

COMMUNITY NEWS



The Platinum Jubilee BIG Lunch Sunday 5 June

SAVE THE DATE ... it will be a celebration to remember

The Parish Council is planning to bring together all parts of the community, all ages and our different community groups to celebrate the Queen's Platinum Jubilee in 'Grafton Parish style'.

Building up to the day ...

There'll be lots going on such as a treasure hunt to test your local knowledge and a Royal Platinum Pudding competition

On the day ...

12.00pm Jubilee Lunch on The Green, East Grafton. Bring your own picnic or purchase food on the day. We'll have a bar and music to entertain. Come dressed in 1950's style - it will all add to the atmosphere!

After lunch there'll be lots going on such as the famous inter-village rounders, wellie wanging, and tugs of war! Her Majesty will be present as she was in 1950 and as she is today. Who can resist a photograph with Her Majesty? A dressing up box is planned for those who want to experiment on the day.

We'd love to feature a display of memorabilia from the Queen's time on the throne. If you have items we may be able to borrow please get in touch.

Late afternoon Entertainment and food at The Swan in Wilton.

When it's a bit darker Up to the Windmill for fireworks and the lighting of beacons around the parish.

If you can volunteer your help or maybe you are a local business who can offer support, let us know on news@griftonparish.com. Lots more details will follow in the March issue. Watch this space!

The Parish Council will be leading this event in conjunction with St Nicholas' Church and Coronation Hall



DATES FOR YOUR DIARY ...

**Bag2School collection
Wednesday 16 February, 9am**

It must be time for a clear out! Sunflowers at Grafton have a Bag2School collection on Wednesday 16 February so take the opportunity to clear your cupboards and help us raise funds.

Bear in mind that items are for re-use rather than recycling. Bag up good quality used adult and child clothes, bags, paired shoes and socks, belts, hats, scarves, ties and jewellery.

Use existing plastic bags that you have at home to bundle your contribution. Spread the word to family and friends – encourage them to have a clear out too. The more we collect the more money we raise!

Please make sure it is with us before 9am on collection day, Wednesday 16 February, but no more than 24 hours before as we have very limited storage space.



**Save the Date!
Saturday 19 March, 10.30am**

This Annual Parish litter pick helps keep our corner of the county looking lovely. Pop the date in your diary now and look out for more information in the March

Community News and on village WhatsApp groups.

PS Many of you are litter picking all year round to keep the Parish looking lovely – thank you!



Winter Warmers

On the first Tuesday of every month, except during Summer, do go along to the Coronation Hall at 12.30pm to enjoy a most delicious lunch in great company.

Menus change each month, there is a raffle and your donation towards the costs is the limit of your contribution.

Please call Liz on **01264 731242** or liz@wexcombefarm.co.uk to reserve a place and ensure that there is sufficient food to go round.

If you need transport then this can be arranged providing that sufficient notice is given.

If you are housebound then the full meal can be brought to you - again you will need to give Liz plenty of warning.

These lunches are a community event with volunteers helping with all the cooking, serving and clearing up. A real treat where you can enjoy the company of neighbours, great food and no washing up!

Parish Council Planning Meeting, Monday 7 February, 6pm, Manor Farm Barn Wilton

The following planning applications will be discussed at this meeting (note that others may be received after publication of this Community News issue). The particulars in connection with these applications are available to view and comment on via the Wiltshire Council website

www.development.wiltshire.gov.uk

Application Ref: PL/2022/00647 **Deadline:** 28-02-22

Address: Batts Cottage, Grafton Road, Wilton, SN8 3SS

Proposal: Proposed Two/Single Storey Extensions and Associated Internal Alterations

<https://development.wiltshire.gov.uk/pr/s/planning-application/a0i3z000017R9fp>



Community Market & Brunch

The next event is planned for Saturday 2 April 2022 from 9.30am until 12.30pm at Coronation Hall. If you would like to book a table, do please email Natalie at hall@grastonparish.com or telephone 01672 216115.



Our Doctor writes ...

A random act of kindness

A few days ago I took my son's car for a spin, literally. I skidded on black ice on a corner and spun slowly off the road into a field. Fortunately the only damage was a cracked bumper, my pride, along with a few heart palpitations. Three passing motorists kindly stopped to see if I was alright including a young man, who proceeded to check the chassis and engine then helped me reverse out of the field and back onto the road. He even offered to follow me the short distance home to ensure I arrived safely. When I did arrive my neighbours ushered me in to their home for a restorative cuppa and, when my nerves settled, my neighbour drove me to Burbage so I could complete the errand I had been undertaking. The final kindness occurred when I confessed to my son that I had crashed his car. His response was "oh no. Never mind about the car as long as you're okay" That's the edited version, his language was not really suitable for this magazine!

