

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, stevenmiell@hotmail.co.uk

Cleaning – SJL Cleaning Services
Simon Lamdin: 07717 858754, simonlamdin@hotmail.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@vmacey.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

Garden preparation and maintenance
Imogen Garratt: 07900 575814, immy.garratt@me.com

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

Lime & Gypsum Restoration, Renovation & Repairs
Mike Hill: 301009 or 07783 226262, info@mhplasteringandbuilding.co.uk

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, chrispearson65@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, corinnehunter57@googlemail.com

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, axp117wl@gmail.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 50 – Sep 2018

Welcome to the 50th issue of the Westbury Leigh Newsletter!



The first issue was distributed in May 2007 by the Westbury Leigh Village Association. The Village Association was a new group, formed primarily to fight the then West Wiltshire District Council's plan to build houses on the Westbury Leigh residents' car park. The threat to the car park was successfully fought off but the Village Association remained active for a few more years. Thanks to the Village Association Westbury Leigh enjoyed Open Days and a Jubilee Lunch and still benefits from a bus shelter and name sign at Old School Green.

The newsletter continues, now funded by the Westbury Leigh Community Hall, and we hope you find it interesting and informative.



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

Update on Westbury Leigh residents' car park

Westbury Town Council is still in negotiation with Wiltshire Council on the community asset transfer of the car park. The August meeting of the Policy & Resources Committee of the Town Council voted to retain the car park as a free car park, which is good news. The process has taken a very long time, but it should be over soon! Then the car park should be secure for the foreseeable future.

Calling all artists!

Westbury Art Group is coming to Westbury Leigh Community Hall on Thursday afternoons from 1.45pm. An informal group of people who enjoy painting and drawing together, it welcomes artists at all levels from beginners to more advanced, and from age 16 to 80 plus. The art is self-directed with no tuition. Members work in whatever medium they prefer including pastel, acrylics, watercolour, coloured pencil and pen and wash. They are happy to share ideas and tips. New members are welcome, so bring your art materials and join them for a pleasant afternoon with a friendly art group. If you think that this might be for you, and to find out more, please ring any of the following people: Hazel 01373 858435 | Josie 01373 864515 | Anne 01985 988127

Stretch and Relax yoga classes

Over the last 1.5 years OJC Fitness has been helping normal people in Wiltshire transform their bodies and their health in ways they never thought they could. This year they are looking to multiply their efforts to reach and enhance the lives of as many people as they can. After the successful launch of Stretch and Relax Yoga classes in Trowbridge they are now opening in Westbury!

People who attend report benefits such as increased core strength, reduced back and joint pain, improvements in flexibility, mobility and mental focus. For 1-2-1 coaching OJC Fitness charge £30 an hour for this training. They understand that this isn't an option for everyone which is why they are opening these classes to benefit people in larger groups without sacrificing results, for just £7.50 a session! If you're interested, please act fast, as they have limited spaces left in this group. So CONTACT THEM to get your space on the next class over at Westbury Leigh Community Hall (Tuesdays 6 – 7pm). Head Coach Ollie Chambers: 07378 666868 OJCFitness@hotmail.com

Time to think about Christmas!

The summer holidays are only just over but it's only 3 months to Christmas! To help you get ready, there will be a pre-Christmas market at Westbury Leigh Community Hall 2 – 4pm on Sunday 18th November.

There will be lots of stalls: produce from the Heywood Home Farm shop, local arts and crafts, cards, jewellery, decorations, cakes and lots more. Do come and browse – and buy – or just drop in for a cuppa and a chat and a piece of Christmas cake.

If you would like to have a stall yourself, contact Angela on 303941 or jandagraham-leigh@blueyonder.co.uk.

(And don't forget the Wednesday market – first Wednesday in the month, 10 – 12 at Westbury Leigh Community Hall).

Remember hula hoops?

Welcome to... HoopCamp! If you can walk you can hoop! It doesn't matter how old you are or what shape you're in! HoopCamp is a fab new way to treat fitness as fun! The sheer silliness of hooping stands in stark contrast to the regimented routines of mainstream fitness. The hoop gives everyone permission to let themselves go.... If your hoop does clatter to the floor the first few times or even the twentieth time, just focus on feeling the fascination rather than the frustration!...become intrigued by the challenge!

But will it get me into shape? The answer is yes! Physical transformations will include smaller waistline, tightened abs, defined arms and pounds lost! HoopCamp will impact every muscle in the core including small muscles that can be difficult to reach with most forms of exercise.

Not only is HoopCamp a great aerobic workout it also builds strength and increases flexibility. These are the three types of activities that fitness experts say are all necessary for a full-body workout.

For more information or to book a space (6pm on Thursdays at Westbury Leigh Community Hall) please call Emma on 07770 325000 or email emmashoopcamp@gmail.com

And for something more relaxing, letting go....

Every Tuesday evening during term times from 7.30pm a lovely group get together at Westbury Leigh Community Hall and stretch their bodies. Moving with the breath this exercise is invigorating and relaxing at the same time. Under the guidance of teacher Dawn Teasdale they work within their own abilities. Sometimes the exercise is flowing movements often accompanying music. Sometimes the exercise works on building muscle strength or freeing joints from the stiffness created by daily life. By releasing the tension from the body the class are then able to deeply relax, letting go of mental chatter and emotional overload.

This is the practice of yoga, developing an awareness of the connection between body, breath and mind. You do not have to stand on your head or put your feet around the back of your head. Join the class for a couple of taster sessions. For more information contact Dawn on 07974 744930 or indigoyoga44@gmail.com or view Facebook Dawn's Indigoyoga.

It's Festival Time!

Don't forget about Westbury Festival, which this year runs from 21st September to 7th October. There are lots of events, many of them free: music, arts, talks, dancing, even circus skills for children!

There are Festival brochures in local shops and full details of events on the Festival website www.westburyfestival.org.uk. The Festival is generously sponsored by Westbury Town Council and by local businesses, which allows so many events to be at reduced prices or free. Do support it!