



## Clear out your cupboards!

**Bag2School collection**  
**Friday 21 November 2014**

A blue Bag2School bag will be delivered with your November Community News so why not take the opportunity for an autumn clear out and help us raise funds? Fill the bag with good quality used clothes, bags, shoes, belts and more (see side of bag for full details) and drop it off at Sunflowers by 9am on Friday 21 November. Spread the word to family and friends – you can also use black bags if you have lots to clear out.



Next month it will be our 5th anniversary edition so we would appreciate any comments and ideas to ensure that we are providing what you need. Please email [news@graftonparish.com](mailto:news@graftonparish.com) with your views.

If you would like to join our small team putting this together or distributing each issue then would look forward to hearing from you. In the meantime thank you to all those who put in the hours and shoe leather each month - it really is appreciated.

M&M Productions presents

## DICK WHITTINGTON

The Coronation Hall

### FRIDAY 21 NOVEMBER



Doors open at 6.30pm

Performance at 7pm

Children £5 Adults £7.50

Tickets from the Swan in Wilton or

June Pearson **01672 811997**



## Fay's Fairy Cakes

now available in East Grafton

My name is Fay and I am just starting a small Cup Cake business here in East Grafton. If you are looking for Fairy Cakes {Cup Cakes} for special occasion then look no further. Please take a glance at my website for details.

I'm down the lane behind St Nicholas' church, look out for my sign

[www.faysfairycakes.co.uk](http://www.faysfairycakes.co.uk) or **01672 811894**

In aid of

**CANCER  
RESEARCH  
UK**

Stonehenge and Pewsey Vale

## CHRISTMAS FAIR

The Bouverie Hall, Pewsey

Saturday 15 November

Doors open 10am to 3pm

Admission £3.00

(£1.50 after 1.30pm)

sponsored by:

**MANNINGFORD CROFT**

MACLAINE

### News in Brief

#### *Wiltshire Good Neighbours*

With the long summer days behind us, it is at this time of year that we begin to prepare for the colder months to come. Are you worrying about winter fuel bills or how to keep healthy and stay out of hospital perhaps? Maybe you are worrying about the possibility of a fall or wondering how to organise a hot meal to be brought to you. Wiltshire Good Neighbours can put you in touch with many useful services such as how to get a hot meal, exercise classes, money matters, social activities and home maintenance. To find the services you need please contact Mary Soellner on **07557 110418** or [pewseygnc@communityfirst.org.uk](mailto:pewseygnc@communityfirst.org.uk) Wiltshire Good Neighbours is a FREE and CONFIDENTIAL service.

#### *Fibre in the air?*

It has been confirmed that surveys in both the Bedwyn and Burbage exchange area are underway to enable superfast fibre broadband. The official line is that premises in these areas should be enabled with 6 months, but it may be sooner, and should see speeds of at least 24Mbps. Unfortunately, there's not such good news for those in the Parish connected to other exchanges who will be waiting a little longer. You can find out more at [wiltshireonline.org/index.php/broadband-rollout](http://wiltshireonline.org/index.php/broadband-rollout) by using the postcode checker (though be advised that this is not 100% accurate as postcodes do not exactly map onto exchanges and cabinets). Further information will be distributed via the Community News and the Parish Council as soon as it is available.

#### *Rural crime survey*

Police and Crime Commissioner Angus Macpherson has launched a major consultation with farmers, land owners and others who live, or earn their living, in rural Wiltshire. A quick and easy-to-complete survey is available on the Commissioner's website: [www.wiltshire-pcc.gov.uk](http://www.wiltshire-pcc.gov.uk). It has the backing of the National Farmers Union (NFU) and the Country Land and Business Association (CLA). Closing date 14 November.

# CHRISTMAS GIFT FAIR

St Francis School  
Pewsey

13<sup>th</sup>

November

11am – 6pm



All day Café

Over 40 Quality stalls

Lunch by Top Hat Kitchen

**ALL WELCOME**

Entrance £2.50 Children Free

Free coffee and cake before 11.30

In aid of Charlie's Charity

For Stallholders visit Website:  
[www.st-francis.wilts.sch.uk](http://www.st-francis.wilts.sch.uk)

## News in Brief

### **Bedwyn Youth Club**

Open to 11 to 18 year olds every Tuesday in Bedwyn village hall from 6.30 to 8.30pm, entry is free and there is a tuck shop! If you live in a nearby village and transport is a problem contact [chair@greatbedwynyouthgroup.org.uk](mailto:chair@greatbedwynyouthgroup.org.uk)

A Jumble sale on 1 November at 2pm in Bedwyn Hall aims to raise funds for this club. Contact Jenny **01672 871619** or [jen.stubowley@gmail.com](mailto:jen.stubowley@gmail.com) to arrange advance collections.

