

COMMUNITY NEWS

Christmas good cheer and best wishes for 2018

A Happy Christmas and season's greetings for 2018 to all our readers from the Community News Team.

Get into the festive spirit on 17 December at 5pm in the Coronation Hall with Christmas music, a chance to meet up over a glass of mulled wine, wish friends a Merry Christmas and meet people who are new to the Parish. This is a combined community event organised by the Parish Council, St Nicholas' PCC and the Youth Group. Mince pies, nibbles, soft drinks and savouries will be on offer – free of charge . . . though we might just sneak in a raffle! See details at the bottom of the page.

Christmas Eve and Santa's Journey begins...

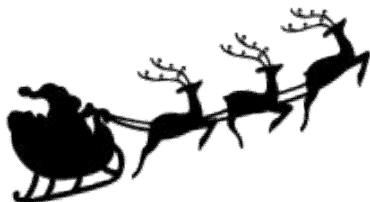
It won't be long now until Father Christmas will be travelling around our Parish on his brightly decorated sleigh with festive music and lights. Don't miss out on this traditional Christmas Eve journey.

18:00 Hollow Lane Wilton

18:15 Marten

18:20 Wexcombe

18:45 East Grafton



Parents: You may be aware that Father Christmas always visits The Swan on Christmas Day and that it is possible to arrange for your child to receive a present from him. Talk to Bill or one of the team at The Swan **01672 870274** for more information.

St Nicholas' Church East Grafton**December news**

Sunday 3rd 11am Holy Communion

Sunday 10th 6pm Evensong taken by our Church Warden. Please come along to support Martin and enjoy this service with him.

Sunday 17th 4pm Family Nativity and Carols.

Please come along and bring your friends to enjoy this wonderful traditional service and enjoy the beautifully decorated church.

Monday 25th 11am CHRISTMAS DAY Holy Communion.

Sunday 31st 9.30am we will be joining our neighbours for a cluster service at St Michael's Church in Little Bedwyn.

If you can spare some time to join our very friendly ladies to help clean and decorate St Nicholas' Church in preparation for the Christmas services or would be prepared to generously donate some flowers for those decorations please contact Patricia for details on **01672 810072**. Don't be shy! We really would appreciate your help and contribution.

Christmas mince pie bake

Call to everyone in our community who would like to help!

If you can spare a couple of hours then come and join us on Thursday 14 December as we prepare mince pies for the parish get-together on Sunday 17 December. **7pm to 9pm on Thursday 14 December** is when volunteers will gather in the Coronation Hall, armed with aprons, tart trays and oven gloves. Please come and join in to produce "top dollar" pies.

Wilton Christmas Lights

Sunday 10 December, 6pm

Quackers, Wilton

(opposite the pond)

Come and enjoy the lights and see Father Christmas with friends and neighbours from the Parish.

If you haven't already called Dougie and Sylvia to confirm a party bag for your child please call on **01672 870651**.

Winter Warmers menu

**Wednesday 13 December
12.30**



**Christmas lunch
+ all the trimmings**



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

A great chance to meet local people, enjoy a fabulous meal and win a raffle prize!

10 January menu

Honey Spiced Pork Casserole, Rice and Green Vegetables followed by Bread and Butter Pudding.

Youth Activities

Youth Group members are invited to come and help set up at the Coronation Hall on Sunday 17 December to get ready for the parish get-together at 5pm. Are you up for helping to make sausage rolls, mulled wine and other Christmas nibbles to share? If you can help please let Annie know and come along to the hall from 2pm.



21 January Trip to ClueHQ in Swindon. An opportunity to take part in a live escape game and stop by MacDonald's afterwards. Those volunteering on the 17 December go for free or its £20 to join in. Leaving the Coronation Hall at 2.30pm. See <https://cluehq.co.uk/swindon> to find out more about the escape games. To book a place text Annie on **07802 923344** or email youthactivities@graftonparish.com

The annual Grafton Parish Poppy Appeal has raised £1,010. 93

Thank you to every house-to-house sales volunteer and to Sunflowers, The Swan and St Nicholas' Church for helping to reach this amazing total.

