



News from St Nicholas' Church

Sunday 27 November at 4 pm. Our wonderful "Stir up Sunday" is back again and will be held in the Coronation Hall. Please come along and stir the pud.

Sunday 4 December at 11 am Holy Communion will be part of our St Nicholas' Day service.

Sunday 18 December at 4 pm CAROL SERVICE and Family Nativity. This promises to be a lovely service in the run up to Christmas. Please come and enjoy yourselves.

If you would like to be involved in getting our church ready for Christmas please contact Patricia Knowles on 01672 810072. No particular skills are required, just friendly enthusiasm.

Firstly: This is our 8th Birthday edition and so we would like to thank all those very kind and helpful people who "tread the boards" each month to deliver the Community News to all the households in the Parish. THANK YOU.

Secondly: We would like to thank all those organisations and businesses which advertise in the Community News. We are able to cover our costs, just, each month with the contributions which you make. Of course we are always looking for new contributors to ensure that we remain viable so do think about the occasional or regular advertisement - details on page 4.

Thirdly: We are gearing up for the festive season now that the trees are changing their colours and we will have news next month from Father Christmas who has told us that he will be in the Parish again this year! Whooppee!

If you have not visited Crofton Beam Engines recently and would like to help them to upgrade their facilities then do take up their questionnaire offer on page 2 to help with the improvements to the site.

Wilton Windmill is looking for volunteers so you might like to find out about the site, how it is managed and what is going on by meeting the "friends of the Windmill" on 25 November, details on page 2.

Visit
Pewsey Vale

Tranquil Spiritual Ancient
www.visitpewseyvale.co.uk

SMALL BUSINESS
SATURDAY
3RD DECEMBER

www.smallbusinesssaturdayuk.com

Local
uncovered
www.localuncovered.com

Support small and local by spending at participating businesses in and around the Pewsey Vale between **Saturday 19th November and Saturday 3rd December**. Every time you buy from one of the participating businesses during the fortnight, you have an opportunity to enter the Free Prize Draw - the more times you spend, the more entries you can have.

Four fabulous prizes from

The Three Tuns in Great Bedwyn

McNeill Gallery in Pewsey ~ Marr Green Farm Shop in Burbage

Digger & Mojo in Pewsey and Woodborough

Just look out for businesses displaying the

Small Business Saturday poster or check out who's taking part at www.localuncovered.com or www.visitpewseyvale.co.uk

Clear out your cupboards!



Bag2School collection
Monday 28 November



A blue Bag2School bag has been delivered with your Community News so why not take the opportunity for an autumn 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 28 November. Spread the word to family and friends - you can also use black bags if you have lots to clear out.

Winter Warmers Festive Christmas Lunch

7 December 12.30pm

Christmas lunch with all the trimmings

Christmas 'Flaming' Pudding! - With Brandy Butter
Crackers and Christmas Carols



Book your tickets from

Liz Hosier 01264 731242 or liz@wexcombefarm.co.uk

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

This is a great opportunity, especially if you are new to Grafton Parish, to meet your neighbours and to enjoy delicious food in a relaxed and friendly atmosphere.

Have a Creative Christmas

Solve those present dilemmas with
gorgeous hand-made gifts

Sunday 27 November
10.30am to 12.30pm
Coronation Hall



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



18 November – 6.30pm Coronation Hall

30 November – 7pm Coronation Hall

18 December – Time to be confirmed Coronation Hall

To help raise money for a zip wire at East Grafton playing field we'll be making and selling mince pies and Christmas jam tarts, all bakers who help will earn time credits as well and be helping the community.

Information about how to order these delicious treats is shown on page 3.

Ideas for next year:

January

If the flume at Basingstoke Aquadrome is open a Sunday trip is planned.

February (Half Term 15 – 18)

A trip to see Bedwyn Panto with fish and chips at The Swan (either before or after).

Early April

Easter chocolate making in the Coronation Hall

If you know young people in the parish tell them about youth activities and get them to come along. If you have suggestions on trips and activities for 2017 please let us know and we can help you make them happen. If you have questions, want more details or would like to join in then please contact youthactivities@grafftonparish.com and **Annie on 07802 923344**

NOTE TO ALL RESIDENTS: See information about the tempting MINCE PIES on page 3, under the monthly calendar, and don't lose your order form which is enclosed with this issue!

M&M Productions Present



Coronation Hall East Grafton
Saturday 14 January 2017

Doors open at 4.30pm

Performance begins at 5.00pm

Children £5, Adults £7.50

Refreshments and Food will be available

Book your tickets from:

The Swan in Wilton

or Email: Hall@grafftonparish.com

or Call: Natalie on 07479 281809

Looking For A Babysitter?

My name is Sophie

I am 14 years old

I live in East Grafton

I am trustworthy, reliable, responsible and fun.