### **Marie Curie Cancer Care is looking for volunteers**

Marie Curie Cancer Care provides free high quality nursing to terminally ill patients in their own homes. Last year Marie Curie cared for over 5,327 hours in Wiltshire. One of the ways to raise money to provide care is through our collection tins placed in local shops. If you can spend time to look after collection tins then please contact Natalie on **0117 9247 275** or email [Bristolwiltsfundraising@mariecurie.org.uk](mailto:Bristolwiltsfundraising@mariecurie.org.uk)

### **Prospect Hospice Outpatient Centre at Savernake Hospital**

Prospect Hospice is launching a £75,000 community appeal to open an outpatient centre at Marlborough's Savernake Hospital in summer 2015 to provide day services, physiotherapy and occupational therapy for patients in the area. The hospice's community-based nurse specialist for Marlborough and the surrounding villages will also operate from the new setting throughout the week. To make a donation to this appeal call **01793 816161** or visit [prospect-hospice.net/savernakeappeal](http://prospect-hospice.net/savernakeappeal)

### **Dangerous dogs**

Our Community Police Officer has asked that the Community News to draw residents' attention to the current Dangerous Dogs Act which is available on [gov.uk/control-dog-public](http://gov.uk/control-dog-public)

### **Road resurfacing in Wilton**

The planned works have now been scheduled, subject to weather conditions, for January 2015. Residents will be aware that work was not completed in September!

**Problems with waste collections in Wexcombe now resolved**  
Grafton Parish Council has received the following from Steve Bowcock Waste & Recycling Collection Manager Tel: **01380 826366**

"The village of Wexcombe is collected by our east hub and I am the collection manager responsible for the collections in your area. I would like to thank the parish council for bringing this issue to my attention, and we apologise unreservedly for the failure in our usual high standard of service during the period 17th July to 11th September. On behalf of Wiltshire Council and especially the waste & recycling team I would like to offer our sincere apologies for the failure in service on this occasion and If I can be of any further assistance on this matter or any other waste and recycling matter, please do not hesitate to contact me directly."

### **Wiltshire charity Alzheimer's Support**

A monthly memory café is open on the first Monday of each month from 2pm to 3.30pm at the Coronation Hall and the charity is looking for volunteers to help set up, serve refreshments and provide a friendly welcome. People living with dementia and their families are also most welcome to come and meet up, enjoy afternoon tea and connect with others in a similar situation. If you would like to find out more should call Annie Clayton on **01225 766481**

### **Bedwyn rail passenger group report**

"With a 3.5% increase in fares from this January we have raised with Claire Perry the irony of the above inflation increase being used to fund rail improvements that might very well disenfranchise Bedwyn Station once electrification is installed as far as Newbury. We continue to press for a clear resolution as to how Kintbury, Hungerford and Bedwyn will be served post electrification. The passenger group's favoured solution is for the freed up HST trains (or similar) to provide an hourly Paddington to Westbury service."

### **Wiltshire and Swindon Community Messaging**

Wiltshire and Swindon Community Messaging is an online secure system that members of the public, including Neighbourhood Watch coordinators and members, can join to receive messages about policing and crime matters in their area. There are no contracts, costs or obligations of any kind for anyone who signs up. Once signed up you will receive messages about policing and crime matters in your area, such as events, appeals for information and crime prevention advice. The police will also be able to reply to messages, feeding back information to their local neighbourhood officers to help them in policing their local area. To join or to find out more visit [www.wiltsmessaging.co.uk](http://www.wiltsmessaging.co.uk). This service will NOT be monitored 24 hours a day. People should always call **999** in an emergency or **101** in a non-emergency.



The  
Wilton Windmill  
Society

## Annual General Meeting

on

**Friday 28<sup>th</sup> November 2014**

at

**The Coronation Hall, East Grafton**

*Doors open to AGM attendees from 6.30pm for a  
cheese and wine supper*

*The AGM business starts at 7pm*

Friends, Members & Patrons of the Society are invited to attend.

If you are not a Member, and would like to get involved, then you are very welcome to come along to hear about what has happened during the past year and our plans for the future.

Please confirm your place and help our catering preparations by calling Susie Brew on **07802 444022** or email [secretary@wiltonwindmill.co.uk](mailto:secretary@wiltonwindmill.co.uk)

### Dr Tim Ballard writes

I thought I would return to a clinical theme this month. Thyroid problems are a relatively common problem that we see in General Practice. The average sized practice will have many tens of patients who have an underactive thyroid gland and a much smaller number with an overactive one. The thyroid gland produces a hormone called thyroxine this sets the speed at which the body metabolism works.

