

COMMUNITY NEWS

It is good news that the cost of producing the Community News each month continues to be covered by the small charges made for advertising from commercial businesses, local fundraising events and information sharing. The Parish Council, St Nicholas' PCC and Sunflowers at Grafton all pay an annual amount for their regular articles and other organisations pay on a 'pay as you go' basis. Like most parish based community groups our costs are very close to our income and we have very little 'spare' but we are now in a position to make a small change. You may already have noticed that the Community News format has changed slightly this month. Your diary of events is now on the back page and the lists of useful local numbers will now appear on every other issue rather than repeating each month. This means more space for information about groups and events in the parish and that we may also have space to advertise events outside the parish which have previously been excluded. With limited space we cannot include everything so the general rule of thumb is that the cause would have wide appeal. If you feel strongly about this change please email news@graftonparish.com for more information. Remember that if you have mislaid your last issue and need a number you can find back copies of the Community News on www.graftonparish.com.

Thursday 4 May is the date for Parish Council elections so perhaps now is the time to consider whether you could become involved in your local community? Notices will be posted on the parish noticeboards in good time so do give this some thought. The closing date for applications is Tuesday 4 April. The job is not very onerous and information is available by emailing clerk@graftonparish.com.

Social Network: Twitter - Grafton Parish Council and Coronation Hall are now on Twitter, follow [@GraftonParish](https://twitter.com/GraftonParish) where updates on what is happening in the Parish and surrounding areas, meetings, events and useful information will be tweeted.

More Winter Warmer Lunches? To extend the calendar for these lunches contact Liz as on page 3 and she may be persuaded to extend the lunch calendar! It is up to you.....

Grafton and district horticultural society

Our Society, better known by the friendlier name of The Gardening Club, meets every 3rd Wednesday in the month starting on 15 March.

We have 4 lectures in the evening held in The Coronation Hall at 7:30pm (March, April, October and November) and then 4 daytime outings (May, June, August and September) with lunch followed by a visit to a private garden that is not usually open to the public. Transport is in private cars and the gardens are max. 1hr drive from Grafton.

In July we visit a garden nearby in the evening and then return to the Hall for our Summer Buffet. In December we celebrate Christmas with a wonderful buffet supper.

The subject of our March lecture is Bulbs, Corms and Rhizomes. The evening will start with the AGM. Do come along for the evening to see whether our Club is for you. It will be lovely to see you. Contact Marijke Craig **01672 801364** for more information



Can you take part in the 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 and March is the time to do it. Before everything starts growing madly!

Many of you have helped before and we hope you will be able to take part again on Saturday 11 March, 11am to 1pm. For those who haven't taken part previously – you'll be amazed at how much litter gets picked up!

You are all very welcome. Please bring a sturdy pair of gloves – gardening gloves are ideal.

There will be co-ordinators in each village – simply meet on the day at 11am: East Grafton – Coronation Hall West Grafton – notice board Wilton – by the pond Wexcombe – at the bus stop Marten – noticeboard

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

The Great British Spring Clean is backed by the key anti-litter charities including Keep Britain Tidy

News from St Nicholas' Church



Mothering Sunday 26 March at 4 pm

Please come and celebrate at our special service where small posies will be given to all Mothers and Grandmothers by the children.



Easter Sunday 16 April at 11am

It has become traditional at St Nicholas' to dedicate our Easter floral decorations to friends and family of parishioners.

A commemorative scroll will also be placed in church for the Easter period with the names (should you wish it) of those remembered. If you would like to buy a lily to dedicate in this way, they each cost £2.50 each.

Our floral decorations in church at all other times are provided by parishioners, they are much admired and we are very grateful for their generosity.

To buy a lily please contact either, Patricia Knowles **01672 810072** Millie Lemon **01672 870266** Liz Hosier **01264 731242** Please provide details of names you wish to be included on the scroll.

St Nicholas' PCC is keen to find a way of improving the heating in the church and is looking for ideas on how to help to solve this problem. Do please consider popping into the church for the AGM on 2 April (at the service or around 11.45am if you prefer to attend the AGM only) to find out what is going on in the church. Call Patricia, Millie or Liz if you would like to know more.

Coffee Morning

10 am - 12 noon
Friday 7th April 2017
Coronation Hall
East Grafton



Please drop in for a coffee, tea and cake in aid of Brighter Futures Radiotherapy Appeal. To help equip a new Radiotherapy Centre at Great Western Hospital & bring cancer treatments closer to home.

Any cake contributions or offers to help on the day would be warmly received. Contact Jane Leighton on 01672 811390 or janeleighton@mac.com. Registered Charity No 1050892 www.brighterfuturesgwh.nhs.uk

Last week I watched a film called Still Alice. This is the moving story of a woman living with early onset Alzheimer's dementia and the devastating effect the disease has on her and her family's lives as she struggles to remain a part of things and stay connected to who she once was.

