

COMMUNITY NEWS

This month's Community News is larger than usual because we have included the reports from local organisations which were presented to the Parish Council at the Annual Parish Meeting held on 13 May. The positive responses which we received following the publication of reports last year has encouraged us to include as much as we can in this issue.

Seasonal farming news can be seen on page 2. This new regular column from a Parish farmer will include information about what we see around us and we hope this will be of interest to you.



Summer Fete set-up Can the volunteers helping with setting up the gazebos, barriers, bunting etc please meet on the Green at 2pm, Friday 14 June and 8am on Saturday 15 June for the final touches.

Thank you to all who have volunteered. Your help is greatly appreciated.

News in brief

Raizer Chairs for our First Responders

At the Pewsey Vale Health & Wellbeing Forum, it was confirmed that the two Raizer Chairs, delivered through donations from Parish Councils and grant funding, are now operational. In such a rural area, First Responders are frequently the first on the scene and will be on their own. Often they are called out to falls but are unable to lift the person because it needs at least two people to do this safely. As a result, this then necessitates an ambulance and a visit to A&E, even though the person may not actually require any treatment. A Raizer Chair is a kit that the First Responder can assemble and then, using clever technology, the chair raises the person from the floor into a seated or standing position. Although the chairs have only been deployed in the last couple of months, we already know of a lady in Pewsey who avoided a trip to hospital after a fall at home where one of these chairs was used.

For more information, see www.pewseycap.org.uk.



Grafton Youth Group

Grafton's Traditional Summer Fete - help make it happen ...

Friday 14 June - Cake Making at Coronation Hall, 6pm – 8pm

Come along and help cook and decorate cakes to be sold at Grafton Summer Fete the following day. We'll be making cupcakes and Rocky Road. Bring your creativity, an apron and get stirring.

Drinks and nibbles will be provided. If you will be coming along to help tell Annie at youthactivities@graftonparish.com or text **07802 923344**

Saturday 15 June - Volunteers to help with one of the traditional stalls at the fete, 11am – 4.30pm. If you can volunteer for all or part of the time please contact kevin.burke@cardss-ltd.co.uk.

Activities for the Summer Holidays

31 July (NB date change) – An afternoon 'Donutting' at Southampton dry ski slope followed by fish and chips by the sea

28 August – Spooky navigation night and campfire at Oxenwood

27 September – Film and pizza at Coronation Hall

Please indicate your interest for any of these activities by contacting Annie 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



Saturday 22 June 2019

0930-1330



Community Market and Brunch

Pick up great gifts and food

Grab a bargain from the table top sale

Get kids creative with Sunflowers Creative Corner and

Catch up with friends over Brunch

(food served from 0930-1300)



Breakfast baps, tea, coffee and more





Another Reader writes (from the heart and from the bath...)

"Yes - do pick up your dog's poo, but please, please don't throw those black plastic bags into the undergrowth and ditches, especially at the end of our Green, where many are to be found.

The bags, unlike their contents, are NOT biodegradable.

And they are not exactly a welcome find to those of us clearing and strimming.

The green bin close to the Coronation Hall is placed there for such disposal near the stocks, shortly to be erected for offenders..."

Thank you, and good wishes

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Our Farmer writes

As I sit here writing this the sun is shining and the birds are singing. I heard the cuckoo call this morning and the swifts have returned from their Winter away. Summer seems just around the corner.

We go into the Summer with all of our crops looking well. Last Autumn was kind to the crops with mild weather and it was not too wet. This Spring has been a complete turn around from last year, with March last year very wet and the "Beast from the East", which meant that planting was delayed by nearly 6 weeks.

This year has seen much kinder weather and so our crops of spring barley and peas have been planted in good time and in perfect conditions, we have also been lucky to get just enough rainfall when the crops needed it. It is definitely unusual to find a farmer who is not complaining about the weather... it won't last I am sure!

