

COMMUNITY NEWS



News from The Swan

With the announcement of the new lockdown and in spite of the wintery gloom, there's lots happening at the Swan.

We are still delivering vegboxes and will continue to offer takeaway meals 7 days a week, including lunchtimes. We will be offering takeaway brunch from 10-12, and in addition to our usual favourites we will offer paninis, pasties and other bakes at lunchtimes. On Sundays we will continue the Sunday roast takeaway; a whole joint in two sizes with all the trimmings. On Sunday evenings we will be offering takeaway pizzas.

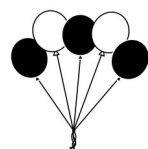
If you haven't heard we have been baking pies! These sold chilled or frozen for you to reheat at home. We are offering a weekly selection of freshly baked 8" pies, with classic fillings such as Steak and Ale, Steak & Kidney, Chicken and Leek, Chicken & Mushroom and a Vegetarian Butternut Squash option. We are also about to launch fruit pies and puddings.

Christmas is fast approaching, and as we won't be doing the usual parties this year we have come up with some ideas to keep the kitchen usefully employed. We have made Ramsbury Gold Christmas Puddings in 3 sizes, a virtual mountain of luxurious mincemeat to make mince pies later, and we will be offering home cooked Hams.

We have teamed up with Pip from Manor Farm to offer a one stop Christmas food shop to save you from the butcher's queue or doing battle in the supermarket. Pip's order form is enclosed, check our website, or contact us at the Swan for more information.

Many thanks to everybody for their continued support.

www.theswanwilton.com



Happy birthday to the Community News!

This November we celebrate the 11th year for the Community News and November is the month when we say "a big thank you" to all those who support each issue with advertising, distribution and compilation.

Whilst indications are that December and Christmas will be very different this year - it's encouraging to see so many local enterprises supporting the community in these Covid times. We encourage everyone to support these community efforts.

WhatsApp Groups, Facebook and twitter help to keep us in contact, share information and offer help to our neighbours.

Christmas Turkeys and more!



This year East Grafton Manor Farm is teaming up with The Swan in Wilton to offer our fabulous, local, traditional whole turkeys and turkey roasts (choose from Free Range Bronze, Free Range White and Organic Free Range Bronze) alongside Bill's homemade mince pies, Christmas puddings, amazing meat pies, hams and seasonal veg boxes.

Order from us for collection from The Swan on 23 December for a one stop, local, contactless Christmas shop!

Order forms, enclosed in this issue of the Community News, are also available from The Swan. For additional information email pipmanorfarm@btconnect.com or text **07884 453300**.

A donation from sale of each turkey will be made to St Nicholas' Church, East Grafton and Wiltshire Search and Rescue.



Make it a Gastro Christmas!



There's lots of exciting things to look forward to at Gastro Nick's in the run-up to Christmas (and yes, there will be Christmas):

- Hamper Events—pop along to Gastro HQ or check the website from November to see our delicious hamper ideas. Ready to go or bespoke!
- A new Stocking Filler website area for smaller treats and specialities. All stocked in our deli too!
- Open 9.30-17.30 Monday to Thursday
9.30-19.30 Friday, 9.30-16.30 Saturday

www.gastronicks.co.uk 01264 852701 enquiries@gastronicks.co.uk
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Contact Nat to place your order:

Cakes@nattiesbakesandbites.co.uk

07711 373688

www.nattiesbakesandbites.co.uk

Huntington-Bourne Bakery is OPEN!!

We will be taking Christmas orders from Monday 9 November 2020, with free delivery to East Grafton and surrounding villages.

Please call Stephen on **07583982482** or email huntington-bourne@outlook.com to place and/or discuss your order requirements.

