

It's Jack and the Beanstalk, Local family fun, If you go to Swindon It'll cost you a ton!

Come along and join the fun. Everyone else will have done. Panto's at our Parish Hall Come hiss and boo -Come one and all!

FRIDAY, 22nd NOVEMBER at 7.00pm

(Doors open at 6.30pm) Tickets - Children £5.00 Adults £7.50

Tickets available from:

THE SWAN BOX OFFICE - WILTON JUNE PEARSON - EAST GRAFTON: 01672 811997 - june.walnuttree@btinternet.com LARA ROSS - WEXCOMBE: 01264 731272 - largonline@hotmail.com

Ice-cream, sweets, pop-corn and drinks for sale before the performance



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in support of

Wilton Windmill

Coronation Hall Thursday 5th and food ideas - helping to December raise money for 1pm - 6.30pm

Lots of wonderful Christmas gift Wilton Windmill

November Events Across Grafton Parish

Families from across the Parish enjoyed the Fireworks and Bonfire at Manor Farm. Many people took advantage of the 'tractor taxis' to Wilton and especially enjoyed the bumpy ride over the potholes. Over £1000 was raised for St Nicholas' Church which is a big boost to the fund to repair the church roof. Huge thanks go to the Lemon, Pearson, Keyes and Willcock families and Frank Silk and Lucy Charman who contributed towards the fireworks and to the Lemon Family for hosting the evening. It is hoped to that our Parish Fireworks become an annual event.

Seasonal events continue this month with the Service of Remembrance at St Nicholas' at 10.45, this Sunday 10 November. Then on Friday 22 November Jack & the Beanstalk comes to the Coronation Hall which promises to be a fun evening for all the

Stay warm and please drive carefully on our muddy roads.



Stir Up Sunday 24 November 11am at Coronation Hall



The last Sunday in November is Stir Up Sunday - a British tradition introduced by the Victorians when families would gather to make their Christmas puddings.

St Nicholas' Church will again be celebrating Stir Up Sunday with a family service at Coronation Hall during which everyone will be invited to "stir the pudding".

Please bring your own pudding basin and a donation if you would like to take a pudding to steam (and eat) at home.

Packaged puddings will also be on sale after the service, as well as tea, coffee, cake and Christmas stalls - all helping to raise funds for St Nicholas' Church.



Sunflowers at Grafton

Christmas Fayre

Sunday 1st December & 2pm to 4pm

Coronation Hall, East Grafton

Visit Father Christmas in his Grotto Ho Ho Ho!

Christmas shopping including beautiful Christmas flowers, Usborne Books. Cards and jewellery

> Traditional favourites Including Tombola raffle and cake stall

Lots for the children Sweetie stall

Delicious refreshments

Pony rides courtesy of Charlie



Annual General Meeting

on

Thursday 5th December 2013

The Coronation Hall, East Grafton

Doors open to AGM attendees from 6.30pm for a cheese and wine supper

The AGM business starts at 7.30pm

Gastronicks Christmas Fair will be running before and after the AGM



Friends, Members & Patrons of the Society are invited to attend.

If you are not a Member, and would like to get involved, then you are very welcome to come along to hear about what has happened during the past year and our plans for the future.



Please help our catering preparations by calling Susie Brew on **01264 731404** or emailing secretary@wiltonwindmill.co.uk

NEWS IN BRIEF

Pewsey Area Board

The Pewsey Area Board is meeting at Pewsey Vale School on Monday 11 November starting at 7pm. The meeting will focus on health and well-being and further details can be found at

www.wiltshire.gov.uk.

Girlguiding opportunities

Volunteering with Girlguiding is about more than just giving something back to your local community. As well as helping girls have fun and learn, you'll boost your own abilities and confidence.

There are various age groups in Burbage, Collingbourne Kingston, Upavon and Milton Lilbourne which operate girl-led programmes of indoor and outdoor activities, with the emphasis on fun.

To find out more, call **01793 815366**, email

pewseydc@wncounty.org.uk or register online at **www.girlguiding.org.uk/interested**.

