



St Nicholas'

**Remembrance Service
10 November 10.45am**

This traditional act of remembrance will be held firstly at the Parish War memorial by the Church lych gate and then inside the Church.

The centenary in 2018 was an event to treasure and the Parish will gather together again this year to remember those who made the ultimate sacrifice for us all.



**Stir-up Sunday service
24 November 4pm
Coronation Hall**

Stir-up Sunday is a centuries-old tradition where cooks spend the last Sunday before Advent 'stirring up' the Christmas pudding. Dating back to Victorian times, the whole family took a turn at stirring the Christmas pudding and making a wish.

Winter Warmers

Tuesday 12 November

12.30pm, Coronation Hall

Steak and Guinness Pie

Mashed Potato + Seasonal Vegetables

Bread and Butter Pudding

Everyone is welcome to enjoy this monthly "get together" with delicious food and friendly company.

Contact Liz Hosier - **01264 731242** or **liz@wexcombefarm.co.uk** to let her know that you are coming, would like a lift or would appreciate lunch to be delivered to your home.

10 December for your Traditional Christmas lunch with all the trimmings - save the Winter Warmers date now!



Getting ready for Christmas!

22 November - Christmas gifts at Coronation Hall @ 6.30pm

An evening of making Christmas candles as presents for your friends, family or you! Come along and find out how it's done! Get to choose your colours (or mix them up!) and add some fragrance too!

This event is free of charge. Nibbles and drinks will be provided.

December - Youth Group will volunteer to help with the annual Christmas drinks and mince pie 'do' in the Coronation Hall – come along and help make pies and sausage rolls! Date and time to be advised in December issue.

Activities and trips for 2020 Exciting plans are underway for a variety of fun events – here is a sneak preview. Tie dying tee shirts, Go Karting at Thruxton, Bedwyn Pantomime, Extreme Trampoline, Games night, Creating Easter Chocolates, Cinema trip, Crazy Golf, Aquaventure. What would you like to add?

If you are interested in knowing more about Grafton Youth Activities, email **youthactivities@graftonparish.com** or text Annie on **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

Have a Creative Christmas

Solve those present dilemmas with gorgeous hand-made gifts

Sunday 24 November

10am - 12pm

Coronation Hall, East Grafton



Join Sunflowers at Grafton for a wonderful creative morning - a great frenzy of Christmas present making for children and adults

For more information call 01672810478 or email admin@sunflowers-grafton.co.uk



Community Market & Brunch

Meet & Eat - Saturday 30 November, 9.30am - 12.30pm

Coronation Hall is getting into the Festive spirit by inviting everyone in the Parish to come along to the Hall and enjoy a delicious freshly cooked breakfast (all provided by the Hall itself). This is an opportunity catch up with family, friends and neighbours before the Christmas rush begins.

In addition, there will be various local stall holders where you can pick up Christmas Gifts, local produce and see what the Parish has to offer you from our local entrepreneurs - see what is available from them right on your doorstep!

If you would like to know more or be involved, please get in contact with Natalie by email at hall@graftonparish.com

To reserve a place at this informative annual event please email secretary@wiltonwindmill.co.uk

Visit www.wiltonwindmill.co.uk for more information and details on how you can become involved as a volunteer.



Our Doctor writes about screening for Cancer

Screening hit the news recently following the release of a Government review to establish why there is a decline in the number of people attending. Recommendations included that patients must be able to attend cancer screening during evenings and weekends, and in locations close to their home or work. Outdated and old equipment should be replaced and a new IT system is required. The report said the current screening service saves over 10,000 lives a year.

Screening tests are not perfect and have some risks. You may get a false positive result (changes detected which are not really there) or a false negative result (changes are missed). So it is still important to be aware of symptoms. You need to be registered with a GP to get your screening invitations.

Cervical screening

Cervical cancer is rare under the age of 25 so the cervical screening programme invites women from age 25 to 64 for screening. You are invited every 3 years if you are aged 25 to 49 and then every 5 years until the age of 64. Since 2008, girls aged 12 and 13 have been offered a vaccination against the human papilloma virus (HPV) and from this September boys will also receive the vaccination. However, the vaccination does not protect against other types of HPV that are linked with cervical cancer. This means that girls who have had the HPV vaccine still need to go for cervical screening from age 25.

Breast Screening

Overall, the breast screening programme finds cancer in about 8 out of every 1,000 women having screening. The NHS Breast Screening Programme invites all women aged between 50 and 70 for a mammogram (X-ray) every 3 years. If you are older than 70, you can still have screening every 3 years but you won't automatically be invited and you will have to contact your local breast screening unit to make an appointment. If you are younger than 50, your risk of breast cancer is generally very low. Mammograms are more difficult to read in younger women because their breast tissue is denser. However, UK guidelines recommend that women with a moderate or high risk of breast cancer because of a family history should start having screening mammograms every year in their forties. If you are younger than 40 and have an increased risk of breast cancer, you should be offered yearly MRI scans from the age of 30 or 40 depending on your level of risk. If you are known to have a gene mutation that increases your risk of breast cancer then screening is recommended to start in your 20s. If you are concerned about a higher risk of breast cancer due to a family history, talk to your GP.

