**STAPLE DIET**

**No. 107 OCTOBER 2018**

**(The West Quantoxhead Village Newsletter)**

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**ST ETHELDREDA’S CHURCH**

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Sunday 9.30am 7th October Eucharist with SC

Sunday 9.30am 14th October Eucharist with AFT

Sunday 9.30am 21st October Family Service with SC

Sunday 10.00am 28th October Benefice Eucharist NM

**QUANTOCK HILLS ANOB EVENTS**

October 13th Deer Walks. A walk to hopefully see and hear some of the Quantock's largest and most secretive

mammals (long and short walks available).

20th and 27th Fungi Walks. Discover the weird and wonderful world of Fungi in Aisholt.

More info and booking on all events at [www.quantockhills.com/events](http://www.quantockhills.com/events). 01823 451885

**AUGUST’S WEATHER**

 Rainfall in West Quantoxhead for August.

Rain 59 mm.2018 Rain 37 mm. 2017

**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.

**COFFEE MORNING**

The next coffee morning to be held in the Village Hall on Monday 15th October. 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

**OTHER LOCAL EVENTS**

East Quantoxhead Market will open its doors at their Village Hall between 10 am and noon on Saturday October 20th

**THE VILLAGE HALL ANNUAL GENERAL MEETING**

Will be held on Wednesday 24th October 2018 at 7.30pm in the Village Hall. All are welcome. Stella

**St Audries Art Group Autumn Exhibition will be held on Sat 27th Oct, at The Phoenix Centre, The Esplanade, Watchet. Between 10am and 4pm. Free admission.**

**Refreshments available. Please give us your support.**

**HPC COMMUNITY FUND DROP IN DAYS.**

Is your community impacted by the Hinkley Point C project? Find out how the HPC Community Fund may be able to help mitigate the impacts and increase the opportunities of the Hinkley Point C project, with grant funding for your community.

 The HPC Community Fund will be running drop-in days at locations affected by the Hinkley Point C project over the next few months.  Come and chat with us over a cup of tea, and tell us about your ideas to help your community.  Our first drop-in day will be at the BAY Centre in Burnham-on-Sea, from 10am-4pm on Thursday 27th September. We look forward to seeing you! If you are unable to make this date, the following drop-in will be at Cannington Village Hall on Thursday 25th October, from 10am-4pm. For any further information please email: info@somersetcf.co.uk

**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 11th October. 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.

**TABLE TENNIS CLUB**

This has not been an easy decision to take but from and including Friday the 14th September, the regular Friday night Table Tennis Club held at St. Audries Village Hall ceased to exist. However anyone wishing to use the table may of course continue to do so by prior arrangement with the Village Hall Committee who will advise on conditions of hire. Sue Sanders 632759

**ST AUDRIES W.I.**

The next Meeting will be on Wednesday 10th October at 2. 15pm in the Village Hall.

**POETRY GROUP**

Joyce Baxter will host October's meeting on Thursday 25th October starting at 2.00pm. (Revised time for winter months) at Applegarth, Staple Lane, by the junction with Staple Close. The topic will be "Childhood and Youth."  New readers will be made welcome.  Tel: 01984 633537.

**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.

## FREE I.T. COURSE IN MINEHEAD

West Somerset Council are offering a ‘Free 9 week IT course’ at the Minehead hub in Alcombe next to the fire station. **The course is for those who are not in paid work (Positive People Criteria)**. This is an **Introduction to IT and computers**. Covering the basics of using a PC or laptop, the internet, using email, creating documents, using memory sticks and getting the most from your smartphone or tablet. No previous experience necessary. **There is an incentive to those who attend all of the workshops: this will be a basic laptop of some kind.**

**Sign Up Event!** - Meet the team and join the project – Wednesday 10th October 10:30-12:30

**Weekly sessions to complete the course - Wednesday 17th October-19th December - 10:30-12:30 (excluding 28th November)**

## ST AUDRIES WEDDING VENUE

The next Fireworks at St Audries will be the 22nd September at 9pm.

**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

**NOTES FROM YOUR VILLAGE AGENT**

Scams!  We do talk about them a lot but it is important to do so as they can be really disturbing to receive and potentially very expensive. We seem to have had a rise in a particular phone call and so I thought it wise to share.  Sharing makes us remember to be vigilant and helps us to know what we may be faced with and so to act confidently. The recent call is from a well - spoken lady who tells you that there is a court case pending against you.  It is often for unpaid tax.  She will ask you to call her back on a given number.  This is usually a premium number and will be costing you lots of money while they slowly ask for all your details!

I have fallen foul to clicking on emails before I have really thought about it.  I have one for a fixed penalty fine.  Indignantly I opened it, thinking of all the potential scenarios of what I might have done wrong! I then realised that it would not have been sent by email and most certainly not to my work email.  I was lucky to be able to seek reassurance that I hadn’t crashed the entire company system through our tech support but many people can be left worrying.

 The advice from us hasn’t really changed, put the phone down quickly and don’t talk.  Chat to a neighbour or call me or citizen’s advice if you are anxious about what you did.  You can also report it on the Action fraud website [www.actionfraud.police.uk](http://www.actionfraud.police.uk)  phone no. 0300 123 2040.

The latter also have information about recent scams to watch out for.  You can also tap the phone number into your search engine (google it!) and it will tell you what type of phone number it is.  According to Which,  [www.which.co.uk/consumer-rights/advice/premium-rate-number-scams](http://www.which.co.uk/consumer-rights/advice/premium-rate-number-scams)  “*To avoid being ripped off in this way, you should firstly never use numbers beginning with 084, 087, 090, 091 or 098 when calling government advice lines”.* Don’t forget that you can buy phones with a call blocker service or use the BT call blocker service.  This means that the phone will only automatically answer numbers that you have previously agreed to.  It will ask the caller to put in who you are and display it so that the call recipient can decide whether to take the call.  This is also useful if you care for someone with Dementia because they are less likely to share all your bank details with the caller if they have to press the correct buttons to release the call.

The last and most disturbing scam is when people who are helping us by picking up our money from the bank are really helping themselves to your savings. This is called “Mate Crime”. Get them to take you to the bank rather than giving them your card and pin. Get help from CAB or a money wise service to put your bills on direct debit and use phone or

internet access to your bank accounts.  Check your statements for any strange activity.   Make sure that any private carers have a current DBS certificate.  Ask me to support you with this.

<https://www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/reports-and-briefings/safe-at-home/rb_april15_only_the_tip_of_the_iceberg.pdf>

If you are online, do have a read of the above to reveal the statistics and types of fraud. You can also phone Age UK Advice: 0800 169 65 65 Lines are open seven days a week from 8am to 7pm. [www.ageuk.org.uk](http://www.ageuk.org.uk) for one to one advice and to order their really interesting booklet.

Remember, if you do feel suspicious or uncomfortable about door to door, email, phone or “Mate” contact, talk to someone trusted straight away.  Keeping it to yourself makes anything you might have actually done far worse and by sharing it, you can remove your own anxiety and stop someone else from making the same mistake!

**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 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. As I am a part-timer, it may take a day or two for me to return your call. Thank you.**

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