**STAPLE DIET**

**No. 108 NOVEMBER 2018**

**(The West Quantoxhead Village Newsletter)**

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**ST ETHELDREDA’S CHURCH**

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Sunday 9.30am 4th November Eucharist with NM

Sunday 10.40am 11th Nov. REMEMBRANCE with AFT

Sunday 9.30am 18th Nov. Family Service with NM Sunday 10.00am 25th Nov. Benefice Eucharist at **EAST** **QUANTOXHEAD** with the Dean of Wells Cathedral.

**REMEMBRANCE 100 YEAR CENTENARY**

Would anyone having any WW1 memorabilia kindly lend it for inclusion among the Church decorations on Sunday 11th November. Please contact Jane on 01984 632268

**SEPTEMBER’S WEATHER**

Weather in West Quantoxhead during September 2018.

Rainfall 70 mm..........9 days with rain

21 days with more than one hour’s sunshine.

Max temp. 24 c.

Wind-max wind on the night of the 20th with 38 knots.

 **COFFEE MORNING**

The next coffee morning to be held in the Village Hall on Monday 19th November. 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 CRAFT GROUP**

We are holding a Craft Sale to raise funds for the Children's Hospice South West. A wide variety of crafts including Christmas gifts.

 St. Audries Village Hall

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 **Tuesday 27 November 2018**

 2.00 pm to 4.30 pm

Tea and Cakes available Free Admission

 **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.

**OTHER LOCAL EVENTS**

 **EAST QUANTOXHEAD VILLAGE MARKET**

The organisers express their deep appreciation and thanks for the support they received at the last sale where £230 (all the profits) were raised and given to **the SULAWESI earthquake Appeal.**

**Their next sale will be on Nov 17 from 10am until noon.**

**ST AUDRIES W.I.**

The next Meeting will be on Nov. 14th at 2. 15 pm in the Village Hall. The Speaker will be Michael Malaghan:

                    “ It shouldn’t happen to a writer “

            Competition an item in the colour “ Brown “

                  Trading Stall with Christmas idea

**NEW YEAR’S DAY ‘BACON BUTTY’ EVENT**

 A date for your diaries – this now traditional event will be held on Tuesday 1st January 2019 of course, in the Village Hall. This is a very popular event and is a great way to start the New Year with your friends and neighbours! More details next month.

Contacts will be Mike Sanders 632759, Ken Rowland 633612 or Richard Hughes 634714.

**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 8th November. 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.

**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. Don’t forget we have an Art Exhibition at the Phoenix Centre on **Saturday 27th October** so please drop in – free entrance and refreshments available.

**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 29th at 2pm**

Daphne Wheeler will host at Ferndale, The Avenue, WQ.

Subject Christmas Poems. Joyce Baxter 01984 633537

**GREATER QUANTOCK LANDSCAPE DEVELEOPMENT FUND**

The Quantock Hills AONB Service has a Greater Quantock Landscape Development Fund providing grants of up to £20,000 to local communities, farmers, landowners and individuals.  The fund has been provided by EDF Energy and is part of the mitigation measures associated with the Hinkley Point C development.  (Please note the eligible area includes the parishes of Broomfield, Cannington, Chilton Trinity, Durleigh, East Quantoxhead, Enmore, Fiddington, Goathurst, Holford, Kilve, Nether Stowey, Otterhampton, Over Stowey, Spaxton, Stogursey, Stockland Bristol, Stringston, Watchet, Wembdon, West Quantoxhead, Williton.)

Projects could include tree planting, works to manage hedgerows, orchard planting or restoration, planting of wildflower meadows, management of small woodlands, willow pollarding or pond restoration. There are also opportunities for funding for restoration of heritage features, such as dry stone walls.

If you have any projects in mind or organisations or individuals who you think may be interested please pass this email onto them.  There are further details of how to apply on our website

<https://www.quantockhills.com/greater-qu-landscape-development-fu>.

You can find a great publicity leaflet for the other HPC schemes being delivered by the AONB Service for your info at [www.quantockhills.com](http://www.quantockhills.com).