Orders can be placed from the following **Seasonal Products & Price List:**

- | | |
|--|---|
| ** Apple Strudel – £1.60 (min of 4) | ** Christmas Strudel – £1.60 (min of 4) |
| * Apple Christmas Crumble - £2.20 (Individual) | * Apple Caramel Crumble- £2.20 (Individual) |
| * Pecan Nut Tartlets - £2.30 (Individual) | ** Phyllo Mince Pies – £3.50 (Box of 6) |
| Chocolate Chilli Shortbread - £2.50 (Box of 6) | |
| Peanut Butter/Maple Cookies - £2.50 (Bag of 6) | |

*These items can be frozen.

** These items can be ordered unbaked for freezing or home-baking.

A minimum spend of £15.00 is required and last order date is Monday 21 December 2020, with last delivery day being Thursday 24 December 2020.

Find us on Facebook - @huntington.bourne.bakery OR www.huntington-bourne-bakery.co.uk



Pinckneys Farm Shop Marten

Selling home grown plants, home made produce and face coverings
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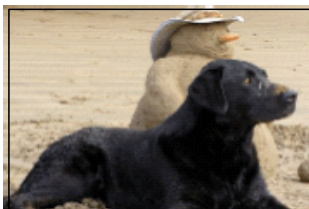
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Credit cards accepted

Contact Wendy **07989 228864**



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.

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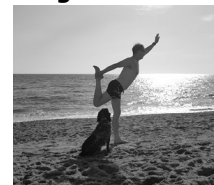
NEW East Grafton Neighbours WhatsApp Group

A new WhatsApp group has been started in East Grafton to share requests for help, information about community events and other useful notices. It's a great way of keeping in touch with everyone locally.

To join, please WhatsApp Tamara Reay on **07711 824864**. If you would like to join, but you are not a WhatsApp user - please call Tamara who will be happy to get you set up (you'll need a smart phone, ipad, or computer)

Timmy B Yoga

**Feeling anxious?
Stressed about lockdown?
Working from home?**



Yoga can:

- ~ reduce stress ~
- ~ give better and deeper sleep ~
- ~ build strength and flexibility ~
- ~ calm the mind ~
- ~ help with a positive outlook ~
- ~ give you a reason to get up and get going ~

Come and join us on the mat – a full calendar of classes is on the website. Please contact me if you have any questions.

www.timmybyyoga.co.uk

Facebook - @timmybyyoga

07747 780898



In this topsy-turvy world it's good to feel needed ...

Our TreeHouse Breakfast & After School Clubs provide essential support for working parents. Breakfast Club hours will suit Early Birds (7.30am to 9.15am) and After School Club hours will suit those who prefer the late afternoon (2.30pm to 6.15pm).

A maximum of 14 children are looked after by 2 team members. You need to be energetic, committed, happy in the company of children and a super team player. We really need you to have a driving licence and be prepared to drive our minibus (but we could find a way around that for the right person).

We need to fill a total of 30 hours per week during term time - this could be 1 person or a couple of people sharing the hours. We are a good place to work – diligent about keeping our team safe, supportive and straightforward.

We know that hours at the beginning and end of the day won't suit many people - but they will be perfect for some. Is that you? Or do you know someone? This could be a permanent role alongside other part-time work or it could be temporary work to supplement income lost due to COVID.

Get in touch for an informal chat and find out more - email admin@sunflowers-grafton.co.uk or call **01672 810478**.

Our Vicar writes

I've tried to be clever and used *'Now is the winter of our discontent'* as a starting point.

After a grim year, the winter is promising to be grimmer. Yet the whole of nature has been so phenomenally beautiful!

Recently, my mind has gone back to that person who saved my life when I was having a seizure. I looked back at my own words in April recalling that story.

At a time that leaves some of our communities sick, some isolated and others penniless, there is no better parable than that of the Good Samaritan. We need to be aware of the temptation to 'walk by' someone from fear. Somebody saved my life once when I was fitting in the street. Everyone else assumed I was a drug addict or an alcoholic. He got an ambulance.