The overall total for Grafton Parish, The Bedwyns, Shalbourne, Froxfield and surrounding hamlets will be circa £5,000.00 once the final donations have been added to the sum already banked.

Many thanks to the voluntary 'counters' as well who spend three hours emptying at least 30 collection boxes and opening numerous gift aid envelopes, and counting the wonderful amount raised in the villages listed.

June Pearson, Royal British Legion Local Organiser.

Continuously Good rating for Sunflowers at Grafton



On Monday 2 October Sunflowers at Grafton had a visit from Ofsted and we are very pleased to confirm that we maintained our Good rating.

Since our last inspection in 2013 the framework we are 'measured' against has become much tougher so maintaining a robust Good rating in each of the 4 key areas is great news. Overall we are pleased with the tone of the report and it does contain some lovely observations. The report has been published and can be found at www.reports.ofsted.gov.uk/inspection-reports.



Merry Christmas and Happy New Year from the Sunflowers team.

Help shape Wiltshire's plans to 2036: Wiltshire Local Plan Review

Wiltshire Council has a statutory duty to plan for the new homes, jobs and infrastructure needed to support Wiltshire's communities while protecting the local environment and quality of life and to keep its plans up to date.

The council is reviewing the Wiltshire Core Strategy (adopted January 2015), which sets out planning policies for the development and use of land in the county over the period to 2026 and is used in the determination of planning applications. The review of the Wiltshire Core Strategy (renamed the Wiltshire Local Plan) will extend the period to which the plan relates to 2036.

The council is seeking the views of the Wiltshire community on the scope of the review, including the preparation of a Joint Spatial Framework to consider how development across the Borough of Swindon and the Wiltshire Council area should take place. Consultation documents have been prepared to stimulate discussion and ask questions about the strategic issues to be considered.

This is your opportunity to inform the review of the local plan. All comments should be submitted by 5pm Tuesday 19 December 2017

For further information on how to submit your comments please visit the council's website where all the consultation documents and supporting evidence are available: www.wiltshire.gov.uk/planning-policy-local-plan-review



A new TV programme is looking for Grandparents who want to spend more quality time with their Grandchildren.

Are you a Grandparent?

Do you have **three or more** Grandchildren aged **over 18**?

**Do you wish you saw them more often?
Would you like to help them out?**

If so, a new Documentary wants to hear from you!

If you are interested, please email us on shivercasting@shiver.tv
or call us on: **0207 157 4588**

We look forward to hearing from you!

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Still plenty of time for Christmas cards!

Start a conversation with Jane Goldstein
01672 515444

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Local commercial listing

B&B West Grafton	Angie Orssich	01672 810339
B&B Grafton	Victoria Frost	01672 810386
Builder	Sam Sanchez	07887 991249
Cake making	www.faysfairycakes.co.uk	
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
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	www.SCSigns.co.uk	
Storage/lock up	David Lemon	01672 870866
Sunflowers at Grafton	Julie McLernon	01672 810478
Swan Inn	Bill Clemence	01672 870274
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

Links for local information

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

Our Doctor Writes

'Tis the season to be jolly.....!

Happiness is due to the effect of four chemicals in the brain: oxytocin, dopamine, serotonin, and endorphins – at this special time of the year I thought readers may be interested to know about what helps to makes us happy!

Oxytocin – helps human bonding and to romantic attachment, increasing trust, loyalty and empathy. Affection, love making and intimacy are key in causing oxytocin to be released and to feeling happy.

Dopamine is responsible for anticipation, reward-driven behaviour, and pleasure/sensation seeking. There is evidence that people with extraverted, or uninhibited personality types tend to have higher levels of dopamine than people with introverted personalities. You can increase your level of dopamine naturally by being a go-getter in your daily life and setting yourself goals and achieving them.

