

# STAPLE DIET

No. 120 OCTOBER 2019  
(The West Quantoxhead Village Newsletter)  
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633331

## ST ETHELDREDA'S CHURCH

Sunday 6<sup>th</sup> October 9.30am Eucharist with SC  
Sunday 13<sup>th</sup> October 9.30am Eucharist with AFT  
Sunday 20<sup>th</sup> October 9.30am Family Service with AFT  
Sunday 27<sup>th</sup> October 10.00am Benefice Eucharist at  
KILVE

## AUGUST'S 2019 WEATHER

A Wet, Windy and Hot month. Rain totaled 99 mm.  
Temperature. confirmed at 30c on the 23<sup>rd</sup>  
Average August lunchtime Temp. 24.9c  
August 2018 rainfall 59 mm.

## COFFEE MORNING

The next coffee morning to be held in the Village Hall  
on Monday 21<sup>st</sup> October. All welcome.

## VILLAGE HARVEST SUPPER

St. Audries Village Hall 27<sup>th</sup> 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. We have a mixture of crafts in the group  
including sewing, patchwork, quilting, crochet, knitting  
and many more. June Bissell 6324108

## EAST QUANTOXHEAD VILLAGE HALL MARKET

3rd Saturday every month 10am - 12noon - next 19<sup>th</sup>  
October.

## ST AUDRIES W.I.

The Meeting on October 9th. will be an OPEN MEETING  
in the Village Hall at 2.15 pm  
The Speaker - Trudi Henderson - "Frauds and Scams"  
Competition - An Item in Gold.

## CREAM TEA HELD ON 24<sup>TH</sup> AUGUST

The bank holiday cream tea raised £150 for the divine  
life school in Nigeria. Thank you to all those who  
helped in whatever way and especially those who came  
to eat it.

The school is this year's Deanery Mission Project and  
Margaret has already sent some money off to the school  
and it sounds as though the roof was restored in time  
for the rainy season. Thank you all from the Church  
PCC.

## 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.

Slimming World groups running every Friday 5.30pm at  
St Audries Village Hall. Call Louise for more details and  
for other groups available in the area on 07960 173142

## POETRY GROUP

September 26<sup>th</sup> - Change of venue to Lark Rise,  
Weacombe Road (home of Vicky Nash) with topic  
"Autumn" at 2.30 pm.

October 31<sup>st</sup> at 2.0 pm. at Weacombe Gate (home of Mr  
and Mrs Simson). Poems connected with Hallowe'en.  
For further info. please 'phone Joyce Baxter : 633537.

# HARVEST FESTIVAL

Do come and join our Harvest Festival Service  
at St. Etheldreda's on Sunday 29<sup>th</sup> September  
starting at 4pm.

Refreshments will be available after the  
service.

EVERYONE WELCOME

All donations of fresh or preserved produce  
will be donated to CROFT HOUSE and the  
QUANTOCK FOOD BANK

## ST AUDRIES ART GROUP

St Audries Art Group meets in the Village Hall on  
Wednesday mornings from 10am until 12.30pm. Just  
pop in to see what we do, or please contact Pat or  
Maureen on 632729 or 632575.

## VILLAGE HALL NEWS

The Village Hall AGM is being held on Wednesday 23<sup>rd</sup>  
October at 7:30 pm in the Village Hall. This is your  
chance to find out what has been happening over the  
past year in your Hall. You will be able to find out what  
the the financial situation is and how your Hall is being  
used. If you have any ideas on how to use this vital  
Village Asset in the future, this is your opportunity to  
raise them, especially if you are a member of one of the  
regular user groups. All are welcome and we hope to  
see some new faces this year. As you will see, the  
Committee is very small, so if you would like to join us  
this is the time to do it. Please contact Stella Davey on  
639944 if you would like any further information.

## WINDMILL INN LOCALS LUNCHES

As many of you will know already, Tony Brooksbank and  
family left the Windmill in September after 21 years.  
The business has been sold to The St. Austell brewery  
who have stated they wish to maintain continuity with  
the current arrangements. However it is not clear in the  
immediate future how the Inn will be staffed so I  
recommend that anyone wishing to have a monthly  
locals lunch, which would normally be on the second  
Thursday i.e. 2nd October, contact me nearer the time  
when hopefully I will have some up to date information.  
Mike Sanders 01984 632759.

## SOMERSET WASTE PARTNERSHIP

**IMPORTANT: Recycling site van & trailer permit scheme rolls on unchanged.** Please ignore the

September expiry date and continue using your existing permit

Permits are required if you bring household waste to a recycling site in a van, pick-up, campervan, mini-bus or similar large capacity vehicle up to 3.5 tonnes gross weight, or if you are using a car-towed single-axle trailer of up to three metres' floor length.