I am available to babysit evenings, weekends

and school holidays and at short notice.

You can contact me on: **07557 915052**



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



Introduction to some self-defence techniques

Glass painting and other Christmas activities

Mince pie bake



Our Crofton Story: its people and its buildings

Behind the scenes at Crofton Beam Engines volunteers have been working hard to develop "Our Crofton Story: its people and its buildings". The project will see around a £750k investment to conserve and restore Crofton Beam Engines whilst developing its interpretation, activities and visitor facilities to attract a wider and more diverse audience, thus securing its future.

Over the course of the summer we've been asking our visitors what they think of Crofton and have some really positive feedback. Now we really need to hear from people who don't visit Crofton to find out why and what we can do about it.

If you have not visited Crofton Beam Engines within the last five years, it would be really useful if you could complete this short (7 question) survey:

www.surveymonkey.co.uk/r/GH663W8

This will really help us not only in our planning, but provide evidence to grant bodies that there is a need for the project. If you would prefer a hard copy, please contact our Site Manager, Becks Skinner at **crofton.manager@katrust.org.uk**

For more information see: **www.croftonbeamengines.org**

News in Brief

Marlborough Christmas Fair in aid of Prospect Hospice

Saturday 26 November Marlborough Town Hall 10am-4pm with over 35 festive stalls from personalised gifts for someone special to artisan breads there will be something for everyone, along with entertainment from the Pewsey Belles to Santa and his Elves this is the one Christmas Fair you do not want to miss this year, while supporting your local hospice.

Rise in the number of burglaries in the Pewsey area

The main priority of the East Community Policing Team in the Pewsey area is to focus on burglaries, specifically in Pewsey, Burbage & Great Bedwyn. Further details at **pewsey.ourcommunitymatters.org.uk/news/rise-in-the-number-of-burglaries**

Pewsey Fire Station is recruiting

Looking for a rewarding job with regular income and excellent training? For more information please go to the Recruitment Evening at the station on 14 November from 7pm until 9pm

Lots more local information on **www.pewsey.ourcommunitymatters.org.uk**



The
Wilton Windmill
Society

Everyone is welcome at the AGM

25 November from 8pm

Coronation Hall

Cheese, wine and mince pies follow the official proceedings.

To assist with catering please email

Kevin.Challen@cyient.com if you can come

AREA SWEEP

CHIMNEY SWEEP

A PROFESSIONAL CHIMNEY SWEEP SERVICE
CLEAN RELIABLE BRUSH AND VACUUM
FULLY INSURED MANY YEARS EXPERIENCE

AGA'S
RAYBURNS
JETMASTERS
ALL OPEN FIRES
WOODBURNERS
NEST REMOVALS
OIL FIRED BOILERS
SWEEPING CERTIFICATES ISSUED
CAPS AND COWLS SUPPLIED AND FITTED



CALL DARREN

01635 569195/07900398678

areasweep@btinternet.com

Our Doctor writes - Dr Angela Paddon

It seems over the last few months that the practice community, including members of staff, has had more than its fair share of bereavement. The death of someone you love can be devastating whether their death is expected due to a chronic illness or is unexpected due to sudden illness, an accident or natural disaster. Bereavement affects everyone differently and there is no right or wrong way to feel. Typically there are four stages to bereavement; accepting your loss is real, experiencing the pain of grief, adjusting to life without the person who has died and moving on. During these stages it is normal to feel shocked or numb, overwhelming sadness and to cry, to feel angry even towards the person who died and to feel guilty about something you did or did not say or do and about being unable to prevent their death and being angry towards them. Immediately after a death there is often a lot of support from family, friends and the local community. After the funeral, when the immediate support network begins to dissipate and return to their lives, it can be the most difficult time. It is important to keep talking and sharing your feelings. If you cannot do this with family and friends there is a lot of other support available. If you are having difficulty sleeping, feeling depressed, need time off work or just want advice, then come and see me, Dr Graystone or Dr Woods at the surgery. Our counsellor, Susan Carthy, who comes to the surgery on Thursday morning, has training in bereavement counselling. She is part of the Wiltshire IAPT (Improving Access to Psychological Therapies) service and you can contact this service directly to arrange an appointment (<https://iapt-wilts.awp.nhs.uk>, 01380 731335).