Our cows have finished calving and are out grazing and moving their way around the farm. We keep them in one big group and split our fields up into small paddocks which will provide them with enough food for two days; so this involves moving them on every two days. The cows do not return to graze the same grass for around 60 days allowing plenty of recovery time for the grasses.

Our sheep have moved on to pastures new so that I can focus more time and effort into the cows which we will keep for the next couple of years.

A new addition on the farm are some bee hives which a local beekeeper has introduced to help to pollinate our flowering crops and to produce some honey.

We have many areas across the farm which are managed to encourage wildlife. One of these is an area of bare ground which is preserved to encourage waders, such as lapwing and stone curlew, this is being monitored by the RSPB and they have seen evidence of successful nesting by both target species.

Farmers enjoy seeing people out walking, running and riding on their farms. Please help us by keeping to marked footpaths and by keeping dogs under close control or better still on a lead. Young animals, both livestock (especially lambs) and wildlife (particularly ground nesting birds like the lapwing and stone curlew), are very vulnerable to overzealous dogs.

If anyone has any questions about our farm, or farming in general please email me: george@wexcombefarm.co.uk and I will try to answer here next month.



Victoria Lewis: 07786 868 192 | 01264 731408

No. 5 Basset Cottage, Wexcombe, Marlborough, SN8 3SQ

www.doggroomingbyvictoria.co.uk victoria@doggroomingbyvictoria.co.uk

News in brief

The North Wessex Downs Walking Festival

From 8 to 23 June, The North Wessex Downs Area of Outstanding Natural Beauty, in which we live, is running a Walking Festival. There are walks (most free) across the AONB and to book your space, go to www.northwessexdowns.org.uk/walking-festival.html.

If you can't get to any of the walks, then there are lots available to you from the Pewsey Vale Tourism Partnership – you can download at www.visitpewseyvale.co.uk or you can pick up copies from The Swan, Wilton Windmill, Crofton Beam Engines and Coronation Hall.



Annual Parish Meeting

The APM took place on Monday 13 May and was an opportunity for all local organisations to report on the year and to look ahead. Summary reports shown below.

Huge thanks to everyone involved in all our local organisations, for giving their time to help make Grafton Parish such a vibrant community. Many of the groups are always keen for new volunteers and members so please do get in touch if you would like to get involved.

Email clerk@graftonparish.com or news@graftonparish.com

Parish Council Chairman's Summary of the year:

Speed watch:

We needed volunteers and I am pleased to say new ones came forward and received the training. More volunteers have since applied and we are waiting for the police to arrange the training. Over the year we caught nearly 100 speeders with an average speed of 45 mph. We continue to take speeding in the Parish very seriously and are in pursuit of Speed Indicator Devices (SIDs)

Coronation Hall:

The hall continues to be a tremendous success and to cover its own costs with regular and occasional hire. We are all very grateful for all the hard work put in by volunteers who run the hall so successfully and look forward to their report.

Youth Activities:

What hasn't Annie done? Starting with a cracking Parish rounders event which saw everyone come together for fun and merriment on the green and incidentally made £555 profit which was split between the church and the zip wire fund. The Youth Activities report will follow.

Picture Palace:

We have our own cinema nights in the hall. This year films included "Darkest Hour" attended by 30 people and "The Greatest Showman". The sound system does not provide the best quality for the audience and therefore research is being undertaken into improving it.

Playing Fields:

The skate ramp and jungle equipment passed a clean bill of health last summer but various activities, including skating on a pallet, saw the ramp turn into a state of disrepair. The ramp was closed temporarily whilst the necessary repairs were carried out and it continues to be enjoyed by many local children. The outfield was used for junior cricket attended by 30 - 40 local children coached by capable fathers and local cricketers. Meanwhile plans for the zip wire go ahead. We are trying to raise funds of around £6000 to make sure we have a fully traceable, safe and well-built structure.