War memorial renovation project

The Renovation Team would like to thank everyone who reviewed the plans for the War Memorial that were on display at St Nicholas' Church and for the feedback provided.

Thanks also go to everyone who has supported the fundraising for the renovation work by purchasing the 'Men of Grafton' book and making donations.

Just as a reminder, 'Men of Grafton', telling the story of all the men on the Grafton War Memorial, is still available and can be obtained by dropping a request with a cheque and your contact details into the Coronation Hall letterbox or by emailing $\mathbf{mail@graftonparish.com}$. A minimum donation of £10 per copy is suggested. More project news will follow next month.

Neighbourhood Watch

The local Neighbourhood Watch scheme provides updates from the Police via email. To subscribe to this scheme, please email **mail@gratonparish.com** with 'Subscribe to Neighbourhood Watch' in the subject of the email. The latest monthly Police report can also be found on **www.graftonparish.com**.

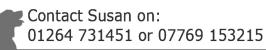


Start planning for Christmas Eve! Santa's journey begins...

6pm Hollow Lane Wilton
6.15pm Marten
6.30pm Wexcombe
6.45pm East Grafton
7pm Duck Pond Wilton

Lifestyle Dog Groomers

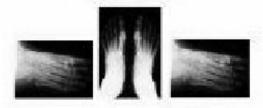
Dog Grooming
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Footsteps Podiatry Services 07881802386

Now based in my own treatment room within Tidworth Leisure Centre appointments not always necessary.



Katie Bluff

BSc(HONS)Pod,SRCh,MCHs

10% Off Voucher

Our Doctor Writes

It was World Mental Health Day in October which raised awareness of this important subject. The burden of mental health problems within society is significant, with around 20% of the population having symptoms of mild depression. Major depression is a problem for between 5 and 10% of us. It can be very difficult to decide if an individual is understandably miserable, reacting to a life event such as a bereavement or has clinical depression. In General Practice it has been estimated that 1 in 14 patients that we see have depression.

There are a number of symptoms that can occur in a depressive illness. The duration of the symptoms is also important. Currently the diagnosis needs to be made when symptoms persist for more than 2 weeks. The symptoms include feeling low, being tearful, becoming irritable, developing a change in appetite, loss of libido and a wider lack of interest. Sleep disturbance is a very common

Some find going to see their doctor with symptoms like this very difficult, particularly men. All GPs are aware of the importance of identifying depression and arranging treatment where appropriate. Treatment for depression can be very effective and needless to say the earlier intervention starts the better. If, reading this article, you feel that you may be suffering from depression please discuss this with your GP and let them know that you think this might be the case. That way you will make sure you are on the same wavelength from the outset.

We are in the midst of our annual flu jab campaign. If you know you are eligible for one please contact your GP. If you are unsure whether or not you qualify for free vaccination on the NHS - please ask!

Best wishes Dr Tim Ballard

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Burns Night at the



Coronation Hall

Get your tartans and dancing shoes at the ready! Celebrate Burns Night at The Coronation Hall on Saturday 25 January Reeling and a delicious traditional supper

In aid of St. Nicholas' Church

Lessons in reeling available during January



More details in the December Community News



Dates for your diary

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

Bookings 01672 810406 or hall@graftonparish.com Please leave landline contact numbers wherever possible

11	19.00	Bingo
11	19.00	DILIGO

17 11.00 Holy Communion St N

18 19.00 Bingo

22 18.30 Jack and the Beanstalk

24 11.00 Stir Up Sunday 25 19.00 Bingo

DECEMBER

1

1 11.00 St Nicholas' Patronal Service St N

14.00 Sunflowers' Christmas Fayre

5 13.00 Gastronicks' Christmas Fair 5 18.30 Wilton Windmill AGM & Fair

22 16.15 Carols at Grafton (followed by) St N Mince Pies & Mulled Wine

24 18.00 Santa's journey begins Various

You are invited to enjoy mince pies and mulled wine at Coronation Hall after the "Carols at Grafton" service at St Nicholas' Church on the 22nd December.

