

STAPLE DIET

No.92 JULY 2017

(The West Quantoxhead Village Newsletter)

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ST ETHELDREDA'S CHURCH

Sunday 2nd July 9.30am Eucharist with TS

Sunday 9th July 9.30am Eucharist with SC

Sunday 16th July 9.30am Family Service with NM

Sunday 23rd July 10.00am Benefice Eucharist at KILVE

Sunday 30th July 10.00am Benefice Eucharist St.E. WQ

WEST QUANTOXHEAD WALKING GROUP

We enjoyed beautiful weather for our walk in the Quantocks at the beginning of June. The next walk will be on Thursday 6th July, meeting as usual at 9.30am at the Village Hall, for a walk of about 4 miles. Optional pub lunch at the end. New walkers always very welcome.

For further details contact Dorothy and Keith 01984 248105



ST AUDRIES ART GROUP

St Audries Art Group meets in the Village Hall on Wednesday mornings from 10am until 12.30pm. If you are interested in joining us or just popping in to see what we do, please contact Pat or Maureen on 632729 or 632575.

CRAFT GROUP

Come and learn new craft skills over a cup of tea and a natter, or pass your craft ideas on to others. Only one meeting in July on Tuesday the 4th at 2pm to 4.30pm.

We then break up for the rest of July and August. Start back on the 5th September.

June 632410

ST AUDRIES W.I.

On Wednesday July 12th A Celebratory Lunch for Members & Invited Guests, 1.00pm for 1.15 pm in St. Audries Village Hall. Competition an item beginning with "Y". **No Meeting in August**

QIGONG AND TAI CHI CLASSES

Held on Mondays, apart from Bank Holidays, from 2pm until 3pm at St Audries Village Hall. Please come along if you fancy a bit of very gentle exercise. New members welcome. For more information please contact Jane Snell on 01984 634090.

ST.AUDRIES VILLAGE HALL

I am pleased to announce that Stella Davy has rejoined the Village Hall committee, she will also represent the PCC (Parochial Church Council). With her previous experience she will bring valuable experience to the committee.

Very shortly the Village Hall, will have its own web site, www.staudriesvillagehall.

For Hall users, the electric meter will take the new £1 coins as well as the old ones.

Richard Hughes
Chairman

WINDMILL LOCALS LUNCHES

As usual the monthly Locals Lunch will be held on the second Thursday of the month so the next one will be on 13th July. Arrangements are 12.30pm for 1.00pm for two courses at £10 per person with an option for tea or coffee to follow at extra cost. Please let Tony know a few days in advance on 633004 if you intend to come.

TABLE TENNIS CLUB

Just a reminder that the club meets in the village hall almost every Friday night at 7.00pm. The cost is a minimal £2 per person for the whole evening, including tea or coffee. There is an enthusiastic band of friendly regular players but new members of any ability are welcome to come and have a go – you will be made very welcome. Further details from Sue Sanders on 632759.

MAY'S 2017 RAINFALL IN WEST QUANTOXHEAD

May was again a relatively dry month. Rainfall recorded in West Quantoxhead:

2017 May = 47 mm
2016 May = 35 mm
2015 May = 70 mm



THE PROBUS CLUB OF THE QUANTOCKS

The Probus Club meets Tuesdays at the 'Windmill Inn' 10.30am for coffee and interesting talks on many subjects. On the second Tuesday of each month we meet later for a lunch meeting with wives/partners. New Members and Visitors always welcome. Information 633060 or 632653

MONTHLY COFFEE MORNING

Our next Coffee Morning will be on Monday 17th July 10.30am to noon. Come along for a chat and get together over a cup of tea or coffee at St.Audries VH.

POETRY

Thursday 27th July from 2.30 pm. at Applegarth, Staple Lane - topic "Animals". For further information please contact Joyce Baxter Tel: 01984 633537. New readers will be most welcome.

CALOR RURAL COMMUNITY FUND

Many thanks for voting for our project at our Church. Of the four projects put forward in Somerset, we achieved the highest with 752 votes.

ST.ETHELDREDA'S ANNUAL EASTER APPEAL

A big thank you to all Parishioners who have given so generously to this year's Appeal. It raised £1,958 towards the cost of maintaining our Church. The St.Audries PCC expresses its appreciation and gratitude to all concerned.



PILATES

Held at St.Audries Village Hall on Thursday morning and Tuesday evening.

For further details, please call Nathan on 07762 721 271 or email nathanpirt@iCloud.com.

NOTES FROM YOUR VILLAGE AGENT ON TELEPHONE BILLS AND HOME LIBRARY SERVICE

If you get certain benefits, including Pension Credit and Universal Credit, BT offer a low cost package called BT Basic - it's about £5 per month, or £10 a month for phone and broadband. It is mentioned in the small print on the back of your phone bill. If you qualify, you can ring **0800 800 864 Monday to Friday, 8am to 6pm** to get the simple one page application form. You will need to give some information, date of birth and national insurance number to check your eligibility.

Libraries are wonderful places - not only for borrowing books, or learning about BT Basic, see above! Many of them have events going on, or clubs you can join. But what happens if you are no longer able to get out and go to the library? The Home Library Service could be the answer. It's for anyone who is unable to visit their local library, specifically people who are not able to get out for whatever reason: through illness, lack of mobility or caring for someone. The Royal Voluntary Service will arrange for a volunteer to visit to talk about what you like to read and how often you would like them to call (usually fortnightly or monthly). The volunteer will then arrange to go to the library to choose your books and deliver them to you. Volunteers can also support you to access ebooks through the [LibrariesWest Website](http://LibrariesWest.Website). There are also talking books and DVD. If you are blind, partially sighted, dyslexic, or unable to hold printed books, you can borrow talking books free of charge. If you know someone who is willing to visit the library for you, they can register as a 'good neighbour' and arrange to choose and collect your books for you. If you would like more information about the Home Library Service or to find out how you can become a 'Good Neighbour' please contact your local library on 0300 123 2224.

If you are finding life a bit hard going at the moment, I may be able to help. Please phone me: Izzy silvester, your village agent on 07931 018045, leave me your name and number and I will ring you back. Or email me on izzy@somerset.rcc.org.uk
I only work part-time so it may take a day or two for me to return your call

Copy date for August's newsletter is 20th July. (Please mark for "Staple Diet" or "Newsletter"). Phone 01984 632268 or email: SeaFurlong@aol.com