Defibrillators:

We successfully moved the Marten Defibrillator from the Manor to the wall at the bottom of Mr Pash's drive thereby making it more accessible to the village. New batteries were put in this year where required.

Remembrance Day:

The PC and the PCC held a very good joint event supported by Chris Beale, Charles Baxter and Dougie Wilcox among many others. We held a service that began outside the Church at the Parish war memorial, included the unveiling of the memorial for the men of Wilton who went off to war, a choir recital, readings from letters written during the war and the service was followed by a celebration of the peace at the hall. Meanwhile the green was converted into a battle field complete with vehicles and trenches and the Coronation Hall displayed a terrific mural created by the Youth Group.

Thank you:

The Chairman finished by thanking his Councillors for all their hard work during the year and the Clerk for keeping everyone informed. If anyone wishes to contact the Chairman they can email chairman@graftonparish.com or clerk@graftonparish.com



St Nicholas' Church PCC

Although very few people come to Church routinely to worship, as Church Warden I continue to feel that there is broad support for our Church in the community.

The Church was full on Christmas morning and we had a congregation of 90 on Easter Sunday, a service for which the flower ladies once again worked very hard to fill every corner of the Church with arrangements of lilies. The atmosphere was truly heavenly. June Pearson recruited help from the children to create a lovely Easter Garden and Cross around the font.

Liz Hosier has just completed another year of very popular 'Winter Warmers' lunches. All who attend these lunches are enormously grateful to her. I am determined to keep our Church ticking over in the belief that the support which it receives helps to bring the community together in a world which seems to become increasingly divided and fragmented.

Martin Butt – Church Warden



Youth Activities

A successful 3rd year for the youth group with 29 young people from the Parish participating in the activities. We went to Aquaventure and kart racing at Thruxton. Enjoyed days with Oxenwood (paddle boarding, climbing wall, archery, shooting and campfire cooking!) and with WOLT (canoeing and the Tarzan Trail!).

In the Coronation Hall we got Slimey, watched films and created awesome clay models. We supported the WW1 celebrations by creating a graffiti mural, involving over 30 young people. While not spraying paint all hands helped create delicious snacks served the following day at the community celebrations.

Most recently we held a well-attended Teen Aider training encouraging young people to experience CPR, using defibrillators and knowing how to act in an emergency.

There is a Summer programme planned and we look forward to seeing more young people join as they move to secondary school this autumn. Contact youthactivities@graftonparish.com for details.



Coronation Hall Report

I am pleased to report that the hall is in good shape financially. In 2018 it generated a surplus of £4490. Most of our costs are relatively static, although we have seen inflationary increases across the board. However we have not had any major repairs or renewals to undertake in the past year.

The caretaker vacancy for a large part of last year meant that our costs were some £3500 lower than in the previous year. There are sufficient reserves for future maintenance not least a redecoration in the next eighteen months to two years for which we are budgeting £6000. We are also mindful that we have not yet had to replace any kitchen equipment, or carry out any major repairs to the heating and air conditioning systems.

Our income is made up of regular hirers £11,204 (up by £3000 on the previous year due exclusively to Miss Charlotte's increased dance classes), and one off hirers £3459 (down by £2000 on the previous year) nearly half of which is from children's parties. Last year we did not receive any income from elections, but this year we will receive £500 for the European elections. However Miss Charlotte has slightly reduced her usage, so that next year the regular hirer income will be down by £800.

We do now have a healthy management committee, a great new cleaner in Suzanne, and a wonderful new caretaker, Maria. I am sure that everybody would agree that the hall is looking very neat and tidy. We have in the last year introduced the Community Markets which have been a great success. There have been two so far and there are two more booked in for the coming year. The outside parking area seems to have withstood the winter well, but we are planning to have the pot holes in the drive filled again this summer.

