



# STAPLE DIET

No. 122 DECEMBER 2019  
(The West Quantoxhead Village Newsletter)  
Editor - Duncan Stafford email



**Rector: Revd. Nicky Morgan 01278 732873**  
**Benefice Office 01278 732742**

**STETHEPREPA'S CHURCH**  
Sunday 1st Dec Eucharist at 0930 with PC  
Sun 8th Dec Eucharist at 0930 with NM  
Sun Dec 15th Family Service at 0930 with DB  
Sun 22nd Benefice Eucharist at 1000 with NM  
Sun 29th Benefice Eucharist at 1000 with NM at  
**STRINGSTON**

### OTHER DATES FOR CHRISTMAS 2019

**Sunday 1<sup>st</sup> December at 3.00pm** - A Gift of Toys Service at St Mary East Quantoxhead  
**Saturday 14<sup>th</sup> December at 5.00pm** - Follow That Star - Where's the Baby! Come and find the baby with us around East Quantoxhead village starting at the Church in EQH at 5.00pm - followed by the Switching on of the Christmas lights.  
**Sunday 15<sup>th</sup> December** - Carol Service at St Martin of Tours, Fiddington  
**Thursday 19<sup>th</sup> December at 6.00pm** - Stogursey C of E School Carol Service in St Andrews, Stogursey  
**Friday 20<sup>th</sup> December at 2.00pm** - Stogursey CofE School Christingle in St Andrews, Stogursey  
**Sunday 22<sup>nd</sup> December 6.30pm** - Benefice Carol by Candlelight in St Andrew, Stogursey  
**Christmas Eve, 24<sup>th</sup> December**  
3.00pm - Crib and Christingle in St Mary's Church, Holford  
4.00pm - Crib & Christingle in St Andrew's Church, Stogursey  
7.00pm - Carols in St Mary's Church, Stringston  
9.00pm - Eucharist for Christmas in St Martin of Tours Church, Fiddington  
**Christmas Day, 25<sup>th</sup> December**  
9.00am - Eucharist in St Peter, Stolford  
9.30 am - Holy Communion (BCP) in St Mary, Holford  
9.30am - Family Eucharist in St Mary, East Quantoxhead (East and West Quantoxhead)  
10.00am - Family Eucharist at St Mary, Kilve  
10.30am - Family Eucharist at St Andrew, Stogursey  
**Sunday 29<sup>th</sup> December**  
Benefice Eucharist at Stringston at 10.00am  
All are welcome to join in any of the services in any village. Please do come along.

### 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

### OCTOBER'S 2019 WEATHER

Rainfall 179 mm (only 8 days with no rain gauge reading)  
Last year 70.5 mm.  
Sunshine recorded on 18 days, Last year 9 days.  
Average monthly 8am Temp. 9.4c , Last year 9.2c.

### 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.

### THE MORNING

The next coffee morning to be held in the Village Hall on Monday 16<sup>th</sup> December. All welcome.

### BLUE BADGE HOLDERS.

If your badge is issued by Somerset CC note that they do not notify you when it needs renewing so you need to check the expiry date. Allow about six weeks to renew your badge which can be done on line.

### 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 friends and neighbours over coffee and mince pies.

### NEW YEARS DAY 'BACON BUTTY' EVENT

Just a reminder that this will be held as usual in the Village Hall (on Wednesday 1.1.2020 of course!) between 12 noon and about 2.00 pm. No entrance charge and only £2 each for a super bacon bap (both from our local suppliers) or gluten free with an egg. Coffee, tea or still orange drinks will be available at 50p each and/or BYOB if you wish. Come and welcome in the New Year with your friends and neighbours;- it's a very popular event which almost filled the hall last year so it if you are new to the village it is a great opportunity to come and meet the locals. Contacts are Mike Sanders 632759, Ken Rowland 633612 or Richard Hughes 634714 who look forward to seeing you all there.

### ST AUDRIES W.I.

December 11<sup>th</sup> Christmas lunch at the Windmill at 12-30 Followed by tea and parcels in the Village Hall

### VE DAY CELEBRATIONS

VE Day Celebrations are being held nationwide next year on Bank Holiday weekend starting Friday 8<sup>th</sup> May 2020. Would anyone be interested in organising an event for the village to celebrate this important event? Please let me know if you have any ideas. Michelle Francis Clerk to West Quantoxhead Parish Council 01984 633518

### EAST QUANTOXHEAD VILLAGE HALL MARKET

East Quantoxhead's Super Christmas Sale will take place on Saturday 14<sup>th</sup> December between 10am and noon.

### SWP: CHRISTMAS AND NEW YEAR WASTE

Collections at West Quantoxhead will be on Sunday December 29<sup>th</sup> and Saturday 4<sup>th</sup> January.

