

COMMUNITY NEWS

Show the love for where you live

Actions speak louder than words - get ready for the Grafton Parish Spring Clean

Each year Sunflowers at Grafton organise a litter pick across the five Grafton Parish villages to help keep our corner of the county looking lovely. Many of you have helped before and we hope you will take part again. For those who haven't taken part previously – you'll be amazed at how much litter gets picked up!

Saturday 28 March 2020, 10.30am to 12.30pm

You are all very welcome. Please bring a sturdy pair of gloves – gardening gloves are ideal. Following a successful funding application last year we have plenty of litter pickers, bag holders and stylish hi-viz jackets!

There will be co-ordinators in each village – meet on the day at 10.30am:

East Grafton – Coronation Hall
West Grafton – notice board
Wilton – by the pond
Wexcombe – at the bus stop
Marten – noticeboard

For more information call Sue on **01672 810478**
or email **admin@sunflowers-grafton.co.uk**



Exciting activities for the Spring

20 March from 6.30pm - Making Paracord Bracelets
Coronation Hall

6 April – Go Karting at Thruxton

Book a place now as they will be very popular! Further details will be circulated via email and Facebook.

If you are interested in knowing more about Grafton Youth Activities, email **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



Coronation Hall Community Brunch

Saturday 21 March

9.30am - 12.30pm

Come and enjoy a FREE breakfast bap!

Coronation Hall will be holding the next Community Market and Brunch on Saturday 21 March from 09.30 until 12.30.

The Hall will be providing a free freshly cooked and delicious breakfast bap along with tea, coffee and juice for all those attending and allowing you to catch up with friends, family and neighbours at the same time.

You will be able to pick up some delicious treats from the produce stalls or some great gift ideas from crafts to flowers, perfect presents for Mothers Day. Also, you can pick up details of events happening in the Parish, be it walking clubs or classes.

If you would like to reserve a table for the event, please email Natalie at **hall@graftonparish.com**

Hubris: The road to Donald Trump

Lord David Owen talk at Ham Village Hall Friday 3 April 7pm for 7.30pm. Tickets £15 from Mary Walker **mary@eastcourthouse.co.uk**

Despite incessant rain and the efforts of storm Ciara and Dennis there are signs of Spring and the first daffodils are out. Our grateful thanks to those intrepid souls who cleared fallen trees, kept the roads clear and kept an eye on rising water levels.

Our annual Grafton Parish litter pick shines a light on loving where we live on a specific date but there are countless examples of residents taking action to love where they live, not least of all those who are litter picking all year round. You may not have noticed that the bench opposite Wilton pond has recently been re-painted? This task was quietly, and kindly, taken care of by a neighbour. We can probably all think of examples of friends and neighbours taking it upon themselves to take care of a task that will keep their village functioning and /or looking lovely.

How fortunate we are to be part of a community which responds so positively in times of adversity and is pro-active all year round.

Winter Warmers Tuesday 10 March

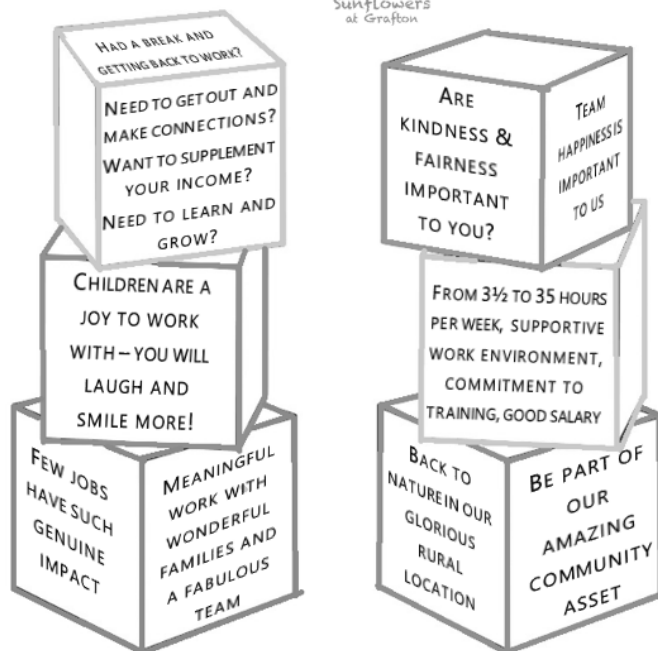
12.30pm, Coronation Hall

Lamb curry with rice and poppadum
Lemon Roulade for pudding!

Everyone is welcome to enjoy this get together with delicious food and friendly company. A relaxed atmosphere and a good way to meet your neighbours especially if you are new to the Parish.

Contact Liz Hosier **01264 731242** or **liz@wexcombefarm.co.uk** to let her know that you are coming, would like a lift or would appreciate lunch to be delivered to your home.

THERE ARE LOTS OF REASONS TO WORK WITH SUNFLOWERS AT GRAFTON ...



We have a mix of permanent, short term contract and ad-hoc hours, some of which are during term-time only, available across our nursery rooms and in our Breakfast & After School Clubs.

