**STAPLE DIET**

**No. 116 JULY 2019**

**(The West Quantoxhead Village Newsletter)**

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**ST ETHELDREDA’S CHURCH**

Sunday 7th July 9.30am Eucharist with ?

Sunday 14th July 9.30am Eucharist with ?

**3.00pm Animal Blessing Service at E. QUANTOXHEAD**

Sunday 21st July 9.30am with ?

Sunday 28th July 10.00am Benefice Eucharist with ? at **STRINGSTON**

**MAY’S WEATHER**

Rainfall 31.5 mm  (2018 41.5, 2017 47.0, 2016 35.0)

Average 8 am temp. 11.2 c.

25 days with more than 1 hours sunshine.

Frost on morning 5th May.

Wind mainly NW or NE.

No winds of Gale force.

 **COFFEE MORNING**

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

**CRAFT GROUP**

The group meet every Tuesday 2pm to 4.30pm in the village hall. (NO CRAFT IN AUGUST) we start back on the 3 September.

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 our Annual Summer Lunch on July 10th 1.00pm for 1.15 pm. By Invitation. There will be no Meeting in August.

          An outing to Lynmouth on August 14th.

**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 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 ring Pat or Maureen on 632729 or 632575.

**BANK HOLIDAY CREAM TEA**

Saturday August 24th 3pm – 5pm in West Quantoxhead Village Hall in aid of The Deanery Mission Project.

**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 July. 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.

**POETRY GROUP**

Thursday, 25th July at 2.30 pm at Haygrove, The Avenue (home of Richard Hughes). Topic: Colour

Thursday, 29th August at 2.30 pm at Applegarth, Staple Lane (home of Joyce Baxter). Topic: Seaside and Coast.

Looking forward to seeing you and welcoming any new readers. For details please telephone Joyce 01984 633537.

**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 HARVEST SUPPER**

                     A date for your diary

 **Friday September 27th.**

                    More details to follow

**OTHER LOCAL EVENTS**

**EAST QUANTOXHEAD VILLAGE HALL MARKET**

Third Saturday of every month 10am – 12noon – next Market July 20th

**HOLFORD GARDENERS GROUP**

**FLOWER SHOW**

Saturday August 3rd 2pm – 4.30pm at Holford and District Village Hall

**HOLFORD GARDENERS GROUP**

Members Garden Meeting 6.30pm July 16th

Contact G Richardson 01278 741130

**WEST SOMERSET LETS GROUP PRESENTS**

An exhibition of Up-cycled, Fun-cycled ARTWORKS at The Church House, Crowcombe on Friday 28th to Sunday 30th June. 10am till 9pm on Friday and 10am till 4.30pm Saturday and Sunday.

Competitions, Raffles, Silent Auction, Lunches, Teas.

**All Proceeds to the Quantock Foodbank.**

**DO YOU NEED ANY HELP WITH YOUR GARDEN?**

Hedges, lawns, tree care, weeding, planting and garden clearance. Contact Paul 01984 631899 or 07804 828193

**NEWS FROM YOURVILLAGE AGENT**

***Somerset Praised for its Care Support in Panorama: Crisis in Care!***

You may have watched the Panorama ‘Crisis in Care’ films that were broadcast on BBC 1 on Wednesday 29 May and 5 June. If not, it’s well worth catching up on the BBC iPlayer if you can.

The film crew spent ten months filming Somerset County Council’s Adult Social Care teams, shining a light on the incredible work going on in care and the pressures the system faces as growing demand outstrips funding. They also filmed with some of us Somerset Agents too but sadly we weren’t featured!

The TV programme examined incredible stories of families and unpaid carers looking after loved ones, and the difficult decisions that come with the growing demand for care from an ageing population at a time of limited funding.

We, the Village, Carers and Community Agents, are incredibly proud to be an integral part of the county-wide support for unpaid Carers through CCS – the Community Council for Somerset - and our teams work together to support individuals not only in crisis but who need regular 1:1 support, taking a holistic approach to the needs of the carer and everyone who may be affected in the family.

***Free Book for Carers :*** Did you know we have recently published a free book called ‘If Only I Knew That’, written by a Carer to give others guidance and support on their caring journey – we updated it with the author and it has lots of Somerset based support numbers in it. Call our Carers advice line to get your copy - 0800 31 686 00

We think there are over 60,000 unpaid Carers in Somerset, a huge number, & it’s our mission to support those people who may feel lonely and isolated in their caring role, from helping them to apply for funding they may be entitled to, get access to mobility equipment they may need, or simply providing a listening and understanding ear

with your local Carers Agents or Talk and Support team. It was Carers Week recently and we celebrated with ‘Cakes for Carers’ at Carers Groups across Somerset – just a small way to say THANK YOU for the amazing job you do.

***Paid Help at Home:*** You may want to pay a Carer to come in and support you at home – at Somerset Carers we hold a database of these micro-providers that can assist you in the ways you need, call the advice line for more info.

***Somerset Good Neighbours:*** At CCS, we have also launched the Good Neighbours Scheme – think a much more substantial neighbourhood watch! The aim of this is not only to reduce loneliness and isolation in a community but to help people thrive where they live – the scheme is intended to partner willing volunteers and helpers with anyone needing help with small one-off tasks, such as lifts to medical appointments, dog walks, or even simply sharing a cup of tea and a friendly chat. The aim is to bring people together and help build strong relationships and connections within local communities so that they can support each other in a neighbourly way. Get in touch to find out more or to set up your own Good Neighbours Neighbourhood – it can be set up for a whole village or a few streets in a town.

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

Just in case you missed it earlier -

**The Annual Service of Animal Blessing will be held on Sunday 14th July at E. QUANTOXHEAD at 3pm**

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

*My apologies if an entry has been missed, (I experienced some IT problems around the 20th of June). Ed*