The number of people with dementia is increasing because people are living longer and the prevalence rises with age. It is rare before 65, affects 6 in every 100 people aged 75-79, 13 in every 100 aged 80-84, 20 in every 100 aged 85-89 and a quarter of people aged over 95. This is normal age-associated memory impairment. Memory can also be affected by poor concentration due to tiredness, boredom, depression, anxiety and stress. An underactive thyroid gland or a low vitamin B12 and folic acid level can cause memory problems and infections can cause sudden changes in memory. Certain medicines including sedatives and painkillers can affect memory. Brain tumours, head injuries and long term alcohol abuse may be other causes of memory loss. Memory loss is often the first symptom noticed, especially memory for recent events. Language, attention, thinking, orientation, calculation and problem solving are other cognitive functions which become impaired. In addition to the cognitive decline there are behavioural changes which affect social behaviour, personality and emotions. The final component in dementia is difficulty performing the activities of daily living like cooking, eating, dressing, shopping and driving.

Alzheimer's disease is the most common form of dementia and accounts for 50% of all cases. Vascular dementia is responsible for a quarter of dementia cases. It is caused by reduced blood flow to the brain which results in brain damage. A single large stroke or multiple mini-strokes can reduce blood flow and cause damage. Lewy body dementia causes about 15 in every 100 cases of dementia. Lewy bodies are tiny abnormal protein deposits that develop in nerve cells in the brain. The part of the brain affected is responsible for movement and so, in addition to the symptoms of dementia, there may also be symptoms similar to Parkinson's disease; stiffness, slowness of movement and a shuffling walk with difficulty in starting, stopping, and in turning easily. If you have concerns about your memory or the memory of someone you know, please make an appointment with a GP.

Grafton Parish Council

Planning applications which relate to building works will be discussed during the Parish Council meetings commencing 13 March.

Additional planning meetings will be held by the Parish Council to consider any building applications received between full council meetings, these will be held when necessary at 13.00hrs in the Coronation Hall on dates shown on www.graftonparish.com and page 4 of the C News. Details will be posted on hamlet noticeboards and on www.graftonparish.com 3 days prior to the meeting dates.

Winter Warmers Lunch

12 April 12.30pm

**Fish Pie and vegetables
Rhubarb Meringue and ice cream.**

Book your tickets from

Liz Hosier 01264 731242 or liz@wexcombefarm.co.uk

**Don't forget to contact Liz if you would like lunches
to continue after April in the Coronation Hall**

This is the time of year when organisations within the Parish reflect on what they have done in the past 12 months and what they are planning for the future. The Parochial Church Council for St Nicholas' Church hold their AGM in April and the Parish Council's AGM is in May, both these events are a way for you to find out what is happening in our Parish.



CROFTON BEAM ENGINES

Community Consultation Meeting

'Our Crofton Story' is an important project, that will see around £800k investment in Crofton's future. As well as essential conservation work to the building, we want to make sure our many visitors really enjoy their visit. The project will improve visitor facilities, develop new interpretation and expand our activities to encourage more visitors and volunteers to enjoy this special place.

We would really like to hear what you think of our plans and invite you to join us at Crofton on **Friday 24 March at 11am**. If you would like to attend, please email Becks Skinner at crofton.manager@katrust.org.uk for catering purposes.

Volunteers Needed!

We are recruiting Front of House Volunteers for the new season to assist in taking small groups of people around Crofton during the week. There is some flexibility in time commitment and no previous knowledge is required, as training is provided. For more information, please come along on Friday 24 March at 11am.

Neighbourhood Watch Update

The Neighbourhood Watch network still exists and is used from time to time more in an advisory capacity than a notification network. The reason for this is that Wiltshire Police and other similar organisations now use the Wiltshire & Swindon Community Messaging system to let people know about problems and crime in a much quicker and more efficient way.

If you would like to get emails automatically when there are issues, then all you have to do is go to the website -

www.wiltsmessaging.co.uk - and press the 'Join' button. Once you have registered, you will receive notifications by email automatically, not just on crime incidents, but also other safety messages and news. You can visit the website at any time to see what is going on in the county and you don't have to subscribe to see the latest news.



Safe and Wellbeing visits

A Safe and Well visit is a totally free service offered by Dorset & Wiltshire Fire and Rescue Service. They would like to visit you in your home, at a convenient time to see what can be done together to make you safer.

The service can also have a conversation with you around improving your health etc www.pewsey.ourcommunitymatters.org.uk/news/safe-and-well-visits



Bedwyn and Grafton Link

After many years, Hoshang Bharucha has stood down as Chair of our Link. We would like to place on record our appreciation of Hoshang's long service.

