

# COMMUNITY NEWS

Has summer come to an end now that the school holidays have started? It is feeling quite autumnal - bring back the sun!



The Community News, together with the [www.graftonparish.com](http://www.graftonparish.com) website, aims to do the best to inform local residents about community events and information. It is encouraging that residents are emailing [news@graftonparish.com](mailto:news@graftonparish.com) with their concerns and views and we are endeavouring to find the answers to questions raised.

On the topic of items of local concern, the best place to find out what is happening is at the Parish Council meetings. These take place every other month and are open to everyone who would like to attend. You don't need to contribute, you can just sit and listen. The next meeting is on 4 September at 19.15 at the Coronation Hall, so why not come along and find out what is going on? It was the Parish Council which organised the rounders match which was such a success and the opportunity to organise further community events will depend much on the interest and involvement shown by residents of the parish.

The skateboard ramp has been refurbished and is open and available for you to use throughout the summer holidays - take care but do enjoy yourselves in the playing field which is behind Sunflowers at Grafton.

We are very fortunate to have so many treasures in our locality. Heritage Open Days are a great way of exploring these attractions. More details on what is available during the summer on page 2 and in the calendar on page 3.

## Loving the BIG summer holidays ...



Our TreeHouse holiday club is underway and we have some fabulous trips and activities for primary school children throughout the summer.

The timetable offers something for everyone – Arts and Nature Lovers, Active Souls and those with Enquiring Minds. Please note that a number of days are fully booked but there is still plenty to choose from so have a look at the timetable at [www.sunflowers-grafton.org.uk/](http://www.sunflowers-grafton.org.uk/) **TreeHouse.**



The summer months are always a little sad as our pre school children leave us to start school. Many joined us as babies and all have been part of our happy Sunflowers family. A big hug for each of our 23 little ones who will start school in September xx

## Local events and news in brief

### Wimbledon Cream teas

A reader reports that the tea was well worth the charge and included sandwiches, scones with jam and cream, meringue with strawberries and all served on a tray with a cloth, serviette and a flag! Much appreciated and a real treat for those lucky enough to enjoy it! Well done Liz.

### Work Wiltshire Website

A new website has been launched, aimed at a range of people including, employers, young people, parents/carers was launched on 4<sup>th</sup> July. New Work Wiltshire [www.workwiltshire.co.uk](http://www.workwiltshire.co.uk) has vital employment and skills information all in one place. Along with young people it also advises employers, those who are vulnerable, have complex needs or disabilities and people who require financial support.

### Join the Animal Agents at Wiltshire libraries

Wiltshire Council libraries are inviting children to sign up and read six books as part of Animal Agents, this year's Summer Reading Challenge. The Summer Reading Challenge invites 4 to 11 year-olds to borrow and read any six library books during the summer holiday period. This year's theme is Animal Agents, a detective agency staffed by clever animals who are out to crack a case at the library with a little help from their friends. Tony Ross, the UK's best-selling children's illustrator and the artist behind Horrid Henry, has created this year's exclusive artwork. To take part in Animal Agents, children need to do visit their local library, where they will be given a membership card, and then, once they've read their first book, they'll receive a collector folder to keep a record of their reading journey. Animal Agents launches in libraries across Wiltshire on Saturday 15 July and runs until Saturday 9 September.

### Changes to GWR journey times on Saturday 16 and Sunday 17 September

The next stage of work for the electrification programme will be to test the overhead wires in the Reading area, which will have an impact on all Thames Valley and High Speed Services on Saturday 16 and Sunday 17 September. Services between Penzance, Plymouth and London Paddington will operate hourly and journey times will be extended by up to 70 minutes. Full details are available on a dedicated web page: [www.gwr.com/travel-updates/planned-engineering/reading2017](http://www.gwr.com/travel-updates/planned-engineering/reading2017)

# JAZZ

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Nina Willison-Boyer has toured extensively with several prestigious big bands and has worked as a lead vocalist in TV, film and commercial work. Colin Green (guitar) has appeared as a soloist with the Royal Philharmonic Orchestra and worked with Georgie Fame & the Blue Flames & Shirley Bassey.

Charlies Charity is delighted to sponsor Alicia, (Nina's daughter) who is an incredibly talented ice skater.

## Heritage Open Days

Heritage Open Days is a national celebration of history and culture taking place over four days, this year from 7 to 10 September. During this time, any participating heritage location that is taking part will be offering free admission on one or more of the days. Some places are open at times or on days that they aren't normally open on as well as some locations that are only open during this weekend.

You can plan your Heritage Open Days weekend by going on to their website – [www.heritageopendays.org.uk](http://www.heritageopendays.org.uk) – and searching to find all the places that are taking part.

We are lucky in that (at the time of writing) Crofton Beam Engines, Wilton Windmill, The Merchant's House and Biddesden House are all taking part. An ideal time to visit the landmarks on your doorstep!

### News from St Nicholas' Church



#### Help needed please

Our church is a beautiful and welcoming place, made more so by the dedication of volunteers who give some of their time to clean it and/or provide floral decorations.