Serotonin contributes to a sense of wellbeing and happiness by regulating functions such as mood, appetite, and sleep. A higher serotonin level causes increased confidence and self esteem, increased feelings of worthiness and creates a sense of belonging. By challenging yourself regularly and pursuing things that reinforce a sense of purpose, meaning and accomplishment, you can increase your serotonin level.

Endorphins translated literally is 'self-produced morphine,' and are released in response to stress, fear and pain. Strenuous exercise, sex, massage, yoga, pilates, acupuncture, chilli and small amounts of alcohol trigger the release of endorphins responsible for feelings of pleasure, excitement and satisfaction.

None of these chemicals work in isolation so what better way, during this festive season, to give them all a boost than by inviting all your family and friends to a party you have planned and to eat chilli, dance and laugh?

Happy Christmas. Be well, best wishes, Dr Angela Paddon.

Victim Support

Wiltshire branch is recruiting volunteers to give their time to help people move beyond crime. This local team would appreciate a small amount of your time to make a difference to those who need help.

Call **0130 738878** or email **Wiltshire@victimsupport.org.uk**

Parish Council welcomes new appointments

Maria Vonsova accepted the position as clerk to the Parish Council in November and Mr Kevin Burke has been welcomed in the same month as a new Parish Councillor representing East Grafton.

The council has one more vacancy and is looking for someone to represent Wilton. If you are interested then please email **clerk@graftonparish.com** for information. **www.graftonparish.com** contains details regarding the parish and is regularly updated.



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

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RSI, Tennis Elbow, Carpal Tunnel	Frozen Shoulder	Period Pains	Hayfever
Respiratory Problems	IBS, Constipation		

Rubbish collection over the holiday period

- ⇒ **Saturday 30 December** Household waste rescheduled from 28 December
- ⇒ **Saturday 6 January** Black box and blue bin rescheduled from 4 January (no garden waste)
- ⇒ **Friday 12 January** Household waste rescheduled from 11 January
- ⇒ **Thursday 18 January** Black box/blue bin and garden waste where you can leave your **Christmas tree for free collection.**

All household recycling centres will be closed from 1pm on 24 December and all day on 25 December, 26 December, and 1 January. At all other times normal opening hours will apply, 10am-4pm. Visit at **www.wiltshire.gov.uk/household-recycling-centres**

Warm and Safe Wiltshire Priority Service Register

Scottish and Southern Electricity Networks maintain the substations and powerlines that bring electricity to your home. They offer Wiltshire residents a Free Service to help those who might require assistance in a power cut.

Sign up for free if you are dependent on electricity for home medical equipment, mobility equipment or to keep medicines cold, elderly, disabled, or have special communication needs.

Contact: Wiltshire Warm and Safe on 0300 003 4575 to ask about the priority service register or visit the link below.

www.warmandsafewiltshire.org.uk

Community Contacts

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

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



Dates for your diary

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

DECEMBER

10	18.00	Christmas lights	<i>Wilton pond</i>
10	18.00	Evensong	<i>St N</i>
13	12.30	Winter Warmers	
14	19.00	Great mince pie bake!	
17	14.00	Youth Activities	
17	16.00	Carol and crib service	<i>St N</i>
17	17.00	Mince pie/wine Christmas festivities	
24	18.00	Father Christmas tours the hamlets	
25	12.00	Father Christmas at the Swan	<i>Wilton</i>
25	11.00	Holy Communion	<i>St N</i>
29	24.00	Community News deadline	

JANUARY

07	11.00	Holy Communion	<i>St N</i>
10	12.30	Winter Warmers	
14	18.00	Evensong	<i>St N</i>
21	11.00	Holy Communion	<i>St N</i>
21	14.30	Youth activities trip	
28	16.00	Family Service	<i>St N</i>

See www.graftonparish.com for Coronation Hall booking information and details of gazebo hire - dates and information for all Parish council meetings and past community news issues.

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
22 December 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 29 December.

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References available on request.

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