

# STAPLE DIET

No. 121 NOVEMBER 2019  
(The West Quantoxhead Village Newsletter)  
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633331

## ST ETHELDREDA'S CHURCH

3<sup>rd</sup> November 9.30am Eucharist with NM  
10<sup>th</sup> November 10.45am RBL Remembrance with NM  
17<sup>th</sup> November 9.30am Family Service with NM  
24<sup>th</sup> November 10am Benefice Eucharist at FIDDINGTON  
followed by bring & share lunch with NM & AFT, (his  
farewell)

## CLOCKS GO BACK ON SUNDAY OCTOBER 27TH

### SEPTEMBER'S 2019 WEATHER

Rainfall 64.5mm Temp. Between 8c and 27c.  
Winds between 5 Nw and 23 Nw.

### NOVEMBER COFFEE MORNING

The next coffee morning to be held in the Village Hall  
on Monday 18<sup>th</sup> November. All welcome.

### ST AUDRIES WEDDING VENUE - FIREWORK DATES

Saturday 2nd Nov 2019 - 9.45pm - Duration: 6 minutes  
Saturday 23rd Nov 2019 -: 9.20pm - Duration: 5 minutes

### VILLAGE HARVEST SUPPER

The Members of St. Audries W.I. would like to thank  
everybody who attended the Harvest Supper and helped  
raise £ 200.00 for The Back-Up Trust.

### VILLAGE HALL NEWS

The committee wish to invite villagers to a 'Christmas  
Get Together' on Saturday 7<sup>th</sup> December in the Village  
Hall from 10.30 am to Noon'ish. Come along and share  
your Christmas plans with your friends and neighbours  
over coffee and mince pies.

### 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.

### CHRISTMAS WORKSHOP

Come along and enjoy Wendy's Workshop to make your  
own Festive wreath and Christmas table arrangement on  
Monday December 9<sup>th</sup> St Audries Village Hall at 6.30 pm.  
£38.00 includes all flowers, foliage's, sundries and  
refreshments. Just bring along your apron and  
Christmas spirit to enjoy a fun evening, making your  
own for your guests and family to admire. Ideal for  
family, friends or work colleagues  
Contact Wendy on T: 01984 656843  
E: sales@flowersbywendy.co.uk to book your place.

### SLIMMING WORLD

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

Village Hall on 8.30pm. 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.

### NEW YEARS DAY 'BACON BUTTY' EVENT

A date for your diaries - this now traditional event will  
be held on Wednesday 1<sup>st</sup> January 2020, of course, in  
the Village Hall. This is a very popular event, no booking  
required, and is a great way to start the New Year with  
your family, friends and neighbours! More details next  
month. Contacts:- Mike Sanders 632759, Richard Hughes  
634714 or Ken Rowland 633612.

### ST AUDRIES W.I.

The next Meeting is on November 13<sup>th</sup> at 2.15 pm in the  
Village Hall, Speaker Robert Ricketts - "Antique  
Jewelry". Competition Old Jewelry. Trading Stall.

### WINDMILL INN LOCALS LUNCHES

I have been advised by the Windmill that the monthly  
locals lunches will be available 'as normal' on the  
second Thursday of November i.e. the 14<sup>th</sup>.  
Arrangements as previously;- 12.30 pm for 1.00pm for  
two courses at £10 per person. They would appreciate a  
call two days or so in advance on 633004 if you wish to  
attend so that they have a good idea of numbers. The  
menu choices will be available on the day. The Windmill  
also advised there may be some changes from December  
and they will be discussed with those attending on  
14<sup>th</sup>. Call Mike Sanders on 632759 if clarification  
needed.

### EAST QUANTOXHEAD VILLAGE HALL MARKET

Next is 10am - 12noon - on 16<sup>th</sup> November.

### ADVANCE NOTICE.

### EAST QUANTOXHEAD'S SUPER CHRISTMAS SALE WILL TAKE PLACE ON SATURDAY DECEMBER 14th

### ARGENTO ART & FRAMING

A new framing workshop and studio has opened in West  
Quantoxhead to provide a low cost and expert framing  
service. In addition we shall also be displaying local art  
works from time to time. Currently, the workshop will  
only be open at weekends and anyone wishing to discuss  
their framing requirements or to view items for sale  
should contact me for an appointment:  
Email. argentoartsframing@gmail.com. Phone. 248027.

### POETRY GROUP

October 31<sup>st</sup> meeting from 2.0 pm. at Weacombe Gate  
(home of Alan and Jenny Simson). Poems connected  
with Hallowe'en.

November 28<sup>th</sup> meeting from 2pm at Applegarth,  
Staple Lane where the topic will be music and Dance.  
No meeting during December. For further information  
please telephone Joyce Baxter : 633537.

