**STAPLE DIET**

**No. 111 FEBRUARY 2019**

**(The West Quantoxhead Village Newsletter)**

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**ST ETHELDREDA’S CHURCH**

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3rd February 9.30am Eucharist with AFT

10th February 9.30am Eucharist with TS

17th February 9.30am Family service with NM

24th Feb 10.00am **Benefice Eucharist with NM at HOLFORD**

**DECEMBER’S AND 2018 WEATHER**

This is the weather report for West Quantoxhead. The report is in two parts the first is December and the second is the whole year.

**December 2018**

Rain, 137 mm Wind  Max Gust, 39 kn on 10th

Average Temp. recorded at 0800 hrs 8.61c for the month

Sunshine, 9 days with at least 1 hour

**Rainfall for the 2018 year**

1115 mm = 44.5 inches. I think that makes it 4,460 Tonnes to the acre. In 2017 rainfall was 26.87 ins, 682.5 mm.

 **COFFEE MORNING**

The next coffee morning to be held in the Village Hall on Monday 18th February. All welcome.

**CRAFT GROUP**

Come and learn/share new craft skills. We meet every Tuesday in the village hall 2pm to 4.30pm (except Tuesday 19 February). June 632410

 **ST AUDRIES W.I.**

 The next Meeting is on Wednesday February 13th at 2.15 pm in the Village Hall. The Speaker is Naomi Stannard

                          " Crafty Shepherd "

          Competition:- An item in the colour Green

**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**

Will meet at Jenny Simson's Weacombe Cottage, from 2.00pm

No topic decided yet! Tel 632773. Joyce Baxter

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

And what a great turn out it was – at one time the hall was practically full and we thought we might run out of bacon but fortunately not quite. It looked as though everyone had a splendid time so our grateful thanks to all who came and especially the sometimes hard pressed workers!  The aim of the event is of course just to start off the New Year with some fun and not necessarily to raise funds. However we inadvertently made a splendid surplus of £110 which has been donated to the Musgrove Park Hospital MRI scanner appeal. Mike Sanders

**VILLAGE HALL COMMITTEE NEWS**

Did you enjoy the 'New Year's Day Bacon Butty Event' in the packed Village Hall?  Do you use the Hall for activities?

To ensure that you are able to hold events like this in the future the Village Hall needs your help to survive and secure its long term future.  We are very much a skeleton committee at the moment and we need more members to join the team and help with the day to day running of the Hall. Please contact Stella Davey on 639944 if you are interested in joining us.



**CHURCH FLOWER ROTA**

Is anyone willing to join the Church Flower Rota? Please contact Jane on 632268.

**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 14th 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.

**PILATES**

Held at West Quantoxhead Village Hall on Thursday mornings and Tuesday evenings. For further details, please call Nathan on 07762 721 271 or email nathanpirt@iCloud.com.

**SOMERSET WEST LODGINGS SCHEME**

The Somerset West Lodgings Scheme offers advice on taking a lodger and how to let your spare room: Further information may be sought from: Sedgemoor District Council on 0300 303 7802 or email: housing.advice@sedgemoor.gov.uk

or benefits@sedgemoor.gov.uk or from the YMCA Somerset Coast Telephone Lodging Scheme Manager 07813 599065 or email:lodgingscheme@ymca-sc.org

**OTHER LOCAL EVENTS**

**The next Village Market at East Quantoxhead Village Hall**

 will be between 10am and noon on Saturday 16th February.

**THE PROBUS CLUB OF THE QUANTOCKS**

The Probus Club meets on 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

**NEWS FROM YOUR VILLAGE AGENT**

If your new year resolutions are waning here are some words of wisdom and encouragement! It is suggested that by 2045 48% of Britons will be obese and at risk of Type 2 diabetes, coronary heart disease, stroke, bowel, pancreatic, kidney, liver and stomach cancer.

