

Local Trades Directory

Acer Tree Surgeons Nick Cranston: The Old Post Office, 85 High Street, Chapmanslade, 832026, nickcranston@acertreesurgeons.co.uk, www.acertreesurgeons.co.uk

Advertising & Marketing Consultant - Stephen Miell
39 The Spur, 827725 or 07856 801261, stevemiell@hotmail.co.uk

Copy editing/proof-reading - Angela Graham-Leigh -18 Westbury Leigh, 303941,
jandagraham-leigh@blueyonder.co.uk

Copywriting - Member of Professional Copywriters' Network.
Sue Davison: 79 Westbury Leigh, 07557 874355, sue@fullheightcopy.com

Counsellor/therapist – offering a safe and confidential service. www.cathyburtoncounselling.com
Cathy Burton: 07745 233055 cathyburtoncounselling@outlook.com

Domestic removal and storage services - Advance Removal Services
Jason Clements: 136 Westbury Leigh, 01373 824259, member@advance101.wanadoo.co.uk

Electrician Vince Macey, All types of electrical work, 61a Westbury Leigh,
864428 or 07966 470479, vince@vimacey.co.uk

Flooring - supply and fitting of carpet and vinyl -Tom Solman, Renew Flooring, 20 Teal Close,
BA13 3XL, 07979 696608, tom@renewflooring.co.uk

G T Bookkeeping – G. A. Trefaut: 07789 376870, gt_bookkeeping@hotmail.co.uk

Independent Financial Planner – Mark Higginson (Chartered Financial Planner): 32 Westbury
Leigh, 301275 or 07718 492401, mhigginson@sovereign-wm.com

Jackie's Dog Salon, Jackie Macey, 61a Westbury Leigh, 864428 or 07970 062917

Mobile hairdressing and barber
Sarah Smith: 11 Kendrick Close, 07718 286745, blondesarah71@hotmail.co.uk

Painting and decorating, floor and wall tiling: Chris Pearson: 127 Westbury Leigh, 304810 or
07709 804565, chrisspearson65@hotmail.com

Reflexology, Aromatherapy, Reiki
Sarah Wiseman: Santi Bhavana, Westbury. 07909 751712, sarah.wiseman@fsmail.net

Reflexology and Holistic Massage
Corinne Hunter: 101 Westbury Leigh, 07710 716652, Corinne@mirado.freeserve.co.uk

Reflexology and toenail-cutting
Alice Lewis: Hope Cottage, Dilton Marsh, 228010. Home visits available.

Reiki treatments
Viv Lane: 160 Westbury Leigh, 865574, guidedreams@btinternet.com

Sewing service - curtains, blinds and dressmaking, alterations, repairs
Anne Poole: 117 Westbury Leigh, 858711, aptextiles@virginmedia.com

Tutor - English, Maths and Science, all ages including parents/carers
Sue Huntley B Ed(Hons), Cartref, Black Horse Lane, 859977 sue@hsow.co.uk www.hsow.co.uk

Vaughan Lipscombe, Architectural and Planning Services
Vaughan Lipscombe: Boyers House, Black Horse Lane, 864866,
vaughanlipscombe@tiscali.co.uk

If you would like a free one-line entry in this directory in future newsletters, please give
the details to Angela (303941 or jandagraham-leigh@blueyonder.co.uk).



Westbury Leigh

Community Newsletter

Newsletter Number 41 – May 2016

The Queen is 90! Come and celebrate at Westbury Leigh Community Hall

The Queen celebrated her 90th birthday on 21st April, but her official birthday is next month. Come and celebrate at the Community Hall:

Royal Quiz

7.30pm 11th June

Come in a team of up to 6 or join a team on the night. £2.50 per person.

Royal Tea and 1920s Dancing

3.30pm 12th June

Come for tea, win in the raffle, lucky dip and tombola and get nostalgic over the “old Westbury Leigh” pictures. Then stay for the dancing at about 4.30pm – and learn to dance a Charleston! The Charleston was wildly popular at the time the Queen was born in 1926. We have a professional dance teacher coming to show us how to do it. And if you come dressed as a flapper or her partner – even better!

Tickets £2 adult, £1 child, £5 family
from the Westbury Visitor Centre.



Ian and Sue: ☎: 822659 📧: iansuetaylor@gmail.com

John and Angela: ☎: 303941 📧: jandagraham-leigh@blueyonder.co.uk

Community Hall Website: www.westbury-leigh-community-hall.org.uk

What's in our bins?

