

STAPLE DIET

No.93 AUGUST 2017

(The West Quantoxhead Village Newsletter)

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ST ETHELDREDA'S CHURCH SERVICES

Sunday 6th Aug 9.30am Eucharist with NM

Sunday 13th Aug 9.30am Eucharist with RA

Sunday 20th Aug 9.30am Family Service with AFT

Sunday 27th Aug 10.00am Benefice Eucharist at

FIDDINGTON

ST.ETHELDREDA'S TOILET

What a relief! Great news - it is almost in sight! Plans are afoot to start the external work during September with the internal work to follow and completion within three months. Congratulations and huge thanks to all fundraisers and all contributors.

ST.ETHELDREDA'S GRAVEYARD

The rather spectacular silver birch near the north west corner of the graveyard sadly died about a year ago. Whilst it was recently removed no explanation for its demise was found.

WEST QUANTOXHEAD WALKING GROUP

Our next walk will be on Thursday 3rd August meeting at 9.30am at the Village Hall. The walks are 4 to 5 miles with the option of a pub lunch at the end. New walkers are always welcome. For further details contact Dorothy and Keith 01984 248105

POETRY GROUP

We will meet at 2.30 pm on Thursday, 31st August at Lark Rise, Weacombe Road, when the topic will be "Romance", the food for love etc... Can't we interest any males in this village?!

For further information please contact JOYCE BAXTER on 01984 633537.

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

NB The next meeting will be on September 5th at 2pm.

Come and learn new craft skills over a cup of tea and a natter, or pass your craft ideas on to others.

June 632410

ST AUDRIES W.I.

NB. There will be 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

The Hall is well used. Saturday and Sundays are usually free. If you know anyone who wants to hold a children's party the Hall is a good venue.

As I have said before we are always looking for new committee members and I am going to step down as chairman so there will be a vacancy for that position.

Forth coming meetings, 20th September and the AGM on 19th October, both starting at 7.30 pm.

Richard Hughes, Chairman

FREE NHS HEALTH CHECK

You are eligible for a free NHS Health Check if:

You are aged 40-74 years old.

You live in Somerset or you live outside of Somerset, but are registered with a Somerset GP.

You have not had an NHS Health Check within the last 5 years.

You have not been diagnosed with or are not taking medication for heart disease(including blood pressure medication),stroke, diabetes, chronic kidney disease or dementia or are on a Statin.

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A FREE Health Check can help you reduce these risks and make sure that you stay healthy.

Call 01823 261 794 or visit

www.somersethealthhealthchecks.co.uk

WINDMILL LOCALS LUNCHE

As usual the monthly Locals Lunch will be held on the second Thursday of the month so the next one will be on 10th August. 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.

CALOR RURAL COMMUNITY FUND

The two £5000 winners were Bude with over 9000 votes for swimming equipment and Cheshire Scout Camp with over 5000 votes.

Many thanks to all who voted for the Church Toilet Fund.

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.

JUNE RAINFALL IN WEST QUANTOXHEAD

Rainfall recorded for June 2017 in West Quantoxhead was 64.5mms compared with 69.5 mms last year. (Incidentally 26mms of rain was recorded in the 24hours 16/17 July)



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

LOCAL EVENTS

The next East Quantoxhead Market will be on August 19th between 10.00 and 12.00 hrs at their Village Hall.

The next Sale at the St.John Ambulance Hall, North Road, Minehead will start at 10am on August 4th and daily 10.00 - 1600hrs until August 16th and from 10.00 until 1300hrs on the 17th.

OUTINGS BY COACH (Ridlers) @ £5 pp

There are spare seats on a coach to Cadburys Garden Centre on August 1st leaving St.Audries at about 10am. Also to Sidmouth on August 29th leaving Williton at about 9-50am. Further details from 632268

CREAM TEAS

Cream Tea will be available at St.Audries Village Hall 28th August between 3 and 5pm

Proceeds to go to this year's deanery mission project 'The Kathryn Mercy Trust' which is supporting a children's home in southern India. It is specifically seeking funds for a minibus to enable children to get safely to school. The project was proposed by Ben and Kathryn Flenley.

MONTHLY COFFEE MORNING

Our next Coffee Morning will be on Monday 21st August 10.30am to noon. Come along for a chat and get together over a cup of tea or coffee at St.Audries VH.

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

'**Village Agents**' are a charity offering advice on staying independent in your home among other things. I help people of all ages- so please give me a ring. I can phone or visit F.O.C!! I attend local events or call me on 07931 018045 or email me at izzy@somersetccc.org.uk

Summer is the best time to get your **boiler serviced** and **oil is usually cheaper**. Join an oil purchasing group like Somerset Community Oil Scheme 01603 881888. Check you are on the **cheapest tariff** by using a comparison website. The small print on your bill will give you the information to enter. It also tells you if you are on your company's best tariff.

Winter Warmer Discounts of over £100 are available if you are on pension credits or are considered vulnerable – **if you register**.

Independent Age offer a booklet called **Summerwise** which can be downloaded or call 08003196789. It contains many useful tips including medicines, their effects and storage under 25C. They also have a **scam** spotting test on www.independentage.org/scams-quiz or get their free booklet about scams.

Get some sun exposure to get your quota of vitamin D from the UVB rays (stopped by glass).

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