



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!

(Courtesy of M&M Theatre Productions)

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 – laraonline@hotmail.com

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



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directly sourced deli produce*

Christmas



Fair



in support of

Wilton Windmill



**Coronation
Hall**

**Thursday 5th
December
1pm – 6.30pm**

*Lots of
wonderful
Christmas gift
and food ideas
- helping to
raise money for
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 family.

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



The
Wilton Windmill
Society

Annual General Meeting

on

Thursday 5th December 2013

at

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



**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

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01264 731451 or 07769 153215

Email: info@lifestyledoggroomers.co.uk
Website: www.lifestyledoggroomers.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 mail@grattonparish.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@grattonparish.com with 'Subscribe to Neighbourhood Watch' in the subject of the email. The latest monthly Police report can also be found on www.grattonparish.com.

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 symptom.

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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or email info@whitemulberry.co.uk



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

NOVEMBER

11	19.00	Bingo	
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	11.00	St Nicholas' Patronal Service	St N
1	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) Mince Pies & Mulled Wine	St N
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

CIRCUIT & FITNESS

Henrietta MacKinnon

09.30 to 10.30 Monday

TUESDAY



ZUMBA

09.30 to 10.30 Tuesday

Marlborough Multiples

15.00 to 16.30
Alternate Tuesdays

YOGA



19.30 to 21.00 Tuesday

WEDNESDAY

CIRCUIT & FITNESS

Henrietta MacKinnon

09.15 to 10.15 Wednesday



C.A.P. Dance & Fitness
Various classes for all ages between 15.30 and 19.00

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
 $\frac{1}{12}$ page £5. $\frac{1}{6}$ page £10. $\frac{1}{4}$ 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 Orsich	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	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
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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

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