

COMMUNITY NEWS

January's front page illustrates the range of activities in Grafton Parish for residents of all ages from babies and toddlers upwards. Many of these activities would not take place without the generosity of volunteers giving their time and energy and our Parish would certainly be a poorer place without them. One of our best has been recognised in the Queen's New Year honours list - congratulations to East Grafton resident June Pearson who receives an MBE for her services to the community in Devon and Wiltshire.

This month's edition also has news about many local services, including police, electricity, buses, waste and an important update about the future at Great Bedwyn Surgery. It is a measure of how reliant we are on the internet and social media that almost all items refer us to websites and facebook pages for more information. If you have a neighbour who may not have the knowledge or means to keep in touch in this way why not pop in and see if you can help?

Our very best wishes for 2016 to everyone.

M & M PRODUCTIONS

PRESENT

BEAUTY AND THE BEAST

At The Coronation Hall

On Saturday, 6th February

*Children's tea at 4.00pm
followed by the performance at
5.00pm*

*Tickets £6.50 per child (inclusive of tea)
£7.50 per adult*

Tea.....sausages in buns, pizza and ice cream.

Book your places.....june.walnuttree@btinternet.com

'Phone 01672 811997

Or pop in to see Bill Clemence at The Swan, Wilton

Refreshments for Mums and Dads available!

Winter Warmers Valentine Lunch

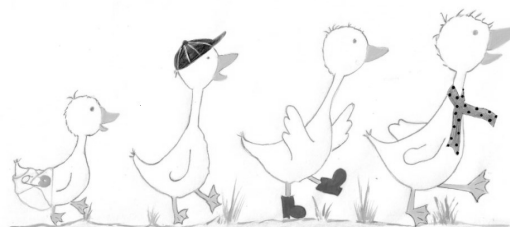
10 FEBRUARY 12.30pm

Join us for a delicious 2 course lunch

Book your tickets with Liz Hosier **01264 731242** or **07831 545772**

On your own or with a group of friends - everyone welcome.

Next lunch 6 March "Mad March Hares"!



GRAFTON GOSLINGS

Grafton Goslings meet every Thursday from 10am to 11.30am during term time at the Coronation Hall, East Grafton. £2.50 contribution per family includes drinks and snacks.

Arts and crafts, toys, activities, songs and story-telling. A lovely meeting place for families with babies and children under school age with mummy, daddy, grandparents or carers.

Youth Activities – exciting trips and activities

A fun time was had in December Ten Pin Bowling – the plan had been ice skating but the rink was unexpectedly closed, though secretly some preferred to be bowling! Self-defence training was postponed as so many other Christmas things were happening that evening. The guys from Impact Martial Arts were very understanding and will happily do another session later in the year. Earlier this month Grafton's young people will have let loose their creative talents at the clay sculpting session led by Heloise Tofts.

Grafton Youth Activities is now a partner for Spice Time Credits - a system which allows young people to earn an hours credit for each hour of volunteering they do and then spend their credits on activities of their choice. Volunteering means doing something for someone else, some of the ideas bubbling around are helping with the litter pick, visiting and helping out some of the elderly Grafton residents and using a youth activities session to cook a meal for parents to come and enjoy. Plans for an evening of cooking for March are underway - and Time Credits will be earned at the same time.

Dates for Spring 2016 - put in your diaries and let your friends know

15 February - Freedog trip Leaving the Coronation Hall at 2.00pm and return at 5.00pm. There are 14 places available and will be given on a first come first served basis (except for over 13's who will have priority). To book your place and get a parent consent form, email youthactivities@graftonparish.com, or text Annie on **07802 923344** by Thursday 4 February at the latest.

16 February - Adrenaline Alley trip (details on Grafton Parish Community News facebook page). If you are keen then claim a space as soon as possible. You'd be mad not to – it looks amazing and will be great fun.

18 March - Cooking a meal for parents in the Coronation Hall

30 March - Ice skating

04 April - Rifle shooting and /or archery at Oxenwood (to be agreed)

Parent volunteers and helpers

We're building our parent volunteer group and can still benefit from more! Why not experience what's involved and come along to a session and take a look. The more volunteers we have, the more we can arrange and accommodate. Further news will be posted on www.graftonparish.com, Grafton Parish Community News facebook page and via our developing network. Please contact youthactivities@graftonparish.com or Karen.brown@wiltshire.gov.uk or **07795 665756** if you have questions or want more details.