For full details or to apply for a new permit should your circumstances have changed please visit: <https://www.somersetwaste.gov.uk/apply-for-a-permit/>

**Winter site hours start Tuesday 1 October**

All recycling sites start new winter timetables on

Tuesday 1 October. When open weekdays, all sites will continue to start work at 9am and will close at 5pm.

Year-round Saturday and Sunday hours remain 9am-4pm at all 16 sites. Summer hours - 9am-6pm when sites are open weekdays - resume on Wednesday 1 April 2020.

For all queries about recycling sites and the permits scheme, email Customer

Contact: [generalenquiries@somerset.gov.uk](mailto:generalenquiries@somerset.gov.uk)

## **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.

## **FROM YOUR VILLAGE AGENT**

October brings the dark nights again and so it is a good time to think about security.

Lights on in the house and curtains open at dusk allow people to see all your belongings, so do remember to close the curtains and lock the door. However remember to take the keys out of the inside of the lock if you have a care alarm. Keys in the back of locks stop the front of the lock from working. If you try to open it from the outside with another key, you can break the lock - trust me I speak from experience here!

Halloween night can be a stressful evening. Who is going to knock on your door and at what time? How will the dog react to all the unwanted visitors? You do not have to open your door to 'Trick or Treaters' if you do not want to. Do feel confident to lock your door and leave a note saying, perhaps, "We are unable to participate in Halloween, thank you for not disturbing us." Report any issues to your PCSO or parish council. You could also raise this at a Parish council meeting so a code of conduct can be arranged.

On another security conscious note, cyber security and scams are not going away. This morning I had a text saying my PayPal account is limited due to a failed payment. I don't use PayPal. I am regularly told that my TV licence direct debit has failed, and have had texts from Argos saying I have had a huge refund - click the link in the text to see - it came from the authentic 'text service' but was a Trojan horse. If someone on your email/phone list that you don't often hear from sends you a link to open, don't! Their account may have been

compromised. These can have links to viruses and so must not be opened. One of our team has reported that her Mum received a call saying £600 had allegedly been taken from her

account. Could she verify her detail please? Luckily she knew what to do. Banks never ask for your account details. Always put the phone down and contact your bank independently, to report and find out if there is an issue. In this case several people had reported it.

We must keep talking about these scams so that everyone is prepared for them and you don't get caught out at a weak moment. Being a part of a scam can make you feel anxious and sometimes guilty inside. You need to share with other people to stay reassured. If you think you have been scammed, report it immediately to the person it reputedly came from e.g. the bank or a friend's hacked email through a different means e.g. text a friend if you think their email is hacked or phone the bank on a separate number. Call Contact a Citizen's Advice Scams Action adviser by calling 0300 330 3003 and call Action Fraud on 0300 123 2040 or use their online reporting tool. Dial 101 and ask for support if you need it. Consider using a banking app or online banking so that you can see what is happening to your bank account at short notice.

The Regional Cyber Briefing from the Regional Cyber Crime Unit say the current threat is '*Credential stuffing*'. This is where criminals automatically enter lists of compromised passwords and user name pairs into lots of accounts to see what they can have access to.

To avoid multiple accounts being compromised a top tip is to use a range of passwords for different accounts and never use your corporate passwords different to personal ones as business can't guarantee their own cyber security. Try using password manager to support you with this and use <https://haveibeenpwned.com> to find out if your password has been compromised. Use 2 factor authentication on accounts such as emails. Again they ask you to report scams so police can keep up to date intelligence.

Sometimes calls are nuisance because they are cold selling calls and you just don't want them. Consider using an answer phone which allows you to hear the person speaking the message so you can decide whether you want to pick up or invest in a call screening system from your provider such as BT Call Guardian. Remember if you agree to buy something and change your mind, you have a 14 day cool off period to cancel any agreement. Generally it is best to ask for details in writing rather than agreeing directly on the phone.

Enjoy the cosy dark evenings in front of the fire and enjoy the autumnal beauty and harvest festivals and other lovely Autumn get-togethers. Check your parish magazine for local events and groups you can join and don't forget to see if you can apply for a warmer homes discount from your electricity or gas provider from 14<sup>th</sup> October if you are on a means tested benefit.

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@somersetcc.org.uk](mailto:izzy@somersetcc.org.uk) .I do only work part-time so it may take a day or two for me to return your call. Thank you

**Copy date for November's newsletter is 20<sup>th</sup> OCTOBER.** (Please mark for "Staple Diet" or "Newslewtter"). Phone 01984 632268 or email: [SeaFurlong@aol.com](mailto:SeaFurlong@aol.com)

