you can provide a photograph of the problem that would be helpful.

Carer Support Wiltshire: The Carers Appeal is raising money for unpaid carers in our communities and looking for local groups and individuals who would like to help fund raise.

Contact wwwfundraising@carersupportwiltshire.co.uk or **01380 871690**.

The Returners Fund is helping unpaid carers in Wiltshire who would like to return to work. For further details contact www.carersbacktowork.co.uk.

Footpath closures January until March 2020: Footpath 25 (Part), Grafton; from its junction with C205 to its junction with Middle Road; Footpath 10, Grafton; from its junction with Footpath 25, Grafton to its junction with Grafton Road.

To enable: Canal and River Trust to carry out engineering works to the canal.

Alternative route: via Public Highways and Public Rights of Way.

The closure and diversion route will be clearly indicated by traffic signs.

This Order will come into operation on 6 January 2020 and the closure will be required until 20 March 2020. It is anticipated that the works will take the stated duration to complete depending upon weather conditions. The Order will have a maximum duration of 6 months.

For further information please contact Canal and River Trust on **03030404040** or Stephen Leonard, Countryside Access Officer on **07771721255**.

Wiltshire Council wants to put a stop to fly-tipping and needs your help: A new campaign to encourage people to report fly-tippers in Wiltshire. If you spot someone fly-tipping in Wiltshire report them and as a reward you'll get a gift voucher of up to £200 following the payment of a Fixed Penalty Notice or a successful prosecution. You can report fly-tippers or fly-tipped waste via the **My Wiltshire app** or online reporting. Both are available via www.wiltshire.gov.uk/mywiltshire-online-reporting

A resident of the Parish offers FREE OF CHARGE advice regarding the security of windows, doors and conservatories.

My name is David Willcocks, I live in East Grafton and can be contacted on **07960 213329**. I have been in the window industry for 45 years running a company installing windows doors and conservatories. In retirement I now mend windows and doors. I open windows and doors where the keys are lost and mend them after a burglary.

Christmas and New Year waste and recycling collection changes: Garden waste collections will be suspended from Monday 23 December until 13 January. Collection days will change over the festive period, Household waste 26 December will change to 28 December, Black/blue 2 January will change to 4 January, Household waste 9 January will change to 10 January.

What do I do if I do not have internet access? If you do not have access to the internet then please drop a note into the Coronation Hall letterbox addressed to "The PC Clerk" and we will do our best to help you to contact the service which you require. Grafton Parish Council is interested in assessing how many residents are excluded from information because they do not have access to the internet.

Speed Indicator Device donations: Grafton Parish Council wishes to thank all those who donated towards the speed monitoring equipment. The fund remains open for further donations. Just email clerk@graftonparish.com for information.



Pre-Christmas clear out!



A blue Bag2School bag has been delivered with your Community News so why not take the opportunity for a clear out and help us raise funds?

Fill the bag with good quality used clothes, bags, shoes, belts and more (see side of bag for full details) and drop it off at Sunflowers by 9am on Monday 9 December.

Spread the word to family and friends - you can also use black bags if you have lots to clear out.

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News from St Nicholas' Church East Grafton



Visitors to our church are very complimentary about the floral arrangements and the condition in which it is kept. We are very grateful to our small team of ladies who give up some of their valuable time to clean and decorate each month.

At Easter our extensive and stunning lily arrangements are funded in memory of friends and loved ones and at Harvest time we are very fortunate that wonderful local residents both grow and supply us with dozens of beautiful chrysanthemums.

However during the rest of the year we rely upon our lovely helpers who either supply from their gardens or buy the blooms which they beautifully arrange. Would you like to join us. You may be newly retired, new to the parish or just have a little spare time. We really do need your help. This could be for as little as a few hours in any month of your choice, or perhaps you and a friend would like to be jointly responsible for one month. The duties are not daunting but very rewarding and you would be part of a very friendly team. If however you are say, part of a busy working family with little free time, perhaps you would consider sponsoring a floral arrangement during the year or even a combination of the two.

