**STAPLE DIET**

**No. 118 AUGUST 2019**

**(The West Quantoxhead Village Newsletter)**

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**ST ETHELDREDA’S CHURCH**

Sunday 4th August 9.30am Eucharist with NM

Sunday 11th August 9.30am Eucharist with KS

Sunday 18th August 9.30am Family Service with NM

Sunday 25th August 10.00am Benefice Eucharist at **HOLFORD**

**JUNE’S 2019 WEATHER**

A very unsettled month starting mild and gusty from the southern sector.

Then we had some rain and on the 8th (50mm+) changed Staple Lane into a river deep enough for a surf board to float on! Later in the month it got a little warm with a maximum of 31.2c on the 28th .

Details are ; 2019 June= Rain 157 mm, Sunshine 20 days,  Max Wind 40 Kts on the 8th.

2018 June = Rain 12.5 mm, Wind 38 Kts on 14th, Temp. Very hot from the 23rd-30th with temp to 30c.

**COFFEE MORNING**

The next coffee morning to be held in the Village Hall on Monday 19th August. All welcome.

**WQ's VILLAGE HARVEST SUPPER**

                     A date for your diary

Friday September 27th

                    More details to follow

**CRAFT GROUP**

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

There is no meeting in August but don’t forget the outing to Broomsclose Wildlife Garden at Porlock on August 14th. Be there for 2-30pm TA24 8NU £4pp. £2-50 for tea/coffee & cake

**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.

**HOLFORD GARDENERS GROUP FLOWER SHOW**

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

**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**

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.

**VILLAGE HALL NEWS**

There is an urgent need for more members on the committee.  The committee's prime concerns are the ongoing management and maintenance of the hall.  Would anyone who is interested in supporting the hall, contact Stella Davey 01984 639944 - election of the whole committee takes place at the AGM held on 23 October.

**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 August. 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 Tuesday evening. For further details, please call Nathan on 07762 721 271 or email [nathanpirt@iCloud.com](mailto:nathanpirt@iCloud.com).

**NEW EXERCISE CLASS**

Move more, enjoy yourself, feel great! Age UK Somerset is running an upbeat, fun class for older people in the Watchet Community Centre every Monday at 11.15am. “Mature Movers” is great for improving general fitness levels and has both standing and seated elements to suit all. There’s no need to book and classes cost just £4.50. For more information call Age UK Somerset  01823 345626.

**SCHEDULED FIREWORKS AT ST AUDRIES**

Saturday 10th August, 9.30pm for 5 minutes

Saturday 31st August, 9.35pm for 13 minutes

**EAST QUANTOXHEAD VILLAGE HALL MARKET**

3rd Saturday every month 10am – 12noon – next 17th August

**A "cut to the bone" summary of ever so many pages of information from Michelle, Izzy and Somerset Waste follows:**

**From Michelle Francis Parish Clerk**

**The Rural Services Network News** covers the following items among others, should you be interested - Contact is [kerry.booth@sparse.gov.uk](mailto:kerry.booth@sparse.gov.uk). Government will not stop Bank closures. Community Broadband Schemes. Campaign for Better Transport. Rural Strategy. Rural Related Politics. Spotlight on Housing. Hinterland. A National Rural Conference at Park Campus Cheltenham on September 3rd and 4th. Rural Funding Chest. Fairer Funding.

**Somerset's Brilliant Coast** contact [Wildlifenews@somersetwildlife.org](mailto:Wildlifenews@somersetwildlife.org). Talks, discussion groups, guided walks about the coast are on offer on Sunday September 1st at Kilve Court. There will be opportunities to become involved or become a Coastal Ambassador. Contact mark.ward@somersetwildlife.org or call 01823 652415

**Citizen Science Projects include**

**Shoresearch** - gaining a better understanding of the intertidal areas. Training will be available in the autumn followed by a series of surveys. Contact Mark Ward as above.

