

COMMUNITY NEWS**FAMILY SERVICE**

St. Nicholas' Church, 25 September at 4.00pm
celebrating 'FOOD GLORIOUS FOOD'

Nick Evans is singing for us, we will have a lovely story and lots of participation from all our children.. and a few local 'celebrities' .. truly uplifting and memorable for all

Please come along and join us...and please bring your orphaned elephant beads if you came to the 'AFRICA' service

HARVEST SUPPER

Tuesday 4 October at 7pm for 7.30pm
The thatched barn at Manor Farm, Wilton
Tickets £15

Seriously scrumptious autumn supper with mountains of delicious puddings. This year promises to be another roaring success with a harvest tombola!

An ideal opportunity to meet your neighbours and to enjoy a relaxed evening with a humorous twist!

Tickets from: Liz Hosier 01264 731242
Sally Butt 01672 810743
Millie Lemon 01672 870266



Numbers are limited.

(barn evening by kind permission of David and Millie Lemon)

World's Biggest Coffee Morning

Join us ...

Friday 30 September
10am to 12pm
Coronation Hall, East Grafton



This is a community event organised by Sunflowers at Grafton

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Inside this month's edition of the Community News, there is a Pewsey Vale Visitor Pass with discount vouchers for places to visit and shop, which are on your doorstep. We hope you enjoy using them. See www.visitpewseyvale.co.uk for events, places to eat, drink, shop and experience, as well as walks and lots of local information.

The leaflet is courtesy of the Pewsey Vale Tourism Partnership, a not-for-profit organisation set up with local businesses to support the visitor economy in the Pewsey Vale. But not everything in the garden is rosy all of the time and we cannot take success for granted. If you are a business in the area and would like to join, then email info@visitpewseyvale.co.uk for more information.



Saturday 17 September 10am to 9pm

Sunday 18 September 10am to 4pm

at the Coronation Hall

**Showcasing a catalogue of
inspirational exhibits by professional
and amateur artists from Wiltshire and
surrounding counties.**

**Our welcoming Café offers a range of
beverages and delicious homemade
cakes and snacks.**

Wine and nibbles available from noon.

**All proceeds to go to The Trussell
Trust Charity.**

**Admission and parking is free on both
days**

Community Basic Life Support and Defibrillator training

Tuesday 20 September 2016

At Cross Keys Pub Great Bedwyn (rear room)

7.00pm arrival for 7.30pm start

WOULD YOU KNOW HOW TO USE IT??

Come along for a FREE training session with friends and family

Those that have attended in the past are welcome to come along to refresh their knowledge, and it would be great to see new faces. It isn't hard but your knowledge one day may save someone's life.

If you would like to come along, pop in to the surgery and let us know who would like to attend, or simply drop Keith Marshall an email kmarshall@nhs.net



A packed Autumn programme with more to join the Youth Group

If you've moved into year 7 this September you can join Grafton Youth Activities and can influence what happens – make sure your local friends know and bring them along.

Raising funds for a Zip wire A session is to be held one evening for planning fundraising events for a zip wire on the playing field. By volunteering to help you can earn some time credits towards future trips.

23 September Cinema and Pizza Night at the Coronation Hall.

Come along from 6pm to create your pizza for the interval. The surprise film will start promptly at 6.30pm and will finish by 8.30 pm latest. Have your say on the October events during the evening too.

October Half Term week Details in October's Community News as trips will be confirmed after the 23 September event

Some options are, ice skating, clay shooting, trampolining, or a visit to The Shard and London Dungeon.

18 November Introduction to Self-Defence Techniques at the Coronation Hall, 6.30pm

Get ideas on how to keep yourself safe as well as an introduction to some martial art techniques.

30 November Glass painting and other Christmas activities at the Coronation hall at 7pm

Heloise Toft will be showing you how to make stunning glass paintings, so get your creative heads on and come along. The table tennis table will be there plus drinks and nibbles - it will be mince pie time!

