**STAPLE DIET**

**No. 98 JANUARY 2018**

**(The West Quantoxhead Village Newsletter)**

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**ST ETHELDREDA’S CHURCH**

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Please Note that due to building work in the Church there will be **NO CHURCH SERVICES at St.Etheldreda's Church, WQH on CHRISTMAS EVE OR CHRISTMAS DAY.**

**Alternative Services  on CHRISTMAS EVE are:**

10am - Benefice Eucharist in St.Mary's, EQH

3pm - Crib/Christingle in St.Mary's, Holford

4pm - Crib/Christingle in St.Andrew's, Stogursey

7pm - Carol singing in St.Mary's, Stringston

9pm - Eucharist in St.Martin of Tours, Fiddington

11pm - Midnight Mass in St.Mary's, Kilve

**Alternative Services on CHRISTMAS DAY:**

9am - Eucharist at St.Peter's, Stolford

9.30 am - Holy Communion (BCP) in St.Mary's, Holford

9.30am - Family Communion in St.Mary's, EQH

10.30am - Family Eucharist in St.Andrew's, Stogursey

**It is suggested that East and West Quantoxhead join together for a service of Family Communion at 9.30am in St.Mary's, EQH**

**Services on New Year's Eve:**

10am Benefice Eucharist at St.Etheldreda's WQH

3.30pm Wedding in St.Etheldreda's WQH.

**JANUARY'S SUNDAY SERVICES AT ST.ETHELDREDA'S**

7th 9.30am Eucharist SC

14th 9.30am Eucharist NM

21st 9.30 Family Service Sally Bult

28th 10am Benefice Eucharist AFT and NM

**VILLAGE CHRISTMAS CARD DELIVERY**

The Village Christmas Card Delivery raised £55 for the Dorset and Somerset air ambulance. Thank you to all sorters, stampers, senders and postmen. Julie

**ST AUDRIES W.I.**

The first Meeting in 2018 is on January 10th at 2.15 pm in the Village Hall. Speaker :- Emma  Dukes “ Driftwood & The Bristol Channel “. Competition:- “From the Seaside “

Flowers :- Isobel Newton

**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. **Back on 10th January.**

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**WEST QUANTOXHEAD WALKING GROUP**

All walkers and potential walkers are invited for coffee at Severn Tide on Thursday 4th January at 10.30 am to make plans for walks in 2018. Everyone very welcome.

For further information contact Dorothy 01984248105  email:  [thepeats@talktalk.net](mailto:thepeats@talktalk.net)

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

Just a reminder that this will be held as usual in the Village Hall between 12 noon and 2.00 pm. No entrance charge and only £2 each for a super bacon bap (or gluten free with an egg). Coffee, tea or still orange drinks will be available at 50p each. BYOB if you wish. Come and welcome in the New Year with your friends and neighbours!

**VILLAGE HALL NEWS**

The Committee wish to thank everyone involved in this year’s Bazaar; namely those who decorated the hall, organised and manned the various stalls and the team who provided refreshments and of course thank you to all those who came along and made it such a sociable and successful morning. We raised just under £700 for the Village Hall funds.

**PERMISSIVE FOOTPATH FROM THE AVENUE**

The footpath has now been strimmed and access restored through to the Combe. Please use the path as much as possible to maintain the route so that we can all enjoy the route direct from our village.

**CRAFT GROUP**

Starts Tuesday 9th January 2018. Come and learn new craft skills over a cup of tea and a natter, or pass your craft ideas to others. We meet every Tuesday in the Village Hall from 2 to 4.30pm. June 632410

**QIGONG AND TAI CHI CLASSES**

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

**LOCAL EVENTS**

The next **Village Market at East Quantoxhead** will be held in their Village Hall between 10am and noon on Saturday January 20th.

**DE-ICING SALT AVAILABLE**

20kg bags of de-icing salt supplied to the Parish by SCC Highways are available from Nigel (631366) and Tony Dunn (634284).  First come first served.

**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 January. 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**

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.

**HOSTESS TYPE TROLLEY WANTED**

Wanted for the Village Hall - Hostess type Warming Cabinet with closing doors - heated shelf and compartment + glass dishes. Should you have such an item for sale please ring Stella 01984 639944

**CHURCH CLEANING AND FLOWER ARRANGING**

Regrettably some of our very reliable and long standing volunteers have decided to retire! Huge thanks to them all for their many years of effort and pride in our Church.

In recent years it has meant about two hours commitment each Friday or Saturday over a fortnight, repeated once every five or six weeks.

"Fewer hands, of course, will mean more turns at the wheel."

**VOLUNTEERS ARE NEEDED PLEASE**

Please step forward and volunteer to join the teams that keep our Church so spick and span and so admired.

Further details form Jane Stafford 632268

**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).

**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

**MONTHLY COFFEE MORNING**

The next coffee morning will be held on Monday 15th January 2018 from 10.30 am to noon in the Village Hall. An advance notice;- the following coffee morning on Monday 19th FEBRUARY will be a bit special. To boost funds for the Williton Hospital League of Friends breakfast baps with freshly cooked sausage or bacon or egg (or any combination!) will be available. Do come along for a get together and a good chat.

**POETRY**

Thursday January 18th from 2.15pm at Ferndale, The Avenue when the topic will be Transport. Thursday, February 22nd from 2.15 pm at Lark Rise, Weacombe Road, when the topic will be Equine Life. We would love to welcome new readers.  It doesn't matter if you cannot commit to each meeting.  For more information please contact Joyce Baxter: Tel: 633537, or e-mail [maljoy@tesco.net](mailto:maljoy@tesco.net).

**MUSGROVE PARK HOSPITAL OUTPATIENTS**

The hospital has announced that there are now nine new self service kiosks to help outpatients check in more easily and quickly.  " Friendly staff will be available to those who get stuck or need assistance!"

**FROM YOUR VILLAGE AGENT**

January can be the hardest month, dark, cold and lacking in money.  Give yourself a mental boost by planning! Take your mind away from the cold and lose yourself in how you are going to spend those long summer evenings!  Perhaps engage in some mindfulness by spending time marvelling at the beauty of the sun setting on the flooded moors and the starling murmurations.

Many villages have weekly groups to join such as coffee mornings (great cake and biscuits – I can personally vouch for it!)  and special interest groups. Perhaps you could join the gardening group and get inspiration on planning some changes to your own patch.  Many groups are free or low priced and will have someone who can come and pick you up.  I can support you in making these links.

There are lots of opportunities to join an exercise group, which is proven to help depression. If you can’t understand where the “fun” is in a “fun run”, start gently, you could try walking football, health walks, classes to aid balance and prevent falls and sitting games such as boccia. You don’t need a leotard or mankini, just some baggy trousers and a pair of trainers!  You are most welcome to go and watch a session first to see what it is all about.  Look for local adverts or phone me for more information. Zing will also help you to start your own group, contact Catherine Devonshire 01935 462347. Perhaps you could call on a neighbour who lives alone and arrange to go with them.  People can go days without seeing someone in the winter when there is no chatting over the garden fence.

There are lots of small grants available to help your group develop, perhaps you could plan a special group trip or buy some equipment.  I can support you with this.

Don’t forget that we can also advise you on keeping warm in the winter and the new SMART meters.

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 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.

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