Today, as I write, Wales has gone into lockdown for two weeks. A *'firebreak'*. 'Some have been suffering so long now that they ask the question, *'What sort of life is this?'*' Friends who have not felt the embrace of a loved one for half a year or more.

Many of us have 'Coronavirus fatigue.' This is the point when our resilience becomes tested. This is the point at which we become heroes. When we do the exceptional because it is the thing to do. Heroes are ordinary people who make extraordinary sacrifices.

As we come into the winter now, I urge you to be the hero. Be generous, giving of what you have and possibly more than what is comfortable. Be prudent in your care of others, observing guidelines, not because you agree or disagree, but because the risk of harming another person by negligence is too awful to contemplate.

Maybe the long-awaited vaccine will materialise, and all will be well, and all manner of things will be well. But maybe not. In which case we need to continue to be good Samaritans, as we have before.

Keep safe and look after those around you, Every blessing, Michael



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Our Doctor writes ...

Breast cancer is the most common type of cancer in the UK. About one in eight women are diagnosed during their lifetime. It can occur in men, but it is rare.

The most common symptom is a lump or a thickened area of breast tissue. Fortunately most breast lumps are not cancerous. Other symptoms include a change in the size or shape of one or both breasts, a lump in the armpit, dimpling of the skin, discharge or bleeding from a nipple and a change in the position of, or, a rash around the nipple. Breast pain is not usually a symptom of breast cancer.

The risk increases with age and about 8 out of 10 cases of breast cancer occur in women over 50. Some breast cancers run in families; exposure to oestrogen can increase your risk and this includes the oral contraceptive pill and hormone replacement therapy (HRT). Lifestyle factors play a part in increasing your risk especially being overweight or obese and drinking alcohol. More oestrogen is produced when you are overweight. So maintaining a healthy weight, exercising regularly and not drinking alcohol are beneficial to reduce your risk.

The NHS breast screening program has produced a 5-point plan for being breast aware: know what's normal for you, look at your breasts and feel them, know what changes to look for, report any changes without delay and attend routine screening if you are between 50 to 70. Look at your breasts in the mirror with your arms by your side and then with them raised. A breast lump is easiest to feel in the week or so after your period when the breasts are softer. You may also find this easier to do in the shower or bath by running a soapy hand over each breast and under each armpit.

If you are concerned about any breast symptoms please call your GP. The Great Western Hospital in Swindon (GWH) provides an excellent one stop clinic to investigate suspicious breast symptoms and you'll be seen within two weeks. This has continued throughout the pandemic. Treatment has also continued and for breast cancer caught early through screening or being breast aware survival rates are high.

A quick update and reminder: At the Old School Surgery we are busier than ever. Doctors are still triaging all patient consultations by phone or video. Every day there are slots for routine and urgent appointments and you can book these by phoning reception. If you need to be seen the GP will arrange a face to face appointment if you do not have Covid symptoms. If you think you have Covid symptoms please call 119 and do not come to the surgery. With the exception of lung function tests, the nurses are providing a full service.

If you experience an emergency where you need advice urgently please call 111. This is also the number to call when the surgery is closed. For a life threatening emergency call 999. If you have a minor injury and you need help you need to go to a minor injury unit. There are units at GWH, Andover and Thatcham. The surgery does not have the capacity to see patients who walk-in with an injury.

If you have not had your flu jab please book an appointment.

We are working in a very different way and adapting quickly to provide the best service possible. We would love to see more of you face to face, but for the time being we still have to be careful.

Be breast aware. Be well and take care. Dr Angela Paddon and the team at the Old School Surgery.

News in brief

Residents in East Wiltshire are being urged to be vigilant following a spate of incidents of courier fraud.

