**STAPLE DIET**

**No. 119 SEPTEMBER 2019**

**(The West Quantoxhead Village Newsletter)**

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**ST ETHELDREDA’S CHURCH**

**Sunday 1st September 9.30am Eucharist with NM**

**Sunday 8th September 9.30am Eucharist with AFT**

**Sunday 15th September 9.30am Family Service SC**

**Sunday 22nd September 10.00am Benefice Eucharist at East Quantoxhead.**

**Sunday 29th September 10.30am Benefice Eucharist at**

**St.Michael and All Angels at GREAT WOOD (ENMORE)**

**Sunday 29th Sept 4.00pm HARVEST FESTIVAL**

**CREAM TEA**

SATURDAY 24th AUGUST

At The St.Audries Village Hall

3.00pm -- 5pm

**KENN'S WEATHER REPORT for JULY 2019**

Rainfall 59 mm Sunshine on 29 days

Hottest Day 15th 32.3c. at 1415 hrs

Average temp at 13.30 each day 22.55c.

**Weather for July 2018**

Rainfall 24 mm Sunshine 31 days

Hottest day 24th 31.9c

Average temp at 13.30 each day 23.9c.

NOTE. where I record Sunshine it is 1 hour without a break.

**DONATIONS & ASSISTANCE**

**REQUIRED PLEASE TO DECORATE ST.ETHELDREDA'S CHURCH**

**for HARVEST FESTIVAL on Saturday 28th Sept. The Service will be at 4pm on the 29th on the following day Refreshments will be available.**

**POETRY GROUP**

We will meet on Thursday 26th September from 2.30pm at 3 Bracken Edge (off The Avenue), home of Joy Barrett, when the topic will be Autumn. For further information please telephone Joyce Baxter : 633537.

**COFFEE MORNING**

The next coffee morning to be held in the Village Hall on Monday 16th September. All welcome.

**VILLAGE HARVEST SUPPER**

**St. Audries Village Hall 27th September 7 for 7.30 pm**

Entertainment by The Watchet Town Crier

BYOB Tickets £ 10 from Daphne Wheeler 01984 632688 or Pam Tolley 01984 634 663

Organised  by St. Audries W.I.

**CRAFT GROUP**

The group meet every Tuesday 2pm to 4.30pm in the village hall starting 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 September meeting will be held in the garden of member Margaret Cook on 11th September at 2.15pm.

**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.

**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 12th September. 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.

**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.

**SALE at the ST.JOHN HALL, NORTH Rd, MINEHEAD**

**NOW ON !** Dates have been changed, Open daily 10am - 4pm until noon on Monday 26th.

**EAST QUANTOXHEAD VILLAGE HALL MARKET**

3rd Saturday every month 10am – 12noon – next is 21st September.

**FROM YOUR VILLAGE AGENT**

September has always felt like a fresh start to me. I suppose we could think of it as a second spring, when the trees provide a beautiful coloured show and the harvest is collected. Now is a great time to prepare for the dark months ahead. Isolation can be a real problem in the winter so make a start on finding things to fill those dark cold days before the weather turns and you find yourself sofa bound or box set binging!

**Join your local groups**. I know we talk about this rather a lot but it is such an important part of keeping yourself well. Even if you are working, you can find that you have nothing else once you get home because you have used all your energy in the workplace and don’t have much time and energy left to maintain friendships. Websites and parish magazines are packed with local offers. If your village doesn’t already host a weekly or monthly coffee morning, now is your chance to organise something! Reduce the length of dark evenings by joining a knit and natter, WI, Men’s Shed, art, photography or local history group and keep your body moving even on the worst weather days by joining a gentle exercise class. Ask me for more information.

**Volunteering** has become more flexible. You are in control of your commitment level and so you do not need to fear that once you sign up, you will never have a Saturday to yourself again! Kirsty Jennsen of The Royal Volunteer Library Service has lots of volunteers with a varied commitment load, visiting people in their homes for coffee and a book swap:  03001232224, [kirsty.Jenssen@royalvoluntaryservice.org.uk](mailto:kirsty.Jenssen@royalvoluntaryservice.org.uk). Some volunteer roles can be conducted by phone and possibly from your home. Contact our Carers Service 0800 3168600 to find out how to chat to unpaid carers by phone, or Silver Line 0800 4 70 80 90, Age UK **:**01823 345613 or The Samaritans 01823 288998.

Consider starting our Good Neighbours Scheme in your area - contact CCS on 01823 331222. We always appreciate additional support to run our Carers Groups that meet to provide advice and a break for unpaid carers. Contact me or the Somerset Carers Service (number above)

**Small Grants**  are available to start a community group or perhaps to support yourself when going through a difficult time. We can help you find these, either by contacting me or to access larger community based grants and consultancy for Parishes contact Ade on

[Ade@somersetrcc.org.uk](mailto:Ade@somersetrcc.org.uk) 01823 331 222. For personal funding go to the Turn2us website and tap in your particulars to see if you qualify for something. This could be a small grant for an unpaid Carer to purchase something to enhance their caring role or for improving the insulation on your house.

We are also supporting those who wish to become a self-employed paid carer. Contact project co-ordinator

Rhys Davis: RPDavies@somerset.gov.uk or telephone 07788350806 or our Enterprise Agent at CCS Vince Tillman .

**Warm Home Discount Scheme. R**egister your family for a Warmer Homes Discount with your electricity provider. You could get £140 off your electricity bill under this scheme. **Eligibility Criteria:** The 2019 to 2020 scheme will start on 14 October 2019. If you get the [Guarantee Credit element of Pension Credit](https://www.gov.uk/the-warm-home-discount-scheme/guarantee-pension-credit) - known as the ‘core group’ or [you’re on a low income](https://www.gov.uk/the-warm-home-discount-scheme/low-income) and meet your energy supplier’s criteria for the scheme - known as the ‘broader group contact via [www.gov.uk/the-warm-home-discount-scheme](http://www.gov.uk/the-warm-home-discount-scheme) or phone your provider.

To find out more about my work and the work of my Village & Community Agent colleagues go to our brand new website [www.somersetagents.org](http://www.somersetagents.org) – we help when other's won’t, don’t or can’t! For Carers specifically go to [www.somersetcarers.org](http://www.somersetcarers.org)

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 work Monday to Thursday. Village Agents across Somerset help to bridge the gap between isolated, excluded, vulnerable and lonely individuals and statutory and/or voluntary organisations which offer specific solutions to identified needs. We can offer advice and support to find local groups and activities available in your community. Please visit [www.somersetrcc.org.uk](http://www.somersetrcc.org.uk) and [www.somersetcarers.org](http://www.somersetcarers.org) or call me to find out who can advise you.

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