Due to home moves and personal circumstances several of our helpers are not now available and we desperately need more volunteers. This is really not onerous and can take as little or as much time as you are able to give, at a time of your choosing.

As we do not have a flower fund, these are generously provided by parishioners and helpers. If you are unable to spare any of your time but you are able to provide any flowers or greenery (either from your garden or shop bought) that would also be wonderful.

For details please contact Patricia Knowles **01672 810072**

### Local events and news in brief

**Bonfires in a conservation area** - this "follow-up" to the information included in the July issue has been requested from a reader.

In view of the fact that many people in the parish live in thatched houses or next door to one, it should be understood that Insurance Companies recommend "don't have a bonfire within 100 metres of your thatched home - sparks carry easily in the wind". The same applies to fireworks.

#### **From chocolate to prosecco**

The Pewsey Vale Tourism Partnership has some local special offers which you can download to your mobile device or print out. There is something for everyone, including discounts and freebies. Just go to [www.visitpewseyvale.co.uk/special-offers-visit-pewsey-vale/](http://www.visitpewseyvale.co.uk/special-offers-visit-pewsey-vale/) and select the offers you want.

#### **Video on the Vale of Pewsey**

Have a look on YouTube for a new video promoting the Vale of Pewsey. Using images from local photographers and music from The Crofton Stokers, the video promotes this wonderful part of the world that we live in as well as local accommodation providers. The link is on the Visit Pewsey Vale website – [www.visitpewseyvale.co.uk](http://www.visitpewseyvale.co.uk) or go directly at [youtu.be/mzGwTQhzq2g](https://youtu.be/mzGwTQhzq2g).



The Autumn programme starts on **29 September, 6.30 pm** in the Coronation Hall (activity details to follow in September issue). Come along and talk to us about the youth group, find out what we do and tell us what you'd like to do. If you know young people moving into Year 7 in September encourage them to pop in and find out more.

Meanwhile Pewsey Youth Group still has a few places available on their summer trips.

**15/08 Paint Balling** at Combat Splat in the Cotswolds, leaving Pewsey Vale School at 8.30am and returning at 1.30pm. The cost £25 or two Time Credits and includes Domino's pizza for lunch.

**30/08 Thorpe Park** leaving Pewsey Vale School at 8.30am and returning at 6.00pm. The cost is £25 each or two time credits. More information on available on [www.facebook.com/pewseyyouthgroup](https://www.facebook.com/pewseyyouthgroup)

If you have any questions and details about the summer trips and Grafton Youth Activities please contact [youthactivities@graftonparish.com](mailto:youthactivities@graftonparish.com) or Annie on **07802 923344**

#### Local commercial listing

B&B West Grafton	Angie Orssich	01672 810339
Builder	Sam Sanchez	07887 991249
Cake making	<a href="http://www.faysfairycakes.co.uk">www.faysfairycakes.co.uk</a>	
Celebration Cakes	<a href="http://www.nattiesbakesandbites.co.uk">www.nattiesbakesandbites.co.uk</a>	
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

#### Local commercial listing Continued

Personal trainer	Hen Mackinnon	07977 511959
Pest Control	Julie Wilson	01672 811479
Printing clothing/signs	<a href="http://www.SCSigns.co.uk">www.SCSigns.co.uk</a>	
Storage/lock up	David Lemon	01672 870866
Sunflowers at Grafton	Julie McLernon	01672 810478
Swan Inn	Bill Clemence	01672 870274
<b>For help and information</b>		
Link Scheme	0771 7006787	
Police emergency	999 or 112 - information 101	
Member of Parliament	Claire Perry	01380 729358
County Councillor	Stuart Wheeler	01672 810285

#### Links for local information

Charity working for community development [www.communityfirst.org.uk](http://www.communityfirst.org.uk)  
Pewsey Area Board [www.pewsey.ourcommunitymatters.org.uk](http://www.pewsey.ourcommunitymatters.org.uk)  
Access Community notice boards and much more on [www.wiltshire.gov.uk](http://www.wiltshire.gov.uk)  
Grafton Parish [www.graftonparish.com](http://www.graftonparish.com)  
Tree wardens for Wiltshire [www.wiltshiretreewardens.co.uk](http://www.wiltshiretreewardens.co.uk)

Do you have a..... **WEDDING** **BIRTHDAY**

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**CHRISTENING**



 The Wilton Windmill Society

**Wilton Windmill Heritage Open Day**  
**Saturday 9 September 2pm to 5pm**

**Free Tours of the Windmill.**  
**Crofton Stokers folk band**  
**Children's Games**  
**Paint Party art demonstration.**  
**Teas and Cakes, Ice Creams, Pimm's Bar**

### Our Doctor writes

To encourage local teenagers to continue to read the parish magazines I thought that this month I would write about some of the conditions for which teenagers seek a doctor's help.

**Spots** - whether you have lots of spots or just a few, the impact on self esteem can be huge. Acne is a very common condition and most teenagers will be affected at some point – typically girls from 14 to 17, and boys from 16 to 19. It is linked to the changes in hormone levels during puberty. The face, back and chest can be affected and there are different types of spots. Washing your face with luke-warm soapy water twice a day can help especially in combination with over the counter products containing benzoyl peroxide. If this does not work, antibiotics may be required and for this you need to see a doctor. Girls can take/change to a contraceptive pill which helps to reduce acne. If you wear make-up apply it lightly, remove it before bed and use an unperfumed water based product as it is less likely to block pores and dry out your skin. Of course a healthy diet is very important.