Mobile library

19 November, 3,17,31 December - Coronation Hall 11.30

Regular weekly dates for your diary

Please check for full details with the relevant organiser. Contact details are on page 4.

MONDAY

I CIRCUIT & **IFITNESS**

Henrietta MacKinnon

09.30 to 10.30 Monday

TUESDAY

(~j) ZVMBA

09.30 to 10.30 Tuesday

Marlborough

15.00 to 16.30

Multiples

Alternate Tuesdays

YOGA



19.30 to 21.00 Tuesday

WEDNESDAY

CIRCUIT & Henrietta MacKinnon

09.15 to 10.15 Wednesday



THURSDAY



Baby and toddler group 10.00 to 11.30 Thursday

FRIDAY

PILATES

09.30 TO 10.25

KARATE CLASS Children only 16.00 to 17.00

Advertising:

Business based in the Parish: 1 line listing - Free. Business based outside the Parish: 1 line - £1/issue. £10/pa. Rates per issue for a larger advert

 $^{1}/_{12}$ page £5. $^{1}/_{6}$ page £10. $^{1}/_{4}$ page £15 Discounts for 6 months and 12 months

Useful contacts

Societies/Clubs/Organisations: 1 line free entry Email news@graftonparish.com to be listed below.

Bingo	hall@graftonparish.com	
Church flowers/clean	01672 810072 Patricia Knowles	
Circuit/fitness Training	01672 810266 Hen Mackinnon	
Community News	news@graftonparish.com	
Coronation Hall	01672 810406 hall@graftonparish.com	
County Councillor	01672 810285 Stuart Wheeler	
Cricket Club	pack.andy@googlemail.com	
Dance and Fitness	07746 479345 Charlotte Price	
Grafton Goslings	graftongoslings@yahoo.co.uk	
Horticultural Society	01672 810364 Marijke Craig	
Karate	07775 510143 Darren Pettifer	
Link Scheme	01672 870120	
Marlborough Multiples	07967 835831 Amber	
Member of Parliament	01380 729358 Claire Perry	
Parish Council	01672 810406 Alison Halfpenny	
PCC Secretary	01672 870266 Millie Lemon	
Pilates	0779 4412685 Vicki Diwell	
Police emergency	999 or 112	
Police non emergency	101 ext 745818 M Camilleri	
Sunflowers at Grafton	01672 810478 Lyndsey Turner	
Wiltshire Good Neighbours	07557 110418 Mary Soellner	
Windmill Society	secretary@wiltonwindmill.co.uk	
Yoga	01672 841553 Lizzy Hawnt	
Zumba	07747 617199 Lau Vergara	

Local commercial listing				
B&B West Grafton	Angie Orssich	01672 810339		
Baby sitting/odd jobs	Tom Nield	01672 870196		
Beauty & wellbeing	Amanda Toon	01672 811677		
Builder	Sam Sanchez	07887 991249		
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		
Hat Hire	Victoria Frost	01672 810386		
Holiday Cottages (local)	Mary Rhodes	01672 870659		
Kindling	Jo Harman	01672 810673		
Logs/tree surgeon	Jeremy Hawkins	07980 536156		
Odd jobs/gardening	Dan Oakey	07783 644405		
Painting & Decorating	Neil Anderson	01264 731362		
Pest Control	Julie Wilson	01672 811479		
Printing clothing/signs	s GraphicSignsandDesign@gmail.com			
Swan Inn	Bill Clemence	01672 870274		
Usborne Books	Trish Highnett	07775 941646		

You can email **news@graftonparish.com** with contributions or comments for the Community News. Deadline for the next issue 7 December 2013 Editorial rights reserved.

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.

07990512342 Jasonlewis08@aol.com

Amanda Marsh Physiotherapy at Marlborough Golf Club

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We supply all our own products and equipment. We are fully Insured.

If you would like help with your cleaning or would like to chat about the services that we can offer: ovens, carpet cleaning etc

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