

STAPLE DIET

No. 106 SEPTEMBER 2018

(The West Quantoxhead Village Newsletter)

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ST ETHELDREDA'S CHURCH

Sunday 9.30am 2nd September Eucharist with NM
Sunday 9.30am 9th September Eucharist with SC
Sunday 9.30am 16th Sept. Family Service with AFT
Sunday 10.00am 23rd September Benefice Eucharist at
HOLFORD
Sunday **10.30am** 30th September Deanery Eucharist at
OVER STOWEY

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.

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.

JULY'S WEATHER

Weather was very much a lemon curd sponge in July with the first four days producing 6mm of rain, then between the cloud temperatures rose to 30.8c with a minor damping on the 14th and 5mm on 21st followed by more sunshine with an average high of 30c. Then between the 27th and 31st a further 17mm rain. Total rainfall 24mm. Max temp. 31.9c . (24/7/18).

COFFEE MORNING

The next coffee morning to be held in the Village Hall on Monday 17th September. All welcome.

CRAFT GROUP

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

ST AUDRIES W.I.

The next Meeting will be on Wednesday September 12th at 2.15pm in the Village Hall.
Speaker: Colin Stone " Blood Bikes - Charity Assisting Emergency Services "
Tea Hostesses: Christine Hole & Daphne Yeomans
Competition: Item in the colour Orange
Trading Stall & Don't forget your potatoes !

HARVEST FESTIVAL DECORATION

Decorating our Church for Harvest Festival will take place on Friday September 21st between 9am and noon. Suitable items of fresh and preserved food for display and local charitable distribution later will be most welcome. Please deliver to the Church or ring 632268 for collection.

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 13th September. 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.

POETRY GROUP

Thursday, 30th August at 2.30pm at Newlands, Staple Lane (Sue Virden) topic: Transport.
Thursday, 27th September at 2.30 pm. at Lark Rise (Vicky Nash) Topic: Autumn
We have been approached by one gentleman at least with regard to joining us, which is to be applauded, so come on, gents, get out those poetry books and give us the benefit of your company. Winter tends to be longer than summer! You don't have to commit to coming every month and it costs you nothing!
Joyce Baxter (01984 633537)

HOMELESS DOVES WITH NOWHERE TO GO?

Six feathered tiny white doves were kindly loaned for display at the Flower Festival. Would their kind owner claim them from Jane who just doesn't know where to send them 01984 632268

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 open its doors at their Village Hall between 10 am and noon on Sept. 15th.

NOTES FROM YOUR VILLAGE AGENT

When September comes, the summer fetes end and the regular groups resume. These are a great way to meet people and to share experiences and thoughts. They can be extremely uplifting and can give a great sense of purpose. Most will love extra volunteer support if you have time to give.

Talking Cafes are often held on a Monday to provide much needed company after a long weekend. The Beach Hotel in Minehead has a café every Monday morning from ten o'clock till one. The Talking café in Williton is the 2nd Wednesday of every month from 10.30-12.30. You are sure of a warm welcome where you can come and chat to like-minded people and find support and advice from the agencies who come each week. Another great support is the Active Living groups that run for several hours twice a week. They often provide a subsidised healthy lunch so you can skip the washing up every so often!

Village coffee mornings are wonderful – a great way to meet up with the community and chat about local issues. If you are new to the village or are finding it difficult to get the confidence to attend a coffee morning please give me a ring. I can come along with you or arrange for one of your neighbours to meet you for the first time.

There are also gentle exercise groups. You can work on your balance if you are vulnerable to falling, try seated yoga and Tai Chi to stretch muscles and feel peace, seated bowls for fun and gentle exercise and health walks to raise spirits through gentle exercise and conversation.

There is also a network of support groups for those who work as unpaid carers. Here you will find speakers, people who have experience of your needs and a chance for a chuckle.

Perhaps if you drive to a social group, you could consider if there is anyone in your area who can't walk there and give them a lift.

If you struggle to get out of the house, you could receive a weekly telephone call from Age UK or Silver Line or a visit from the Royal Volunteer Library Service

To find out what is available near you, try your parish magazine, www.somersetcarers.org and click on *what's on in your area*, or village hall notice boards, or try your local village website or give me a call and I can direct you. 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@somersetccc.org.uk

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

NEW TERM, NEW START WITH AGE UK SOMERSET

Local Charity Age UK Somerset has a suggestion which they say could make you happier and healthier in 2018.

Why not try a new sociable way to stay active with one of our Mature Movers classes for both men and

women. No experience is necessary and all they ask is that you have a good sense of humour, enjoy your music and can spare a couple of hours a week, and would enjoy keeping fit with others.

But wait. Before you think 'that sounds like hard work', yes these sessions can improve balance, flexibility, co-ordination, muscle strength and help you to sleep better at night. However, another equally good reason to join is that all the sessions are a good laugh and don't take themselves too seriously. As they are geared for the more 'mature' adult there is no competitiveness, they are a good way to meet new people and extend your social life, and at the end you will have that satisfied glowing feeling for having taken part. Please note some of the movements will require use of mats. Please come prepared and willing to give it a go!

If this sounds a bit like you and you would like to participate in this class, do come and join us on Monday 3rd September 11.15am – 12.15pm at Watchet Community Centre, and then weekly. The cost is £4.00. No previous experience necessary, all welcome. For further details please contact Ageing Well 01823 345626 or ageingwell@ageuksomerset.org.uk. Alternatively, if you would like something a little gentler you could try a slightly gentler version at Kilve Village Hall on a Wednesday afternoon 2.30 – 3.30pm, inclusive fun for all to try, we look forward to welcoming you along.

Dianne Ramsay, Ageing Well Manager, Age UK Somerset, Ash House, Cook Way, Bindon Road, Taunton, Somerset TA2 6BJ. **01823 345626 07702 688333**

CALLING ALL BELLRINGERS

Sunday November 11th 2018 marks the centenary of the armistice of the first World War. As news of the armistice spread in 1918, church bells, which had fallen silent across the UK for 4 years, rang out in celebration.

The British government is inviting all bell towers across the country to ring at 12.30 GMT on November 11th. In the Quantock Coast Benefice we have 4 towers with 6 bells, Fiddington, Holford, Stogursey and West Quantoxhead, and it would be wonderful if we could join in the national commemoration and ring simultaneously with bells countrywide.

We cannot do this without help from all lapsed or 'ex'-ringers, and are requesting your help !! If you would be prepared to join in with simple rounds, please contact your local tower captain, who will arrange practice sessions to boost confidence!

West Quantoxhead – Mark Philipson 01984 631947

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