**Painful, heavy and erratic periods** can make a teenager's life miserable. Using ibuprofen (Nurofen) a few days before and during your period can help reduce pain and lighten bleeding. You need to take it with food and be careful if you have asthma as this group of tablets can cause wheezing in some asthmatics. Another option is to take the contraceptive pill, even if you are not having sex. Only a medical professional can prescribe the pill and there are a few reasons why the pill might not be suitable for you. So do not suffer, come and have a chat.

**Delaying a period.** You are jetting off on the holiday of a life time or you have exams and your period is due during this time. Don't despair, you can postpone your period. If you are already taking the combined contraceptive pill you simply do not have the 7 day break and start the next packet immediately 'back to back'. There is a progesterone pill called Norethisterone which will delay your period if you start taking it 2 days before it is due – this needs to be prescribed so please come and have a chat.

**Emergency contraception.** Boys you should know about this too. If you got carried away in moment of passion and forgot to use a condom, the condom split or you have missed a few contraceptive pills you may need emergency contraception. The 'morning after pill' needs to be taken as soon as possible which is why it is also available to buy at most pharmacies like Boots. If you would prefer to see a doctor at the weekend you can contact the GP out-of-hours service by dialling 111. Most of all - do not panic!

**Sexually transmitted infections (STIs)** are passed from one person to another during unprotected sex or genital contact. Some have lifelong consequences so the advice is to use a condom. Chlamydia is the commonest STI and may cause no symptoms or a mild burning in boys and girls when passing urine. However, an untreated infection in girls can scar the reproductive tubes resulting in infertility. There are Chlamydia test kits available in the patient toilet at Bedwyn Surgery for 18 to 25 year olds to pick up without an appointment. Genital warts and genital herpes are due to viral infections and since 2012 all teenage girls are offered a vaccination at school and I would strongly advise you to have this vaccination. Other infections are gonorrhoea, syphilis, HIV, hepatitis C and pubic lice. If you think you have an STI, please go to the sexual health clinic where you can get help. [www.swindonsexualhealth.nhs.uk](http://www.swindonsexualhealth.nhs.uk). You really don't want to have a STI, so be safe and use a condom!

Take care, be well and best wishes Dr Angela Paddon MRCGP

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Respiratory Problems	IBS, Constipation		

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**[katie@thepodiatrist.org.uk](mailto:katie@thepodiatrist.org.uk)**

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 \* Evening and weekends can be arranged  
 \* Home visits available for a fee

 



## Dates for your diary

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

### AUGUST

14	13.00	Parish Council planning meeting cancelled	
15		Youth activities paint balling	
20	11.00	Cluster service	<i>St N</i>
25	24.00	Closing date for Community News	
30		Youth activities Thorpe Park visit	

### SEPTEMBER

04	19.15	Parish Council open meeting	
07/10	10.30	Heritage Open Days	<i>Crofton Beam Eng</i>
09	14.00	Heritage Open Day	<i>Wilton Windmill</i>
29	18.30	Youth Activities	
29	24.00	Closing date for Community News	

Community News	news@graftonparish.com
Coronation Hall	07479 281809 hall@graftonparish.com
Parish Council	clerk@graftonparish.com
St Nicholas' services	www.savernaketeam.org.uk
PCC Secretary	01672 870266
Local Clubs	
Windmill Society	secretary@wiltonwindmill.co.uk
Junior cricket club	pdewinton@savills.com
Horticultural Society	01672 810364 Marijke Craig

### MONDAY

#### YOGA



11:00 to 12:30  
01672 841553 Lizzy Hawnt

### TUESDAY



#### ZUMBA

09:30 to 10:30  
07710 115324 Joanna Bury

#### YOGA



19:30 to 21:00  
01672 841553 Lizzy Hawnt

### WEDNESDAY

#### CIRCUIT & FITNESS



09:15 to 10:15  
01672 810266 Hen Mackinnon

### THURSDAY



Baby and toddler group  
10:00 to 11:30  
graftongoslings@yahoo.co.uk

### FRIDAY

**Mobile library** at the Coronation Hall  
4 August, 1 September 11.55am to 12.25pm



09:30 to 10:30  
10:45 to 11:45  
Beginners and gentle work  
07769 580148 Tracey Rich



07746 479345  
Charlotte Price

Monday	17.00 - 18.30	West End (Group Show Dances), Bronze Jazz, Pre-Pointe
Tuesday	15.45 - 17.45	Grde 1/2 Modern & Tap, Grde 3 Tap
Wednesday	15.30 - 19.00	Baby Ballet, Pre-Primary Ballet, Primary & Grade 1/2 Ballet, Grade 3 Modern
Thursday	16.45 - 18.45	Grade 4/5 Ballet, Grade 4/5 Modern

Deadline for the next issue Friday 25 August.

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References available on request.

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