

Happy New Year - we hope 2017 is a healthy and happy year across the parish.

Your Community News team is responding to popular demand by changing the time of publication within each month.

The new timetable will change to a closing date the **LAST FRIDAY** of each month with delivery during the **FIRST WEEKEND** of each month.

In general this will result in each monthly publication including the majority of community events and information for the entire month. There are a few months in the year when this cannot be achieved but we do want to keep the calendar as simple as possible! To achieve this change we will NOT PUBLISH a FEBRUARY issue. This is a quiet time of year and anything critical will be posted on the home page of [www.graftonparish.com](http://www.graftonparish.com) when necessary.

Therefore this issue should be distributed on 14/15 January and the closing date for the March issue will be 24 February for delivery on 4/5 March. Please email [news@graftonparish.com](mailto:news@graftonparish.com) as always if you have any contributions, events or other items of interest and we will be pleased to include items when we can. We do reserve editorial rights.

### Opportunities with Sunflowers at Grafton

As a result of growth and natural change, we are looking for a number of energetic, committed and experienced childcare professionals to join our team.

If you are qualified to Level 3, have proven experience and can work hours which include early starts and late finishes, you may be interested in one of the following permanent roles ...

**Nursery Nurse, Sunshine** – approx. 28 hours/week working with our babies. Baby room experience preferred

**Nursery Nurse, Meadow** – two days a week (Tues & Fri) in our toddler room working with 2 to 3½ year olds

If you'd prefer to work on a more flexible basis what about joining our **Bank team**? Or, if you have previous experience of providing support to children with additional needs, what about committing to two x 3 hour sessions per week (Mon, Weds or Fri) to provide **1:1 Support**?

If you are not qualified in Early Years but do have experience working with primary school children you might consider **After School Club, TreeHouse** – 5 days/week, 3 - 6.15pm.

Salaries dependent on experience with a range of £7.50/hour to £8.50/hour. For the right individual we can combine some of the above roles to make the opportunity more attractive.

See [www.childcarejobswilts.co.uk](http://www.childcarejobswilts.co.uk) for full details. Email [admin@sunflowers-grafton.co.uk](mailto:admin@sunflowers-grafton.co.uk) or contact Alison on **01672 810478**.

Closing date 20 Jan 2017; interviews 26 Jan 2017.

### Cleaner needed

Local opportunity with Sunflowers at Grafton. Experienced cleaner required every week night for a couple of hours to clean through each room so that we are ready for opening at breakfast the following day. Needs careful and thorough approach. References required.

Contact Alison on **01672 810478** or email [admin@sunflowers-grafton.co.uk](mailto:admin@sunflowers-grafton.co.uk) for more information.

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.



### 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



### News from St Nicholas' Church

**A VERY BIG THANK YOU** must go to the ladies who give up their time to clean and decorate our church in East Grafton. Our beautiful church would not be same without you.

However, extra help is always needed so please could you consider giving up a few hours in any month to arrange some flowers, do some vacuuming, dusting or brass polishing. It really would make a difference. This can be at a time to suit you and even just during one month each year would be appreciated. Perhaps ask a friend to join you and make it a social occasion. If you would like to know more, contact Patricia Knowles **01672 810072**.

### Bedwyns and Grafton Link Scheme

Members and users of the scheme would like to acknowledge the contribution to the community by Jane Daniel and to send condolences to her husband Dick who was also a volunteer for several years. Jane was a member of the committee for several years and also undertook the monthly collection of donations and reimbursement of volunteer expenses.

The new chairman of the scheme is Ken Mortimer who takes over from Hoshang Bharucha.

## Our Doctor Writes by Dr Angela Paddon.

In this month's article I would like to let you know how the team at the practice can help you keep your New Year's resolutions! If you are not registered at The Old School Surgery then your practice will offer similar services.

**STOP SMOKING.** I appreciate it can be hard to stop smoking and that most of you who do smoke know the health risks. If you stop, you will feel healthier, less stressed, be richer and enjoy a better sex life! If you are young and thinking about starting to smoke remember that smoking is an addiction and addictions can rule your life, there is no cure and will not be a cure for cancer or heart disease in your lifetime, and do a quick calculation of the financial cost of smoking 20 a day for 40 to 50 years. Nurse Jane Marren is the stop smoking lead at the practice. She can give you tips, discuss nicotine replacement treatment or medication which can help reduce the craving for nicotine and advise about e-cigarettes. Current evidence on e-cigarettes is that they carry a fraction of the risk as they do not produce tar or carbon monoxide, the two main harmful toxins in conventional cigarettes. Jane has a gadget which can measure your carbon monoxide blood level.