Week commencing 4 December Trip to see Billy Elliot at Dauntsey's School West Lavington

Exact date will be confirmed as soon as available

Grafton Youth Activities is an initiative started by Grafton Parish Council and is aimed at young people at secondary school or in further education

Our Doctor writes

We have received the result of our CQC (Care Quality Commission) inspection in April in which we achieved a rating of GOOD. In addition to all the positive comments from the inspectors about the high quality of care, examples of outstanding achievements were highlighted in the report which is available on the practice website for you to read -

www.oldschoolsurgery.co.uk. If you do not have internet access please contact the surgery and we will provide a copy for you. I would like to take this opportunity to thank all the practice staff for their hard work and high level of commitment to provide the best possible care and to Dr Ballard for his inspirational leadership and support. Thank you also to all patients who participate in patient groups and surveys.

Dr Jenny Yin who was due to be joining us at the start of August for the final year of her GP training has not been able to do so. However Dr Stephen Griffin will be joining us in February 2017.

I attended a One Day Essential course on Men's Health run by the Royal College of GPs in June and wanted to write briefly about screening because men are much less likely to access screening than women.

The Bowel Cancer Screening programme is available to men and women aged 60 to 74. You receive a test kit and information leaflet in the post. The test detects blood in faeces and one of the possible causes of this is bowel cancer. If you have a positive test it is repeated and if it remains positive you are invited to attend for a colonoscopy to establish the cause of the blood.

Men aged 65 are invited to attend for abdominal aortic aneurysm (AAA) screening. The aorta is the major blood vessel from the heart supplying blood to the lower body which can become abnormally enlarged and if very large can rupture. Men aged over 65 are far more likely to have an AAA than women or younger men. The screening test for AAA is a simple, pain free ultrasound scan of the abdomen that usually takes about 10-15 minutes. If it is normal, you will not be invited for another screening. If you have a small to medium-sized aneurysm, you will be invited back for regular scans to check its size. If you have a large AAA, you will be referred to hospital to be seen by a vascular surgeon within two weeks.

Men and women from 40 to 70 years can book an appointment with a nurse at the surgery for an NHS Health Check. This takes 20 minutes and includes a check on blood pressure, cholesterol and blood sugar level.

A raised PSA level may be a sign of prostate cancer however the PSA blood test is not used as a screening test for prostate cancer in the UK. This is because other conditions can also cause a rise in PSA – in fact 65% of men with a raised PSA will not have prostate cancer. A biopsy of the prostate gland is required to diagnose prostate cancer, but this procedure can miss small cancers, be uncomfortable and has a risk of bleeding and severe infection. A very low PSA in a 45 year old man indicates a very low risk of cancer in the future. The higher the PSA, the greater the risk of developing cancer. Men are at higher risk of prostate cancer if they have a family history of prostate cancer, are of black ethnic origin, or are overweight or obese. If you wish to have a PSA test come and discuss this with a doctor. There is also helpful information available on the NHS Choices (**www.nhs.uk**) and The Prostate Cancer Risk Management Programme (**www.gov.uk/guidance/prostate-cancer-risk-management-programme-overview**) websites.

Be well, Dr Angela Paddon



Sunflowers at Grafton 5 years on ..

Each year we prepare our annual accounts and reports for Companies House and the Charity Commission. On the one hand this is a very dusty old task but actually it has the merit of forcing us to take a step back and consider what has been achieved and this is always thought provoking.

Most of what we think about brings a smile: over the past year we have continued to attract new families to our nursery and out of school care; have made some significant improvements to our gardens which have been enjoyed by the children; taken delivery of a second minibus; and during the summer we've had our most successful TreeHouse holiday club ever and consolidated our fabulous team with a couple of key appointments (one of whom used to come to school here which has a lovely sense of aptness).

But not everything in the garden can be rosy all of time and we cannot take success for granted. One of our core values is Growing which means continually exploring ways in which to do things better. This means listening carefully to what our stakeholders, including our families, our team and our community, are saying. We have been inspired this summer by our Olympic cycling team who talk about achieving marginal improvements. When doing well it can seem harder to find ways of doing it better - so we look for small steps to help us stay ahead.

