**STAPLE DIET**

**No. 115 JUNE 2019**

**(The West Quantoxhead Village Newsletter)**

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

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**ST ETHELDREDA’S CHURCH**

Sunday 2nd June 9.30am Eucharist with Nicky Morgan

Sunday 9th June 9.30am Eucharist with Tony Smith

Sunday 16th June 9.30am with Sally Bult

*Sunday 23rd June 10.00am Benefice Eucharist with Andrew Tatham at* ***FIDDINGTON***

*Sunday 30th June 10.00am Benefice service with Nicky Morgan at* ***STOGURSEY***

**COFFEE MORNING FOR BACKUP**

I would like to thank everyone who came to the coffee morning, and those who helped me. A total of £230 was raised which was greatly appreciated by Back Up.

Richard Hughes

**APRIL’S WEATHER**

Rainfall 74 mm Sunshine on 24 days

Frost 3 mornings Max wind Gusts 44 knots.

  **COFFEE MORNING**

The next coffee morning to be held in the Village Hall on Monday 17th June. 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.**

The next Meeting is on June 12th at 2.15pm in the Village Hall.  Speaker Liz Brown " Curling with Audience Participation ".  Competition an item in the colour Blue.

  **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.

**EASTER APPEAL**

The St. Audries PCC is most grateful for your response to their Easter Appeal amounting (so far) to £1,355. The PCC sincerely thanks all concerned.

**PHOTO COMPETITION**

The St. Audries PCC has been asked to send **one** photo and sentence showing what makes our Church unique and Special. Please assist us! Please leave entries in the box at the Church.

**POETRY GROUP**

Please note there will be no meeting of the group in June.

**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 June. 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.

**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.

**VILLAGE HALL NEWS**

The Village Hall Committee is looking for volunteers to make up a team to cut the Village Hall grass through the summer months.  We have a petrol mower but need people to share the task of pushing it.  This will help to keep your Village Hall looking neat and tidy - it only takes about an hour.  So if you can spare an hour, two or three times a year, please contact Wendy or Mark on 631947 and we will arrange a rota.

**OTHER LOCAL EVENTS**

**Kindly note in your Diaries:**

The 2020 Flower Festival at St.Etheldreda's Church will be held on 19, **20, 21** and 22 June.

**WEST GALLERY SINGERS**

Just for the joy of it - The **"CALLED TO BE SAINTS QUIRE"** of around 18 singers and 6 musicians will sing for about 40 minutes at the following venues on **Saturday 8th June**:

St,Margarets Spaxton at 10am

**St.Etheldredas WQ at 12.15**

St.Andrews, Stogursey at 2.45pm

St.Marys, Cannington at 4.15pm

***They make no charge and ALL ARE WELCOME***

**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 PARK FIREWORKS**

Saturday June 8th at 9-50 pm (5 minutes)

Saturday June 29th at 9-50pm (7 minutes)

**EAST QUANTOXHEAD MARKET**

The next EQ Market will be held in their Village Hall between 10am and noon on Saturday 15th June.

**SOMERSET WASTE PARTNERSHIP**

***SORTED! e-newsletter June 2019***

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**A new contractor for Somerset**
SUEZ recycling and recovery UK (SUEZ) will deliver the new Recycling More Service in Somerset from 2020. It will be operating new vehicles and collecting a far wider range of material every week, including more plastic packaging. Its extendable 10 year contract (worth £210m), will employ more than 460 people locally. Recycle More will pick up a wide range of new items, including plastic pots, tubs and trays; Tetra Paks and other beverage cartons; small electrical items; and household batteries.

**Rubbish bins will only be collected every three weeks from 2020.**

Landfill will be largely replaced by a new Resource Recovery Centre in Avonmouth. Current Kier staff will transfer to SUEZ in March 2020.