### ST AUDRIES WEDDING VENUE - FIREWORK DATES

Saturday 23<sup>rd</sup> November 2019 - Firing Time: 9.20pm - Duration: 5 minutes

### POETRY GROUP

There is no meeting in December. For further information please telephone Joyce Baxter : 633537

### REPORT FROM PARISH COUNCIL

Neighbourhood Watch Scheme - some residents are unaware that there is a scheme in the village. If you

would like further information or would like to receive the email updates, please contact Cllr Sue Sherry. Her email is [suepsherry@yahoo.com](mailto:suepsherry@yahoo.com)

There are no coordinators for the following areas of West Quantoxhead, Staple Lane, the main road (down the A39), Rydon and Weacombe. If anyone is interested in being one of the coordinators please contact Paul Johnson on 07889 656 575 or 01278 649611, he is the NH watch Admin.

**Road Signs** - we regret the road signs are still not sorted. We are trying to have them back in place asap. The request for a crossroad warning sign has been declined.

**Free Parking** - Cllr Davies advises there would be free parking on council sites on the four Saturdays leading up to Christmas in Williton, Watchet, Dunster, Minehead and Wellington - but not Taunton. Also, free parking for Dunster by Candlelight at Warren Road upper car park for the park and ride service. The Taunton Park and Rides are now open on Saturdays.

**There will be an Ice-Rink** in Castle Green from early December until early January. £10 for adults, £8 for children under 15.

**Duke of Edinburgh** scheme has three volunteer opportunities - please contact Michelle for further information on [westquantoxheadpc@gmail.com](mailto:westquantoxheadpc@gmail.com)

#### **WINDMILL INN LOCAL'S LUNCHES**

The monthly local's lunches will be available 'as normal' on the second Thursday of December 12<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. Call Mike Sanders on 632759 if clarification needed.

#### **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](mailto:sales@flowersbywendy.co.uk) to book your place.

#### **CRAFT GROUP**

WE BREAK UP FOR CHRISTMAS ON TUESDAY 10<sup>th</sup> DECEMBER & RETURN ON TUESDAY 7<sup>th</sup> JANUARY 2020.

The group meets every Tuesday 2pm to 4.30pm 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.

#### **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).

#### **FROM YOUR VILLAGE AGENT**

**Plenty to do this December** It can be a busy time for your GP and A&E. Many agencies close over the

Christmas break or operate on skeleton staff. Here are some ideas to get you thinking about ways to keep us all safe, healthy and entertained over the darkest month.

**Make sure you get out and about!** The darkness and bad weather are very isolating. Keeping in touch and making friends via community activity reduces isolation and also means people are thinking of you and will miss you should you have an accident over the Christmas break. We have a listing of the local Christmas events on our website <https://somersetagents.org/someretchristmasevents/> or call us on 01823 331 222. Perhaps you could take an elderly neighbour with you?

**Get out in the light.** Take a lunch time walk and expose some skin to soak up some daylight. The NHS suggest there is not enough sun to gather your vitamin D. It suggests supplementing it between October and March. <https://www.nhs.uk/live-well/healthy-body/how-to-get-vitamin-d-from-sunlight/>

**Free Flu Vaccination** Check with your GP to see if you are eligible for a free flu vaccine or buy one from your pharmacy. By protecting yourself you minimise spreading infection to others. Advice from <https://www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/>

**Watch out for Scams:** Watch out for counterfeit goods and websites which do not have the HTTP//, the lock symbol, a - instead of a .com, fake holiday offers are also rife, as are phone calls. Phishing too is increasing, Never buy goods from your work computer as you could unwittingly expose your client's personal data and never use public WIFI to shop.

**The Family Invasion!** Preparing for their visit can be stressful. Pre-plan with the family so everyone knows what to expect, perhaps reduce present buying by having a "Secret Santa" scheme so everyone gets one present rather than one each from everyone. Sharing the cooking load by getting family to bring dishes can help as can getting them to bring their own duvets. Put away any fragile objects or special toys so younger children don't cause upset and have house rules such as out of bounds teenage rooms to reduce friction. Don't forget to remove any sharp equipment, climbing temptations (including chords on blinds), dangerous liquids and medication from sight and height so you don't spend time at the A&E!

**Don't be Alone:** join a volunteer group such as the Salvation Army, Crisis, Shelter and Do it. You will need to check this early as some charities require training and so will expect more commitment than help on Christmas day only. Your local parishes may have a project that needs a volunteer. Perhaps you may have space to entertain a guest who may be on their own at Christmas. If you are alone and unable to volunteer, ask us if there is a Christmas Lunch locally that you can attend.

If you are travelling to someone's at Christmas, do use the AA driving in winter guide and if you are travelling abroad, well I am very jealous!

Copy date for January's newsletter is **15<sup>th</sup> December**. (Please mark for "Staple Diet" or "Newsletter"). Phone 01984 632268 or email: [SeaFurlong@aol.com](mailto:SeaFurlong@aol.com)