Katy Coate, Communication and Support Officer, Quantock Hills AONB, Fyne Court, Broomfield, Somerset TA5 2EQ

**JOBS AVAILABLE**

Somerset Waste Partnership are recruiting drivers and crews. Recycle@somersetwaste.gov.uk

**w:**[**www.wessexresolutions.org.uk**](http://www.wessexresolutions.org.uk/)

**e:** **communications@wrcic.org.uk**

**Wessex Resolutions CIC**

**p:** 01823 461099

**NOTES FROM YOUR VILLAGE AGENT**

Winter can be an expensive time. It is a task to keep the house warm, children fed and entertained and keep yourself healthy, safe and happy.

**Come to the Talking Café in Williton every Tuesday morning from December 4th 10-12**. Get help and advice from professionals and volunteers you can trust, from health to finance. Talking café aims to provide a safe place where you can access different agencies in one location. Please feel free to pop in for a cuppa and a chat (refreshments provided at no cost).

**Go outside or volunteer** –Going outside is known to be good for warding off depression and sun on our skin is necessary for vitamin D absorption. Going for walks helps us to connect with people and keep depression at bay. Isolation is a real problem as the weather turns. Could you give up an hour a week to chat to an elderly neighbour? See the local papers or try local charities and ask us about volunteering with CCS and Somerset Carers Service.

**Work that economy 7 –** Night Storage heaters are more efficient now but they can be difficult to run effectively. Make sure that you know when your economy 7 starts so you benefit from the cheapest tariff. There are videos and publications available to help and it is worth taking the time to look because lots of people don’t run them correctly. Order a leaflet from the **Centre for Sustainable Energy Home energy Advice Line 0800 0822 234**

**Keep safe** – Have you swept your chimney or serviced the boiler? Have you got a carbon monoxide monitor? Do you open your windows to change the air? Plants will draw out the carbon dioxide and give you fresh oxygen too. Fire safety checks are available from [www.dsfire.gov.uk](http://www.dsfire.gov.uk). Don’t forget to have your free NHS flu vaccination from your surgery if you are eligible.

**Boiler and Insulation grants** The Affordable Warmth Obligation provides help with boiler installation and insulation for your home if you are on benefits or live in social housing. Look at [www.eachhomecountsadvice.org.uk](http://www.eachhomecountsadvice.org.uk) for up to date information. Also [www.eonenergy.com/for-your-home/saving-energy/need-little-extra-help/home-improvements](http://www.eonenergy.com/for-your-home/saving-energy/need-little-extra-help/home-improvements) have similar information and a range or phone numbers. Start with this one **0330 400 1083.** [www.npower.com/home-and-heating/oil-boilers/](http://www.npower.com/home-and-heating/oil-boilers/) **. But, an unexpected telephone sales call to you is likely to be a scam.**

**Help with bills – Phone your energy company to see if you are eligible for warmer homes discount (benefits and those with ill health). Ask me about our Surviving Winter fund if you are over 60. Buy oil in a group such as Somerset Community Oil Scheme or set up a village scheme and use a comparison site such as *boilerjuice*.**

**Heat where you need it- Use the thermostats on individual radiators to heat each room as much as is needed. Use a room thermometer (free from me or the library and talking cafe) to see if the air is too cold or you need to move around a bit to fire up your body. If you are alone, you could heat yourself with a hot water bottle in your jumper rather than paying to heat the whole house. Drink warm drinks and wear slippers – cold feet make you miserable! Avoid putting boiling water in a hot water bottle as it can perish the rubber and lead to scalds. Call the CSE advice line 0800 0822 234 for energy saving tips. 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 me Izzy Silvester on 07931 018045, leave me your name and number and I will ring you back. Or email me on** **izzy@somersetrcc.org.uk**

**SOMERSET COUNCILS LOAN SCHEME**

Please find attached a link to a loan scheme funded by Somerset councils.  This enables homeowners and private tenants, with a household income of less than £35,000 per annum to borrow up to £500 over six months at 0% APR.  Loans can be used to purchase oil, LPG, wood or coal where these are the main sources of household heating.  If you have any questions, please do not hesitate to contact us.

**Communications Team Heatherton Park Studios, Bradford on Tone, Taunton, Somerset, TA4 1EU**

**Office open 8.30am – 4.30pm Monday to Friday**

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