Get in touch with Alison or Sue and arrange to come and see us for an informal chat if you'd like to know more.

Sunflowers at Grafton, The Green, East Grafton, Marlborough, SN8 3DB

Sunflowers at Grafton is committed to safeguarding and promoting the welfare of children. References, enhanced DBS checks and evidence of the right to work in the UK are essential.

Sunflowers at Grafton is a registered charity (No. 1147882)



WAGTAILS.VIP (Very Important Pet)

Do you need help with your pet?

Whether you are out working, feeling under the weather or have other pressing issues, I am on hand to help you out. I am fully insured, first aid trained and D.B.S. checked and ready to assist with dog walking or a home visit for your pet or to house sit.

Please call or text Debbie to find out more
07909 996639



News from St Nicholas' Church East Grafton

Mothering Sunday is on 22 March and our service on that day will be at 4pm. Please come along to enjoy the service where small posies will be provided for children to present to their Mothers or loved ones.

Now is also the time to look forward to Easter. It has become a popular tradition at St Nicholas to make a donation of £2.50 which buys an Easter lily in remembrance of a friend or loved one and forms part of our beautiful floral arrangements. A scroll is also placed in church for the Easter period with the names of those remembered. Please contact Patricia Knowles as soon as possible on **01672 810072** if you would like to dedicate any lilies.

Make a note in your diary and don't miss this poignant 11am service on **Easter Sunday 12 April**

Dog walkers - a reader writes

Please, please do not discard your green or black poo bags by our foot paths and hedgerows. Their contents will bio degrade.

The bags won't.

As others must pick them up - it's hardly "friendly", eco or otherwise. Take them home. Thank you!

PLEASE. CLEAN UP



AFTER YOUR DOG

Our Doctor writes - Music as Medicine

There is lots of evidence to support that when feeling stressed, listening to your favourite music makes you feel better. Even infants benefit from listening to music, especially where there is a repetitive pattern, remaining calmer for longer when played music rather than when spoken to. Music may help alleviate stress by lowering the body's cortisol levels, the hormone released in response to stress. This stress relieving effect does depend on what type of music is listened to, with relaxing music found the most likely to lower cortisol levels. Relaxing music, where there is a slow tempo and musical pauses, is associated with a decrease in heart rate, respiration and blood pressure. Music's effect on the heart and its potential as a stress reliever have led researchers to believe music may also be effective for treating heart conditions.

Music improves memory. Music appears to unlock parts of the brain and people often retain song words and melodies longer than other memories. A study involving people living with dementia and their caregivers showed that the groups singing and listening to music had better mood, overall well-being and improved memory on cognitive assessments. The Alzheimer's Society started Singing for the Brain, now called Music for the Mind, in 2003. This service, which brings people with dementia and their caregivers together in a friendly and supportive environment, helps to improve emotions, social interactions and confidence, to retain skills and to reduce loneliness. There are 11 groups across Wiltshire, the nearest are in Lockeridge and Mildenhall, Marlborough. www.alzheimerswiltshire.org.uk

Bob Marley sang: "One good thing about music, when it hits you feel no pain". The theory is that listening to music triggers the release in the brain of the body's natural painkillers, the opioids. In a trial involving post operative patients, those who listened to music they had chosen reported having less pain and anxiety and required less pain relief than patients who did not listen to music. Listening to calm, relaxing and self-chosen music also reduced pain and increased functional mobility significantly in patients suffering from fibromyalgia, a disorder that causes muscle and joint pain associated with fatigue.

Increasingly, research is indicating that music can help aid recovery from brain injury, such as a stroke, and also to reduce seizure activity in epilepsy. Stroke sufferers who listened to music for around two hours a day had better verbal memory, speech recovery and attention. Analysing brain activity in people with epilepsy showed that they have a different response to music. Listening to music, prevented seizure activity.

Music therapy is already an established psychological clinical intervention and is increasingly being used in the management of vulnerable children, adult mental wellbeing and caring for the growing number of people affected by dementia. If you would like to know more about music therapy, finding a therapist or becoming a therapist then you will find this information at the British Association for Music Therapy, www.bamt.org

There is certainly evidence that we have much more than just an emotional connection with music. So next time you listen to and share with friends your favourite music, know that you are likely to be experiencing lots of health benefits.

As this is my first article this year, I would like to wish everyone a happy new year from the team at The Old School Surgery and thank you all for your kind cards, words and gifts at Christmas time.

Start listening, be well. Best wishes Dr Angela Paddon



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Our farmer writes

A wet February on the farm tends to be a time for meetings and training courses. Most farmers in our Parish have joined the "Southern Streams Farmer Group" which has been set up to improve the habitat and health of our area and beyond.

An example project is in Wilton where a new series of ponds now runs through the village catching sediments in the water to prevent flooding downstream.

Ambitious projects are planned to increase the number and variety of wild birds and animals. Results are monitored and hopefully residents will notice the change in the months and years to come.

