

Grafton Youth Group

Join Grafton Youth Group's exciting activities in the February and Easter holidays – tell your friends and bring them along ...

Wednesday 20 February - Go Karting

Leaving **Coronation Hall at 1.45pm** at for a **2.30pm start at Thruxton Go Kart track**. Experience a 1.5 hour session where teams of 5 will race against each other! if you haven't already requested a place there's still time to book. Cost 2 Time Credits or £20. Places on a first come first served as places on the mini bus will be limited to 14 people.

Wednesday 10 April - take part in a live escape game at CLUE HQ Swindon

Teams of up to 6 are challenged to work together to find a way to escape from the room they are in! The best number for a team is 4 so you may want to get a team together beforehand. Afterwards we'll go to McDonald's. Times will be advised in due course. Cost 2 Time Credits or £20. Places on a first come first served as places on the minibus will be limited to 14 people.

Tuesday 16 April - 2pm - Making Easter Chocolates

Get creative with chocolate and make some Easter gifts (that's if it doesn't all get eaten beforehand!) Be prepared to get messy - bring an apron! This activity is free and will take place at the Coronation Hall.

Indicate your interest on all these activities by contacting Annie. Email youthactivities@graftonparish.com or text **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

Community Market & Brunch**Saturday 30 March, 10am****Calling all crafters, creators and bakers**

Coronation Hall will be holding their second Community Market & Brunch event on Saturday 30 March. As well as the usual craft and art stalls, we are looking for people who make their own produce and may have a little surplus they could sell, be it jams, chutneys, marmalade or whatever!

Also, do you have any children's toys or clothes that are grown out of? We would like to run a pre-loved stall, so if you have a few items that you would like to sell on, get in contact. If, however, you would like to take a whole table and sell items, we have tables available – for which there is no charge!

It is also a great opportunity to catch up with friends and neighbours from the Parish over a delicious breakfast buttie (or two).

Mothers Day is on Sunday 31 March, so maybe you can pick up something fun, unique or delicious from one of the stalls that your Mum would love to receive.

For further details or to book a table please email hall@graftonparish.com.

*Mothers Day
Sunday*

**Sunday 31 March, 4pm**

It has become a tradition at St Nicholas' for the children to present their loved ones with a small posy provided during the service.

Please come along with children, grandchildren, or just by yourself and enjoy the family service.

New Christmas altar cloth

Thank you to all those who worked so hard to sew the new altar cloth for the Christmas services at St Nicholas'. You know who you are and your efforts are much appreciated.

Don't forget that you can keep in touch with parish planning applications via Facebook and Twitter. Our first planning application post on the Community News Facebook page on 2 January reached more people and had more post clicks than any post since 1 December indicating that many households took a look which is great.

If you would like to be notified of planning applications you can either like our Facebook page www.facebook.com/GraftonParishCommunityNews or follow us on Twitter www.twitter.com/graftonparish.

**Winter Warmers Lunch****Tuesday 12 February, 12.30pm****Coronation Hall**

Baked ham and parsley sauce



Bakewell tart and cream



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

If you need a lift, or are unable to come to the Hall and would like to receive the meal at home, then please contact Liz for arrangement details.

A great chance to meet local people, enjoy a fabulous meal and win a raffle prize!

**Speed Watch**

If you are concerned about the speeding through East Grafton and would like to make a difference, how about joining the Community Speed Watch Team? We have a small group of volunteers from the Parish who go out on a regular basis. Currently this is only in East Grafton as it is the only location that has met the criteria for the scheme. Each session lasts an hour, so it only takes up a small amount of your time once or twice a month but can have a great impact on the traffic coming through - both by reporting those who do speed, but also as a visual reminder for all of the 30mph limit. If you would like to get involved, contact hall@graftonparish.com for more details – full training will be provided by Wiltshire Police.

Our Doctor writes **Happy Valentine's Day** 

A newly single friend asked me about how I cope with Valentine's Day. For those who do not know me well, I have been single (happily) for what seems like forever and I love to socialise, so any excuse for a party! I appreciate that for some Valentine's Day can be daunting. Those not in a relationship or in an unhappy relationship, those recently divorced or widowed, those living with mental or terminal illnesses may all struggle with the ideals seen on TV, in advertising or on social media. Seeing others promote and celebrate their happiness, love and togetherness on social media can be hard and highlight feelings of being different and alone.

