

COMMUNITY NEWS



There is still time to commemorate the life of a friend or loved one by buying a Lily in their name to be included in the Easter floral decorations at St. Nicholas' Church. **Lilies cost £2.50 each**

Should you wish, their names can also be included in a scroll placed in Church for the Easter period.

Please call Patricia Knowles **01672 810072**. *Don't delay*

Winter Warmers Lunch

Tuesday 9 April, 12.30pm
Coronation Hall

Cottage pie with vegetables
Sticky toffee pudding with cream

Please reserve your place with Liz on **01264 731242**
or email **liz@wexcombefarm.co.uk**

If you need a lift, or are unable to come to the Hall and would like to receive the meal at home, then please contact Liz for arrangement details.

This will be the last lunch before the Summer break.



The Parish Council meets bi-monthly and is made up of representatives from each of the villages - all with responsibilities for specific local matters. At the Parish Council meeting on Monday 11 March the following issues were discussed.

1. **Traffic** - Concerns about speeding and traffic travelling through East Grafton on the A338 - Mike Hyslop met with the Wiltshire Council Highways Officer and work is planned to improve road markings. A metro count is to be requested to identify actual traffic speeds and volumes and this will provide evidence for further activity such as a Speed Indicator Device or White Gates. Meanwhile regular Community Speedwatch takes place - thanks to all the volunteers. Please email **clerk@graftonparish.com** if you would like to join the team.
2. **Coronation Hall** - A new cleaner and maintenance co-ordinator have been appointed and feedback is very positive.
3. **Parish Husbandry** - updates on footpath maintenance, parish noticeboards and playing field maintenance. Plans to repair the Skate Ramp and install a Zipwire were discussed.
4. **Planning** - 2 applications in East Grafton and 1 in Wilton were discussed.

The full minutes of the meeting can be viewed at **www.graftonparish.com/grafton-parish-council**. The next meeting is the Annual Parish Meeting on Monday 13 May at 7:30pm when representatives from all Parish organisations will present reports and all Parish residents are warmly invited to attend. Refreshments will be provided too!

Crofton Beam Engines opens for the 2019 season on 6 April. The renovations are now complete and the site is fully open again. The Cafe is also under new management with a new range of delicious goodies.

The revamped Crofton will now run a diverse range of events to entertain people with more than just Steam. Starting at Easter with the Easter Egg Trail and Duck Race. Followed by Shakespeare plays, a Craft show, and in July a Steampunk Event. The Steampunk event will include live shows from the widely acclaimed Steampunk pop stars Professor Elemental and Alice's Night Circus. Plus Tea Pot Racing, and NERF gun duelling. Steampunk is a genre of science fiction where people dress in Victorian clothes and use Steam technology for their daily lives.

For full information on all the events and videos of the Musicians please have a look at the redesigned website **www.croftonbeamengines.org**

A Reader writes



"Can we remind all dog owners to pick up their dog's poo and take it with them? Not only is it not a nice sight to see on our footpaths and grassy areas where people walk and children play..... but it can be dangerous to children's health"

A couple of hours a week?

We are still looking for drivers to join our minibus team and would love to hear from you if you might be able to help on a regular or ad-hoc basis.

Call Alison or Sue on **01672 810478** or email **admin@sunflowersgrafton.co.uk** for more information.



Looking gorgeous!

A huge thank you to everyone who joined the Grafton Parish Spring Clean across our 5 villages, and a particular thank you to all the families who involved their children. We had a great turnout on the day and many who couldn't make the date litter picked at other times to suit. In fact there are many residents who are picking up litter all year round during their walks and we salute you all!

A remarkable amount of litter is collected each year and the majority is not from within our villages but from roadsides on roads out of the villages. For those who wouldn't dream of throwing litter from a car, or dropping it whilst walking, it is impossible to visualise but there are clearly many people who still think it perfectly acceptable. We do struggle each year to 'borrow' equipment for the litter pick - a grabber certainly makes the job a lot easier! Sunflowers has recently made an application for funding from Wiltshire Council for equipment that we keep in the Parish - we'll keep you posted on this.

The Great British Spring Clean is backed by the key anti-litter charities including Keep Britain Tidy - see **www.keeptobritaintidy.org** - and is organised by Sunflowers at Grafton

Wilton Junior Cricket Club meets 10:30 to 12:00 on each Saturday: 4, 11 May and 8, 15, 22, 29 June



As with previous years we will be charging £10 for the season and ideally the sessions are for children in the Parish who attend primary school. This is a great way to develop cricketing and ball skills. We will have 6 training days and for the final gathering we will have a parents/children game.

The training sessions will be on the East Grafton playing field, adjacent to Sunflowers at Grafton (just past St Nicholas' church). We would welcome any 11-15 year olds who would be keen to help with the coaching.

