



STAPLE DIET

No. 123 JANUARY 2020

(The West Quantoxhead Village Newsletter)

Editor - Duncan Stafford email SeaFurlong@aol.com



AD VILLAGE HALL MARKET

Saturday 18th January, 10am till Noon

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

CHRISTMAS COFFEE MORNING

NB, CHRISTMAS DAY SERVICE IS 10am AT
EQ

On Saturday 7th December the village hall resounded to the happy sound of villagers chit-chatting over filtered coffee and warm mince pies. A pity the event wasn't as well attended as it might have been; decorations hung by Wendy & Mark Philipson, together with Mike Sanders, were stunning and really gave a festive atmosphere to the morning. Although the morning was ostensibly to get the villagers together before Christmas, with the kind donation of raffle prizes, the nett total raised was £99.00 that will, of course, go towards the upkeep of the hall.

ETHELDREDA'S CHURCH

Sunday 5th Jan 9.30am Eucharist with SC
Sunday 12th Jan 9.30am Eucharist with DB
Sunday 19th Jan 9.30am Family Service with NM
Sunday 26th Jan 10.00am Benefice Eucharist at **HOLFORD**

It isn't too late to come along and admire the decorations as they will still be in situ for the "not-to-be-missed Bacon Butty on New Year's Day - and if you are new to the village if for no other reason this is an annual MUST.

CAROL SINGING

PLEASE COME AND JOIN OUR CELEBRATION
AT **ST.AUDRIES CHURCH**
At 4pm on **FRIDAY DECEMBER 20th.**
Mulled Wine & Mince Pies.

SLIMMING WORLD

Donations of Tinned or Packaged food for
"THE QUANTOCK FOOD CUPBOARD"
Will be greatly appreciated

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

BENEFICE DATES FOR CHRISTMAS 2019

Thursday 19th December at 6.00pm - Stogursey Cof E School Carol Service in St Andrew's, Stogursey
Friday 20th December at 2.00pm - Stogursey CofE School Christingle in St Andrew's, Stogursey
Sunday 22nd Dec at 10am Benefice Service at **WQ** with NM
Sunday 22nd December 6.30pm - Benefice Carols by Candlelight in St Andrew's, Stogursey
Christmas Eve, 24th December
3.00pm - Crib and Christingle in St Mary's Church, Holford
4.00pm - Crib and 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, 25th December
9.00am - Eucharist in St Peter's, Stolford
9.30 am - Holy Communion (BCP) in St Mary's, Holford
9.30am - Family Eucharist in St Mary's, East Quantoxhead (For East and West Quantoxhead)
10.00am - Family Eucharist at St Mary's, Kilve
10.30am - Family Eucharist at St Andrew's, Stogursey
Sunday 29th December
Benefice Eucharist at Stringston at 10.00am
All are welcome to join in any of the celebrations in any village. Please do come along.

NEW YEARS DAY 'BACON BUTTY' EVENT.

A final reminder that this very popular event will be held on Wednesday 1.1.2020 between 12 noon and 2.00 pm in the village hall. Entrance is free, cost will be £2 each for a large bacon bap or a gluten free option with an egg. Coffee, tea or still orange drinks will be available at 50p each or BYOB if you wish. We look forward to filling the hall with villagers and friends and hopefully some new faces. Contacts are Richard Hughes 634714, Ken Rowland 633612, or Mike Sanders 632759.

WINDMILL INN LOCALS LUNCHES

The monthly Local's Lunch will be available on the second Thursday of January ie 9th, 12.30pm 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.

The Windmill has since advised that the planned refurbishment is now unlikely to start until at least February so that the lunches will be available as normal on January the 9th. Call Mike Sanders on 632759 if clarification is needed.

CRAFT GROUP

WE RETURN ON TUESDAY 7th 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

COFFEE MORNING

The next coffee morning to be held in the Village Hall on Monday 20th January. All welcome.

THE PROBUS CLUB OF THE QUANTOCKS

The Probus Club meets Tuesdays at the 'Windmill Inn' 10.30am for coffee and interesting talks on many

SOMERSET WASTE COLLECTION DATES FOR WQ
DECEMBER 20, 29, JANUARY 4, 10.

NOVEMBER'S 2019 WEATHER

Rainfall 206 mm, Sunshine recordable on 11 days
Wind. 40+knots on the 2nd, 11th /12th and 30knots on the 30th
Snow - While not in village, laying snow on hills above 500 ft on the 14th (AND -the wind gust at 10.30pm on December 12th hit 66 mph or was it knots!)

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.

ST AUDRIES W.I.

