**STAPLE DIET**

**No.99 FEBRUARY 2018**

**(The West Quantoxhead Village Newsletter)**

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**ST ETHELDREDA’S CHURCH**

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Sunday 9.30am 4th February. Eucharist with AFT

Sunday 9.30am 11th February Eucharist with TS

Sunday 9.30am 18th February Family Service with NM

Sunday 10.00am 25th Feb. Benefice Eucharist with NM/AFT at STOGURSEY

 Are there any Villagers who would like to play the organ or clavinova to accompany the Hymns at some of the Services in our Church? We really are in need of some more musicians. We would be delighted to meet anyone who could help.

Please contact Isobel Newton on 01984 632274

**Church Cleaning and Flower Arranging** – regrettably some of our very reliable and long standing volunteers have decided to retire and **new volunteers are needed please**. In recent years it has meant about two hours commitment each Friday or Saturday over a fortnight, repeated once every five or six weeks. Please step forward and volunteer to join the teams that keep our Church so spick and span and so admired.

Further details from Jane Stafford 632268

**WEST QUANTOXHEAD WALKING GROUP**

West Quantoxhead village walking group meets monthly for a leisurely walk of 3 to 4 miles.
Come along and enjoy a social occasion, fresh air and this beautiful area.

Optional pub lunch at the end of the walk. Residents and visitors alike are always welcome.
Meet at the Village Hall car park at **10am \*\*\* please note later start time \*\*\*.** Dates for 2018 are:

February 1st March 1st April 12th

May 3rd June 7th July 5th

August 2nd September 6th October 4th

Nov 1st December 6th

The walk on Thursday February 1st will be along the Taunton Canal. For further details contact Dorothy 01984 248105

 **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 SUNDAY LUNCH**

Give yourself a break from cooking lunch on Sunday 4th March and come along to the Village Hall at noon.  Enjoy a 2 course lunch with your friends and neighbours for only £7.50 per person, but please BYOB.  Places will be limited so book early by ringing Stella on 639944.

**CRAFT GROUP**

Come and learn new craft skills over a cup of tea and a natter, or pass your craft ideas on to others. We meet every Tuesday in the Village Hall from 2 to 4.30pm.

June 632410

**DANCE KEEP FIT CLASS**

There is a new Dance Keep fit class starting in the Village Hall on Thursday evenings in February called 'Skulpz Physique'.  The aim is to help tone the body in all different areas, from limbs to core.

This exercise class is beneficial to all aspects of your health and well-being while meeting new people.  For all abilities, ages and gender, working at your own pace and tailored to your own needs.  Block booking discounts are available.

For more information and to book your place please contact Sophie Knapp on 07855038157.

**COFFEE MORNING**

The next coffee morning to be held in the Village Hall on Monday 19th February will be a ‘special’. Between 10.30 and 12.00 breakfast baps will be available to buy at £2.00 each when filled with freshly cooked sausage, bacon or egg or for those with a hearty appetite £2.50 for the full ’combo’. There will also be a Bring and Buy table which maybe a good opportunity to re-cycle that ’not sure what to do with this Christmas present’? Do come along for a late great breakfast, a cup of coffee or two and a good chat;- all profits will go to the Williton Hospital League of Friends.

**ST AUDRIES W.I.**

The next Meeting will be on February 14th at 2.15pm in St. Audries Village Hall.

               Speaker:- Jenny Manvell

       “ Gentle Exercise – sitting down “

        Competition --“ A Favourite Book “

**QIGONG AND TAI CHI CLASSES**

Classes are now held at Stogumber Community Centre on Mondays, apart from Bank Holidays, at 3.30pm.

 **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.

The next **EAST QUANTOXHEAD VILLAGE MARKET** will be held on Saturday 17th Feb. between 10am and noon

**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.

**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 February. 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.

**NOVEMBER, DECEMBER AND TOTAL 2017 RAINFALL IN WEST QUANTOXHEAD**

November 2017 rainfall was 47mms and in 2016 173mms. December 2017 rainfall was 115 mm and in 2016 21 mm.

Total rainfall for 2017 in West Quantoxhead = 682.5 mm
Total rainfall for 2016 = 743-5 mm   in 2015  = 785.5 mm

**CAROL SINGING AND CHRISTMAS CARD DELIVERY**

The amount raised at the carol singing for The Children's Society was £39.06. thank you to all those who came, helpers, singers, mince pie eaters etc.

 The Christmas card delivery raised £65. Julie

**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**

The next meeting of the Poetry group will be on Thursday 22nd February at 2.15 pm at Lark Rise, Weacombe Road, (Vicky Nash) when the topic will be Equine Life.

 March's meeting will be on 29th when Jenny Simson from Weacombe will act as hostess and the topic will be the Ages of Man (or Woman, of course!).

 New readers will be made welcome.  For further information please contact Joyce Baxter on 01984 633537.

**NOTES FROM YOUR VILLAGE AGENT**

I hope that the Spring has sprung when you read this in February, but as I am writing, it really does feel like the middle of winter – dark, cold and gloomy!  Almost everyone I know has a cough or a cold or a chest infection.  Did you know that many winter viruses are spread by touch?  Door knobs, stair rails, push buttons on a cash machine, if the person before you sneezed ...well, doesn’t bear thinking about, does it?

And the way to try and keep these little nasties at bay is to wash your hands well with soap and water often!  If you can, catch your coughs and sneezes in a tissue, wrap them up and throw the tissue straight in the bin.  And if you’re unlucky enough to catch something…this advice will come in handy, it’s taken from the NHS website, which is a mine of useful information, assuming you have internet access, of course

**How to get urgent health care at the weekends this winter**If you or someone you care about falls ill at the weekend, it can be a worrying time.    It can also be difficult to know what to do. The NHS non-emergency number is **111**, it is fast, easy and free. When you call 111 you will speak to a highly trained adviser, supported by healthcare professionals. They will ask you a series of questions to assess your symptoms and immediately direct you to the best medical care.  It is available 24 hours a day, 365 days a year. And calls are free from landlines and mobile phones. You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation.  If someone’s life is in danger, that’s the time to call **999.** For less urgent health needs, contact your GP or local pharmacist in the usual way.

**New Bus Service to Musgrove Park Hospital on Saturdays from Taunton**

A new service is operating from the bus station in Taunton on Saturdays to take people to Musgrove Park Hospital. It runs from Stand F and starts at 7.30am till 8.30pm and leaves every 20 minutes. I believe the park and ride scheme was fulfilling this job but that it does not operate on Saturday any more (since 30th Dec).

**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, manage personal finances, care for family members 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 I do only work part-time so it may take a day or two for me to return your call. Thank you.**

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