We will be getting the church ready for our Christmas services on Thursday 12 December from 10 am and would be delighted should you wish to join us. If you would like further information please ring Patricia Knowles on **01672 810072** or just come along.

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New YOGA Class

East Grafton Village Hall

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Every Wednesday from
8th January 9.30 - 10.30am

**Come along on the 8th January
for a FREE taster class
(beginners welcome)**

Please message, text or email for more
information or to book a space!

07747 780 898

tim.brew@hotmail.co.uk

[@TimmyBYoga](https://www.facebook.com/TimmyBYoga)



Our Doctor writes following on from the Screening article last month.....

The NHS Health Check is a free health check for adults in England aged 40-74 without a pre-existing condition. It is designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes and dementia. You can expect to receive a letter from your GP inviting you for a free NHS Health Check every five years. You will be asked about your family history, diet and exercise. You will have your blood pressure and heart rate checked and a blood test for sugar and cholesterol. At the Old School Surgery this is done by our practice nurses and takes about 20 minutes. You are usually sent an invitation, but can make your own appointment if you are 40, 45, 50, 55, 60, 65 or 70.

Abdominal aorta aneurysm screening (AAA) is an ultrasound scan to check if there is an aneurysm, in the aorta. This is the main blood vessel that runs from your heart to your lower body. An aneurysm is serious if not spotted early because it can enlarge and eventually rupture. One of my patients recently had a scan and he said that although there was a lengthy questionnaire, the scan was simple and did not take long, about 10 minutes. He had a normal result and found this very reassuring.

Prostate cancer and the Prostate Specific Antigen (PSA) - this is an informed choice programme, called prostate cancer risk management, for healthy men 50 or over who ask their GP about PSA testing. It aims to give men good information on the pros and cons of a PSA test. The PSA blood test is not used as a screening test for prostate cancer in the UK. This is because it has not been proved that the benefits outweigh the risks. PSA tests are unreliable and can suggest cancer is present when it is not (false-positive result). If you wish to have a PSA test go and see your GP. There is also helpful information available on the NHS Choices and The Prostate Cancer Risk Management Programme websites.

From everyone at The Old School Surgery, we wish you a very Happy Christmas. Eat, drink (in moderation, of course) and be merry (in abundance). Be well, best wishes Dr Angela Paddon

Dates for your diary

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

Coronation Hall bookings **07479 281809**
hall@graftonparish.com

DECEMBER

09	09.00	Bag2School drop off	<i>Sunflowers</i>
10	12.30	Winter Warmers	
12	07.00	General Election	
12	10.00	Church decorations	<i>St N</i>
15	16.30	Carol and crib service	<i>St N</i>
24	18.00	Santa's journey begins	<i>around the parish</i>
25	11.00	Christmas Day Communion	<i>St N</i>
25	12.00	Father Christmas visit	<i>The Swan</i>

JANUARY

08	9.30	Yoga for all	
24	18.00	Youth Activities	

 Like our Facebook page www.facebook.com/GraftonParishCommunityNews or follow us on  Twitter www.twitter.com/graftonparish.

See www.graftonparish.com for Coronation Hall booking information and details of gazebo hire.

MONDAY

YOGA



11:00 to 12:30
01672 841553 Lizzy Hawnt

TUESDAY



ZUMBA

09:30 to 10:30
07710 115324 Joanna Bury

YOGA



19:00 to 20:30
01672 841553 Lizzy Hawnt

WEDNESDAY

Mobile library at the Coronation Hall
18 December 11.40am to 12pm

THURSDAY



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

FRIDAY



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 - 19.00	West End (Group Show Dances), Bronze Jazz, Pre-Pointe
Wednesday	15.30 - 19.00	Baby Ballet, Pre-Primary Ballet, Primary & Grade 1/2 Ballet, Grade 3 Modern
Thursday	16.45 - 20.15	Grade 4/5 Ballet, Grade 4/5 Modern

Deadline for the next issue Friday 27 December

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References available on request.

07990 512342 Jasonlewis08@aol.com

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