January 8th Speakers Sharon and Claire on "Shape Wear and Knicker-Bocker-Glory". There will be a TRADE STALL

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

Daphne Wheeler is hosting our first meeting at Ferndal, The Avenue, from 2.0 pm on Thursday 30th January - our topic is "Time". We welcome all readers, new and old. For further information please telephone Joyce on 633537.

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.

Welcome to 2020! FROM YOUR VILLAGE AGENT

A Very Happy New Year and New Decade - January - Is your glass half full or half empty? Do you start the New Year with resolutions and excitement or shiver with the horror of bad weather, no money and dark nights? Take the half full- option and embrace a more positive mindset to support you through the harsh winter months when life can be most challenging. You don't need to pay a fortune on diet and detox kits, heating or a holiday to survive winter. Appreciate the beauty of winter to keep you feeling upbeat. Look for the joy in the beautiful sunrises, you may already be at work when they happen but at least it is not at 4am like in June! Watch the murmurations of the starlings and take a walk to see the flooded fields or look out of the window at the winter birds or the different weather formations. Think log fires and walks or time to snuggle under a duvet, with a hot water bottle on the sofa and not feel guilty about watching the TV or reading a book all day! Get excited by planning the work you are doing in the garden for next summer or researching where you want to go on holiday. Eat local and simple foods. Making cheap, homemade vegetable soups keeps you warm and full throughout the day. They can be whipped up in about 15 minutes and cost far less than a detox plan or the heating on! Driving can be tricky over this period, the rush hour is in the dark and the roads can be filled with ice, floods, potholes and wet leaves. We have many deep ditches on the sides of our roads which fill with icy water at this time of year. Not a pleasant place to be trapped in your car!

I have turned to the AA advice to share with you to keep us all safe. There are great tips on how to drive through a flood and in ice so do look it up. I have included a few preparation tips.

<https://www.theaa.com/driving-advice/seasonal/winter>

A VERY
HAPPY CHRISTMAS
TO YOU ALL

to walk home! Enough petrol, a blanket and water are useful for motorway journeys, just in case you get stuck in long queues.

Antifreeze only costs a few pounds, but a frozen and cracked engine costs hundreds to repair. You need a 50-50 mix of antifreeze and water for the winter. Do check you have the correct type for your car. Keep the windscreen and other windows clear of dirt, snow and stickers, to avoid a fine. Clear snow from the roof - it can fall onto the windscreen and block your view.

Air-con demists the screen faster and reduces condensation. Replace worn or damaged wiper blades.

Don't leave your wipers on auto when you park up if there's a risk of frost. If the [blades freeze to the screen](#), you could damage the blades or wiper motor when you turn the ignition on.

Use a suitable additive in your screen wash to reduce the chance of it freezing.

Keep number plates clean, to avoid fines.

If you use fog lights, remember to switch them off when visibility improves so they don't dazzle other drivers or obscure your brake lights.

Use a cigarette lighter to warm a key for a frozen lock.

Also here are some top tips for staying well in the cold - and we know the past couple of years have bought particularly cold weather in the late January - March period with various Beast's storming in! These are particularly aimed at people who Care for others but useful for everyone too!

Ten Top Tips for to help keep us in good health this winter

Pressure ulcers often start in the home. If you notice a red spot that doesn't blanch when you press it, it could be the start of a pressure ulcer.

Do not rub areas of red skin as it could cause a breakdown of skin.

Rubber rings can create areas of increased pressure not prevent them.

If incontinence products are used try to not multilayer them as this could increase the risk of pressure ulcers occurring.

When moving out of bed try not to ruck up sheets or bedding which could drag on the skin.

Where possible, reposition or move regularly to avoid prolonged periods of high pressure.

Remember that dehydration does not only occur in the summer. When we turn the heating on we still need to keep hydrated.

Keeping properly hydrated helps to prevent against Urinary Tract Infections.

Incontinence issues? Try switching to decaffeinated drinks but switch over slowly to allow the body to get used to the withdrawal of caffeine. Keep drinking at regular intervals during the day as this can actually help with incontinence issues.

Remember good hand hygiene can help prevent against bugs and infections. Infectious illnesses, like 'flu and norovirus, (the 'winter vomiting bug'), are very common at this time of year and whilst the fit and healthy can recover quickly from their symptoms, the elderly and those living with long term conditions are particularly vulnerable and can become quite ill. Good personal hygiene, like washing your hands with soap and water after going to the toilet and before preparing food for others is an essential way to reduce the spread of unpleasant illnesses to friends and family.

Copy date for February's newsletter is 20th January. (Please mark for "Staple Diet" or "Newsletter"). Phone 01984 632268 or email: SeaFurlong@aol.com

2020 AT LAST!
HAPPY NEW YEAR
EVERYONE!

Remember to pack a coat and strong shoes throughout the winter. You may get stuck in the snow, flood or mud and need