**HEALTHY EATING.** The recommendation for a healthy balanced diet is to have a third of your daily intake from fruit and vegetables, a third from starchy carbohydrates and the remaining third from protein. This applies to everyone whether you are diabetic, vegetarian, vegan, Coeliac or have religious restrictions. Fruit and veg are rich in vitamins and minerals especially vitamin C, folate and potassium. Aim to eat at least 5 portions, which can be fresh, frozen, tinned in natural juice or water, dried or juiced. An apple, a banana, 3 heaped tablespoons of vegetables, 150ml juice, 30g of dried fruit are examples of a portion. A glass of mulled wine is not a portion! Starchy carbohydrates are a good source of energy, fibre, calcium, iron and B vitamins and include potatoes, pasta, rice, bread and cereals. Try to choose wholegrain varieties and eat potatoes with their skins on. Potatoes do not count as a portion of veg because they are a starchy food. Dairy (milk, cheese, yoghurt, fromage frais) or dairy alternatives such as soya are excellent sources of protein and calcium. Try to choose low fat and low sugar options. The recommendation is that half your protein intake should come from dairy products and half from foods such as beans, pulses (beans, peas, lentils), fish, eggs and meat. Choose lean cuts of meat (chicken, turkey) and mince and eat less red (lamb, pork, beef) and processed meat like bacon, ham and sausages. Eat fish at least twice a week and try to eat a portion of oily fish rich in omega 3 such as salmon, tuna or mackerel for a healthy heart and brain. Unsaturated oils and spreads such as olive, vegetable, sunflower and rapeseed are healthier than saturated fats, which increase your cholesterol and are found in butter and lard, pies, cakes and biscuits, fatty cuts of meat, sausages and bacon, and full fat cheese and cream. Drink plenty of fluids, the recommendation is 6-8 cups/glasses a day. Water, lower-fat milks and lower-sugar or sugar-free drinks including tea and coffee all count. Nurse Sue Woods is the lead on healthy eating. She can give you lots of tips and, if you are trying to lose weight she can monitor your progress.

**EXERCISE.** There are guidelines for how much exercise you should do to keep you fit and well and evidence that following the guidelines can improve your life expectancy by 3 to 4 years. Adults 19-64 and healthy over 65s should be active daily and doing 150 minutes of moderate aerobic exercise a week and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) OR 75 minutes of vigorous exercise and strength exercise OR a combination of vigorous and moderate exercise that adds up to 150 minutes and strength exercises. Examples of moderate aerobic activity are walking fast, pushing a lawn mower, hiking, water aerobics, riding a bike on level ground, doubles tennis, skateboarding, basket ball, volleyball and dancing. Vigorous activity includes jogging or running, fast bike riding and swimming, singles tennis, football, rugby, hockey, aerobics. Examples of muscle-strengthening activities for most people include lifting weights, working with resistance bands, doing exercises that use your own body weight, such as push-ups and sit-ups, heavy gardening, such as digging and shovelling, yoga. Disappointingly daily chores such as shopping, cooking or housework do not count towards your 150 minutes, because the effort is not enough to raise your heart rate, but they are important, as they break up periods of sitting. 5-18 year olds are recommended to do at least 60 minutes of physical activity every day which should range from moderate activity such as cycling and playground activities, to vigorous activity such as running and tennis. On three days a week, these activities should involve exercises for strong muscles and bone such as push-ups, jumping and running. Children under 5 should be active daily. If you are not used to exercising or you want to start but you have health problems, make an appointment with any doctor or nurse. We can give you advice and refer you to the Active Health Programme based at Wiltshire leisure centres. An instructor will help develop and exercise programme for you and you will be able to access the facilities for a reduced rate [www.wiltshire.gov.uk/leisure-gp-referral](http://www.wiltshire.gov.uk/leisure-gp-referral). There are also classes for people who have had a heart attack, stroke or falls. The NHS choices website [www.nhs.uk/pages/home.aspx](http://www.nhs.uk/pages/home.aspx) has a link to Strength and Flex, a 5 week programme for beginners to improve strength and flexibility, and to the Couch to 5K, a 9 week running plan for beginners. The guidelines are available in the Live Well section.