If you have any suggestions or comments we'd love to hear from you – contact Sue on **01672 810478** or **admin@sunflowers-grafton.co.uk**.

Want to influence community events and activities?

The Coronation Hall wants to hear from you and involve you in developing a programme of community activities. Over the last few months the team managing the hall has gone through significant changes in order to meet its constitutional objective "To make the Coronation Hall available and in good repair for the benefit of the inhabitants of Grafton Parish". The team is now smaller and has a professional treasurer/booking clerk and cleaner and the Parish Council, as the Trustee Incorporated, has a closer link. The Hall is running smoothly, has sound financial processes and a solid base of regular hirers. The hall has acquired 4 gazebos to extend options for events and for the benefit of the community.

In order to facilitate community activities and events at the hall and to make sure that it is delivering the range of activities that people want, the Parish Council will be working with the Hall Committee to build an 'Events Calendar'.

The regular classes offered are well attended and chosen for the benefit of the community - what else would you like to see included? The Grafton Pop-Up Gallery is a great example of people in Grafton Parish putting on an event in conjunction with the Hall. There may be other events you can suggest and be proactively involved in making happen.

Come along to the Coronation Hall at 7pm on 26 October and let us know what you would like, how you can help and find out more about how we are doing? Enjoy a glass of wine and some nibbles.

Skateboard ramp officially opened



The summer was busy for Youth Activities with trips to Thorpe park and Clay Pigeon shooting and ended with an eventful opening ceremony of the Skateboard ramp. 40 – 50 young people came along and saw some amazing demonstrations from Scott (BMX) and Darren (Skateboard). Volunteers helped provide a BBQ, very welcome when the heavens opened, hailstones the size of smarties fell and the sky was filled with lightning! Though we were drenched it was still great fun and memorable!

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



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CALL DARREN

01635 569195/07900398678
areasweep@btinternet.com

Gazebos for hire

Coronation Hall has four 6mx3m gazebos available for hire within the Parish. The gazebos are kept in large carry bags which are quite heavy, so you will need two people to carry as well as the ability to transport them. The hire price is incremental based on how many units you have; a refundable deposit is also required (taken against any damage incurred during hire).

	<u>Price</u>	<u>Deposit</u>
Gazebo One	£40	£25
Gazebo Two	£30	£10
Gazebo Three	£20	£10
Gazebo Four	£10	£10

If you would like to hire one or more please contact hall@graftonparish.com for availability and a booking form. A copy of this form is also available to download from the Grafton Parish website.

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.

SEPTEMBER

17	10.00	Pop-Up Gallery	
18	10.00	Pop-Up Gallery	
18	11.00	Holy Communion	St N
18	12.00	Awareness & fun day	Bedwyn
20	19.00	Defibrillator training	Bedwyn
23	18.00	Youth Activities	
25	16.00	Family Worship	St N
30	10.00	World's Biggest Coffee Morning	

OCTOBER

02	11.00	Harvest Festival	St N
04		Harvest Supper	Wilton Manor Barn
12	12.30	Winter Warmers	
16	11.00	Holy Communion	St N
23	16.00	Family Service	St N
26	19.00	Coronation Hall get together	

Winter Warmers start next month

Wednesday 12 October 12.30 at the Coronation Hall

To book ring Liz Hosier **01264 731242** or email

liz@wexcombefarm.co.uk

email news@graftonparish.com with contributions for the Community News.
Deadline for the next issue Friday 7 October
Editorial rights reserved.

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

sociable dog

6.45pm and 7.45pm
Thursday

FRIDAY

Mobile library at the Coronation Hall

30 September 28 October 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@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
Dog training - sociable	07779 100079 Simon Wooler
Grafton Goslings	graftongoslings@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@grafonparish.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
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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/page
For larger adverts: 1/12 page £5 1/6 page £10 1/4 page £15

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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

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problems

Fertility
Problems

Stress,
Anxiety

RSI, Tennis Elbow, Carpal
Tunnel

Frozen
Shoulder

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Hayfever

Respiratory Problems

IBS,
Constipation



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