The Chair will now be Ken Mortimer who has taken up the reins. We wish him well.

Speed Watch in our parish

Speed Watch is now a common sight in our Parish as we have the camera on a regular basis, sharing it with the Great Bedwyn Team. In February alone, 31 cars were caught speeding (one car even twice in the same session!). Although tickets and fines cannot be issued by the Speed Watch Team, if the same vehicle is caught three times, a visit from the Police can be expected; although even one record of you speeding will result in a letter from them.

We would also like to thank our wonderful volunteers who give their time to carry out these sessions, (especially in the current cold weather), supporting the Parish Council's drive to bring down speeding through our village. We are, however, always looking for more volunteers, so if you would like to get involved, please contact clerk@graftonparish.com for further details.



Introduction to Silk Painting at the Coronation Hall

10 March, 6.30 Design your painting and try out some abstract silk painting as practise for the next session

31 March, 6.30 Complete the painting of your Silk Painting

07 April, 6.30 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!!)

21 April Basingstoke Flume and Pizza supper Afternoon pickup at the Hall late afternoon and supper afterwards. More in April C News.

12 May, 6.30 Cinema Night and goodies to eat at the Coronation Hall - A fun film evening and prepping your supper for the interval!

June - Rounder's evening and BBQ - Young people v parents! More information to follow

Tell your friends about youth activities and get them to come along. If you have questions, want more details or would like to join in then please contact youthactivities@graftonparish.com or Annie on **07802 923344**

Links for local information

Charity working for community development www.communityfirst.org.uk

Pewsey Area Board www.pewsey.ourcommunitymatters.org.uk

A blog for Wiltshire's arts community <http://theartsinwiltshire.wordpress.com>

All the latest news releases www.wiltshire.gov.uk/latestnews.htm

Heritage community of Wiltshire <https://heritageinwiltshire.wordpress.com>

Access Community notice boards and much more on www.wiltshire.gov.uk

Recycle for Wiltshire www.recycleforwiltshire.com

Roadworks www.wiltshire.gov.uk/roadshighwayspavements/roadworks.htm

Grafton Parish www.graftonparish.com

Rounder's evening and BBQ

Grafton Youth Activities group is suggesting a June community event for the parish. If you would like to help to make this a success for all residents to enjoy then please email

news@graftonparish.com and we will pass on your ideas and/or offers of help.

Everyone is welcome to contribute so why not offer just a small amount of time? It all adds up!

A Timely warning from our Community Police officer.

Avoid answering the door to cold callers and never let strangers into your home no matter how charming they are. Equally distressing are telephone calls from IT companies or banks, usually saying your laptop is at risk or your bank card has been compromised. Never give bank or card details and especially pin numbers over the telephone during one of these calls. This kind of offence can be reported to Action Fraud. You can report and get advice about fraud or internet crime by calling **0300 123 2040** (textphone **0300 123 2050**) or go to their website www.actionfraud.police.uk

A possible sequel to the Grafton "Silver House" TV success?

In a new TV series for BBC 2 a team of Britain's most skilled crafts people will rescue broken objects and restore them to their former glory. If you have a damaged heirloom, a prized antique, or anything that needs restoring get in touch now with the same production company on: **01273 224 829** or repair@ricochet.co.uk

Events nearby

The friends of Brendoncare Nursing Home annual fund-raising curry lunch at the Palm Restaurant Froxfield on Sunday 19 March at 12pm. Tickets £20 for a 3 course meal from Brendoncare **01488 684919** or from Hilary Arnold-Baker **01672 870360**

Marlborough & District Rotary Club are organising an Easter Fayre in Pewsey at the Bouverie Hall on 8 April between 10am and 3pm. There will be many high quality attractions including Silk Flowers, Food, Plants, Fashion Accessories, Children's clothes and many more. All the monies raised at this Fayre will be donated to the GWH brighter futures appeal. Adults £2.50, Children under 12 and Car Park are free.

The Wilton Windmill 2017 season starts at Easter so take the opportunity to enjoy a visit and why not consider volunteering to join the team which keeps the venture vibrant?

Mobile Library Service at East Grafton - Have you visited a mobile library recently?

Large range of information books and novels (large print and talking books), ranging from the latest thriller to best-selling autobiographies, cookery and gardening. If you are a parent with children, you will find a great range of books and story CDs for them to enjoy. If you are looking for a particular title and can't find it the Mobile Library Manager will be happy to reserve it for you and bring it on a future visit, there is no charge for children's stock but a small charge of 85p for adult reservations. It is free to join the library and there are no fines for overdue books. So why not try it and see how much more there is on a mobile library? It's easy to join, just bring along proof of your name and address and the friendly Mobile Manager will sign you up straight away - they are always happy to help.