### CRAFT GROUP

The group meet every Tuesday 2 to 4.30 in the village  
hall. We have a mixture of crafts in the group

patchwork, quilting, crochet, knitting, mosaic, cross-stitch and many more. June Bissell 632410

### 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.

### COULD YOU BE A MARIE CURIE HELPER OR COMPANION?

Marie Curie are looking for dedicated volunteers for their Helper and Companion Services in Somerset. The Helper Service offers emotional and practical support to people in your area living with a terminal illness. This includes visiting them at home, going out with them, or talking to them over the phone. The Companion Service is based at Musgrove Park Hospital in Taunton and offers one-to-one support for patients and their carers in their final days or hours of life. These volunteers give around three hours each week and provide companionship, comfort and emotional support for people on the hospital wards as well as family and friends who are visiting them. All services are completely free to the terminally ill person and full training and travelling expenses are given for all volunteers. If you are interested please phone 08003047400 or email southwesthelper@mariecurie.org.uk

### IZZY, YOUR VILLAGE AGENT'S ADVICE- "IT'S GETTING COLDER"

#### Thoughts about heating and insulation.

**SMART meter roll out continues.** The meters ensure that your bill is correct every month and not estimated. Smart meters tell you when your energy usage is high. They will save you money if you can turn off the high usage appliances but please don't turn off your heating and risk illness to save on the bills. **Free room thermometers** are available which tell you what temperature a room should be and how yours compares. Call : 0117 934 1400 or look in local information places such as libraries and CAB. Those on income based benefits can apply to their electricity or gas supplier for a warmer homes discount. If you find yourself getting into debt, always talk to your utilities company who may be able to support you. Contact Wiser Money 01823 461099 [enquiries@wisermoney.org.uk](mailto:enquiries@wisermoney.org.uk) or Christians against Poverty <https://capuk.org/> 01274 760720 for advice and support (This can vary depending on you postcode) and check money saving expert for good deals.

Open fires and wood burners need to be cleaned regularly. The National Fire Protection Association says, "Chimneys, fireplaces, and vents should be inspected at least once a year for soundness, freedom from deposits, and correct clearances. Also check that your smoke alarms and carbon monoxide alarms (for oil fired heating and open fires and wood burners) are working. Consider a home safety check from Devon and Somerset fire service <https://www.dsfire.gov.uk>. Call Freephone 0800 05 02 999 Who are focussing heavily on fire

prevention alongside the proposed service cuts (don't forget to sign the petition!).

Age UK are offering free practical advice about keeping warm and other information about how to insulate well and manage your heating costs for those over 65. Call: 01422 252 040 / 01484 535 994.

Cavity wall and loft insulation can really help and it is worth checking with your provider to see if there are any offers available Eon, EDF and NPower are mentioned by Martin Lewis

<https://www.moneysavingexpert.com/utilities/free-cavity-loft-insulation> Remember to be wary of sharing information with telemarketers and always research their offer independently and don't agree to anything on the phone!

Heating oil costs can be managed by using an oil buying scheme such as the one provided by ourselves <https://somerstrcc.org.uk/oil> 01823331222 or using an online comparison tool such as boiler juice <https://www.boilerjuice.com>

**Health Tip!!** - most of us think it is important to drink more in the warmer weather to avoid dehydration but did you know that the same can apply in wintertime too? Turning on the heat can also lead to dehydration especially as we get older so make sure you are regularly drinking even in the colder weather. Keeping adequately hydrated is especially important in helping to keep infections such as urine infections at bay and taking simple steps such as drinking enough water can help us stay healthier. If you have any concerns about your fluid intake then please contact your GP.

**Winter tip 1:** Drying clothes on a radiator can cause the damp to circulate around the house until it finds a cold patch where it will turn to mould. Try to keep the doors closed and windows open in the room that you use to dry. A bowl of salt can be used to catch the humidity or hanging wardrobe dehumidifiers can be purchased cheaply from discount stores. See Centre for sustainable energy 0117 934 1400 <https://www.cse.org.uk/advice>

**Winter tip 2:** If you are in the house throughout the day, you may consider volunteering and joining social groups so that you are not having to heat the house so much and this will also make the evenings less isolating.

**Winter tip 3:** Don't forget to check your drains and gutters for the build-up of debris which can cause blockages and splits when the water starts to freeze. Local window cleaners often offer this service if you are unable to check

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

**SOMERSET WASTE PARTNERSHIP WILLITON DEPOT**  
Now opens Saturdays & Sundays 9am - 4pm.  
Mondays & Tuesdays 9am - 5pm.

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

