

COMMUNITY NEWS

You may have noticed that the www.graftonparish.com website has not updated recently. The provider of the editing software closed down this facility and Grafton Parish Council is currently exploring an alternative. Please be patient and all will be returned to normal as soon as possible. In the meantime rest assured that, after a short blip, all the email addresses connected with the site are now working fine. You can still book the hall (hall@graftonparish.com) and download forms. The clerk@graftonparish.com address and our news@graftonparish.com are available.

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. You can also find Grafton Parish community news on facebook

**9 June, Grafton Parish Rounders Knock Out Cup**

Summer evening of rounders on East Grafton Green followed by BBQ and drinks. Teams from local youth and all parish villages to take part in the first Grafton Rounders Cup!

All ages welcome, whether it's to play, come to cheer, help with the food and drinks or perhaps umpire?!

Put the date in your diary and if you would like to play, or volunteer to help let Annie know on **07802 923 344**.

We are hiring!

Are you interested in applying for the upcoming paid position of Parish Clerk?

The Parish Council is looking to recruit a new Parish Clerk to help with Agenda/ Minutes, keeping local records and generally managing the commitments of the council.

This is a part time role that can be rewarding within a vibrant Parish Council and involves approximately a day a month.

If you are interested in finding out more please email clerk@graftonparish.com and we are sure our excellent incumbent clerk can talk you through what the role entails. What could be better than contributing to your community and being recompensed for it:-)

News from St Nicholas' Church**Easter Sunday 16 April at 11am**

This is one of the most popular services in the calendar when the church looks amazing and the scents of the flowers envelope you as you enter. Very few churches achieve such an annual display of colour. Why not come along to enjoy the friendly atmosphere, meet your neighbours and welcome springtime.



It's not too late to order your lily in remembrance of a friend or loved one. The lily will be part of the Easter floral arrangements in church and the name of your loved one may be included in a commemorative scroll placed in church for the Easter period. The Lilies cost £2.50 each. Please contact Patricia Knowles on **01672 810072** as soon as possible please.



Wilton windmill sails are now in full operating order. A great place to visit over the Easter holidays where you can see all the improvements and enjoy a welcome snack

Crofton Beam Engines café

The Enginemans Rest has had new life breathed into it and is re-opening on Saturday 8 April. The cafe will be open from 10.30 am until 4.30 pm every day (except Wednesdays), serving delicious homemade cakes, salads and daily specials, using locally sourced food where possible, as well as fabulous ice creams. Afternoon and evening events are also planned for the future, details will be posted on their website www.enginemansrest.co.uk. If you are out for a walk, cycle or to see the Beam Engines themselves, do pop into the cafe for a drink and bite to eat.

May 4 is election day. Polling station at the Coronation Hall. Your opportunity to vote for your local representative - more information on page 2.

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

Last of the season

Back again in October!

**Grafton Junior Cricket club****The training dates for the 2017 season
are announced**

This is a great way to develop cricketing and ball skills. We will have 6 training days and for the final gathering we will have a parents/children game. As last year, the training sessions will be on the East Grafton playing field, adjacent to Sunflowers at Grafton (just past St Nicholas' church).

**10:30 to 12:00 on each Saturday:
6 May, 13 May and 20 May
10 June, 17 June and 24 June**

As with previous years we will be charging £10 for the season and ideally the sessions are for children in the Parish who attend primary school.

If you have any questions please email pdewinton@savills.com

An invitation to families in the Parish

Please bring your children along to St Nicholas' Church at 10.30 am on Saturday, 15 April when we will plant the Easter Garden and make a beautiful Cross of Flowers ready for the Easter Sunday Service.

If you have a few Spring flowers or blossom you can spare please bring them along.

Our Doctor Writes by Dr Angela Paddon.

Last month I wrote about different types of dementia. This time I will explain how a diagnosis is made and the treatment and the support available. There is no single test to diagnose dementia - if you are worried that someone has dementia, encourage them to go the GP, and suggest that you go with them. A short memory test will give a good indication of a person's cognitive ability; blood tests can exclude illnesses which can affect the memory and it is important to ensure that the memory is not being affected by depression or medicine a person is taking. An MRI scan of the head can provide information about blood vessel damage or signs of a stroke in addition to the size of the brain and brain shrinkage.