The Prospect Hospice has a bereavement and pre-bereavement service for patients and their families. Their new centre at Savernake Hospital provides workshops focusing on sleep, nutrition, wellbeing, breathlessness, relaxation and has a drop in service for those diagnosed with a life-limiting illness - not just cancer but conditions such as lung and heart failure (www.prospect-hospice.net, 01793 813355). Various national charities offer support. If you feel like you need to talk then the Samaritans are available 24 hours a day and you do not have to be suicidal to call them free on 116 123. Cruse Bereavement Care offers face-to-face, telephone, email and website support. They have a Freephone national helpline and local services, and a website specifically for children and young people (www.hopeagain.org.uk). Their services are provided by trained volunteers and are confidential and free (www.cruse.org.uk, 0808 808 1677). Winston's Wish, www.winstonswish.org.uk, 08452 30405, the Childhood Bereavement Network and Child Bereavement UK specialise in helping bereaved children, both before and after the death. Sue Ryder has an online information service with practical and emotional advice to support the patient and their family. Information is available from GOV.UK about some of the practical issues of what to do after someone dies. The Facing the Future Service has been developed by Samaritans and Cruse to help support people who have been bereaved by suicide. The NHS Choices website, as always, is an excellent resource with lots of information and links.

I would like to say that as a community you are amazing at caring for and supporting individuals and families going through difficult times. I know some of you volunteer for the charities mentioned above. I feel privileged and proud to work and live in this community.

**MANNINGFORD
CROFT**
PROPERTY SALES
AND LETTINGS
MACLAINE

Website: www.manningfordcroft.com

Pewsey
Tel: 01672 564555
Mark Chick/Simon Walker

Hungerford
Tel: 01488 684000
Charlie Booker/Maryclare Prowse



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.

NOVEMBER

18	18.30	Youth Activities	
20	11.00	Holy Communion	St N
25	20.00	Wilton Windmill AGM	
27	10.30	Creative Christmas	
27	16.00	Stir up Sunday Service	
28	09.00	Last time for Bag2school	Sunflowers
30	19.00	Youth Activities	

DECEMBER

02	24.00	Deadline for December edition of CN	
04	11.00	Holy Communion	St N
07	12.30	Winter Warmers lunch	
18	TBA	Youth Activities	
18	16.00	Carol Service and Nativity	St N
25	11.00	Holy Communion	St N

Mince Pies & Christmas Jam Tarts

Grafton Youth Activities will be making delicious mince pies and jam tarts to raise money towards a zip wire for the Playing Field. They'll be guaranteed to rival any from well-known local supermarkets! And a bargain at £1.80 for 6 and £3 for 12.

The pies/tarts will be baked and ready for collection at the Coronation Hall, Sunday 18 December before or after the 4pm Carol Service. If you are unable to pick up don't worry they can be delivered.

An order form is enclosed in the Community News – fill it out now for your gourmet Christmas treats.

Last orders 12 December.

MONDAY

YOGA



11:00 to 12:30 Monday

TUESDAY



ZUMBA

09:30 to 10:30 Tuesday

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

Mobile library at the Coronation Hall
25 November, 30 December 11.55am to 12.25pm



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@grastonparish.com
Coronation Hall	07479 281809 hall@grastonparish.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	grastongoslings@yahoo.co.uk
Horticultural Society	01672 810364 Marijke Craig
Junior cricket club	pdewinton@savills.com
Karate	07775 510143 Darren Pettifer
Link Scheme	0771 7006787
Member of Parliament	01380 729358 Claire Perry
Parish Council	clerk@grastonparish.com 01672 811335
PCC Secretary	01672 870266 Millie Lemon
Pilates	07769 580148 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 Julie McLernon
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	
Celebration Cakes	www.nattiesbakesandbites.co.uk	
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

Printed by RIDGEWAY PRESS www.ridgewaypress.co.uk
Email info@ridgewaypress.co.uk Tel 01256 300420

Deadline for the next issue Friday 2 December
Editorial rights reserved.

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**

Specialist Physiotherapist and Sports Massage Therapist

We assess, diagnose, treat and care for your health

Free parking, daily sessions, early 'til late

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

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



The Bowen Technique is a non-invasive, hands-on, gentle, soft
tissue therapy triggering the body to repair itself, restore balance
and improve structural integrity resulting in pain relief,
improvement of function and wellbeing.

Jemma Jones BSc (Hons) Human Anatomy, BSc (Hons)
Physiotherapy, Cert. ECBS

Tel: 07748 987 109 Email:

info@jemmajonesbowen.co.uk

www.jemmajonesbowen.co.uk

www.thebowentechnique.com

It treats a variety of conditions including:

Back and Neck pain, Sciatic pain	Migraines	Lymphatic Drainage	Whiplash
Ante and Postnatal musculoskeletal problems	Knee Injuries/ problems	Fertility Problems	Stress, Anxiety
RSI, Tennis Elbow, Carpal Tunnel	Frozen Shoulder	Period Pains	Hayfever
Respiratory Problems	IBS, Constipation		

Email news@grastonparish.com either to contribute to or to advertise in
the Community News.

Advertising rates per issue:

Business based in the Parish: 1 line listing – Free

Business based outside the Parish: 1 line – £1/issue £10/pa

For larger adverts: $\frac{1}{12}$ page £5 $\frac{1}{6}$ page £10 $\frac{1}{4}$ page £15