Important note about defibrillators We are fortunate to have defibrillators in each of our parish villages. Make sure you know where your nearest defibrillator is located so that you can easily find it in an emergency. They are easily accessible and not behind locked gates or inside buildings. You simply need a code for the cabinet which is given when you call 999. East Grafton - next to the kitchen door on the right hand side of the Coronation Hall. Wilton - in the phone box opposite The Swan. Wexcombe - in the Lower Farm Yard on the Brooder House. Marten - main yard at the Manor. West Grafton - Mayfield B&B.

New Bus Timetable from 1 February

The timetable for the 103 service from Pewsey to Burbage and The Graftons will be changing from 1 February. Following the recent pilot phase, the timetable has been revised to take account of demand and feedback from users and drivers. Please note that although Wilton is no longer listed as a stop, we understand that you will still be able to travel to and from Wilton on this service, but it must be booked via the call centre.

Timetables will be available from a number of locations, including Marr Green Farm Shop in Burbage, the Post Office in Pewsey and the Applecart Café in Pewsey from 25 January, as well as on the Pewsey Community Area Partnership's website – www.pewseycap.org.uk.

You can also request to receive a timetable by post by calling **01380 860100** or by emailing **connect2@wiltshire.gov.uk**.

Warming up Wiltshire!

Do you struggle to keep your home warm or worry how you will afford your energy bills this winter?

Contact **Warm & Safe Wiltshire** for free, impartial advice about keeping your home warm, using your heating system, understanding your energy bills and making energy saving improvements. Advice can be given through home visits as well as over the phone. Home fire safety checks can also be organised in partnership with Fire and Rescue for eligible residents. Homeowners or privately-renting tenants in Wiltshire with a suitable property can now have cavity wall insulation installed in your home, free of charge – helping to make your home warmer and cheaper to heat. All offers are subject to survey, funding availability and property suitability.

If you, or someone you know, would benefit from speaking to a trained energy advisor, then get in touch. Call **0300 003 4575** or email **warmandsafe@wiltshire.gov.uk**.

Consultation on the closure of Everleigh Recycling Centre

Well done to everyone who managed to get to Everleigh on Friday 8 January to take part in the (very limited) consultation on the closure of the site. We watch carefully to see what happens next ...

Our Doctor Writes

First of all a happy and hopefully healthy New Year to you all! I crave your indulgence for this piece to be about me. It is without doubt the most difficult I have written.

At the end of the December "Our Doctor Writes" I promised to explain a little more about what the future may hold for me and the surgery. Before getting to that though I would like to take this opportunity to put on record how much moving to Bedwyn and taking over the responsibility for the surgery from Dr Jeremy Ross-Mawer back in 1995 has meant to me. In the last 21 years I've made many, many friends and had the privilege of being part of a practice team that has managed to deliver up to the minute state of the art General Practice in a style that has felt more like a throwback to Dr Finlay! The whole venture would not have been possible without an extraordinary group of people to work with and a genuine feeling that our patients are all part of our extended team.

From the first year that I came to Bedwyn I've also had another professional life with the Royal College of GPs. First of all this was as an examiner. I did this partly because I felt it was important to do to make sure that the doctors of tomorrow had the most appropriate hurdles to jump in order to become safe and effective GPs and continue to be the bedrock of our NHS. I became more involved in the exam and became responsible for running the embryonic test of consulting skills, which is now sat by every prospective GP. From this I learned that by being part of setting the test there was an opportunity to drive the learning of a whole generation of our future doctors. However just driving this learning and shaping General Practice in this way wasn't enough. I was persuaded to stand in our national ballot of GPs for the Council of our Royal College and now I've been returned for my 4th three year term. I was also persuaded to stand to be one of the two Vice Chairs of our College with a remit for the wider relations with the NHS and our society and I was elected to do this two years ago. This is why I have been away from the surgery so much (and I must say now I've often felt really uncomfortable to be away!).

In the spring I will be standing to be Chair of our College and if successful will have the privilege of leading our profession in the area of quality and standards in health care. Needless to say this is a virtually full time post. It is essential to me that throughout this period the service that we deliver in Bedwyn remains on a secure and safe footing. With this in mind to ensure that there is absolutely secure succession planning we are currently advertising for my replacement at the surgery in order to find the best person to help and support Dr Angela Paddon and the rest of our team for the future.