If you have any questions please contact Piers de Winton **pdewinton@savills.com**



Grafton Youth Group

Wednesday 10 April – CLUE HQ Swindon followed by McDonald's.

There may be some last minute places left, contact Annie to find out (details below). It's a fun and challenging opportunity to take part in a live escape game, for more information www.cluehq.co.uk/swindon/escape-games

Cost 2 Time Credits or £20. Leaving Coronation Hall at 3.00pm. Places on a first come first served as places on the mini bus will be limited to 14 people.

16 April - 6.30pm Making Easter Chocolates at the Coronation Hall

Get creative with chocolate and make some Easter gifts (that's if it doesn't all get eaten beforehand!!) Be prepared to get messy - bring an apron! This activity is free.

Summer Programme (further details TBA)

28 May – Oasis Swindon

14 June – Cake making at Coronation Hall for Grafton Parish Fete

6 August - Donutting at Southampton dry ski slope

28 August – Spooky navigation night and campfire at Oxenwood – possibly overnight?!

27 September – Film and pizza at Coronation Hall

Please indicate your interest for any of these activities by contacting Annie youthactivities@graftonparish.com or text **07802 923344**

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

For help and information

Link Scheme	0771 7006787	
Police emergency	999 or 112 - information 101	
Member of Parliament	Claire Perry	01380 729358
County Councillor	Stuart Wheeler	01672 810285

Local commercial listing

Baby sitting	Sophie	07557 915052
B&B Grafton	Victoria Frost	07557 791604
Builder	Sam Sanchez	07887 991249
Cake making	www.faysfairycakes.co.uk	
Celebration Cakes	www.nattiesbakesandbites.co.uk	
Computer issues	Stuart	07881 912477
Disco and Karaoke	Pete Vallis	01672 811326
Disco and Party	Steve	01672 811109
Dog Grooming	Victoria	07786 868192
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
Homeopathy	Emma H-Byass	07540 773531
Logs/tree surgeon	Jeremy Hawkins	07980 536156
Painting & Decorating	Neil Anderson	01264 731362
Personal trainer	Hen Mackinnon	07977 511959
Pest Control	Julie Wilson	01672 811479
Storage/lock up	David Lemon	01672 870266
Sunflowers at Grafton	Julie McLernon	01672 810478
Swan Inn	Bill Clemence	01672 870274

Community Contacts

Church flowers/cleaning	Patricia Knowles 01672 810072
Community News	news@graftonparish.com
Coronation Hall	07479 281809 hall@graftonparish.com
Junior Cricket	pdewinton@savills.com
Parish Council	clerk@graftonparish.com
PCC Secretary	01672 870266
St Nicholas' services	www.graftonparish.com
Winter Warmers	01264 731242 liz@wexcombefarm.co.uk
Youth Activities	youthactivities@graftonparish.com
Local Clubs	
Windmill Society	secretary@wiltonwindmill.co.uk
Horticultural Society	01672 810364 Marijke Craig

Friday 26 April. PELLEAS ENSEMBLE.

7.30pm in St. Mary's Church, Gt. Bedwyn

Admission at door: £15 (members £12.00) Children free

Enquiries: Andrew Hutchison **01672 870 970**



Victoria Lewis: 07786 868 192 | 01264 731408

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Our Doctor writes:

Easter, the only day that you can eat chocolate for breakfast!

I love chocolate. With that in mind and Easter approaching, I thought I would research the benefits of eating chocolate so that I can indulge a little!

- ⇒ Chocolate with a higher cocoa component is the secret to indulgence - dark chocolate containing 70% or higher levels of cocoa are beneficial to health and contains less sugar and fat.
- ⇒ Dark chocolate is good for your heart, brain, mood and love life - the antioxidants, plant sterols and cocoa flavonols found in dark chocolate have been shown to reduce the risk of heart attacks and strokes by lowering blood pressure, reducing 'bad' cholesterol and increasing 'good' cholesterol. In a Canadian study those eating 50g of dark chocolate per week were 46% less likely to die from a stroke. Research shows that dark chocolate improves blood flow to the brain and reduces damage to nerve pathways in patients with Alzheimer's. This has the potential to slow memory decline and may actually improve it.
- ⇒ Minerals such as iron, potassium, zinc and selenium are plentiful in dark chocolate. These are required for healthy growth and one study showed that eating one ounce (25 grams) a day during pregnancy might improve foetal growth and development.
- ⇒ Athletic performance may be enhanced by eating dark chocolate, which appears to boost oxygen availability. Cyclists who ate a small amount of chocolate before training used less oxygen when cycling at a moderate pace and covered more distance in 2 minute time trials.
- ⇒ Cocoa has been shown to improve insulin sensitivity - therefore dark chocolate in small amounts may delay or prevent the onset of type 2 diabetes.
- ⇒ A small square of dark chocolate melted on the tongue 30 minutes before a meal can trigger hormones which make you feel full. This will prevent overeating and if you do the same after a meal it will reduce the urge to snack. So eating chocolate can actually help you lose weight! Providing, of course, it is only a small amount of dark chocolate.
- ⇒ And finally, chocolate is an aphrodisiac! This is due to phenylethylamine (PEA) which is the same chemical the brain creates when you feel like you are falling in love. PEA also stimulates the release of feel good endorphins.

