**STAPLE DIET**

**No. 115 MAY 2019**

**(The West Quantoxhead Village Newsletter)**

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

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*Rector: Revd. Nicky Morgan 01278 732873*

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

**ST ETHELDREDA’S CHURCH**

May 5th   9-30am Eucharist with NM

May 12th   9-30am with TS

May 19th 9-30am with AFT Family Service

May 26th 10-00am Benefice Service at KILVE

**COFFEE MORNING**

West Quantoxhead Village Hall

Saturday 4th May, 10am - noon

£1 for coffee/tea and 50p for a cake.

Money raised in aid of Back Up a charity which supports people of all ages with a Spinal Cord Injury.

**MARCH’S 2019 WEATHER**

Here are the weather details for March in West Quantoxhead:

Rain 79.5 mm Wind gusts to 50+ kn

Frost on 3 mornings Sun 20 days of 1 hr +

Hail 1 day Fog/mist 2 days.

(Snow lay on the 1st but it fell 28th February)

**COFFEE MORNING**

The next coffee morning to be held in the Village Hall on Monday 20th May between 10am and noon. All welcome.

**CRAFT GROUP**

The group meet every Tuesday 2pm to 4.30pm in the village hall. We have a mixture of crafts in the group including sewing, patchwork, quilting, crochet, knitting and many more. June Bissell 632410

**ST AUDRIES W.I.**

**AGM**

The next meeting is on May 8th at 2.15pm in the Village Hall. Competition – Item in the colour ‘Silver/Grey’.

**PARISH ASSEMBLY MEETING**

Parish assembly has been postponed and will now take place on 22nd May.

**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).

**CLEVERLEY EVERLY TRIBUTE SHOW**

There are a few tickets left for the show at St Audries Bay Holiday Club on Saturday 27th April starting at 7.30pm. Tickets £10 from Barbara Feltham 01278 652059.

**TABLE TENNIS COFFEE MORNING**

Thank you to all those who attended the Table Tennis Coffee Morning and it was good to see new faces enjoying the TT Challenge including young people!  A profit on the sale of refreshments meant we were able to donate £37.50 to the “Back Up” spinal injury support charity and along with a couple of collection boxes brought the total up to £56.80. There will be another opportunity to help raise funds for this truly worthwhile charity at a further coffee morning on May 4th (for those who missed out last Saturday) – see Richard’s announcement elsewhere in this edition.  Thank you again.  Sue Sanders.

**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.

**POETRY GROUP**

The May meeting will be at the home of Vicky Nash: Lark Rise, Weacombe Road, from 2.30 pm.on Thursday 23rd - the topic being "Growing Up". New readers will be welcomed.

**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 May. 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.

**OTHER LOCAL EVENTS**

The **East Quantoxhead Village Market** will be held at the EQ Village Hall on May 18th between 10am and noon.

**HINKLEY POINT C "Have your say"**

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| H.P.C. nuclear power station has applied to vary its existing environmental permit, number EPR/HP3228XT/V004). It wishes to omit the inclusion of an Acoustic Fish Deterrent (AFD) system on its marine intake pipes. email psc-waterquality@environment-agency.gov.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

**THE QUANTOCK HILLS AONB** are looking to recruit a Community outreach and public engagement volunteer- to assist with various public events and the [Somerset’s Nature and Wellbeing Project.](https://www.quantockhills.com/projects) If you are interested please contact our Volunteer Coordinator Sammy Fraser [sfraser@somerset.gov.uk](mailto:sfraser@somerset.gov.uk) or call her on 07977 402399.

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**THE NEW SOMERSET WEST AND TAUNTON COUNCIL ADDRESS IS:**

Somerset West and Taunton Council, PO Box 866, Taunton, TA1 9GS

Current Elected member's Emails become: Their initial, their last [name@somersetwestandtaunton.gov.uk](mailto:name@somersetwestandtaunton.gov.uk)

**SOMERSET WASTE PARTNERSHIP**

Somerset Waste Board SWP has two members nominated by each of the six Somerset partner councils, West Somerset members are Cllrs Martin Dewdney, Brenda Maitland-Walker. Information on SWP services For all advice and information, visit www.somersetwaste.gov.uk.