If successful in the election in the spring I will need a practice in which to keep seeing patients. I can't think of a better place than Bedwyn to do this but I will be an occasional visitor. The show will belong to Angela.

So, no more rumours. Much Love,

Dr Tim Ballard

Great Bedwyn Surgery has confirmed that they will no longer accept returned medication for onward transmission to Africa due to changes in the regulation of medicine. As returned medication will not be re-used and costs rise we all need to do our bit to ensure that wastage is kept to a minimum. Can you help the surgery to increase efficiency?

- Check your repeat dispensing slip. Let the surgery know if there are items on there that you no longer use.
- Don't stockpile medication or order everything on your list. Only order what you genuinely need.
- Make time for annual reviews if you are asthmatic, diabetic etc, as this is an opportunity to review medication.
- Call after 10.30am when the phones are less busy to request repeat prescriptions and give 2 working days to process. Use System Online, the online ordering system, if you can.

Footsteps Podiatry Services

Tidworth Leisure Centre

07881 802386

katie@thepodiatrist.org.uk

- ⇒ All aspects of footcare undertaken
- ⇒ Nail Surgery
- ⇒ Biomechanical review inc plantar fasciitis, heel pain, metatarsalgia
- ⇒ Orthotics
- ⇒ Verrucae treatments

* Drop in appointments 9-2 term time excl Wednesday

* Evening and weekends can be arranged

* Home visits available for a fee



Consultation on the cost of policing

Our Police and Crime Commissioner, Angus MacPherson, has begun a public consultation on the cost of policing in 2016 -17. An increase of £3.12 per year or 6p per week for the average home (Band D property) is being considered to help cover rising costs.

The consultation runs until Tuesday 2 February 2016. Further information is available on www.wiltshire-pcc.gov.uk and feedback can be given through the website.

News in brief

Public Transport Strategy Review

Wiltshire Council has launched a consultation on subsidised public transport across Wiltshire. The questionnaire can be accessed online at consult.wiltshire.gov.uk/portal/ltp/wiltshire_local_transport_plan_-_public_transport_strategy_review Paper copies of the questionnaire are also available on request by calling **0300 456 0100**. Copies of the questionnaire will also be available on buses operating Wiltshire Council contracted services, in libraries and in main Council offices. Questionnaires and comments need to be submitted by 5pm on 4 April 2016.

Power Cuts - Are you a priority customer for your electricity supply?

Scottish & Southern Electric (SSE) run a scheme called Priority Services Register which is a free service and exists to help you at the time of a power outage. To be eligible, firstly it doesn't matter which power company you have your electricity bill from - SSE will still provide this service free of charge and qualification is not means tested either. If you receive a state pension; have a young baby; have communication needs for example if you are blind, partially sighted, deaf or hard of hearing; are dependent on electricity for home medical care (e.g. kidney dialysis); have a chronic illness or short term medical condition; are at home recovering from a major operation or are disabled - you will qualify for this priority service. SSE are happy also to discuss other situations that may need priority help, so please contact them if you think you would benefit.

To register just call **0800 294 3259** or **0345 072 1900** from a mobile or go to www.ssepd.co.uk/PriorityServicesRegister/

Forestry Commission Event - Pasty and a Pint

The North Wessex Downs AONB is calling all foresters and woodland owners who would appreciate advice. The Forestry Commission is hosting informal evening events to discuss the grants available and the kinds of projects they might support. This will include information on LEADER funding plus a pasty and a pint - Thursday 28 January 6.30pm Bruce Arms, Pewsey, near Marlborough, Wiltshire, SN9 5LR. The event is free and you can book on line at www.forestry.gov.uk/forestry/bee-h-a2mjc7.

Housekeeper needed

Sunflowers at Grafton has a busy nursery and out-of-school clubs. Established in 2011 we are a community business and registered charity. We operate close to capacity, looking after 40+ children each day, and are one of the largest employers in the parish. We all work hard to make sure that our children have lots of fun and the very best care.

Join our team to take care of essential housekeeping activities, including managing our kitchen and keeping a daily eye on the building, supplies and cleaning. The majority of the role is kitchen based - serving and clearing away lunches for up to 40 babies and children between 11am and 1pm and, at tea time, making, serving and clearing tea for up to 30 children.

Relevant catering or food background would be fantastic but what really matters is a keen interest in the provision of good, healthy food, that you are a good cook and enjoy the routines of housekeeping. As you might imagine it can get a bit hectic so you need to be pretty unflappable. It also helps to enjoy the company of children!