Everyone involved was so kind. What is kindness and why is it so important? The Oxford Dictionary of English defines kindness as 'the quality of being friendly, generous and considerate'. The 'and' indicates that all three of these qualities are required for kindness to be present. So, one can be friendly and yet not kind, or both generous and considerate but not kind. Kindness manifests itself most frequently, in showing kindness to others and much less consistently, in showing kindness to ourselves. When you show kindness to other people or towards yourself, you experience positive mental and physical changes by lowering stress levels and increasing the body's production of feel-good hormones such as dopamine, oxytocin and serotonin. Being kind helps boost the immune system, reduce blood pressure and reduce stress and anxiety.

Often it is the smallest acts of kindness that can have the most impact. A moment of support in a time of need, a quiet word of encouragement, a helping hand to carry a heavy load, or just a smile that says 'I see you' can make a world of difference. Kindness is non-judgemental and unconditional. The real reward for kindness is in the inner positivity, rather than any external reward or recognition.

Being kind to yourself means looking after yourself. A helpful way to understand what being kind to yourself means is to remember the aeroplane safety instruction which asks you to put on your own oxygen mask before helping others with theirs. You can show yourself kindness by listening to your internal voice. What are you telling yourself, how often are you being negative or hard on yourself? How infrequently are you praising yourself or recognising all the things you are so good at? Consciously recognise all the positive things about yourself. Try not to compare yourself to others and be generous with yourself, giving yourself time to do things just for you. It is much harder to be kind to others if you are not being kind to yourself.

I am lucky to be surrounded by kind friends, family and, it would seem, complete strangers too.

Be well, be kind. Dr Angela Paddon and the team at the Old School Surgery.

Walking into Spring?



We are extremely lucky to live in such a wonderful part of the world – the designation of an Area Of Outstanding Natural Beauty recognises the heritage, landscape, natural beauty, tranquillity and access to rights of way – all on our doorstep.

There are so many fantastic walking and cycling routes, where you can see breath-taking downland, glorious woodland, the historic Kennet & Avon Canal or pretty villages.

If you would like to have a look at some local routes, then you can go to www.visitpewseyvale.co.uk/walkers-are-welcome, where you can see the location of the walks and download the walk details – the collection includes walks from the Pewsey Vale Tourism Partnership, Great Bedwyn Footpaths Group and The Crown & Anchor in Ham. There are plenty of other walking routes on the website and cycling routes as well – www.visitpewseyvale.co.uk/things-to-do.

Timmy B Yoga

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Tues 7.00pm - 8.15pm

Wed 9.30am - 10.45am

Chair Yoga – Thursday 3.00pm



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Thursdays 6.30pm

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Dear Readers, I have been really struggling with an idea.

It is to do with rightness. Not righteousness, but rightness. In the gospel reading today, the pharisees are trying to catch Jesus out to find out if he will break the law to heal a man's hand.

Jesus angrily asks them whether it is right to break the religious laws or to heal the man. He heals the man.

Unfortunately, we live in a generation that functions with the individual being the most important thing. It is about *me being the best me I can be*, to use an obnoxious paraphrase. Although the horrible expression should be true, I can't be my best me if I don't relate to those around me.

Relationship demands the long list of values that we teach in our schools. Integrity, resilience, truthfulness, love of neighbour, fairness, etc. Unfortunately, culturally there is a disconnection between individual rights and individual responsibilities. In the workplace we don't just rely on others to do things for us, we do things for them. There is a reciprocity in community. Recently we have seen the law broken for selfish reasons, a stark contrast with the law being broken by Jesus to heal a crippled person. The cultural disconnect from the wider community has allowed a breaking of the professional 'code of conduct' where others would expect harsh judgement.

For the Christian, we pray in the Lord's Prayer for '**us**' not for '**me**'. **Our** Father... Give **us our** daily bread, forgive **us our** trespasses as **we** forgive those who trespass against **us**. Lead **us** not into temptation but deliver **us** from evil. The community of prayer provides the life blood for integrity because it contextualises the relationship with God and neighbour. In Christian belief, '**we**' are made in God's image and likeness, not the other way round.

If we have a godly integrity, then our actions in the world will manifest rightness. Maybe, this low time of the year is an opportunity to commit afresh to wisely caring for our neighbours and reflecting on that communal relationship with God.