**WEIGHT LOSS.** If you eat a healthy diet and exercise you will lose weight! If you are struggling and want advice come and see Nurse Sue or any nurse or doctor. There are some medical conditions, such as an underactive thyroid gland, which can prevent you from losing weight. You can also have a GP referral to WeightWatchers allowing you to attend for 12 weeks at a reduced rate. The NHS choices website has excellent advice about eating healthily, The Eatwell Guide, and has just introduced a 12 week weight loss guide which combines advice on healthier eating and physical activity and can be downloaded from the Live Well section.

**ALCOHOL.** If you drink most weeks, to keep the health risks from alcohol to a low level men and women are advised not to drink more than 14 units a week and to spread drinking over three or four days. Fourteen units is equivalent to six pints of average-strength beer or 10 small glasses of low-strength wine. A 25ml shot of spirit is 1 unit. If you drink heavily, defined as drinking 5 or more drinks on the same occasion on each of 5 or more days in the past 30 days, do not simply stop as you risk developing delirium tremens which can be life threatening. You need to cut down slowly. New Highway is the Wiltshire based Drug and Alcohol Advisory Service and you can self refer to this service and also get advice if you are concerned about someone else's drinking **01225 759951**. There is a new medication available called nalmefene which can help moderate drinkers to reduce the amount of alcohol drunk by suppressing the urge to drink. There is information about this on [www.patient.co.uk](http://www.patient.co.uk) or to discuss further make an appointment with a doctor.

Good luck, be well and best wishes for a healthier 2017

### 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.

**07990 512342 Jasonlewis08@aol.com**

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Mark Chick/Simon Walker

Hungerford  
Tel: **01488 684000**  
Charlie Booker/Maryclare Prowse

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



**Christmas Bake In** – we made over 30 dozen mince pies and jam tarts and the zip wire fund has now reached over £300. Well done to the young people who helped roll and fill!

**2017 Activities**

**16 February - Bedwyn Panto** (Aladdin) and fish and chips or burger and chips supper in The Swan afterwards. Pick up outside Coronation Hall at 6.30 pm. Return at 10.30 pm. Cost £5 or 1 time credit and there are limited places so book quickly via [youthactivities@grafonparish.com](mailto:youthactivities@grafonparish.com).

**Activities in the planning**

**March – Silk Painting** over two weeks so you can complete a design on the first and paint it on the second

**Early April - Easter chocolates** - Coronation Hall

**Late April – Trip to Basingstoke Flume** and pizza afterwards

**May - X box challenge**

**June - Rounder's Evening**, young people v parents followed by a BBQ

Tell local young people about youth activities and get them to come along. If you have suggestions and comments about trips and activities for 2017 please contact Annie on **07802 923244** or email [youthactivities@grafonparish.com](mailto:youthactivities@grafonparish.com).

**A resident of the Parish has reported the theft of 2 mowers** during the Christmas break and further mowers were taken from Burbage - Be aware and perhaps take note of some practical advice from PCAP regarding care of your possessions.

Make sure you lock your doors – and that applies to garages, outbuildings and sheds as well as your house. Many of the recent break-ins have been into unsecured (i.e. unlocked) buildings. If you are elderly then The Bobby Van Trust can help you make your home more secure – just call **01380 861155** or email [bobbyvan@wiltshire.police.uk](mailto:bobbyvan@wiltshire.police.uk) to make an appointment.

Community intelligence is crucial to help the police identify the offenders. If you see or hear something suspicious call **101** and report it. Vans or cars driving round slowly, doorstep callers – reporting this information helps the police enormously. Get vehicle number plates if possible – even partial numbers are better than none

**Update from Richard Charles** on the INFORMAL CONSULTATION ON POSSIBLE APPLICATION TO DEREGISTER WILTON BRAIL as common land under the Commons Act 2006: Section 16 following the initial article in December 2016 issue of the Community News.