Between 4 and 6 hours per day over lunch and tea times. Rate of pay dependent on experience.

Contact Sue or Alison on **01672 810478** or admin@sunflowers-grafton.co.uk for further details and an application form.

Sunflowers at Grafton is committed to safeguarding and promoting the welfare of children. References, enhanced DBS checks and evidence of the right to work in the UK are essential.



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Dates for your diary

All events take place in the Coronation Hall unless otherwise specified (contact details on page 4).
St N refers to St Nicholas' Church.

JANUARY

18	19.15	Parish Council meeting	
24	16.00	Family Worship	<i>St N</i>
31	11.00	Cluster service	<i>Little Bedwyn</i>

FEBRUARY

6	17.00	Beauty and the Beast	
10	12.30	Winter Warmers Valentine Lunch	
15	14.00	Youth Activities - Freedog trip	
16	Early!	Youth Activities - Adrenaline Alley trip	
18	19.15	Parish Council meeting	
24	16.00	Family Worship	<i>St N</i>
31	11.00	Cluster service	<i>Little Bedwyn</i>

email news@graftonparish.com with contributions for the Community News.
Deadline for the next issue Friday 5 February.
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MONDAY

CIRCUIT & FITNESS Henrietta MacKinnon 09:15 to 10:15 Monday

YOGA 11:00 to 12:30 Monday

TUESDAY

ZUMBA fitness 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

GRAFTON GOSSINGS Baby and toddler group
10:00 to 11:30 Thursday

FRIDAY

Mobile library at the Coronation Hall
19 January, 16 February 11.55am to 12.25pm

pilates by nature 09:30 to 10:30 Friday
10:45 to 11:45 Friday
Beginners and gentle work

KARATE CLASS Children only 16:30 to 17:00

Useful contacts

Societies/Clubs/Organisations: 1 line free entry

Church flowers/clean	01672 810072 Patricia Knowles
Circuit/fitness Training	01672 810266 Hen Mackinnon
Community News	news@grafonparish.com
Coronation Hall	07479 281809 hall@grafonparish.com
County Councillor	01672 810285 Stuart Wheeler
Cricket Club	wiltoncc@yahoo.co.uk
Crofton beam engines	www.croftonbeamengines.org
Dance and Fitness	07746 479345 Charlotte Price
Grafton Goslings	gratongoslings@yahoo.co.uk
Horticultural Society	01672 810364 Marijke Craig
Junior cricket club	wiltoncc@yahoo.co.uk
Karate	07775 510143 Darren Pettifer
Link Scheme	0771 7006787
Marlborough Multiples	07967 835831 Amber
Member of Parliament	01380 729358 Claire Perry
Parish Council	clerk@grafonparish.com 01672 811335
PCC Secretary	01672 870266 Millie Lemon
Pilates	07796 225942 Tracey Rich
Police emergency	999 or 112
Police non emergency	101 Jonathan Mills
Salt/sand bags	07910 637 634 David Lemon
St Nicholas' church	www.savernaketeam.org.uk
Sunflowers at Grafton	01672 810478 Lyndsey Turner
Wiltshire Good Neighbours	07557 110418
Windmill Society	secretary@wiltonwindmill.co.uk
Winter Warmers	01264 731242 Liz Hosier
Yoga	01672 841553 Lizzy Hawnt
Zumba	01672 484464 Joanna Bury

Local commercial listing

B&B West Grafton	Angie Orsich	01672 810339
Baby sitting/odd jobs	Tom Nield	01672 870196
Builder	Sam Sanchez	07887 991249
Builder & roofing	Dan and Co	07936 586228
Cake making	www.faysfairycakes.co.uk	
Car washing	wiltonwashers@gmail.com	
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
Homeopathy	Emma H-Byass	07540 773531
Logs/tree surgeon	Jeremy Hawkins	07980 536156
Painting & Decorating	Neil Anderson	01264 731362
Pest Control	Julie Wilson	01672 811479
Printing clothing/signs	www.SCSigns.co.uk	
Swan Inn	Bill Clemence	01672 870274

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Advertising rates per issue:

Business based in the Parish: 1 line listing – Free
Business based outside the Parish: 1 line – £1/issue £10/pta
For larger adverts: 1/12 page £5 1/6 page £10 1/4 page £15

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References available on request.

07990 512342 Jasonlewis08@aol.com



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Anxiety

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Tunnel

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IBS,
Constipation



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