Courier fraud occurs when a fraudster contacts victims by telephone purporting to be a police officer or bank official. To gain a victim's trust, the caller might be able to confirm some easily obtainable personal details such as their full name and address. The caller might then suggest money has been removed from their account by mistake, police need money for evidence or even need the victim to purchase an item of high price 'evidence'. One incident occurred on October 13 – a 90-year-old woman from Great Bedwyn received a call from a fraudster claiming to be from Hammersmith Police Fraud Unit. He claimed her bank cards had been reproduced and encouraged her to hand over £2,200 to a courier who attended her home address.

Visit the u3a in Kennet website Learn more about what is on offer aimed at encouraging lifelong learning and staying active for those who have finished full-time work and raising a family - www.u3ainkennet.org.uk.

Members come together (some on Zoom these days) to develop their learning, social and creative interests in a friendly and informal environment. U3a in Kennet offers over 60 interest groups on subjects ranging from American History to Website Management and activities ranging from Backgammon to four different Walking Groups and a Cycling Group

Wiltshire Mobile Library Service is Back!

The Wiltshire Mobile Library service has now resumed. Some minor alterations to the timetables, such as adjustments to the arrival/departure times at some stops, may be necessary to accommodate new procedures, please check the online timetables at www.services.wiltshire.gov.uk/MobileLibrary (Please note the mobile library does not operate on public holidays – whatever the computer says!). This service is operating under Public Health guidance to ensure the safety of our customers. Anyone with a Wiltshire Library card can use our mobile libraries.

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Parish Council meeting 9 November Zoom meeting 7.15pm

Agendas on hamlet noticeboards and on
www.graftonparish.com

Including the planning application:

Application Ref: 20/08076/FULL

Proposal: Replacement of windows and replacement of window at rear to bi-fold door.

At: 4 Grove Place, East Grafton, Marlborough, SN8 3FT.

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Dates for your diary

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

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

NOVEMBER

08	10.45	Act of Remembrance	<i>St N</i>
09	19.15	Parish Council meeting	<i>Zoom</i>
18	11.40	Mobile library	

DECEMBER

06	09.00	Holy Communion	<i>St N</i>
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News from St Nicholas' ...

Our 'Stir Up Sunday' service planned for 22 November has been cancelled due to the new "lockdown" rules.

Thank you so much "anonymous donor" for the sum of £230 following your sale of garden plants. You know who you are and be assured that your contribution is very much appreciated.

In future communion services will be held on the FIRST Sunday of each month at 9am. This is a change from that published in October and will continue until further notice.

Grafton Parish Council response teams

East Grafton	Kevin Burke	07713 067113
Marten	Mike Hyslop	07799 760417
West Grafton	Annie Whitcher	07802 923344
Wexcombe	George Hosier	07786 332950
Wilton	David Lemon	07974 400224



Grafton Parish Council Food Bank.

If you are affected and need support then please call Kevin Burke on **07713 067113** who will treat your call with strict confidence and arrange for a delivery of basic essentials to be made on a regular basis.

Community Contacts

Church flowers/cleaning	Liz Hosier 01264 731242
Vicar, M. McHugh	01672 870779
Community News	news@graftonparish.com
Coronation Hall	07479 281809 hall@graftonparish.com
Junior Cricket	pdewinton@savills.com
Parish Council	clerk@graftonparish.com
PCC Secretary	Millie Lemon 01672 870266
St Nicholas' services	www.savernaketeam.org.uk
Winter Warmers	01264 731242 liz@wexcombefarm.co.uk
Youth Activities	Text Annie 07802923344

Local Clubs

Windmill Society	secretary@wiltonwindmill.co.uk
Horticultural Society	01672 810364 Marijke Craig
Crofton Beam Engines	crofton@katrust.org.uk
Grafton Goslings	graftongoslings@yahoo.co.uk
Baby & Toddler Group	
Dance classes	07746 479345 Charlotte Price
Pilates	07769 580148 Tracey Rich
Yoga for All	07747 780898 Tim Brew
Yoga	01672 841553 Lizzy Hawnt
Zumba	07710 115324 Joanna Bury

Deadline for the next issue Friday 27 November

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