The most common causes of an overactive thyroid are when the body uses its own immune system, used effectively to fight off infectious diseases, to target itself. There are two common forms of this, one is called Hashimoto's thyroiditis and the other Grave's disease. The symptoms experienced by having too much thyroxine in the body caused by a raised general metabolic rate may result in palpitations, weight loss, tremor and diarrhoea. There is sometimes also an intolerance of warmth. With Grave's disease the immune system can also stimulate the fat pad at the back of the eyes causing them to appear bulging or staring. There are several different ways to treat overactive thyroid problems including taking medicines such as carbimazole, using radioactive iodine to stop the thyroid working altogether (usually reserved for older people) and surgical removal of much or all of the thyroid tissue.

Following over activity the gland may return to normal but it may become underactive at some point in the future.

Sometimes in later life people present with underactive thyroid glands with no knowledge or record that the first phase had ever happened. Having an underactive thyroid gland produces the consequences of having a lower metabolic rate, feeling chilled while others are comfortable, thickening of the skin and hair and constipation and weight gain are all recognised features. The treatment of an underactive thyroid gland is very straightforward simply needing replacement with a daily dose of thyroxine hormone (levothyroxine). Whilst having an underactive thyroid gland can be the cause of weight gain it is much more likely to be due to an excessive calorie intake over a long period.

Finally it's time for the annual round of Flu jabs. If you normally have one please contact us, online if you can, to make an appointment. It's free for over 65s, children aged 4 and under and those with a medical condition. If you are not sure whether or not you qualify for a free NHS flu jab, please ask.

## PRINTED GARMENTS Work and Leisure

T-SHIRTS • POLOS • SWEATSHIRTS • HOODIES • SPORTSWEAR

### JUSTEES PRINTED GARMENTS

Unit D, Wagon Yard, London Rd., Marlborough SN8 1LH  
01672 514209 07793 581203 e.mail justees@btconnect.com

### Mobile library dates

22 October 5, 19 November Coronation Hall 11.30 to 12.00



### Superclean Domestic Cleaners

01264 839209 or 01672 521094 or 07708835356  
email [super.clean@btinternet.com](mailto:super.clean@btinternet.com)

Local family run cleaning business, no job too big or too small

We supply all our own products and equipment. We are fully Insured.

If you would like help with your cleaning or would like to chat about the services that we can offer: ovens, carpet cleaning etc

### Amanda Marsh Physiotherapy at Marlborough Golf Club

Specialist Physiotherapist and Sports Massage Therapist

We assess, diagnose, treat and care for your health

Free parking, daily sessions, early 'til late

Call us 07958 599716

[info@amandamarshphysiotherapy.co.uk](mailto:info@amandamarshphysiotherapy.co.uk)

[www.amandamarshphysiotherapy.co.uk](http://www.amandamarshphysiotherapy.co.uk)



### Dates for your diary

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

Bookings 01672 810406 or [hall@graftonparish.com](mailto:hall@graftonparish.com)  
Please leave landline contact numbers wherever possible

#### OCTOBER

19 11.00 Holy Communion *St N*  
26 11.00 Family Worship *St N*

#### NOVEMBER

02 11.00 Holy Communion *St N*  
06 19.15 Parish Council meeting  
09 10.35 Remembrance Service *St N*  
16 11.00 Holy Communion *St N*  
21 09.00 Bag2School closing time *Sunflowers*  
21 18.30 Dick Whittington  
23 16.00 Stir up Sunday service  
28 18.30 Windmill AGM  
30 10.30 Sudan service *Burbage church*

#### Save the dates! Both at St Nicholas' church

14 December 4.15pm "Carols at Kings"  
21 December 3.30pm "Crib Service"

#### Regular weekly dates for your diary

Please check for full details with the relevant organiser.  
Contact details are on page 4.

#### MONDAY

**CIRCUIT & FITNESS**  09.30 to 10.30 Monday

**YOGA**  11.00 to 12.30 Monday

**Bingo**  19.00 to 20.30 Monday

#### TUESDAY

 **ZUMBA** 09.15 to 10.30 Tuesday

**Marlborough Multiples** 15.00 to 16.30  
Alternate Tuesdays

**YOGA**  19.30 to 21.00 Tuesday

#### WEDNESDAY

**CIRCUIT & FITNESS**  09.15 to 10.15 Wednesday

  
Various classes for all ages between 15.30 and 19.00

#### THURSDAY

 **GRAFTON GOSSLINGS** Baby and toddler group  
10.00 to 11.30 Thursday

**YOGA**  19.30 to 21.00 Thursday

#### FRIDAY

 **pilates** 09.30 to 10.30 Friday

**CIRCUIT & FITNESS**  13.45 to 14.15 Friday

**KARATE CLASS** Children only 16.30 to 17.00

## Useful contacts

**Societies/Clubs/Organisations:** 1 line free entry  
Email [news@graftonparish.com](mailto:news@graftonparish.com) to be listed below.

