**STAPLE DIET**

**No. 103 JUNE 2018**

**(The West Quantoxhead Village Newsletter)**

**Editor – Duncan Stafford email SeaFurlong@aol.com**

email SeaFurlong@aol.com

*Rector: Revd. Nicky Morgan 01278 732873*

*Associate Vicar: Revd. Dr Andrew Tatham 01984 633331*

*Associate Priest: Revd. Stephen Campbell 01278 741329*

*Benefice Office 01278 732742*

**ST ETHELDREDA’S CHURCH**

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Sunday 3rd June 9.30am Eucharist

Sunday 10th June 9.30am Eucharist

Sunday 17th June 9.30am Family Service

Sunday 24th June 10.00am Benefice Eucharist **at KILVE**

**Sunday 24th June 4.30pm After our Flower Festival**  "**Songs of Praise and Thanksgiving"**

**WEST QUANTOXHEAD WALKING GROUP**

West Quantoxhead village walking group meets monthly for a leisurely walk of 3 to 4 miles.

Come along and enjoy a social occasion, fresh air and this beautiful area. Optional pub lunch at the end of the walk. Residents and visitors alike are always welcome.
Meet at the Village Hall car park at **10am** \*\*\* please note later start time \*\*\*. Dates for 2018 are:



June 7th, July 5th, August 2nd, September 6th, October 4th, November 1st and December 6th. For further details contact Dorothy 01984 248105.

**RAINFALL FOR APRIL 2018.**

 **110 mm in 2018**

 037 mm in 2017

 023 mm in 2016

Not bad when we also had sunshine on 17 days and winds up to 29 kn. with the odd gusts to 43 knots.

**PILATES**

Held at West Quantoxhead Village Hall on Thursday morning and Tuesday evening. For further details, please call Nathan on 07762 721 271 or email nathanpirt@iCloud.com.

**COFFEE MORNING**

The next coffee morning to be held in the Village Hall on Monday 18th June. All welcome.

 **ST AUDRIES W.I.**

The next Meeting is on Wednesday June 13th at 2.15 pm in the Village Hall.

     Speaker Ken Atherton - Saucy Seaside Postcards. “

        Tea Hostesses:- Mary Randle & Jane Stafford.

                     Competition:- Postcards.

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**FLOWER FESTIVAL**

**'Remembrance 100'**

**"WAR AND PEACE 1918"**

There will be various stalls, arts and crafts, Childrens events, Teddy bear parachuting, treasure hunt, painting, word search and refreshments and a BBQ between Noon and 2pm. Songs of Praise and Thanksgiving on Sunday 24th at 4.30pm. Further information from 632268 or 632274

**MEMORIAL FLORAL TRIBUTES**

Would you like to sponsor a **pew end floral tribute** in memory of a relative or friend who served or assisted the united effort in the cause of peace during either World War or later conflict?

We will be happy to include both your name and theirs with the arrangement.

We suggest a donation of £5  to either Jane Safford (632268) or Isobel Newton(632274)

**MORE HELP PLEASE**

**IS NEEDED AT THE FLOWER FESTIVAL**

**on 22nd, 23rd and 24th June at St.Etheldreda's.**

A team to erect marquees, gazebos, tables, setting up etc. And 'Go-fors' for everything.

ALSO Raffle prizes please ring Sue on 632759 or Jane on 632268 with Bric-a-brac, Jewellery, a gazebo and help

**CONCERT**

A performance by The Somerset Songsters,  "Come On Be Happy" at St. Etheldreda's Church, St. Audries, West Quantoxhead at 7pm Saturday June 30th.

Tickets £8 (includes a glass of wine and savoury nibbles)

from Stella Davey 01984 639944 or Julie Pennington -Ridge 01984 632000



**CRAFT GROUP**

Come and learn new skills over a natter and a cup of tea. We meet every Tuesday in the village hall from 2pm to 4.30pm. June 632410

**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 14th June. 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.

**THE PROBUS CLUB OF THE QUANTOCKS**

The Probus Club meets on 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

**POETRY**

There will not be a meeting in June but there will be one in July but still TBA.

New readers will be made welcome.  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.

**OTHER LOCAL EVENTS**

**The next East Quantoxhead Village Market** will be held between 10am and noon on Saturday 16th June

**Coffee morning at** **Combe House Hotel, Holford,** Stalls etc 10.30am on June 30th in aid of Holford Church.

**NOTES FROM YOUR VILLAGE AGENT**

Better weather encourages us to join outdoor activities such as May Fairs and Open Gardens, often brilliant opportunities for a get together. Perhaps you could take a neighbour who might lack the confidence to go alone yet, once there would meet old and new friends.

Just 10 minutes of brisk walking (3mph) should benefit your health! Aim at 150 minutes of moderate activity a week. Look for advertised local health activities or walks at your surgeries, Staple Diet or the Ramblers web page.

Don't forget to have good suitable footwear and take sufficient fluid during and after your activity.

(Six to eight glasses of water a day is the recommendation for the UK).

The NHS Eat Well campaign is trying to outline the new findings in a simple manner and is a good point of reference [www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome.aspx)

Instead of getting bogged down in all the detail, it is good to remember that most food experts will agree that eating less processed foods with lower sugar and drinking fresh water is the key to staying healthy.  Changing your diet slowly is more beneficial than shocking the body with harsh exercise and detox or excluding a food group.

Enjoy those summer evenings and take the chance to boost your health!

Pop into The Talking Café in Williton on the 2nd Wednesday of every month if you need help with free advice, support or a cuppa and a chat! Help with your IPad, mobile phone or computer is available for free on June 13th!

Not sure who to turn to? Village Agents are a charity that work with individuals and social groups to give confidential support and advice. Please phone or email me on 07931 018045, or izzy@somersetrcc.org.uk leave your name and number and I will ring you back within a day or two. Thank you.

**Copy date for July’s newsletter is 20th June.** (Please mark for “Staple Diet” or “Newsletter”). Phone 01984 632268 or email: SeaFurlong@aol.com