**STAPLE DIET**

**No. 105 AUGUST 2018**

**(The West Quantoxhead Village Newsletter)**

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**ST ETHELDREDA’S CHURCH**

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Sunday 9.30am 5th August Eucharist with **NM**

Sunday 9.30am 12th August Eucharist with **DB**

Sunday 9.30am 19th August Family Service with **NM**

Sunday 10.00am 26th August Benefice Eucharist at **STRINGSTON**

**COFFEE MORNING**

The next coffee morning to be held in the Village Hall on Monday 20th August. All welcome.

**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).

**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.

**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 9th 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.

**JUNE RAINFALL WAS:**

2018            2017            2016

12.5mm        64mm         69.5mm

**CREAM TEA – AUGUST BANK HOLIDAY**

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.**

**What is Home-Start?**

The Deanery has very kindly chosen the local charity Home-Start West Somerset as their Mission Project this year. Home-Start West Somerset is an organisation of trained volunteers, under the umbrella of Home-Start UK, to whom families with small children can turn for friendly, informal help if they are facing difficulties. Sometimes it is just loneliness through rural isolation and lack of transport, sometimes it is illness or disability of the parents or children, or housing or financial problems, birth of twins or triplets, a need for help with the children’s behaviour or for their readiness for starting school. Volunteers regularly visit families in their homes, or help them to get to toddler or playgroups, and offer support and friendship.

We do hope that you will be able to attend the Bank Holiday Cream Tea, and we are very grateful to you all for your support.

Judy Carslake, Vice- Chair, Home-Start West Somerset.

**ST AUDRIES W.I.**

Congratulations to the Skittle Team who won the County Challenge Cup this year, having played against W.I. Teams from across the County. The final was against Buckland Dinham W.I.



Well done Ladies.

There will not be a meeting in August.

**POETRY GROUP**

August's meeting will be on Thursday 30th when the topic will be Transport. Contact: Joyce Baxter 633537

**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

**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. We will have a short break for August from 15th of the month.

**OTHER LOCAL EVENTS**

**Fireworks** will be let off on Saturday July 28th at 9.45pm at St Audries Park.

**East Quantoxhead Market** will open its doors at their Village Hall between 10 am and noon on August 18th.

**CREAM TEAS ARE ON OFFER AT:**

**Shurton Court** on Sunday 29th July between 3pm and 5pm at £5.

**At** **Glen Close, Holford,** (home of Mark and Marylyn) Saturday 4th and Sunday 5th August  between 2.30pm and 4.30pm

**and at** **St. Audries Church** on August 27th between 3 pm and 5pm.

**ADVANCED LEARNER LOANS FOR ADULTS**

If you are over 19, live in England and are thinking about further education, loans are available for level 3 to 6 courses including A-levels, general and vocational qualifications and access to higher education diplomas. They are easy to apply for and repayments only start once you are earning £25,000 or more a year.

For further information please apply online, visit GOV.UK.

**NOTES FROM YOUR VILLAGE AGENT**

2018 brings the summer holidays! This can be a joy but also can have some additional strains. The six week school holiday may increase your stress levels such as finding child care, entertainment on a budget for parents and meeting the demands of “at home” kids. For those who are older and don’t get tied up in child care provision, the summer holidays means that the local places to visit such as social groups, National Trust venues and supermarkets are suddenly packed with children with energy to spare ! I can almost hear those clattering feet and screams of joy along the supermarket isles as I sit here typing! At least the daily commute will be quieter for a few weeks.

Another potential strain is that this is the time that most people take their annual leave (me included) and so it begins to feel like nothing gets done! Appointments are thin on the ground and groups take their annual break.

Farmers will be working hard to bring in the crops or worrying about the quality of their harvest if it is wet.



Stress relief is free and all around us. So take advantage whilst the weather is good (Oh I hope I haven’t jinxed the weather by saying that!). Take time to sit under the shade of a tree and appreciate the way you can feel the temperature drop on your skin as you move out of the sun. If it is raining, look out of a window and look closely at the patterns of the rain on the windows. Take time with children to look closely at nature. I whiled away several hours with my daughter once, banging the earth to bring up worms and studying their movements. We then watched the way the ants run in circles and work as a team.

Belly breathing is an amazing way to slow and reduce stress. Take 5 minutes to stop and slowly breathe in, inflating your stomach, holding for a count of 10 and then breathing out for 10 for a count of 10. Repeat 10 times, listening to your breath and imagining breathing out all the bad air and feelings, and bringing in the new. There are many apps to help you do this such as “calm” and “Headspace”. I found it very difficult to breathe slowly enough and at first would count very fast and finish quickly but discipline and practice has helped me slow down and I find it really works! There are also some lovely children’s meditation videos that you could complete as a family so you don’t get disturbed mid breath! Enjoy the long days of summer and relax!

If you would like help from a broad range of services please remember you can drop in to one of our Talking cafes (Beach Hotel in Minehead every Monday morning at 10.00 and Williton Library morning at 10.30 Wed August 8th).

Not sure who to turn to? Village Agents are a charity that work with individuals and social groups to give confidential support and advice. We can enable people to be more independent in their home, and advise on just about anything!

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

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