Loneliness is simply about not feeling connected. The Royal College of GPs (RCGP) is increasingly concerned by the evidence which shows that loneliness and social isolation can be as bad for people as chronic health conditions. Loneliness puts people at a 50% increased risk of an early death compared to those with good social connections. Consequently, the RCGP has recently launched a campaign to tackle loneliness in the community. If you are lonely, socially isolated or would like to volunteer to help tackle loneliness, whatever your age, please contact your GP practice for more information. At the Old School Surgery our care co-ordinator, Mary Soellner, is the lead on loneliness and social isolation. She visits socially isolated patients at home and has set up clubs for you to join in Great Bedwyn and the surrounding villages. Last Tuesday afternoon Shalbourne Connect had their first meeting in the village hall. This is a weekly meeting starting at 2pm to enable people to make those vital connections.

If your self esteem is low you may compare your relationship to portrayals of unrealistic and idealised relationships and think that you or your relationship are not good enough. Self esteem is about how you see yourself and how much value you see yourself having. Low self esteem can result in a lack of confidence, motivation and success. If you suffer from low self esteem there is help available. The Moodzone section of the NHS Choices website has excellent information about rising self esteem. The charity MIND also has information about loneliness and self esteem on their website. You can contact the Improving Access to Psychological Therapies team directly or through your GP to access a counsellor or cognitive behaviour therapy (CBT). CBT is a talking therapy which aims to help you manage your problems by changing the way you think and behave so it can help improve your self esteem.

Valentine's Day does not have to be about romance. For me it is not about romance, but about celebrating the friendships I have. I feel lucky that I have such amazing friends and relatives. So, there will be the usual flurry of texts to and from friends and family with Happy Valentine's Day wishes, the chats (very short) with my mum and daughter about my love life and I will allow myself the tiniest anticipation that there might be a card or red rose (no chocolates please) from a secret admirer. This year I am also being brave and going speed

dating. I know this will be a fun evening out and maybe it will be the start of a lovely relationship. Thank you to all who sent Christmas cards and gifts. The team at the Old School Surgery really appreciate your kindness and encouragement.

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

Local commercial listing		
Baby sitting	Sophie	07557 915052
B&B Grafton	Victoria Frost	07557 791604
Builder	Sam Sanchez	07887 991249
Cake making	www.faysfairycakes.co.uk	
Celebration Cakes	www.nattiesbakesandbites.co.uk	
Computer issues	Stuart	07881 912477
Disco and Karaoke	Pete Vallis	01672 811326
Disco and Party	Steve	01672 811109
Dog Grooming	Victoria	07786 868192
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
Personal trainer	Hen Mackinnon	07977 511959
Pest Control	Julie Wilson	01672 811479
Storage/lock up	David Lemon	01672 870266
Sunflowers at Grafton	Julie McLernon	01672 810478
Swan Inn	Bill Clemence	01672 870274

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.graftonparish.com
Winter Warmers	01264 731242 liz@wexcombefarm.co.uk
Local Clubs	
Windmill Society	secretary@wiltonwindmill.co.uk
Horticultural Society	01672 810364 Marijke Craig



Victoria Lewis: 07786 868 192 | 01264 731408

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Look out for details of the **Grafton Parish BIG Tidy Up** in the March Community News and on Facebook and Twitter. If you'd like to be involved please contact Sue at Sunflowers at Grafton on **01672 810478**.



REMEMBER

If you would like to remember friends and loved ones by purchasing lilies to be part of the magnificent Easter display and memorial scroll in St Nicholas' Church then please contact Patricia Knowles on **01672 810072**.

Easter Sunday is on 21 April this year when the scent and vibrancy of the memorial display will be a treat for all the senses.

Early orders appreciated



Come and play ... Our children love visitors and we wonder if any local residents might like to join a Come and play team?

Time spent with the children could be as relaxed as playing a game or reading a book; it might involve sharing your knowledge or skills, perhaps playing music, looking at the wildlife in our gardens or drawing; maybe indulging a passion for building trainsets! Whatever the activity you can be sure it will be great fun and we would love to see you – male or female, old or young.

Note: your visits could be regular or ad-hoc, on a paid or volunteer basis. We will provide all necessary support, training and suitability checks.