Bowel Screening

On your 60th birthday you will be sent a 'poo pot in the post'. Bowel cancer screening saves lives. If detected early the survival rate for bowel cancer is 90% at 5 years and yet this has the lowest uptake rate with only 50 to 58% for people being screened in the last 6 months (breast 74%, cervical 70-74%). Again, if you have a higher risk of bowel cancer due to a family history or ulcerative colitis or Crohn's disease, screening guidelines are different and you will be offered a colonoscopy (a telescope is inserted into the bowel) at a younger age.

Next month I will write about Abdominal aorta aneurysm screening (AAA), NHS Health checks and why the prostate specific antigen (PSA) is not a screening test for prostate cancer.

I will always recommend and encourage you to attend screening.
Stay well, best wishes
Dr Angela Paddon

Autumn Walking A further seven walking routes and four off-road cycling routes have been added recently to the Visit Pewsey Vale website – www.visitpewseyvale.co.uk. Six walks from the Bedwyn Footpaths Group are also available on there for you to download and enjoy!



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.



Our Farmer writes

25 days of rain in a row, producing more than 2 months' rainfall means that we have had a very frustrating time recently, when we would normally have been planting next year's crops.

Now the weather has started to change and it's all systems go to get as much planted as possible before it rains again (as is forecast). In a normal year we would start planting wheat and barley around the 20th September (when the rain started this year) and be finished by early October. This year we started a month late. Hopefully this will not have any great effect on next year's yields and as long as the weather holds for long enough for us to plant everything that we have planned, we can remain hopeful.

While the weather was holding us up I was able to go to Oslo for a conference to discuss the future of food and fuel production from farming. It was a fascinating conference where leaders from business and politics were brought together with students and entrepreneurs. This made for excellent discussions and hopefully the results of these will help to forge a future of greener energy and food production.

Thoughts on the farm are now turning to preparations for winter. This is going to be the first time in over 50 years that our cattle will stay outside rather than bringing them into the more unnatural environment of the barns. We are planning where they will spend their time moving around the farm from field to field grazing on fields that do not have anything to harvest in them. This allows the grass fields time to rest and recover and gives us the chance to integrate the livestock onto the arable land which has not had cattle on it for many years.

Putting livestock onto arable land is a really good way to kick start the soil biology as the microbes in the gut of cattle are almost identical to the microbes in a healthy soil.

Fingers crossed for some helpful weather to finish planting and get the newly planted crops off to a positive start.

George Hosier www.wexcombefarm.co.uk



Christmas Turkeys 2019

Locally reared turkeys (choose from Bronze Free Range, Bronze Organic Free Range and Traditional White Barn Reared).

Now available to order with all profits to St Nicholas' Church, East Grafton and Wiltshire Search and Rescue. All prices the same as last year. Please email pipmanorfarm@btconnect.com for prices and details.

Last orders 1 December collection from East Grafton Monday 23 December.

News in Brief

Pewsey Vale Local History Group meet at Pewsey Heritage Centre, 30 October 7.30pm.

Presenting Local History by Local People on:- **The History of PEWSEY FIRE STATION** by *Simon Green & Andy Wright* and **107 MEN OF EASTON ROYAL** by *Ian Johnson*.

£4 to include refreshments. Pay at door. Raffle. Everyone welcome. Further details: **01672 564241**

HUNGERFORD
Hotfix
PC SALES · SUPPORT · REPAIR



For any computing issue or upgrade call

Stuart Crees BSc

07881 912 477
stuart@hungerford-hotfix.co.uk
www.hungerford-hotfix.co.uk

Footsteps Podiatry Services
Katie Bluff HCPC Registered
07881 802386
katie@thepodiatrist.org.uk
www.thepodiatrist.org.uk

- * Routine Footcare
- * Nail Surgery
- * RA & Diabetic care
- * Biomechanical review
inc - plantar fasciitis, heel & foot pain
- * Verrucae treatments
- * Home visits available
- * Drop-in appts 9-2 term time





Adie Cripps Professional Chimney Sweep

Highly Recommended

Power Sweep, Vapor or
Brush & Vac for a Professional,
Clean, Friendly & Reliable Service.

Fully Insured and Certificate of Sweep Issued

T. **01672 512 438**
M. **07557 472 541**
E. adie.cripps55@gmail.com




THE STABLES AT MANOR FARM
Self catering accomodation near Marlborough, Wiltshire

Two beautiful self catering holiday cottages in East Grafton. Perfect for holidays and short breaks or ideal extra space for visiting friends and family.



www.thestablesbreaks.com
pipmanorfarm@btconnect.com
01672 810735 or 07884 453300

printimage
Marlborough

Christmas is coming!