GPs assess patients, start and monitor drug treatment for mild to moderate dementia, review patients and provide advice and support for carers. You can be referred to a memory clinic for further diagnosis if you are young; there is diagnostic uncertainty; a rarer form of dementia is suspected such as fronto-temporal lobe or Creutzfeldt-Jakob dementia; for dementia associated with Parkinson's disease; when behaviour is challenging; if there is failure to tolerate donepezil or in dementia which is progressing in severity.

If you are diagnosed with dementia it is important that you try to stimulate your brain by keeping up your interests and being physically active. It is also important to make decisions about your future while you still can. You should make a will and an advance directive. You can officially appoint someone you trust to make decisions for you by making and registering a lasting power of attorney (LPA). Information and forms are available on the GOV.UK website or you can contact The Office of the Public Guardian on 0300 456 0300. A solicitor or The Citizen's Advice Bureau can also help.

A carer is a relative or friend who provides unpaid support to someone who would not otherwise be able to cope with the activities of daily living without them. If you live with or help someone who lives alone and dementia is diagnosed, you are invited to join a carer's support group. Carer Support Wiltshire can assess your needs, give advice about activities and respite for you (www.carersinwiltshire.co.uk, **0800181 4118**).

Alzheimer's Support run memory café's and Singing for the Brain groups which offer a friendly, relaxed and welcoming environment. There is a memory café at the Coronation Hall on the first Monday of the month from 2-3.30. Alzheimer's support can be contacted on **01225 776481**.

The Care Co-ordinator based at your surgery can help you make contact with all the services above. They can also arrange for you to have an assessment by a social worker for care needs and funding available to you. You may be able eligible for an attendance or carer's allowance and a reduction in your council tax and they can help you apply for these. Sarah Davey and Mary Soellner are the care coordinators at The Old School Surgery and you can contact them via reception. I have asked Sarah and Mary to write about their roles in next month's magazine. There is a lot of information available about living with dementia on the excellent NHS Choices website.

Local Elections - 4 May 2017

Wiltshire Council

There are four candidates for the Burbage and Bedwyn division (which includes Grafton Parish). Emma Dawnay (Green Party); Parvis Jamieson (Liberal Democrats); John Thornton (Labour Party) and Stuart Wheeler (Conservative Party). Polling takes place at the Coronation Hall 7am-10pm on Thursday 4 May. The last day to register to vote is Thursday 13 April. More information is available at www.wiltshire.gov.uk/elections-2017

Grafton Parish Council

Only seven nominations were received for the nine seats on Grafton Parish Council so the election is uncontested and therefore will not take place. There will be an opportunity to co-opt a further two Councillors at the first Parish Council meeting after 4 May. Our thanks go to the Parish Councillors for their continuing hard work for us all.

Pewsey Vale Tourism Partnership's Tourist Information Kiosk is open

On Friday 31st March, Matt Barnes, Regional Manager for GWR, officially opened the first Pewsey Vale Tourism Partnership's Tourist Information Kiosk at Swan Corner on the Everleigh Road in Pewsey. The kiosk, sited in view of the Pewsey White Horse, holds lots of information on the Pewsey Vale, including a map (created by June Pearson of this parish), leaflets and information on events. Members of the Tourism Partnership get an advert in the kiosk, which is free until the end of September. For more information, email susie@visitpewseyvale.co.uk.

Spring is in the air ...



With lighter evenings and warmer days at the weekend the community playing field will be well used in the coming months. Our community access policy remains in place and considerate users are very welcome to play in our gardens and playground when Sunflowers at Grafton is closed. We simply ask accompanying adults to ensure that the garden and contents are respected and everything is left as it is found.

Most of the garden areas are designed and equipped with supervised children under 5 years old in mind. These areas are clearly indicated with signs on the gates. We do understand that it may be tempting for older children and young people to use these spaces but they are not designed for them and we would appreciate your help communicating this. We will be monitoring access very carefully to ensure that use is appropriate.