United for all ages ... You may have seen, or heard about, the recent Channel 4 show 'Old People's Home for 4 Year Olds' which documented the impact of introducing a pre-school class to a group of older people. This idea of intergenerational care – bringing young and elderly together - originated in the 1970's and has gathered momentum across the globe over the last couple of years.

Time spent together has a powerful effect on both young and old; bringing new energy, knowledge and enthusiasm to each other's lives; increasing self-esteem and promoting friendships; creating more smiles and conversation.

We are hoping to develop our version of this at Sunflowers this year and are in the early stages of planning. If you have experience or knowledge of residential care for older people and would like to get involved in making this happen we would love to hear from you.

Contact Sue England on **01672 810478**, email admin@sunflowers-grafton.co.uk or come and see us at the Community Market in the Coronation Hall on Saturday 30 March.

WEBSITE

- Events and news in the Pewsey Vale visitpewseyvale.co.uk
- Charity working for community development communityfirst.org.uk
- Pewsey Area Board pewsey.ourcommunitymatters.org.uk
- Access Community notice boards and much more on wiltshire.gov.uk
- Grafton Parish graftonparish.com
- All the latest news releases wiltshire.gov.uk/latestnews.htm
- Heritage community of Wiltshire heritageinwiltshire.wordpress.com
- Recycle for Wiltshire recycleforwiltshire.com
- Roadworks wiltshire.gov.uk/roadshighwayspavements
- Tree wardens for Wiltshire wiltshiretreewardens.co.uk

News in brief

The Vale Community Campus

You are invited to a formal open day on Friday 22 February between 1pm and 4pm to officially open the new facility in Wilcot Road, Pewsey. There is a range of activities on offer for all the family and an opportunity to have a tour around. Free swimming will be available between 1pm and 3pm alongside a variety of group exercise class taster sessions in the studio. There will be soft play and a bouncy castle available in the sports hall and a programme of activities for both adult and children to have a go at. For full details on the event, including the timetable of activities, please visit www.wiltshire.gov.uk/leisure-pewsey

Warnings from Action Fraud

Fake emails and texts purporting to be from TV Licensing are common. The messages contain links to genuine-looking websites that are designed to steal personal and financial information. Always question unsolicited requests for your personal or financial information in case it's a scam. Malicious calls, voicemails, text messages or emails to members of the public purporting to be from HMRC are frequently recorded. The fraudsters state that as a result of their non-payment of tax or other duty, the victim is liable to prosecution or other legal proceedings such as repossession of belongings to settle the balance but can avoid this by arranging for payment to be made immediately by method such as bank transfer or by iTunes gift cards. If the victim is hesitant or refuses to comply, the suspect makes a threat such as immediate arrest, bailiffs or in cases where the victim appears to be of overseas origin, deportation. Often, the period for which the tax is allegedly due is distant enough to guarantee the victim will have little, if any, paperwork or ability to verify the claims. Once the money is paid, the suspects stop all contact.

Rules to stay safe:

- It is vital that you exercise caution when receiving messages or telephone calls of this nature.
- Never automatically click on a link in an unexpected email or text.

For more information about how to stay safe online, visit www.cyberaware.gov.uk

Dates for your diary

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

FEBRUARY

03	11.00	Holy Communion	<i>St N</i>
07	19.15	Crofton charity talk	<i>St Peters' Church, M'Boro</i>
11	13.00	Parish Council planning meeting (if nec)	
12	12.30	Winter Warmers	
17	11.00	Holy Communion	<i>St N</i>
20	13.45	Youth Activities	

MARCH

03	11.00	Holy Communion	<i>St N</i>
11	19.75	Parish Council meeting	
12	12.30	Winter Warmers	
17	11.00	Holy Communion	<i>St N</i>
30		Community market and brunch	
31	16.00	Mothering Sunday	<i>St N</i>

Coronation Hall - Missing Recycling Boxes

Our 4 green lidded recycling boxes have gone missing from the Hall. If you know where they are, could you arrange for them to be returned as soon as possible?

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 fitness

09:30 to 10:30
07710 115324 Joanna Bury

YOGA

19:30 to 21:00
01672 841553 Lizzy Hawnt

WEDNESDAY

Mobile library at the Coronation Hall
13 February, 13 March 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 - 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 22 February

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References available on request.

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