There have been lengthy discussions about the Hall audio/visual system, particularly in light of the Moviola nights. We have been presented with some good options by Crispin Herod Taylor, but there is some debate as to how far we go with this, and given that the investment will be from reserves, what level of investment we can justify. We do intend to meet with the interested parties to discuss this further.

Many thanks – Bill Clemence Chairman.

Email hall@graftonparish.com to book the hall or make any other enquiry about the Coronation Hall.



Cricket Clubs

Wilton Cricket Club has enjoyed another strong year. The juniors section which is led by Piers de Winton, Jonty Butler and Nick Hebden have had another successful year coaching over 30 children in 2018 and have had a good start to the 2019 season. These sessions offer both an introduction for boys and girls looking to try out cricket as well as developing the skills for those who have experience. There are 4 sessions left for this season and they would be more than happy to welcome other budding cricketers who would like to come along. The remaining dates are 8th, 15th, 22nd and 29th June.



The Senior side had a solid 2018 season with many enjoyable fixtures played on Sunday's through the course of the summer. These games have been competitive, results in many have been close and it has been pleasing to report that as a club we are continually being approached for fixtures by other clubs which we hope is down to the way that we play the game. Looking at the season ahead the club are hoping that more residents from the Parish will be interested in turning out for a game on one or more Sunday afternoons. Please contact Ben Fleckney **07545 619431** if you would like to join.



Grafton and Bedwyn Link Scheme

We hope the service provided will continue for many years and would encourage anyone who has a bit of spare time and would like to support the community, to consider joining. We are always short of drivers although we do our very best to fulfil all requests for transport so do not be afraid to ask!

Even though most hospital trips are to Savernake and Great Western hospitals, there are a few further afield such as Oxford, Winchester and Andover. Apart from hospitals and doctors, there are trips to dentists and for physiotherapy. The other journeys are for more social reasons such as shopping and visits to day centres.

The Link is a registered charity and relies on donations from the clients and the generous support of the local Parish Councils.

Contact **0771 7006787** to use the link or to volunteer your time. The scheme only involves the amount of time that you have available and does not demand any more than you are able to easily provide so do make enquiries as you may be able to help even if only in a small way.

We hope to hear from you. Mike Fleckney



Pewsey Community Area Partnership

We did a lot of work on the Everleigh Household Recycling Centre but unfortunately were unable to save it from closure. It has however created a review of how public consultations are being carried out by Wiltshire Council.

Raizer Chair:

Two Raizer Chairs have been bought and are being used by the First Responders in the Pewsey Vale area. See article on page 1 for more details on Raizer Chairs.

Youth Activities:

Working with the groups - Annie Whitcher in Grafton and in Bedwyn.

Wheeled sports:

Assisting with the consultation on the wheeled sports area at The Vale Campus. Running the Wheeled Sports event at Bouverie Hall to let local children have a go at skateboarding and other wheeled activities.

Community group support::

We have been able to support small community groups who want to run events by providing insurance for them through our own insurance policy - we have helped Bedwyn Footpaths Group recently.

Running the Health & Wellbeing Group:

Administering the grant process with Wiltshire Council.

Organising and running the Pewsey Memory Café:

3rd Monday of the month.

Pewsey Community Area Plan:

Conducted overhaul to completion.

Set up the Pewsey Vale Rail User Group:

Working closely with Bedwyn Rail User Group, Great Western Railway, TransWilts and the Great West Way.

Contact: to find out more visit www.pewseycap.org.uk

Sunflowers at Grafton



Sunflowers at Grafton is not-for-profit and community run, and is in great health. We continue to build on our reputation for outstanding child care with particular attention to use of outdoor space and activities to encourage and inspire play and learning. Highlights from the past year included many trips for our pre school children using our minibuses, including a trip to Roche Court Sculpture Park (Salisbury) and a new collaboration with the Gamekeepers Trust for 2 days of Country Pursuits during our summer holiday club for primary school children. We have seen few changes in our wonderful childcare team which is quite an achievement in the current early years sector. We have also managed the introduction of 30 hours funded childcare which has caused some well publicised financial challenges across the sector.