Every Blessing Michael

The Vicarage, Church Street, Great Bedwyn

Tel: 01672 870779 mtmch@hotmail.com



St Nicholas' Church Annual Meeting, Sunday 6 March

Following 11am Holy Communion all Parishioners are invited to attend and hear about what happened last year and the plans for 2022.

Local commercial listing

Bicycle repairs	Peter	07366 418484
B&B Grafton	Victoria Frost	07557 791604
B&B Grafton	Pip Browning	07884 453300
B&B Wilton	Millie Lemon	01672 870266
Builder	Sam Sanchez	07887 991249
Celebration Cakes	cakes@nattiesbakesandbites.co.uk	
Computer issues	Stuart	07881 912477
Dog Grooming	Victoria	07786 868192
Dog training/walking	Carrie Holborow	07546 941709
Double glazing	David Willcocks	01672 811979
Flowers	Gill Campbell	07833 670693
Gardening	Sue Upham	01672 810526
Grafton Garage	Tony Gilbert	07845 006890
Homeopathy	Emma H-Byass	07540 773531
Logs/tree surgeon	Jeremy Hawkins	07980 536156
Mushrooms	Harry Allen	07500 423151
Painting & Decorating	Neil Anderson	01264 731362
Personal trainer	Hen Mackinnon	07977 511959
Pest Control	Julie Wilson	01672 811479
Printing	Jane Goldstein	01672 515444
Storage/lock up	David Lemon	01672 870266
Sunflowers at Grafton	Julie McLernon	01672 810478
Swan Inn	Bill Clemence	01672 870274
Pinckneys Farm	Wendy	07989 228864

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Contact details and general local information Anyone new to the Parish may be helped by referencing www.graftonparish.com where you can find most previous issues of the Community News to find out more about what goes on in our area. Why not have a browse on a cold winter's evening?

Dates for your diary

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

FEBRUARY

06	11.00	Holy Communion	<i>St N</i>
07	18.00	Parish Council planning	<i>Wilton Manor Barn</i>
14	24hrs	A338 closure at West Grafton Lane	
16	09.00	Bag2School collection	<i>Sunflowers</i>
17		Last Thursday black bin collection day	
25	24.00	Community News closing date	

MARCH

01	12.30	Winter Warmers	
09		First of the new Wednesday Black bin days	
06	11.00	Holy Communion followed by the Annual Parochial Church meeting	<i>St N</i>
07	19.30	Parish Council meeting	

Thursday black bin collection days are changing (all villages except Marten) Final Thursday black bin collection day is 17 February. From WEDNESDAY 9 March black bins will be collected on Wednesdays every fortnight.

Local Clubs

Windmill Society	secretary@wiltonwindmill.co.uk
Horticultural Society	01672 810364 Marijke Craig
Crofton Beam Engines	crofton@katrust.org.uk
Grafton Goslings Baby & Toddler Group	graftongoslings@yahoo.co.uk
Dance classes	07746 479345 Charlotte Price
Pilates	07769 580148 Tracey Rich
Yoga for All	07747 780898 Tim Brew
Zumba	07710 115324 Joanna Bury

Community News Closing dates Our closing date is always the last Friday in the month and issues distributed by volunteers over the following weekend or within the next few days (thank you all). If you are publishing an event, advert or comment please be aware of the calendar period covered by each issue.

To book the Hall: email hall@graftonparish.com or call 01672 216115 or 07479 281809

Calendar of regular dates at the Coronation Hall

Monday	Pilates	09.30
Monday (weekly in term-time)	Dance	16.45
Tuesday (weekly in term-time)	Zumba	09.30
Tuesday (weekly in term-time)	Dance	16.15
Tuesday	TimmyB Yoga	19.00
Wednesday	TimmyB Yoga	09.30
Wednesday (weekly in term-time)	Dance	15.30
Thursday (weekly in term time)	Grafton Goslings	10.00
Thursday	Pilates	13.30
Thursday	TimmyB Chair Yoga	15.00
Thursday (weekly in term-time)	Dance	16.45

Monday (1st & 3rd in month)	Alzheimer's Cafe	13.15
Tuesday (1st in month)	Winter Warmers	12.30



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Deadline for the next issue Friday 25 February 2022

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References available on request.

07990 512342 Jasonlewis08@aol.com

Village WhatsApp groups - Text or WhatsApp to join: East Grafton (Tamara 07711 824864), West Grafton (Annie 07802 923344), Marten (Richard Pash 07795 636767), Wexcombe (George 07786 332950), Wilton (Tara 07833 320951). New to What's App? We can help - just get in touch.

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