The TreeHouse Holiday Club for primary school children from reception to 11 years will be open from Monday 10 to Friday 21 April (excluding bank holidays). We have Creative Drama with Lizzie Lewis of Tall Tales, a visit from the ZooLab team, Easter Treats and a day of Science Boffins plus we'll be out and about visiting Stonehenge, Roche Sculpture Park and hoping to see the lambs at Wexcombe Farm. Something for everyone! See the full timetable at www.sunflowers-grafton.org.uk. Bookings are being taken now – email admin@sunflowers-grafton.co.uk or call on **01672 810478** to reserve a place.

A big hurrah to everyone across the parish who took part in the Great British Spring Clean on Saturday 11 March when 64 adults and children collected 28 bags of rubbish. A truly fantastic effort – thank you.





21 April 4.00pm Basingstoke Flume and supper Pickup at Coronation Hall and return circa 9.00pm. 1 - 1.5 hours in the pool followed by MacDonalds. Cost £10 or 2 Time Credits. Book now, first come first served, text **07802 923 344** or email **youthactivities@graftonparish.com**

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

9 June Grafton Parish Rounders Knock Out evening and BBQ, 6.30 - 9pm - Teams of young people, parents and different villages. Volunteers needed to play and to help with food and drinks

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 923 344**

Local Events

Free classes to help with nutrition and weight

Wiltshire Council's Healthy Me programme is a fun and free 10 week programme for children aged 7 to 11 and their families. The programme educates families all about nutrition and physical activity, to help them become healthier, and ultimately reach and maintain a healthy weight and increase their confidence as a result.

The course covers topics such as five a day, sugars and fats, carbohydrates, proteins, vitamins and minerals, the importance of hydration, shopping on a budget, making healthy packed lunches and many more.

All of this is backed up with fun physical activities such as a supermarket sweep hunt, scootering, swimming, hall games, organised walks and many more themed activities to help reinforce what the families have learnt. Find out more on **www.wiltshire.gov.uk**

A magical day in Pewsey on Sunday 23 April 11am

Spend a magical day with family and friends at the Pewsey Fairy Trail and Fayre. Throughout Scotchel the trees will be decorated with fairy doors made by local children. There will be a Fairy Trail for people to follow. Keep your eyes peeled for other magical things along the way including a wishing well, art work by local artists and magical messages from the fairies. **www.pewsey.ourcommunitymatters.org.uk** for more information

Free Passion Play

On the streets of Marlborough Saturday 15 April at 4pm
www.marlboroughpassion.uk for information

Why not open your garden for Prospect Hospice?

Go to **www.prospect-hospice.net/opengardens** for information about how to join this local fundraising event.

Rock Festival at Avebury in aid of Prospect Hospice

7 and 9 July visit **www.aveburyrocksfestival.net** for information

Local Youth Group event

15 April - Pewsey Youth Group have a trip to Rush Skatepark, if you want to know more email **pewsey-youthgroup@outlook.com**

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



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Jemma Jones BSc (Hons) Human Anatomy, BSc (Hons) Physiotherapy, Cert. ECBS

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www.jemmajonesbowen.co.uk
www.thebowentechnique.com

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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.

APRIL

09	18.00	Evening Service	<i>St N</i>
10	13.00	Parish Council Planning meeting	
12	12.30	Winter Warmers lunch	
15	10.30	Easter Garden making	<i>St N</i>
16	11.00	Easter Sunday	<i>St N</i>
21	16.00	Youth Activity	
23	16.00	Family Service	<i>St N</i>
28	24.00	Closing date for May C News	

MAY

04	07.00	Election for county and parish councillors	
06	10.30	Junior cricket	<i>Grafton playing fields</i>
12	18.30	Youth Activity cinema	
13	10.30	Junior cricket	<i>Grafton playing fields</i>

Community News	news@griftonparish.com
Coronation Hall	07479 281809 hall@griftonparish.com
Parish Council	clerk@griftonparish.com
St Nicholas' services	www.savernaketeam.org.uk
PCC Secretary	01672 870266
For help and information	
Link Scheme	0771 7006787
Police emergency	999 or 112 - information 101
Member of Parliament	01380 729358 Claire Perry
County Councillor	01672 810285 Stuart Wheeler
Local Clubs	
Windmill Society	secretary@wiltonwindmill.co.uk
Junior cricket club	pdewinton@savills.com
Horticultural Society	01672 810364 Marijke Craig

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
14 April, 12 May 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 28 April.

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