**STAPLE DIET**

**No. 125 MARCH 2020**

**(The West Quantoxhead Village Newsletter)**

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**ST ETHELDREDA’S CHURCH**

**Sunday 1st March** Eucharist 9.30am with TS

**Sunday 8th March** Eucharist 9.30am with DB

**Sunday 15th March** Family Service 9-30am with NM

**Sunday 22nd March Mothering Sunday**, Benefice Eucharist 10 am with NM

**Sunday 29th March** Benefice Eucharist 10am with NM **at KILVE**

**JANUARY’S 2020 WEATHER**

Rainfall for January 77mm

Last year 21mm of rain and a light snow fall

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**ST AUDRIES W.I.**

The next meeting is on 11th March at 2.15pm in St Audries Village Hall.

                           Speaker Brian Wright

                               " Touch Wood "

                      An exploration of Superstitions

                              Competition :- Wood

**WINDMILL INN LOCALS LUNCHES**

The planned refurbishment of the Windmill has yet to start so it is probable the next Locals Lunch will be held on the second Thursday of March ie the 12th. The usual arrangements should apply:- 12.30pm for 1.00pm for two courses at £10 per person. Please call the Windmill on 633004 well ahead to make a booking and check on the latest situation.

Mike Sanders 632759

 **COFFEE MORNING**

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

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**CRAFT GROUP**

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.

**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.



**ST.AUDRIES FLOWER FESTIVAL**

 **ON JUNE 20th & 21st**

**Please will anyone willing to help in any way at the**

**JUNE ST. AUDRIES FLOWER FESTIVAL**

kindly come to a planning meeting at our Church on **April 6th at 2.30pm** to discuss and volunteer for the multitude of jobs required.

They include, flower arranging, erecting marquees, stewarding, stalls, refreshments

**Renew your garden waste collection**

They come with a bonus that the price did not rise 2.5% with inflation but fell £1.40 to £55.50 for 2020-21. This reflects reduced costs from the great deal SWP did with new collections contractor SUEZ.

**Swift renewal of garden waste subscriptions is essential as past flexibility to collect from late payers is no longer possible from 1 April.**

**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.

**POETRY GROUP**

Will be held on Thursday, 19th March at 2.30 pm at Lark Rise, Weacombe Road (home of Vicky Nash) when the topic will be Joy and Happiness.

**SOMERSET WASTE PARTNERSHIP – FEED MY FACE**

SWP is urging us to save all our food waste for them! During the next three months they will deliver a leaflet and sticky reminders. They suggest we and they can save £1,000,000 and 882 tonnes of CO2 by putting it through a relatively local bio-digester. Meanwhile the energy from Waste Plant (EWF at Avonmouth)) will soon be up and running. Garden Rubbish collection charge had dropped to £55.50 per annum.

**KEEP WARM**

To Keep Warm EDF suggests we check the weather updates, we seal all nooks and crannies, the depth of insulation, closing curtains, there is enough money in the prepayment meter, no electricity ring 105, wrap your pipes.

**EAST QUANTOXHEAD VILLAGE HALL MARKET**

The next Village Market will be on Saturday 21st March between 10am and Noon

**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

**FROM YOUR VILLAGE AGENT**

**IZZY's HELPFUL ADVICE**

March brings a stirring of energy. You can hear it, even feel it all around you as spring breaks.

Mother’s Day was traditionally a time to return to the Mother Church, to your family and your roots. A time to reflect and feel grateful for the support you have received and the beautiful world around you. Today mindful reflection and gratitude for even the smallest things has been proven to increase your mental well being, and an important way to feel good – try 5 minutes of this type of thinking when you wake up in these lighter mornings, it’s a great positive start to your day!

CCS Somerset Agents are here to help you to get the most out of your life. They work with anyone who asks for support and can be found in your

parish or Benefice magazines and our website www.somersetagents.org

Carers Agents will support you if you are over 18 and are looking after someone in an unpaid capacity whether that’s your child if you are their Carer, partner, relative or friend – lots of advice and support options can be found at www.somersetcarers.org or by calling our freephone helpline 0800 3168 600.

Community Agents will support you with a referral from Adult Social Care (call Somerset Direct on 0300 123 2224) or may work direct from your local doctor’s surgery.

To find out more pop-in to our Talking Cafe at Williton – free drop ins – and meet one of the CCS Agents who can set you up with the right support for you. See below for your local Talking Café:

Williton: Williton Pavilion, Killick Way Every Tuesday 10am – 12 noon

Not sure who to turn to? Village Agents are a charity that work with individuals and social groups to give confidential support and advice. We can enable people to be more independent in their home, manage personal finances, care for family members and advise on just about anything!

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 do only work part-time so it may take a day or two for me to return your call. Thank you.

**POLICE COMMUNITY SUPPORT OFFICERS WANTED**

**The 7164 Northeast & Somerset PCSO Recruitment Opens** is looking for recruits. Contact [Http://bit.ly/13ApplyTOBEAPSO](http://bit.ly/13ApplyTOBEAPSO)

**#BEHEARD WITH VICTM SUPPORT**

As part of the #BeHeard campaign, we spoke to Frances Keel, Victim Support Manager from Victim Support: At Victim Support, we offer support to adults affected by absolutely any crime type, whenever it happened and whether or not it's been reported to the police.

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