The upkeep of our building and grounds requires significant investment of time and money to stay fit for purpose. Last summer we received donations to install an efficient boiler and water cylinder which will make significant energy savings.

Maintaining strong links with, and making a positive contribution to, the Parish will always be a priority for us. We provide local employment opportunities (are we the largest local employer we wonder?) and over 50% of our employees live in Grafton Parish, Bedwyn and Burbage. Our board of trustees is made up of parents and members of the community and we always welcome conversations with parish residents who would like to contribute.

Community access to our gardens and playground; making our minibus available to community groups, including Grafton Youth Activities and a local cricket team; hosting the World's Biggest Coffee Morning for Macmillan Cancer Support and raising money for Wiltshire Air Ambulance are all part of our commitment to Grafton Parish. In addition, members of our team continue to give their time to support other community activities and events. This year Sunflowers' team members have supported our local baby and toddler group, organised the Great British Spring Clean litter pick and supported the production and delivery of our community newsletter.

Tamara Reay, Chair of Trustees

Grafton Goslings



Grafton Goslings baby & toddler group continues to meet weekly on Thursday mornings at the Coronation Hall (term time only) and is supported by Sunflowers. But the success of this group is entirely due to the wonderful mix of parents and carers who come regularly and roll up their sleeves to help.

Grafton & District Horticultural Society



Another successful year was greatly helped by the wonderful weather which we had in 2018.

Our programme has developed over years and consists of four evening lectures, five visits to private gardens (including lunch in a nearby pub) and two social evenings (summer buffet and Christmas party).

Our membership has doubled over the past eight years with 42 members currently enjoying our calendar of activities.

Marijke Craig - Chair GDHS



Pewsey Vale Tourism Partnership

2018 was an extremely busy year with increased membership and confirmed ambassadorship for the Great West Way culminating with the launch event in Pewsey.

The partnership is involved in the Walking Festival being run by the North Wessex Downs AONB between the 8 and 23 June.

Projects Completed:

The Historic Map Information Boards together with an online version New Tourist Information Kiosk working with Great Bedwyn Parish Council Special Offers campaign for 2019 and Christmas competition

Projects In Progress:

Walking & Cycling leaflets (12 out of 20 so far delivered online and in print) Filming (in the final stage of background music)

Contact: for further details visit www.visitpewseyvale.co.uk



Wilton Windmill Society

The last year was very successful for the Society and the Mill continues to be in good condition with only modest maintenance issues to be addressed this season. We completed a full season of guiding, opening on every Sunday and Bank Holiday throughout the summer. Special events included our regular Smoke and Mirrors murder mystery evening that attracted 130 paying guests and the Wind in the Willows themed Family Fun Day that attracted over 1000 visitors and made a net £6000 contribution to the Society's funds.

Of significant note was the decision to relocate and renovate a 19th century granary from Lackham College. The granary was falling in to disrepair- however it was the inspiration of James Arnold-Baker that kept it for prosperity by relocating it to the site of the Windmill. This project is now complete and the granary is open to the public as an educational facility. The Society would also like to give specific thanks to Peter Lemon who provided interim funding while the project was being implemented.

The Society takes its responsibilities for the health and safety of its volunteers and members very seriously and we are pleased to announce that there have no adverse health and safety issues throughout the season. Indeed we have further strengthened our health and safety working practices with the addition of safety lines, lanyards and harnesses for sail climbing and will be implementing a first aid course for volunteers later in the season.

Financially the Society is in a robust position with adequate funds to meet foreseeable expenditure. This has been aided by a generous donation from the family of Peter Pender-Cudlip, a founder member of the Society, and a strong start to the season which saw us take over £1000 in revenue over the Easter bank holiday.