**SeaWatch -** Vanessa Lloyd is running a sea mammal survey training session at Piles Mill Study Centre near Porlock on Sunday August 11th 12:30 - 16:00 TA24 8PB. Contact Mark Ward as above. There will be a Family Seashore Safari on Wednesday 31st July 10:30 - 12:30 at Warren Road Minehead. Or at Helwell Bay Saturday 3rd August, starting at 13:00 until 15:30 from Watchet, Harbour Road TA23 0ET. Or at Kilve Beach on Sept 1st 15:15 - 16:30. TA5 1EG

**West Somerset Newsletter** The launch of the new **"Hungry Little Minds Campaign"** https://westsomersetopportunityarea.co.uk/2019/07/03/today-we-are-happy-to-welcome-the-launch-of-the-newhungry-little-minds-campaign/

It also offers a calendar of all **summer activities** https://westsomersetopportunityarea.co.uk/2019/07/03/welcome-to-the-west-somerset-family-activity-calendar-summer-2019/

There is an **Apprenticeship & Skill Advisory Service** at https://westsomersetopportunityarea.co.uk/2019/07/03/skill-up/west-somerset/

Also a **Children's University** on https://www.childrensuniversity.co.uk

**From IZZY Silvester - izzy@somersetrcc.org.uk or 01823 331222.**

**Save some money so you can borrow in the future! Join the Somerset Credit Union at the Talking café in Williton – last Tuesday of every month 10-12! Starting Aug 27th!**

You just have to save regularly (e.g. £5-10 a month) for the first few months and then you can apply for loan. **No dodgy loan sharks or high rates of interest!** The Somerset Credit union only charge you 1.5% a month. Credit Unions are worldwide supporting people. It costs £1 to join, bring proof of identity and address. Under 16s can join for free. You can contact the Credit Union on 01823 336425 or just come in and meet the local West Somerset volunteers on the last Tuesday of every month.

**Be your own boss - use your skills - change lives**

Lots of people in our community struggle to get help. A growing number of small independent "micro-providers" are setting up in West Somerset to offer more choice to people looking for support with basic tasks like shopping, cooking, cleaning, gardening, home maintenance and personal care. If you like the idea of working for yourself, want to make a real difference and have an idea for a service or support in West Somerset there is help available. This could be suitable for you if you are a mum and need to work around your children or someone who has retired and loves working with people and the community! Come along to Williton Talking Café on 17th September at 10.00-12 in Williton Pavilion or contact Vince Tillman Enterprise Agent on 07931017907 or by email at  [vince@somersetrcc.org.uk](mailto:vince@somersetrcc.org.uk)

Please phone me Izzy Silvester your Village Agent on 07931 018045, leave me your name and number. 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

**Somerset Waste Partnership - SORTED**

Recycle: stretchy "thin film" items like bread bags, magazine wrappers, food bags, plastics around toilet rolls, reusable bags carrier bags. Biodegradable bags should go in your compost bin.  When Visiting Recycling Centres: drive slowly and carefully along directed routes. Avoid pedestrians. Switch off, apply handbrake. Keep animals in your vehicle. Control children. Wear good shoes, gloves, mind trip hazards. Take care on steps. Carry loads you can manage.

**DEVON AND SOMERSET FIRE SERVICE**

Changes to the fire and rescue service in Devon and Somerset are being made. Under the new proposals, we are looking to move underused resources from where the risk is low and invest more into work to reach the most vulnerable members of society and help keep them safe. This includes proposed closures of a number of fire stations where risk and activity is low and the removal of fire engines that are underused. The consultation runs until 22nd September.

We want to hear from as many people as we can. We have a number of drop-in consultation events across Devon and Somerset - find out more here:

[http://dsfire.gov.uk/SaferTogether/ServiceDeliveryConsultation//TakePartInTheConsultation.cfm?siteCategoryId=18&T1ID=211&T2ID=460](http://dsfire.gov.uk/SaferTogether/ServiceDeliveryConsultation/TakePartInTheConsultation.cfm?siteCategoryId=18&T1ID=211&T2ID=460)

**How you can help**

If you are able to – there are a few ways you can help:

-        Share the poster for your local consultation event – full set of posters here:

<https://www.facebook.com/pg/Dsfireupdates/photos/?tab=album&album_id=2368883273159652>

-        Post on social media about the consultation – see attached graphic and suggested copy as follows:

Devon and Somerset Fire and Rescue Service are consulting on proposed changes. Please take part in the consultation to have your say on how the changes could impact you and your life. <http://bit.ly/DSFRSconsult>  #SaferTogether #DSFRS (please tag us @DSFireUpdates too if you wish)

-        Retweet or share our posts in relation to the consultation – from [www.twitter.com/DSFireUpdates](http://www.twitter.com/DSFireUpdates)  or <https://www.facebook.com/Dsfireupdates/>

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| **Rosalie Fairbairn Communications Officer**  **t.** 01392 872303 **m.** 07970 628310   **w.** [www.dsfire.gov.uk](http://www.dsfire.gov.uk/)  Service Headquarters, The Knowle, Clyst St George, Exeter, EX3 ONW |

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