**Our Spring Bank Holiday Waste Collection will be on Saturday 1st June.**

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| Recycle sites stay on their usual schedules, all open Saturdays and Sundays 9am-4pm, and others including Minehead and Williton will open on Mondays 9am-6pm: Details at:[https://www.somersetwaste.gov.uk/recycling/centres/.](http://somersetwaste.musvc1.net/e/t?q=9%3dKTAYRV%26u%3dW%268%3dVE%26K%3dKVAeK%26N%3dqPDI2_NkvY_Yu_KZyj_Uo_NkvY_XzP6S.CHvABLnPG42Py.0xR.ED_1wms_ABB8lUwErJ1_KZyj_Uo9yG3NyL_1wm7u4js_AB%26x%3dF4OF60.JyM%26rO%3dKUFeP) or[https://www.somersetwaste.gov.uk/collection-day-look-up/](http://somersetwaste.musvc1.net/e/t?q=6%3dMWMVTY%267%3dT%260%3dYQ%26H%3dMYMbM%26Q%3d3MFLD_Kmyk_Vw_Nlvl_X1_Kmyk_U2SHP.EK88DOzMI7DM1.C0O.GG_Ctov_M9yK7E19EBAJ-y4K-H0H7-QA_Kmyk_4w7vU2%260%3d8NERxT.0AE%26BE%3dWMZUb)**Plastic recycling at sites**Recycle rigid plastic food and household pots, tubs, trays and bottles: pots for yoghurt, face cream or hair gel; tubs for margarine, ice-cream or laundry tabs; and trays/punnets for meat, ready-meals and fruit, including black plastics. **BUT** remove foil and film covers, absorbent pads and cards and by giving the packaging a rinse to remove food waste and squash items before depositing.Non acceptable items are: Thin plastic, i.e. cling film, bubble wrap, carrier bags, film covers, bread bags, multipack wraps. Expanded polystyrene i.e. packaging inserts. Plastic paint pots or plant pots and seed trays. Other plastics, such as toys, garden furniture, car parts, or CDs, DVDs, VHS tapes and cases. Find helpful hints and tips on home composting at :[https://www.somersetwaste.gov.uk/home-composting/](http://somersetwaste.musvc1.net/e/t?q=5%3d1X7U8Z%26q%3dS%26n%3dZA%26G%3d1Z7a1%26R%3dmLtMx_JQzU_Ua_OVuP_Yk_JQzU_TfT2O.sLr7rPjLw8xLe.DtN.uH_wsSw_78hLr7-cLrHoPyAnD_wsSw_78%26d%3dJz3a8fKv06.FeQ%26nK%3d1YBa6) |

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Contact your [local council customer services](http://somersetwaste.musvc1.net/e/t?q=0%3dOS2ZVU%26l%3dX%26B%3dU6%26L%3dOU2fO%26M%3dhQHHs_OouP_Zy_JQzn_Tf_OouP_Y4OwT.GGmBFKeQK3sQ3.9oS.IC_rxqr_2C1GnQy5t-RG_JQzn_Tf%26A%3dAMsS1S.8y3anBH%26As%3dXPY9c) helpline if you need assistance.

Somerset Waste Partnership, Broughton House, Blackbrook Park Avenue, Taunton, Somerset, TA1 2PR. Tel: 01823 625700

Website: [www.somersetwaste.gov.uk](http://somersetwaste.musvc1.net/e/t?q=A%3dIVBaPX%26v%3dY%266%3dXF%26M%3dIXBgI%26P%3dr9s6kRBK3_PixZ_as_Ma1h_Wp_PixZ_ZxR7U.AJwC0NoRE63Rw.ByT.CF_2yku_BD%26v%3dH5QD8A.LwO%26sQ%3dIWGgN) Email: enquiries@somersetwaste.gov.uk

**FROM YOUR VILLAGE AGENT**

**Celebrating Carers! Cake For Carers!**

**During Carers Week - June 10th – 16th**

details at [www.facebook.com/somersetcarers](http://www.facebook.com/somersetcarers) or website [www.somersetcarers.org](http://www.somersetcarers.org)

**Community Connect Event 10th June 9am – 1pm** [**The Great Western Hotel**](https://www.facebook.com/TheGreatWesternHotelTaunton/?eid=ARABMrUgBtsJbeKcklcVAKcDyRfKVVI49uvVECdlZ30DCtrwr1dG_aEQz7ZiB6cT3fg0ZhQp6TwQuiP_) **- TA1 1QW, Taunton.**

Somerset's BIGGEST Health & Social Care event of the year. Open to the Public & Professionals: details at <https://www.facebook.com/events/313803842649301/>

**Alternatives That Take the Pressure off Doctors Surgeries.**

**If no appointment needed:**

Try Pharmacies, just ask at the counter for details. They can offer clinical advice, medicines for a range of minor illnesses, support and advice on prescribed medicine.

 [www.nhs.uk/using-the-nhs/nhs-services/pharmacies](http://www.nhs.uk/using-the-nhs/nhs-services/pharmacies).

**You may not need a Doctor:**

Our surgeries are also employing a range of health professionals. It may be quicker to book an appointment with one who has the correct qualifications to treat your symptoms. Find out how your surgery prefers you to book appointments before you need one.

**By phone:**

Dial 111 for instant telephone advice or go online <https://111.nhs.uk>.

**Other emergency services**,

You can use 101 to talk to Avon and Somerset Police or use the online reporting forms [www.avonandsomerset.police.uk/contact-us/](http://www.avonandsomerset.police.uk/contact-us/) as well as dialling 999 for emergencies.

**Keep in touch**

With the NHS, our hospitals, Somerset County Council and the police via Twitter and Facebook. You can also call Somerset Direct on 0300123 2224 for advice.

**D-I-Y Healthcare**

Read up about your own potential health conditions, check your diet and lifestyle to keep you healthy. Stock up on simple medication and learn about the symptoms of potential illness such as stroke or heart attack.

**The Talking Café** offers free support and advice in the new pavilion building at Williton on Tuesday mornings from 10-12.

**Izzy Silvester -** tel07931 018045, or email at izzy@somersetrcc.org.uk . Monday to Thursday.

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