News in Brief

Local Walking: We are so lucky to have lots of fabulous walks literally on our doorstep. This month we are looking at an 8-mile circular walk that starts at The Bruce Arms between Milton Lilbourne and Easton Royal on the Pewsey to Burbage road and takes you up to Wootton Rivers, across to Pewsey along the Kennet & Avon Canal and then back to The Bruce via Milton Lilbourne. This is a really peaceful and interesting walk and gives you an opportunity to explore Jones's Mill Nature Reserve and Scotchel Nature Reserve, as well as the unusual church at Wootton Rivers with plenty of refreshment opportunities along the way. Parking is easy - either at The Bruce Arms or park in Pewsey at Bouverie Hall for an alternative start and end point.

This walk, as well as plenty of other walks of varying distances, can be found at www.visitpewseyvale.co.uk/category/things-to-do/walking/ where the leaflets can be downloaded to your mobile device or printed out.

Wiltshire kerbside collections are changing: Note the changing of collection days for your blue-lidded bins and black boxes. The day on which your blue-lidded bins and black boxes are emptied may change – though the collection days for household waste and garden waste will not change. Look out for a letter in the post that will tell you how the changes affect you. You will see a bin hanger on your blue-lidded bin ahead of your new collection date to give you more information. You can find out your collection days from www.wiltshire.gov.uk/rubbish-and-recycling-collection-days

Please put plastic bottles, pots, tubs and trays, cartons, cans, aerosols, foil, paper and cardboard into your blue-lidded bin. Do not include black plastic and plastic films. To make more space and avoid contamination please wash and squash your recycling and ensure all containers are empty and clean. Find out more here: www.wiltshire.gov.uk/recycling.

Glass bottles, jars and textiles go in the black box. Bottle lids can be left on. Clean and dry textiles (clothes, pairs of shoes, curtains, sheets and blankets) should be bagged, tied and put in the black box. Wet or dirty textiles can't be collected. Find out more here: www.wiltshire.gov.uk/recycling

Footpath East Grafton to Wilton: Wiltshire council is arranging for robust equipment to clear the path between these hamlets as soon as possible. Thank you to the resident to raised this issue with the Parish Council.

Lost pendant? A small silver metal pendant in the shape of an anchor has been found on the south side of the Green in East Grafton. Tel **01672 810872**.



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BOOK ONLINE!



A338 Closure, 9 - 10 March 2020 We understand that the A338 will be closed from approx. 9am to 3pm on Monday 9 and Tuesday 10 March 2020. Traffic will be restricted from Hollow Lane to the West Grafton turning for safety works to replace the cats eyes. East Grafton will be accessible from all directions for residents and businesses but be aware that you are likely to experience short delays.



Victoria Lewis: 07786 868 192 | 01264 731408

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Dates for your diary

More details in the later issues of the Community News.

24 April in the Coronation Hall St Nicholas' PCC is organising a **ST GEORGE'S DAY+1 QUIZ**. 7 for 7.30pm, tickets £15 from Millie 07803 032273 or Patricia 01672 810072 to include refreshments and a glass of wine

7 June Open Farm Sunday at Wexcombe Farm

12 June Parish **ROUNDERS MATCH** on the Green

20 June a **TABLE TOP SALE** - so start saving your treasures now!

If you are planning any events in the parish then don't forget to email news@graftonparish.com to ensure that details are in the Community News.



Dates for your diary

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

MARCH

10	12.30	Winter Warmers	
15	11.00	Holy Communion and APCM	<i>St N</i>
20	06.30	Youth Activities	
21	09.30	Community Brunch	
22	16.00	Mothering Sunday	<i>St N</i>
28	10.30	Annual Parish Litter Pick	

APRIL

06		Youth Activities	
12	11.00	Easter Sunday	<i>St N</i>
24	19.00	St George's Day+1 Quiz	



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

See www.graftonparish.com, email hall@graftonparish.com or call **07479 281809** for Coronation Hall booking information and details of gazebo hire.

MONDAY

YOGA



11:00 to 12:30
01672 841553 Lizzy Hawnt

TUESDAY



ZUMBA
fitness
YOGA



09:30 to 10:30
07710 115324 Joanna Bury

19:00 to 20:30
01672 841553 Lizzy Hawnt

WEDNESDAY

Yoga for all

09.30 to 10.30
07747 780898 Tim Brew

Beginners' Yoga

11.00 to 12.00
07747 780898 Tim Brew

Mobile library at the Coronation Hall
11 March 11.40am to 12pm

THURSDAY



Baby and toddler group
10:00 to 11:30
graftongoslings@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
Wednesday	15.30 - 19.00	Baby Ballet, Pre-Primary Ballet, Primary & Grade 1/2 Ballet, Grade 3 Modern
Thursday	16.45 - 20.15	Grade 4/5 Ballet, Grade 4/5 Modern

Deadline for the next issue Friday 27 March

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Advertising rates per issue: $\frac{1}{12}$ page £5.50, $\frac{1}{6}$ page £11, $\frac{1}{4}$ page £16.50
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Printed by RIDGEWAY PRESS www.ridgewaypress.co.uk

Email info@ridgewaypress.co.uk Tel **01256 300420**