It would be irresponsible for me to write this article without a brief health warning. Chocolate, even dark, should be eaten in moderation. Chocolate high in sugar and fat will not give you any of the health benefits above and will rot your teeth. Some cocoa powders have high levels of cadmium and lead, which are toxic to kidneys and bones. The advice is to check the label to be sure of the nutrients. If your dog eats dark chocolate it can be poisonous.

So enjoy your dark chocolate Easter egg guilt free and with the knowledge that your heart, brain, mood and love life are benefiting.

Happy Easter. Be well, best wishes Dr Angela Paddon

News in brief

Notice of road closure in East Grafton

The Green (Part), Grafton; from its junction with A338 for a distance of approximately 40 metres in a southerly direction.

To enable: Thames Water to access and repair a valve located in the carriageway.

Alternative route: via The Green (unaffected length) – A338 and vice versa.

The closure and diversion route will be clearly indicated by traffic signs.

This Order will come into operation on **23 April 2019** and the closure will be required until **25 April 2019**. It is anticipated that the works will take the stated duration to complete depending upon weather conditions. Access will be maintained for residents and businesses where possible, although delays are likely due to the nature of the works. The Order will have a maximum duration of 18 months.

Leisure promotion for students

Students can get a great deal on a fully inclusive leisure membership package at one of Wiltshire Council's ten leisure centres this Easter. For just a single payment of £29.99, eligible students will get unlimited access to the fitness suite, public swimming sessions, group exercise classes, health suite (where available) and racket sport court hire as well as a gym induction (if required), for 4 weeks from the date of purchase. There is no admin fee to pay either!

Whether you're back from university for the Easter break, on study leave or in a local sixth form, our student offer means you can keep active during your time off – which is great for your health, your study and, if you train with friends, for catching up as well!

This offer is open to those aged 16 and over in full time education (proof of enrolment will be required). It is not available in conjunction with any other offer, or to existing Life Zone, Fitness Zone or Swim Zone members and is only available for purchase **before 15 April 2019**. Simply contact your local leisure centre or visit www.wiltshire.gov.uk/leisure-promotions for more details.

Dates for your diary

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

APRIL

06		First open day of the season	<i>Crofton BE</i>
08	13.00	Parish Council planning meeting (if req'd)	
09	12.30	Winter Warmers	
10	15.00	Youth Activities	
16	18.30	Youth Activities	
20	14.00	First open day of the season	<i>Wilton W'mill</i>
21	11.00	Easter Holy Communion	<i>St N</i>

MAY

04	10.30	Junior cricket	<i>Grafton playing field</i>
11	10.30	Junior cricket	<i>Grafton playing field</i>
13	19.30	Parish Council AGM	
28	TBC	Youth Activities	

Community Market & Brunch A fantastic turnout not just from our local community crafters and creators, who brought their fabulous products to the Hall for sale on 30 March, but also members of our Parish and beyond who supported our event. This is now to be a regular event at Coronation Hall being held once every 3 months; the next one will be held on 22 June, then 6 October and a date to be confirmed in December.



Like our Facebook page www.facebook.com/GraftonParishCommunityNews or follow us on Twitter www.twitter.com/grafonparish.

See www.grafonparish.com for Coronation Hall booking information and details of gazebo hire.

MONDAY

YOGA



11:00 to 12:30
01672 841553 Lizzy Hawnt

TUESDAY



09:30 to 10:30
07710 115324 Joanna Bury

YOGA



19:30 to 21:00
01672 841553 Lizzy Hawnt

WEDNESDAY

Mobile library at the Coronation Hall
10 April, 8 May 11.40am to 12pm

THURSDAY



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

FRIDAY



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 - 19.00	West End (Group Show Dances), Bronze Jazz, Pre-Pointe
Tuesday	16.00 - 18.00 18.00 - 19.00	Grade 1/2 Modern & Tap, Grade 3 Tap
Wednesday	15.30 - 19.00	Baby Ballet, Pre-Primary Ballet, Primary & Grade 1/2 Ballet, Grade 3 Modern
Thursday	16.45 - 19.15	Grade 4/5 Ballet, Grade 4/5 Modern

Deadline for the next issue Friday 26 April

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