**Q:** Why consider an application to deregister Wilton Brail as a Common?

**A:** Following several years of research into the history of the Brails with Graham Bathe (a local historian who is the author of many articles on the Brails and Savernake Forest) it became clear that an error had been made when the wood was registered by the Wiltshire County Council as a Common in 1970 under the Commons Registration Act 1965. The Brails had been enclosed and all Commoners rights had been extinguished through an Enclosure Award dated 1792 (an Act of Parliament). An application would seek to correct the error. A copy of the historical report will be in Great Bedwyn Motors office or email Richard Charles [hillbarnestate@btinternet.com](mailto:hillbarnestate@btinternet.com)

**Q:** Why apply now?

**A:** Parliament has only recently produced legislation allowing for commons to be deregistered where an error has been made.

**Q:** What does this mean for those using Wilton Brail?

**A:** The wood is registered under the Countryside Rights of Way Act 2000. Currently everyone on foot has a right of access to Wilton Brail. If an application is successful to deregister, then access would be confined to the existing well used public footpaths.

**Q:** Who else is being informally consulted prior to application?

**A:** Local Parish Councils, local interest groups, Wiltshire County Council, Ramblers Association, Open Spaces Society, North Wessex Area of Outstanding Beauty, CPRE, Natural England. The need to informally consult is a prerequisite to an application to ensure that nobody disputes the historical factual information uncovered surrounding this error.

**Q:** What is the procedure on application?

**A:** An application to deregister is sent to the Planning Inspectorate in Bristol. Notices have to be posted at the entrances to Wilton Brail notifying the public of the application. A notice has also to be placed in a local newspaper and a copy of the application to all those involved in the informal consultation. There is then a 28 day period for comment to the Planning Inspectorate.

**Dates for your diary**

All events take place in the Coronation Hall unless otherwise specified (contact details on page 4). *St N* refers to St Nicholas' Church.

**JANUARY**

15	11.00	Morning worship	<i>St N</i>
19	07.00	Put out your Xmas tree for collection!	
22	16.00	Family Worship	<i>St N</i>
27	08.30	Youth activities	

**FEBRUARY**

05	11.00	Holy Communion	<i>St N</i>
08	12.30	Winter warmer lunch	
12	18.00	Evensong	<i>St N</i>
16	18.30	Youth activities	
19	11.00	Holy Communion	<i>St N</i>
24	24.00	Community News closing date	
26	16.00	Family worship	<i>St N</i>

**Winter Warmers Lunch**  
8 February 12.30pm  
Lamb curry and sherry trifle

Book your tickets from

Liz Hosier 01264 731242 or [liz@wexcombefarm.co.uk](mailto:liz@wexcombefarm.co.uk)

Do come on your own or with a group of friends  
Everyone welcome.

These very successful and delicious lunches are very popular and an ideal opportunity to relax and enjoy excellent food and company.

Visit [www.savernaketeam.org.uk](http://www.savernaketeam.org.uk) for information on all the services at St Nicholas' Church.

**MONDAY**

**YOGA**



11:00 to 12:30 Monday

**TUESDAY**



**ZUMBA fitness**

09:30 to 10:30 Tuesday

**YOGA**



19:30 to 21:00 Tuesday

**WEDNESDAY**

**CIRCUIT & FITNESS TRAINING**



Henrietta MacKinnon 09:15 to 10:15 Wednesday



**C.A.P. Dance & Fitness**

Various classes for all ages between 15:30 and 19:00

**THURSDAY**



Baby and toddler group  
10:00 to 11:30 Thursday

**FRIDAY**

**Mobile library** at the Coronation Hall  
20 January 11.55am to 12.25pm



09:30 to 10:30 Friday

10:45 to 11:45 Friday  
Beginners and gentle work

**KARATE CLASS**

Children only 16:30 to 17:00

**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

**Local commercial listing**

B&B West Grafton	Angie Orssich	01672 810339
Builder	Sam Sanchez	07887 991249
Builder & roofing	Dan and Co	07936 586228
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

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[www.thebowentechnique.com](http://www.thebowentechnique.com)

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RSI, Tennis Elbow, Carpal Tunnel	Frozen Shoulder	Period Pains	Hayfever
Respiratory Problems	IBS, Constipation		

Email [news@graftonparish.com](mailto:news@graftonparish.com) either to contribute to or to advertise in the Community News.

**Advertising rates per issue:**

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Business based outside the Parish: 1 line – £1/issue £10/page  
For larger adverts: 1/12 page £5 1/6 page £10 1/4 page £15

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