Bingo	hall@graftonparish.com
Church flowers/clean	01672 810072 Patricia Knowles
Circuit/fitness Training	01672 810266 Hen Mackinnon
Community News	news@graftonparish.com
Coronation Hall	01672 810406 hall@graftonparish.com
County Councillor	01672 810285 Stuart Wheeler
Cricket Club	pack.andy@googlemail.com
Dance and Fitness	07746 479345 Charlotte Price
Grafton Goslings	graftongoslings@yahoo.co.uk
Horticultural Society	01672 810364 Marijke Craig
Karate	07775 510143 Darren Pettifer
Link Scheme	0771 7006787
Marlborough Multiples	07967 835831 Amber
Member of Parliament	01380 729358 Claire Perry
Parish Council	clerk@graftonparish.com
PCC Secretary	01672 870266 Millie Lemon
Pilates	07796 225942 Tracey Rich
Police emergency	999 or 112
Police non emergency	101 Jonathan Mills
Sunflowers at Grafton	01672 810478 Lyndsey Turner
Wiltshire Good Neighbours	07557 110418 Mary Soellner
Windmill Society	secretary@wiltonwindmill.co.uk
Yoga	01672 841553 Lizzy Hawnt
Zumba	01672 484464 Joanna Bury

## Local commercial listing

B&B West Grafton	Angie Orsich	01672 810339
Baby sitting/odd jobs	Tom Nield	01672 870196
Beauty & wellbeing	Amanda Toon	01672 811677
Builder	Sam Sanchez	07887 991249
Cake making	<a href="http://www.faysfairycakes.co.uk">www.faysfairycakes.co.uk</a>	
Car washing	<a href="mailto:wiltonwashers@gmail.com">wiltonwashers@gmail.com</a>	
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
Kindling	Jo Harman	01672 810673
Logs/tree surgeon	Jeremy Hawkins	07980 536156
Odd jobs/gardening	Dan Oakey	07783 644405
Painting & Decorating	Neil Anderson	01264 731362
Pest Control	Julie Wilson	01672 811479
Printing clothing/signs	<a href="http://www.SCSigns.co.uk">www.SCSigns.co.uk</a>	
Swan Inn	Bill Clemence	01672 870274
Usborne Books	Trish Highnett	07775 941646

## Advertising:

Business based in the Parish: 1 line listing – Free  
Business based outside the Parish: 1 line – £1/issue £10/pa  
Rates per issue for larger adverts:  
1/12 page £5 1/6 page £10 1/4 page £15

✂️ Email [news@graftonparish.com](mailto:news@graftonparish.com) with contributions for the Community News.  
Deadline for the next issue 7 November 2014.  
Editorial rights reserved.

**Planning applications.** Full details available on [www.wiltshire.gov.uk/planninganddevelopment/planningapplicationssearchonline.htm](http://www.wiltshire.gov.uk/planninganddevelopment/planningapplicationssearchonline.htm)

## Footsteps Podiatry Services

Tidworth Leisure Centre

**07881 802386**

[katie@thepodiatrist.org.uk](mailto: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



**MANNINGFORD  
CROFT**  
PROPERTY SALES  
AND LETTINGS  
MACLAINE

Tel: **01672 564555**

Contact: Mark Chick/  
Simon Walker

Website: [www.manningfordcroft.com](http://www.manningfordcroft.com)

## David Willcocks

Repairs to Double-Glazed windows, doors and conservatories,  
sealed-units, hinges, handles, locks, letterboxes,  
leaking conservatory roofs,  
doors and windows that will not open or close properly.

Tel. **01672 811979** Mob **07966216629**

e-mail [david.willcocks566@gmail.com](mailto:david.willcocks566@gmail.com) [www.davidwillcocks.com](http://www.davidwillcocks.com)



## Carpet Clean - Ricky Flint

Friendly local service based at Great Bedwyn  
Professional work at sensible prices  
Call for no obligation quote

**07799 215837** or **01672 871414**

## Jason Lewis

Carpenter

## Carpentry & Maintenance

All building work undertaken, painting, tiling, all types of locks, kitchens, home improvements, plastic doors & windows, general maintenance.

References available on request.

**07990512342** [Jasonlewis08@aol.com](mailto:Jasonlewis08@aol.com)

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