In summary the Society is in a strong position going into the 2019 season and continues to fulfil its obligations in maintaining the mill as an important parish heritage asset that continues to provide education and entertainment to parishioners and visitors alike.

James Marlow - Chairman Wilton Windmill Society. For further information visit www.wiltonwindmill.co.uk



www.graftonparish.com for local news, articles and reports.

Welcome to Grafton Parish and the Coronation Hall in Wiltshire

Home - Coronation Hall - Community News - Grafton Parish Council - Youth activities - Defibrillator/CPR
St Nicholas' Church - Posts - Contacts

East Grafton, West Grafton, Marten, Wilton and Wexcombe

COMMUNITY NEWS

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

Your Parish council supports these community information sources which are provided by volunteers who do their best to keep you informed about activities and changes which may affect you in your day to day life in this stunning part of Wiltshire.

The website is updated with information as soon as possible and the site is funded by the Parish Council. Together with Data Protection and all the Parish email addresses this costs approximately £450 per year to provide.

The Community News is also run by volunteers and is funded by advertising income. The aim is to provide timely details relating to events and services in our Parish with the occasional piece of light relief, as demonstrated by the farmer's piece this month. A huge "thank you" to all those who help to regularly distribute this monthly news and to all those who so willingly give up a few hours now and then to make a difference.

Facebook and Twitter are recent additions to the communication alternatives and also manned entirely by volunteers. The inclusion of planning applications on Facebook is our attempt to ensure that you are made aware of plans which have been submitted. It is hoped that this is useful and gives you time to look at, and respond to, plans which may affect you. Do please add us to your Facebook account to ensure that you get planning information as it arrives.

You are probably well aware of the many requests for volunteers to help to make things happen! Generally time is rewarded with much fun and entertainment and it is true that the more people who come forward the easier each job becomes. Certainly there would be little to enjoy without volunteers stepping forward.

Do please email news@graftonparish.com or pop a note into the **Coronation Hall letterbox** if you can help and we will pass your details on.



Councillor Stuart Wheeler

Councillor Wheeler referred to the full report for the year 2018/9 which is compiled by the council and which will be available on our website.

It is proposed that the work to roads in general and specifically between our Parish and Burbage, our Parish and Bedwyn and the main road to Marlborough be brought forward to 2019.

Wiltshire has incurred vast expenditure in Salisbury following the Novichok incident but has remained in good order to finance the requirements for the future.

The Vale Community Campus is a fantastic facility which should be visited as there is something there for everyone.

stuart.wheeler@wiltshire.gov.uk



Wiltshire Police

Community Police Team

Unfortunately there was no one available to attend our meeting although solving policing problems is surely more important? Our Parish is now served by the Wiltshire East branch of the police service

www.wiltshire.police.uk/WiltshireEast

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

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
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	

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

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Our Doctor writes



Lyme disease, also described as 'the new great imitator', is the most common vector-borne disease in the northern hemisphere. Whilst early diagnosis and treatment may provide a cure, symptoms can be non-specific and easily missed, with potentially serious consequences. The Royal College of GPs has launched a new toolkit, 'Spotlight on Lyme Disease,' which aims to raise the profile of Lyme disease amongst primary care clinicians and the general public. There is an e-learning module available for all health care professionals focusing on the clinical features of this easily missed condition, links to evidence based guidelines for treatment and the need for further research. Information for the general public focuses on disease prevention and early recognition of symptoms and includes advice on tick bite avoidance and correct tick removal.

Some key facts

Lyme disease is a bacterial infection caused by *Borrelia burgdorferi* and is transmitted by the bite of a tick. Ticks are carried on wild animals and birds and are present throughout the UK, although most prevalent in Scotland and southern England. Peak time for tick bites is late spring/early summer, ie NOW. The bite is usually painless and ticks are small and may go unnoticed. The incidence of Lyme disease is increasing. However, most ticks in the UK are not infected by *Borrelia burgdorferi*. Prompt tick removal decreases the risk of infection. There is no proven minimum time of attachment needed for transmission of infection and it is possible that it takes 24-48 hours for the bacteria in an infected tick to pass into a human, the time it takes for a tick to become engorged. So, if you remove a tick promptly and it is not engorged, you are much less likely to develop Lyme disease, even if it is an infected tick.