The New Year Diet and fitness TV shows explained the way that we can reduce our current serious health problems through diet and exercise. Manage change gently and try something different if at first you don’t succeed. Evening gym and exercise classes may not fit your timetable but you may be able to join your local health walk or go for a lunch time stroll and take the stairs when shopping. Tidy up that garden or volunteer to help with open spaces in your area. One day a week without the evening glass of wine is a positive start! Check your parish magazine or ask us for details of local activities and check with your GP if you have a health condition.

 “It is a process to change your taste buds, and it might not feel good those first few days,” “But over a week or so, your taste buds will adapt and meals with less sodium become acceptable.” Keep going everyone!

Check the expiry date on **blue badges and bus passes** as they run out and can’t be used. Bus passes are not being replaced unless you request it. Call 0300 123 2224 to get yours replaced.

The NHS is under great strain in the winter and it can be hard to get a Doctor’s appointment. Consider whether you could get advice from your **local Pharmacy** where you will not need an appointment, but they will advise on over the counter medicines and there are private rooms to support advice and diagnosis. [www.nhs.uk/live-well/healthy-body/how-your-pharmacist-can-help](http://www.nhs.uk/live-well/healthy-body/how-your-pharmacist-can-help).

**Surviving Winter** grants are available for older people living in Somerset, who are unable to adequately heat their homes. If you are struggling to afford to heat your home this winter contact your Village Agent for more information.

**Remember there is a new Talking Café offering free support and advice in the new Pavilion building on Williton memorial ground. It takes place every Tuesday morning from 10-12. Please come and have a cuppa and see how local professionals and volunteers you can trust can help or just pop in for chat.** Please phone me Izzy Silvester your village agent on 07931 018045, leave me your name and number and I will ring you back. Or email 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

**BUSINESS NEWS WEST SOMERSET**

**Getting the Best from Your Staff**

FREE Training Sessions for Small Business Owners.

6th and 13th February both days from 7pm to 9pm - Holiday Inn, Taunton (attendance at both days required)

This FREE taster short course will help by giving you the key tools and techniques needed to lead, manage and coach your staff. The course will be particularly useful for managers and owners of small but growing businesses, as well as people new to leading and managing a team or department. The course is being delivered by tutors from the University of Plymouth, in partnership with the Federation of Small Businesses and funding from the European Social Fund.

Topics to cover

Day One – 6th February – Managing New Teams, Leadership and management for a small team, including: Leading new and different types of staff, coaching and mentoring, Motivation, goal setting, and performance management

Workplace Take-Away – short piece of work to apply what you have learned in the workplace

Day Two – 13th February - Managing Growing Teams

In the second session we will look at the new skills an owner and manager will need as the business grows and more staff members join, including: Developing staff to take on more responsibility, Managing multiple teams, Developing and managing team leaders. For general event information contact Gioia Grobler by email gioia.grobler@fsb.org.uk

**Welcome Host Gold Customer Service Training Day**

Wednesday 6th February 2019 – 10am to 4pm at Minehead

Subsidised one-day course open to small businesses with customer facing roles in West Somerset. The Welcome Host Gold one-day training course provides the essential

foundation for anyone working in customer facing roles, but

particularly those working in hospitality or retail. It gives

participants today's core customer service skills - reflecting the

latest techniques and best practice. We are able to offer this popular one-day course at a reduce cost to West Somerset based businesses and their employees at just £15 + VAT

per person (full cost usually £90 + VAT) through the support of West Coast 360, a partnership group including West Somerset Council, which aims to support Hospitality and Leisure in West Somerset. Spaces are limited, so we advise booking your reduced cost place early to avoid disappointment at

<https://purplecloudconsultancy.digitickets.co.uk/event/4099992?catID=2469>

To find out more about the course content visit

<http://www.purplecloudconsultancy.com/welcome-to-excellence/welcome-host-gold/>

**FREE E-MAGAZINES**

Download free e-magazines from Somerset Libraries. You need a library ticket www.somersetreads.co.uk

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