Turn your pictures or photos
into unique personalised
Christmas cards, calendars
and wrapping paper

01672 515 444

[www.print-image.co.uk](https://www.printimage.co.uk) [printimageuk](https://www.instagram.com/printimageuk)

**ST FRANCIS
CHRISTMAS FAIR
2019**

**THURSDAY
14TH NOVEMBER
11AM - 6PM**

**OVER 40 STALLS
CHARITY RAFFLE**

**ST FRANCIS SCHOOL,
MARLBOROUGH ROAD,
PEWSEY, WILTSHIRE, SN9 5NT**

ENTRANCE: ADULTS £3.00 CHILDREN FREE

WWW.ST-FRANCIS.WILTS.SCH.UK



**DOG GROOMING
by Victoria**

Victoria Lewis: 07786 868 192 | 01264 731408

No. 5 Basset Cottage, Wexcombe, Marlborough, SN8 3SQ
www.doggroomingbyvictoria.co.uk victoria@doggroomingbyvictoria.co.uk

 **Planning applications for discussion at Parish Council meeting on 11 November, 7.30pm.** All residents are welcome to attend. Full agenda on parish noticeboards.

Reference: **19/09661/FUL** Proposal: Proposed single storey side and rear extension. At: Old Police House, Wilton Road, East Grafton, SN8 3DH

Reference: **19/09369/FUL** Proposal: Demolition of Existing Conservatory and Replacement with New Rear Extension and addition of new Summer House within rear garden. At: The Old Coach House, The Green, East Grafton, Marlborough, Wiltshire, SN8 3DB

Reference: **19/09157/FUL** Proposal: Erection of a conservatory to rear (amendment to previously approved E/11/0853/FUL). At: Meadowbank, East Grafton, East Grafton, SN8 3DB

Visit www.wiltshire.gov.uk/planning for further details

 **Neighbourhood Watch**

There have been a number of break-ins recently in our parish and we hope that this information will be of help to residents. There will be further discussions at the Parish Council meeting on 11 November.

Neighbourhood Watch in Wiltshire East mirrors the Wiltshire Community Policing Team (CPT) for Wiltshire East and covers the areas of Devizes, Marlborough and Pewsey.

You can find Neighbourhood Watch Schemes that are already established in your locality by entering your postcode via the "postcode search" menu item on www.wiltshirenhw.org/copy-of-wiltshire-west

Dates for your diary

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

NOVEMBER

10	10.45	Remembrance Service	<i>St N</i>
11	19.30	Parish Council meeting	
12	12.30	Winter Warmers	
17	11.00	Holy Communion	<i>St N</i>
22	18.30	Youth Activities	
24	10.00	Creative Christmas with Sunflowers	
24	16.00	Stir Up Sunday service	
27	18.30	Wilton Windmill AGM	
30	10.00	Community Market & Brunch	

DECEMBER

01	11.00	Holy Communion	<i>St N</i>
09	09.00	Bag2School drop off	<i>Sunflowers</i>
12	12.30	Winter Warmers	
15	16.30	Carol and crib service	<i>St N</i>
25	11.00	Christmas Day Communion	<i>St N</i>



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 fitness

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
20 November 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 - 18.45	Grade 4/5 Ballet, Grade 4/5 Modern

Deadline for the next issue Friday 29 November

CLARIDGE Funeral Service

*Friendly Independent family funeral directors,
available 24 hours a day, all year round.*

01672 511836

Parade Mews, The Parade, Marlborough. SN8 1NE.

www.claridgefuneralservice.co.uk

daniel@claridgefuneralservice.co.uk

David Willcocks

Repairs to Double-Glazed windows, doors and conservatories, sealed-units, hinges, handles, locks, letterboxes, leaking conservatory roofs, doors and windows that will not open or close properly.

Tel. 01672 811979 Mob 07966 216629

e-mail david.willcocks566@gmail.com

www.davidwillcocks.com

Amanda Marsh Physiotherapy at Marlborough Golf Club



Physiotherapy, Massage, Pilates Classes and 1:1s
Rehabilitation, maintenance, fitness
Whatever your needs, we look after you
Free parking, early and late appointments available

Call us **07958 599716**

info@amandamarshphysiotherapy.co.uk

www.amandamarshphysiotherapy.co.uk

White Mulberry Soft Furnishings

Hand-made roman blinds and curtains
Made to measure wooden venetian and roller blinds
Co-ordinating cushions, pelmets and tiebacks
Curtain alterations

www.whitemulberry.co.uk for a free quotation

Please contact Ceri Cliss on **07780 688566**
or email info@whitemulberry.co.uk

**MANNINGFORD
CROFT**
PROPERTY SALES
AND LETTINGS

MACLAINE

Pewsey

Tel: **01672 564555**

Mark Chick/Gabby Walker

Hungerford

Tel: **01488 684000**

Simon Walker/Maryclare Prowse

Website: www.manningfordcroft.com

Jason Lewis Carpenter Carpentry & Maintenance

All building work undertaken, painting, tiling, all types of locks, kitchens, home improvements, plastic doors & windows, general maintenance.

References available on request.

07990 512342 Jasonlewis08@aol.com

Advertising rates per issue: 1/12 page £5.50, 1/6 page £11, 1/4 page £16.50

Email news@graftonparish.com - Editorial rights reserved

Printed by RIDGEWAY PRESS www.ridgewaypress.co.uk

Email info@ridgewaypress.co.uk Tel **01256 300420**