Household waste and recycling collections **will be** on Saturday 20th and 27th April, Easter week waste day changes:- due on Good Friday will be on Saturday 20 April and Friday 26th will be on Saturday 27 April. The Williton Recycling site is open 9am - 4pm on 20th, 21st and 22nd. They advise that if you wish to recycle meat trays, trays used for raw poultry should be washed and cleaned. (And wash your hands before recycling)

https://www.nhs.uk/live-eat-well/never-wash-raw-chicken

**To find your own collection days enter this link**

<https://www.somersetwestandtaunton.gov.uk/recycling-and-waste/bin-collection-days/>

Click on “my property information”, input your post code, select your property and you get a handy printable calendar showing your collection days.

**HELP AT HAND FOR DISADVANTAGED CHILDREN**

Very many children across Somerset grow up in families that are struggling to cope, due to unemployment and a wide range of personal problems. Providing a mentor for such a child can make a significant difference for them. PROMISE*works* is a Somerset charity which recruits, trains, matches and supports local volunteer mentors, each of whom then builds a close, long-term relationship with a disadvantaged youngster.  Sixty mentors already operate in Somerset and we hope to double this number over the next year or so.

PROMISE*works* is keen to find more people to volunteer as mentors, and to raise funds to support our work. If you could help with either of these, please visit our website at [www.promiseworks.org.uk](http://www.promiseworks.org.uk). Thank you, Michael Fox

**LAKESIDE CARPENTRY** where Myles Jones offers custom, design and build for kitchens, fitted wardrobes windows, doors, renovation and restoration 07503 312961 or lakesidecarpentry@hotmail.com

**'TO & FRO' TRAVEL** where Jon offers a licensed Private Car Hire, 24/7. Quotations for short or long distance. 07597989737, 01278 671460 or [toandfropch@yahoo.com](mailto:toandfropch@yahoo.com)

**The COMMUNITY COUNCIL FOR SOMERSET**

The CCS wishes to recruit two Village Agents and a transport agent, please contact Tracey McMememy 01823 331222 or email traceym@somersetrcc.org.uk

**NEWS FROM YOUR VILLAGE AGENT**

We are blessed in Somerset to have such easy access to a variety of incredible landscapes and public parks and now is the time to enjoy them. Footpaths are free to roam and the South West Tramper mobility scheme allows disability access to many beautiful sights for an annual £10 membership fee and small hire cost. <http://www.countrysidemobility.org/membership> or email [info@countrysidemobility.org.](mailto:info@countrysidemobility.org) or ring 01392459222 The surgery offers led Health Walks for company. Walks run across Somerset so you could choose one further afield.

Try [www.visitsomerset.co.uk/visitor-information/tourist-information/accessible-somerset](http://www.visitsomerset.co.uk/visitor-information/tourist-information/accessible-somerset) or.[www.somersetcarers.org](http://www.somersetcarers.org) or 0800 31 68 600 for information about things to do in your area.

**Gardening!** Even if you have a tiny garden or budget, you can start to feel the pleasures of growing your own vegetables or flowers. Try the discount stores and buy pots to put next to your front door or on your window ledge. Save your grass trimmings with a discounted compost bin from Somerset waste [www.somersetwaste.gov.uk](http://www.somersetwaste.gov.uk). They also offer compost champions tol talk to community groups. Alternatively buy a grow bag, plant directly in it and skip the cost of pots!

Try putting a few left over old sprouting potatoes in the ground and later digging up lovely new ones, or pop in some petunias which flower beautifully throughout the summer. You will soon be able to buy plants at Village sales to pop into those pots or grow bags.

CCS has won funding from The National Lottery Community Fund to facilitate the first village/parish-based **Good Neighbour (GN) scheme** in Somerset. The scheme is intended to partner willing volunteers and helpers with anyone needing help with small one-off tasks, such as lifts, dog walks, or even simply sharing a cup of tea and a friendly chat. The aim is to bring people together and help build strong relationships and connections. [www.somersetrcc.org.uk/somerset-good-neighbours](http://www.somersetrcc.org.uk/somerset-good-neighbours).

Remember the Talking Café offers free support and advice in the new Pavilion building on Williton memorial ground every Tuesday morning from 10-12.

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 work Monday to Thursday.

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