Early symptoms may be flu-like and non-specific (feeling hot, shivery, headaches, aching muscles, nausea). A circular red rash, erythema migrans, is diagnostic. This spreads outwards 5cm or more from the bite anytime from 3 days to 3 months. It may sometimes occur away from the site of the bite. In 30% of cases the rash may be absent and diagnosis can be difficult in these cases. In early disease Lyme serology blood tests may be unreliable because the antibody response takes several weeks to reach detectable levels. A negative test does not exclude the diagnosis. A blood test is recommended if there is diagnostic uncertainty or more severe symptoms and, if negative initially, a repeat test is advised in 3 to 4 weeks to determine whether antibodies have developed.

If you develop symptoms following a tick bite a course of antibiotics will treat the infection very effectively (95% cure rate). Early diagnosis and adequate treatment provide the best chance of a cure. There is no international consensus on the duration of treatment. If you are bitten by a tick and do not develop symptoms you do not need to take antibiotics 'just in case'. In most cases, the infection does not progress any further, even without treatment, as the immune system clears the infection. Unfortunately in some people untreated or inadequately treated Lyme disease may progress after the initial infection to cause joint, nerve and heart problems. Again there is no international consensus of opinion on the cause and management of persistent symptoms and further research is required in this area. Current scientific research is seeking to explore issues such as: whether the bacteria may survive antibiotic treatment and cause persistent infection, how the bacteria interact with the human immune system to survive immune clearance and whether post-infectious immune dysfunction results in persistent symptoms following treatment. Research is also focusing on a safe and effective vaccine for Lyme disease.

To prevent a tick bite it is sensible to wear long sleeved clothes in forested, heath-land, long grass or scrub areas and use insect repellent containing DEET. Check for ticks daily and if you find one remove by holding the tick as close to the skin as possible so that you have its mouth parts. If you are outdoors you can use your fingers covered by tissue paper, but if possible use tweezers. Pull gently without twisting as this reduces the risk of mouth parts detaching from the body. Clean the area with water or a skin disinfectant as soon as you can.

If you wish to know more, the Lyme Disease Toolkit can be found on the RCGP website. The section 'Support for patients, carers and the general public' has links to websites providing useful information on ticks and Lyme disease such as Public Health England, NHS Choices and Lyme Disease UK.

Be well, best wishes. Dr Angela Paddon

Contact information referred in the Doctor's piece

Royal College of General Practitioners: www.rcgp.org.uk

NHS lyme disease: www.nhs.uk/conditions/lyme-disease

Lyme Disease UK: www.lymediseaseuk.com

Public Health England: www.gov.uk/government/organisations/public-health-england

Dates for your diary

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

JUNE

08	10.30	Junior cricket	<i>Grafton playing field</i>
14	TBC	Youth Activities	
15	10.30	Junior cricket	<i>Grafton playing field</i>
15	11.00	Grafton Traditional Fete	<i>Grafton Green</i>
15	19.00	Murder Mystery	<i>Wilton Windmill</i>
16	11.00	Holy Communion	<i>St N</i>
22	10.00	Market and Brunch	
22	10.30	Junior cricket	<i>Grafton playing field</i>
29	10.30	Junior cricket	<i>Grafton playing field</i>
29-30		Motorcycle Festival	<i>Crofton Beam Engines</i>
30	09.30	Holy Communion	<i>Gt Bedwyn</i>

JULY

31		Youth Activities	
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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
5 June, 2 July 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

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References available on request.

07990 512342 Jasonlewis08@aol.com

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