

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

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 cleaning – Bonbon's cleaning services.
Bonnie Macey: 61a Westbury Leigh, 864428 or 07864 816762, bb.a@hotmail.co.uk

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

KRM Carpentry - Kevin Mengham: 2 Leigh Close, Westbury Leigh - 01373 858393 or 07858 079805, krmcarpentry@outlook.com

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 Alice Lewis: Hope Cottage, Dilton Marsh, 229335. 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

Tanning & beauty treatments – 10% discount for Westbury Leigh residents, book online or by email.
Kerry Maidment: 2 Westbury Leigh, 07746 146868, tanonicbeauty@gmail.com www.tanonicbeauty.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



Westbury Leigh

Community Newsletter

Newsletter Number 56 – February 2020

Welcome to a new decade!

Here we are in 2020, the third decade of the 21st century. The pace of change is so fast now that even in a quiet place like Westbury Leigh it is impossible to predict the next 10 years – and certainly not the next 100. So in this year's newsletters we'll be looking back 100 years instead.

In 1920 Westbury Leigh, like the rest of the country, was recovering from the Great War and coming to terms with the loss of its young men. 27 men associated with Westbury Leigh are commemorated on Westbury Leigh's war memorial, which is inside the Church of the Holy Saviour, now Westbury Leigh Community Hall. The memorial wasn't unveiled until 29 September 1924. It cost just over £50, which was raised by parishioners. Many of the men listed on the memorial are commemorated on other local memorials too.

“Walk, Talk and Listen”! Get Westbury Leigh Walking!

If you are about on Thursday mornings you will have seen groups of walkers, obviously enjoying themselves, around Westbury and Westbury Leigh. Ever thought about joining them? The Westbury Group has a reputation for being particularly friendly and welcoming.

The Get Wiltshire Walking project was introduced 9 years ago and is funded by Wiltshire Council Public Health.



Trained volunteer walk leaders support this project in over 18 locations across the county. The aim is to encourage residents of all ages to improve their social life and lifestyle – and, incidentally, to keep healthy. And it's all free! (No dogs allowed though).

Continues inside.....

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

...Continued from front cover.

The Westbury Group has grown to nearly 140 registered walkers, with around 40 taking part in each weekly walk. They set off from outside the White Horse Health Centre at 9.30am on Thursdays and take a different (circular) route each week. The distance walked is based on ability: the Striders walk 3 - 4 miles in 60 - 90 minutes and the Strollers walk for up to 60 minutes at an adjustable pace. The Starters group accommodates walkers using walking aids or with other disabilities, which are taken into account by the walk leader. Then everyone is welcome to meet up afterwards for tea/coffee and cake at the Fairfield Farm College Café. Newcomers to Westbury or people who have lost their partners find this walking group very informative and comforting.

Wiltshire Council also organises several more challenging walks throughout the year, open to the members of the 18 groups in the county. These are mostly walks through the countryside or at places of interest in Wiltshire. The Westbury Group always arranges car shares so that everybody can attend.

The Westbury Group also organises "private" walks (ie not arranged by Wiltshire Council) 5 or 6 times a year. These are to explore the beautiful countryside around Westbury and focus on seasonal aspects such as snowdrops, bluebells and autumn leaves. And dogs are welcome!

The Westbury Group regards itself as a group of friends who happen to enjoy walking. In keeping with this, every 1st Tuesday in the month at 12.30pm members of the Group meet at Fairfield Farm College Café for a light lunch (or just a coffee). The Group also has excursions, such as cruising on the River Avon at Bradford and seeing the Christmas Lights at Westonbirt Arboretum.

This is what some of the current walkers have said:

"Feel much better after the walk. It has encouraged me to try new things. I love the walks."

"Good exercise, Good company, interesting people."

"It's brilliant, great company and cakes."

"Joining the walk has been one the best things I have done. It gets me out of the house. I have learnt more about the area I live in and it has introduced me to lots of different and like-minded people. I have made new friends and discovered the delights of the little cafe we call at later."

If you would like to try a walk with the Westbury Group, just turn up! Be at the Health Centre at about 9.20am on a Thursday and one of the walk leaders will look after you.

(Ex-)religious buildings in Westbury Leigh

If you keep an eye out for Wiltshire Council's "green notices" (that give public notice of planning applications), you'll be aware that the developer of the Baptist Church applied to change his original (approved) plan at the end of last year. The new plan was to convert the main building into four flats instead of one dwelling. The new application has been turned down by the Council on the grounds that the new plan would have meant destroying internal features and also that there would not be parking space for the residents of four flats.

The same developer also applied for planning permission to demolish the Kingdom Hall and replace it with five houses. This application was withdrawn in November, presumably because of the large number of objections made by nearby residents. Watch out for more green notices...

Westbury Leigh's very own Book Group!

The Book Group that has been meeting at The Horse and Groom has decided to move to The Hollies – good news for bibliophiles in Westbury Leigh! It is a very informal and friendly group and meets at 7.30pm on the 2nd Tuesday in every month (which just happens to be "Pudding Club" night at The Hollies too). Just go along, say hello and join them...

More details are available on the Group's Facebook page (search for Westbury Book Group).

Dance the Winter away

It has always been known that Dance Fitness has tremendous benefits for all ages - improvements to strength, stamina and suppleness being some of these. However in recent times scientists at Columbia University in the USA have proved that the brain also benefits hugely from a regular exercise programme. Dance in particular comes out very well in this research, as learning sequences or routines exercises the little grey cells as well as the rest of the body. There is a new Dance Fitness class at Westbury Leigh Community Hall on Friday mornings. It offers a welcome to anyone interested in this very social, safe and beneficial type of exercise.

For more information, contact Janice on 01373 832105.

Date for your diary: 13 March 7 – 8.30pm Westbury Leigh Community Hall

This will be a relaxing and de-stressing session where you will use your body and mind in a skilful way to release physical tensions, find the missing peace, experience a light heart and a clear mind. Using gentle Yoga movements, breathing techniques, Bioenergetics and comprehensive Mindfulness, Dario and Rossana have developed an amazing and powerful body work approach to facilitate a deep inner relaxation and access a profound sense of well-being and self-satisfaction.

Do come and give it a try! And it's free (donations are welcome).