**STAPLE DIET**

**No. 104 JULY 2018**

**(The West Quantoxhead Village Newsletter)**

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**ST ETHELDREDA’S CHURCH**

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Sunday 9.30am 1st July Eucharist with TS

Sunday 9.30am 8th July Eucharist with SC

Sunday 9.30am 15th July Family Service with NM

Sunday 10.00am 22nd July Benefice Eucharist at St.Audries

Sunday 10.00am 29th July Benefice Eucharist **at STOGURSEY**

**QUANTOXHEAD WALKING GROUP**

The walking group has been striding out almost every month for nearly eight years but sadly has now reached the end of the track. In the early days when we set out to walk the Coleridge Way there was considerable support but no doubt due to many factors in recent months this has dwindled to the extent that there are very few regular walkers and on occasions, none. As a consequence we have decided that the June walk was the last that we will organise. Readers of Staple Diet are probably aware that there are similar groups in Williton which regular WQH walkers may wish to consider trying;- see for instance ‘Williton Window’ for details.

Contact Dorothy 248105 or Mike 632759.

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

**COFFEE MORNING**

The next coffee morning to be held in the Village Hall on Monday 16th July. All welcome.

**CRAFT GROUP**

Come and learn new skills over a natter and a cup of tea, 2pm to 4.30pm in the village hall. We have only two Tuesdays in July as we break up on the 10th for the Summer Holidays. We return on the Tuesday 4th September.

**CREAM TEA – AUGUST BANK HOLIDAY MONDAY**

Please come and join us for a Cream Tea on 27th August at St Etheldreda’s Church, West Quantoxhead from 3pm to 5pm. Proceeds to Home Start our Deanery Mission Project.



**VILLAGE HALL NEWS**

I wish to confirm, that after discussion with other Committee Members following the recent complaints on the noise level from Band Practices in the Village Hall, the booking availability for such hirings has been withdrawn with immediate effect.

On behalf of the Committee, I would point out that the hiring availability for booking Family Parties / Celebrations / Children's Parties, will continue to remain available to hirers.

The relationship with the local community is of great importance to the Village Hall Committee hence the current steps we have taken to maintain this.  Should in the future there be any other issues that require the attention of the Committee, then we hope that this could be brought to the attention of myself (as Chairperson) or any other Committee Member.

Our apologies for the past inconveniences.

Stella Davey Chairperson WQVHC

**ST AUDRIES W.I.**

The next Meeting will be the Annual Lunch on Wednesday July 11th 1.00pm for 1.15pm in St. Audries Village Hall by invitation.

                  There is no Meeting in August.

**RAINFALL FOR MAY 2018.**

Total rainfall report for May 2018:  
2018    52.5 mm 2017 = 47 mm 2016 = 35 mm

**ST.AUDRIES FLOWER FESTIVAL**

**"WAR AND PEACE 1918"**

Huge thanks to all who participated - transported, pitched, dismantled, washed up, dried up, fed, watered, mowed, manned, BBQed, amused, played, prayed, sang, rang, picked, bought, brought, arranged, inspired, photographed, gave, designed, cleaned, baked, sewed, knitted, crafted, painted, researched, welcomed, stewarded, raffled, donated, carried, printed, advertised, posted posters, launched, flew, cleaned, vacuumed, made angels, made doves, decorated, garlanded and that is just for starters!!

The skills of the arrangements and displays, the inspiration, thought and preparation that went into each one were such that they raised the emotions of more than one of their viewers. **Praise was deservedly heaped upon you all.**

Congratulations and thanks to all who participated, not only from St.Audries but from Holford, Stringston and East Quantoxhead , every contribution helped and added to a very special occasion.

The Festival concluded with such a well attended service of Songs of Praise and Thanksgiving, prepared by Nicky and admirably taken by Stephen that the demand for hymn books exceeded supply!

The Flower Festival raised close to £1600. Thank you.

**Well done indeed THANK YOU!**

(NB - A small purse purse has been found in the Church)

**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

**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 12th 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.

**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

**POETRY GROUP**

Thursday 26th July at 2.30pm at Applegarth, Staple Lane, with poems about Flora and Fauna.  New readers will be made most welcome.  Contact: Joyce Baxter 633537.

August's meeting will be on Thursday 30th when the topic will be Transport.

**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**

East Quantoxhead Market will be held on Saturday 21sth July between 10am and noon.

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

**SOMERSET WASTE PARTNERSHIP**

Whilst plastic bottles remain the only plastic Somerset Waste can accept at the kerbside. **All 16 Somerset**[recycling sites](http://somersetwaste.musvc5.net/e/t?q=5%3dEUNULW%268%3dS%262%3dVV%26G%3dEWNaE%26O%3d4L8JE_Jewl_Uo_Lmud_V2_Jewl_TtQIO.7I976M1LA5ELs.AAN.9E_Dsgt_N869yQqF5Fu_Lmud_V25sHFJsM_Dsg3o5wt_N8%26r%3dGGK07Q.FsN%265K%3dJWTb)**can now take rigid plastic food and other household pots, tubs and trays (known as PTT) in the skips also used for plastic bottles.**

 It is planned to add new materials, such as PTT, Tetra Paks and other beverage cartons, batteries and small electrical items to the kerbside collections, as the Recycle More service rolls out from **2020**. We are working hard to procure a new contractor and a new recycling truck fleet to enable this. Plastics suitable for recycling at all recycling centres are:

• Plastic pots for yoghurt, soup, face cream, hair gel.  
• Plastic tubs for margarine, ice cream, laundry tabs.  
• Plastic trays (including black plastic) for meat, ready meals, and plastic punnets for fruit and mushrooms. Please remove all foil, film covers, absorbent pads and card. Rinse out any contents and squash items to fit more in the skips.

Not suitable for recycling are plastic films, such as cling film, bubble wrap, carrier bags and film covers; plastic paint pots, plant pots or seed trays; or other plastics, such as toys, garden furniture, car parts, CDs, DVDs, VHS cases or tapes.

**NOTES FROM YOUR VILLAGE AGENT**

Remember that medication can get over heated.  Liquids especially, can lose their effectiveness if left in a very hot place. So can humans!  Don’t forget to keep drinking water as dehydration is an easy thing to fall victim to.

The pollen levels have been very high this year so the risk of hay fever is high.

I have received a few reports of strange loitering in the area.  If you are worried, don’t hesitate to call 101.  It is the quickest way to get hold of the PCSO’s on duty who will try to drive through and monitor suspicious situations. Gardens are packed with lovely summer equipment at the moment. Very tempting….

The service called Swan Advocacy supports people who are concerned about their memory or have dementia. Their volunteers can help or you can complete a Living Well Plan that is a record of someone’s past, present and future.  It records past achievements and memories, identifies preferences that are important to someone today, and captures their hopes and wishes for the future.  The plans include important information, what daily preferences a person has and what plans they would like to make for their future. A Living Well Plan can: • Encourage someone to plan for the future.• Help others involved in their care to understand them better.• Help others who are making decisions on someone’s behalf. You can phone them on 03333447928 or email [somerset@swanadvocacy.org.uk](mailto:somerset@swanadvocacy.org.uk). I can always make the referral for you so please ring if you need help!

If you would like help from a Village agent, Living Better Nurse, West Somerset advice bureau etc you can drop in to one of our Talking cafes (Beach Hotel in Minehead every Monday morning and Williton Library morning of July 11th and August 8th) Please phone me Izzy Silvester your village agent on 07931 018045, leave me your name and number and I will ring you back. Or e mail me on izzy@somersetrcc.org.uk . I do only work part-time so it may take a day or two for me to return your call. Thank you.