In 2014/15 Wiltshire Council collected 225,677 tonnes of household waste - an increase of nearly 2% on the previous year. This means each household in Wiltshire threw away a tonne of rubbish – the same weight as a small car.

Nearly 47% of this waste was recycled and composted which is great, but half of the rubbish remaining in our black bin could be recycled. Much of it is food waste (a 2013 survey found it to be 40%) but other recyclables such as textiles, paper and plastic are lingering. Of this remaining rubbish 20% went to landfill at a cost of over £80 per tonne. 60,000 tonnes of waste comes to the Mechanical and Biological Treatment plant in Westbury to be bio-stabilised (dried) by naturally occurring organisms before being sorted and shredded for use as solid recovered fuel. This fuel is currently transported to Europe where it is converted into energy. A further 50,000 tonnes of Wiltshire waste is turned into energy from waste at a facility in Berkshire.

What happens to our recycling?

Recycling saves energy and natural resources that would be used to create new products - if everyone in England recycled one more aluminium can each week 45,994 tonnes would stay out of landfill.

Do you put all your glass containers in the black box? Recycling one glass bottle saves enough energy to power a TV for 15 minutes. After it is collected the glass is taken to be crushed, melted and moulded or blown into new bottles and jars or glass wool insulation for homes.

In the UK we use a staggering 12.5 million tonnes of paper each year. Paper produced from virgin raw material uses more water and 70% more energy than when it's recycled. If you put your waste paper out for recycling it can end up as a newspaper in just seven days, or as corrugated packaging which is made of nearly 100% recycled material.

Recycled plastic can be made into bin liners and carrier bags, plastic bottles, flooring and window frames, fencing and garden furniture, fleeces and fibre filling for sleeping bags and duvets.

See www.wiltshire.gov.uk/rubbish-and-recycling for more information on what you can recycle where.

If you are passionate about recycling and reducing or reusing your rubbish, we'd love to hear from you - please contact Jessica Thimbleby at jessicat@wiltshirewildlife.org or call 01380 736077.

Wary of using the internet?

There could be classes coming to the Community Hall on learning to use the internet with confidence. If you are interested in running or attending such classes, please contact Angela on 303941.

Relax, stretch and have fun in the Community Hall

The hall has never been busier and here are details of just some of the regular activities. We have contact details for the instructors or just turn up at any of the sessions and see for yourself. Look out for details of more activities in the next newsletter.

Way of Harmony Tai Chi - Monday 2pm - 3.30pm

Tai Chi that aims to promote good health and a relaxed state of mind is known as Chi Kung. This discipline provides the opportunity to relax and strengthen your body without risk of injury or strain and the benefits are mental and physical. Chi Kung can be practised by anyone, anytime and in almost any state of health. It is a way of life, helping people of all ages meet day-to-day challenges whilst remaining calm and relaxed. Sue Jackson

Indigo Yoga - Tuesday 7.30pm - 9pm

Having fun whilst you exercise is one of the best ways to start getting fitter. You will learn to stretch and move with growing awareness of your own physical body. Relax though, this is definitely not a keep fit class and you do not need to stand on your head or wrap your feet around your ears. The focus on breathing and mental awareness during the exercises facilitates a release of mental and physical tension, helping you to develop a deeper sense of connection between mind and body. Dawn Teasdale

Westbury Area Wellbeing Tai Chi Group - Wednesday 2pm - 3pm

We all love the Community Hall, it is such an appropriate venue for meditative practices and especially popular is the heated floor. The community that is emerging from our sessions is growing into a merry band of friends (see our Facebook page). Our members range in age from 50 to 85 years old, all have found the gentle 'no strain' movements beneficial to their overall wellbeing. Jen Bravery

Dance Fitness - Friday 10am - 11am

A recent BBC TV show found Dance Fitness to be the most effective exercise class to stay young. Dance Fitness is a hobby that can be tried by everyone, even if you feel you are too old, unfit or lacking in confidence to try a new venture. If you have always thought you would like to dance, or improve general fitness whilst meeting new people why not try a class geared for mature movers. The warmest of welcomes awaits you. Janice Moore

Sound Relaxation - Monthly

Once a month, usually on a Friday evening. The centuries old method of using pure sounds of various highly tuned instruments is used to energise, de-stress and heal from our everyday busy modern lifestyles. The sounds are also known to enable healing of physical aches, pains and trauma, as well as leaving people in a blissful state of relaxed mental clarity. If you have never experienced a sound healing session using gongs and Himalayan singing bowls, I invite you to come along. Pauline McCrann