**STAPLE DIET**

***No.94 SEPTEMBER 2017***

**(The West Quantoxhead Village Newsletter)**

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**ST ETHELDREDA’S CHURCH**

**ST ETHELDREDA’S CHURCH SERVICES**

Sunday 3rd Sept 9.30am Eucharist with AFT

Sunday 10th Sept 9.30am Eucharist with AFT

Sunday 17th Sept 9.30am Family Service with NM

Sunday 24th Sept 10.00am Benefice Eucharist at **STOGURSEY** with NM & SC

**ST.ETHELDREDA'S TOILET UPDATE**

Plans have been revised! It is now planned to start both the external and internal work in early November! Congratulations and huge thanks to all fundraisers and all contributors.

**WEST QUANTOXHEAD WALKING GROUP**

The next walk will be on Thursday 7th September, meeting at the village hall at 9.30 as usual.  
All are welcome for a walk of about 4 miles with the option of a pub lunch at the end.  
For further details contact Dorothy and Keith on 01984 248105  
  
 **CAUGHT!**

The burglar who smashed through a double glazed window of a property in WQ. on 7th August and stole numerous items was apprehended almost within the hour after the break-in. It is understood he is awaiting sentence early in September.

**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**

**The next meeting will be on September 5th at 2pm (until 4.30pm)** 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.**

The next meeting will be held on Wednesday 13th September at 2.15pm in the St.Audries Village Hall. Joan Knowlman will talk about *'The life and work of Joyce Grenfell'.* The competition letter is **"Z".**

**ART AND CRAFT GROUPS JOINT EXHIBITION**

St.Audries Art and Craft Groups will be holding their joint Exhibition in the Village Hall on Saturday 30th September from 10.30 to 4.30. Paintings and Crafts for sale.  Refreshments available.  Free admission.

**POETRY GROUP**

 We will be meeting at Ferndale, The Avenue, from 2.30 pm on Thursday 28th September, when the topic(s) will be "built up areas" (villages, towns and cities) - could be challenging!  Makes me think of "friendly bombs over Slough..."!

 If you would like to join us, please ring Daphne on 632688.

**ST.AUDRIES VILLAGE HALL**

The committee greatly appreciate the help that is given to the upkeep of the Village Hall, inside and out. If there is anyone with a strimmer who has time to cut the grass around the edge of the grounds and alongside the drive it would be a great help.

Another reminder the next committee is on the 20th September and the AGM is on the 19th October.

Anyone in the Village is most welcome to attend the meetings. The AGM is important and to find out what is happening and make any contribution to the meeting everyone is most welcome. Both meetings start at 7.30pm.

**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.

**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 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.

**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.

**JULY RAINFALL IN WEST QUANTOXHEAD**

Here is July 2017 rainfall for West Quantoxhead  
Rain recorded  93 mm in July 2017  
Rain recorded 7.5 mm in July 2016.  
   
 **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 September 16th between 10.00 and 12.00 hrs at their Village Hall.

**SIDMOUTH BY COACH (Ridlers) @ £5 pp**

There are spare seats on a coach to Sidmouth on Tuesday August 29th leaving Williton (Gliddons) 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 18th September between 10.30am to noon. Come along for a chat and get together over a cup of tea or coffee at St.Audries Village Hall.

**STOGGIMEN**

If you enjoy listening/watching *THE WURZELS,* then why not spend the evening in the company of

**'THE STOGGIMEN'**

At EAST Quantoxhead Village Hall on October 7th at 7.30pm.

Tickets in advance from 01278 741241

Price £7 for adults and £5 for children under 16.

It includes a Ploughman's Supper.

There will be a Bar and Raffle.

All proceeds to East Quantoxhead Village Hall Roof Funds

**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](mailto:nathanpirt@iCloud.com).

***NOTES FROM YOUR VILLAGE AGENT***

A **FLU VACCINATION** session will be held on September 23rd between 9 and 11am at WILLITON SURGERY.

Please support your Doctor’s surgery by attending their clinic

**#RAFT**

**REFUGEE AID FROM TAUNTON**

Donations of the following items are requested:

**Tinned foods** preferably with pull ring tops: tomatoes, potatoes, kidney beans, butter beans, borlotti beans, cannellini beans, haricot beans, chickpeas, lentils, carrots, peas, sweet corn, fish and fruit. (Please NO meat items or baked beans.)

**Other foods** required: cous-cous, rice, plain flour, oil, onions, garlic, ginger, lemon juice, vegetarian baby food, energy bars, chocolate, tea, coffee, sugar, UHT milk.

**Clothing/survival gear:**

Men's, women's and children's seasonally appropriate clothing, all washed and in excellent condition, boots and trainers. New underwear and socks. baby carriers, blankets, sleeping bags, tents, tarpaulins,, back-packs, torches, radios, batteries, umbrellas, waterproofs.

**Personal hygiene and First Aid:**

Tough bin-bags, first aid kits, plasters, hand sanitizer, wet wipes, nappies, sanitary towels, toothbrushes, toothpaste, shower gel, razors, small packs of tissue, adult incontinence pads.

**The #RAFT centre is at:**

The Auction House, Canal Road, Taunton, TA1 1PN.

Opening times are: Tuesday, Wednesday & Saturday 10am - 3pm.

Website: refugeeaidfromtaunton.org.uk

Paypal donations**:** info@refugeeaidfromtaunton.org.uk

**Copy date for October's newsletter is 20th September.** (Please mark for “Staple Diet” or “Newsletter”). Phone 01984 632268 or email: [SeaFurlong@aol.com](mailto:SeaFurlong@aol.com)