The library visits East Grafton monthly on Fridays 11.55am to 12.25pm so visit www.wiltshire.gov.uk/libraries for more information



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	problems		
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Tunnel	Shoulder		
Respiratory Problems	IBS,		
	Constipation		

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.

MARCH

08	12.30	Winter Warmers lunch	
10	18.30	Youth Activities	
11	10.00	Great British Spring clean	
12	18.00	Evensong	St N
13	19.15	Parish Council meeting	
15	19.30	Horticultural Society meeting	
19	11.00	Holy Communion	St N
24	11.00	Consultation	Crofton Beam engines
26	16.00	Mothering Sunday service	St N
31	18.30	Youth Activities	
31	24.00	Community news closing date	

APRIL

02	11.00	Holy Communion and PCC AGM	St N
04		Closing date for PC nominations	
07	10.00	Coffee morning for GWH appeal	
07	18.30	Youth Activities	
10	13.00	Parish Council Planning meeting	
12	12.30	Winter Warmers lunch	
16	11.00	Easter Sunday	St N

Community News	news@graftonparish.com
Coronation Hall	07479 281809 hall@graftonparish.com
Link Scheme	0771 7006787
Parish Council	clerk@graftonparish.com
PCC Secretary	01672 870266
Police emergency	999 or 112 - information 101
St Nicholas' services	www.savernaketeam.org.uk

MONDAY

YOGA



11:00 to 12:30
01672 841553 Lizzy Hawnt

TUESDAY



ZUMBA

09:30 to 10:30
01672 484464 Joanna Bury

YOGA



19:30 to 21:00
01672 841553 Lizzy Hawnt

WEDNESDAY

CIRCUIT & FITNESS



09:15 to 10:15
01672 810266 Hen Mackinnon

Various classes for all ages
between 15:30 and 19:00
07746 479345 Charlotte Price

THURSDAY



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

FRIDAY

Mobile library at the Coronation Hall
17 March, 7 April 11.55am to 12.25pm



09:30 to 10:30
10:45 to 11:45
Beginners and gentle work
07769 580148 Tracey Rich

KARATE CLASS

Children only 16:30 to 17:30
07775 510143 Darren Pettifer

Deadline for the next issue Friday 31 March.
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References available on request.

07990 512342 Jasonlewis08@aol.com

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Email info@ridgewaypress.co.uk Tel 01256 300420

Useful contacts

Societies/Clubs/Organisations: 1 line free entry



Church flowers/clean	01672 810072 Patricia Knowles
Circuit/fitness Training	01672 810266 Hen Mackinnon
Community News	news@graftonparish.com
Coronation Hall	07479 281809 hall@graftonparish.com
County Councillor	01672 810285 Stuart Wheeler
Cricket Club	wiltoncc@yahoo.co.uk
Crofton beam engines	www.croftonbeamengines.org
Dance and Fitness	07746 479345 Charlotte Price
Grafton Goslings	graftongoslings@yahoo.co.uk
Horticultural Society	01672 810364 Marijke Craig
Junior cricket club	pdewinton@savills.com
Karate	07775 510143 Darren Pettifer
Link Scheme	0771 7006787
Member of Parliament	01380 729358 Claire Perry
Parish Council	clerk@graftonparish.com 01672 811335
PCC Secretary	01672 870266 Millie Lemon
Pilates	07769 580148 Tracey Rich
Police emergency	999 or 112
Police non emergency	101 Jonathan Mills
Salt/sand bags	07910 637 634 David Lemon
St Nicholas' church	www.savernaketeam.org.uk
Sunflowers at Grafton	01672 810478 Julie McLernon
Wiltshire Good Neighbours	07557 110418
Windmill Society	secretary@wiltonwindmill.co.uk
Winter Warmers	01264 731242 Liz Hosier
Yoga	01672 841553 Lizzy Hawnt
Zumba	01672 484464 Joanna Bury

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01672 484464 Joanna Bury
01672 810266 Hen Mackinnon
07769 580148 Tracey Rich
07775 510143 Darren Pettifer
07746 479345 Charlotte Price

Local commercial listing

B&B West Grafton	Angie Orssich	01672 810339
Builder	Sam Sanchez	07887 991249
Cake making	www.faysfairycakes.co.uk	
Car washing	wiltonwashers@gmail.com	
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
Hat Hire	Victoria Frost	01672 810386
Homeopathy	Emma H-Byass	07540 773531
Logs/tree surgeon	Jeremy Hawkins	07980 536156
Painting & Decorating	Neil Anderson	01264 731362
Pest Control	Julie Wilson	01672 811479
Printing clothing/signs	www.SCSigns.co.uk	
Swan Inn	Bill Clemence	01672 870274