**STAPLE DIET**

**No. 126 APRIL 2020**

**(The West Quantoxhead Village Newsletter)**

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**ALL USUAL CHURCH SERVICES ARE SUSPENDED**

**ST ETHELDREDA’S CHURCH REMAINS OPEN BUT THERE WILL BE NO PUBLIC / USUAL SERVICES UNTIL FURTHER NOTICE**

Attendances at Marriages are limited to nine persons including the Rector and Funerals will be limited to close family. There will be no Baptisms. Banns will be referred to the Registrar.

Flower arranging will resume at Eastertide. Cleaning is ongoing!

**THE ST.AUDRIES FLOWER FESTIVAL HAS BEEN CANCELLED**

**FEBRUARY’S 2020 WEATHER**

RAIN.............. 208 mm

SUNSHINE... at least 1 hr on 12 days.

SNOW........... possibly 1 mm on the higher parts of the

 village on 11th and 26th

WIND............ There was no wind recorded on the 5th BUT............. GUSTS to 60 + Knts on the 9th , (10th ,70+ Kns) 15th ,16th ,20th ,21st. On other days it simply blew!

Year 2018 rainfall for February 23 mm

Year 2019 rainfall for February 59 mm.

 **COFFEE MORNING**

Following the latest Government recommendation regarding Covid-19, and the understandable fact that only three villagers turned up on the 16th March, it has been decided there will be no more coffee mornings for the foreseeable future.  As soon as is safely possible normal service will resume.  Sue Sanders.

**ST.AUDRIES VILLAGE HALL TEMPORARY CLOSURE**

Due to the considerable number of Group cancellations already, the Village Hall Committee has decided that the most sensible measure to take is to close the Village Hall until further notice. Those with a particular requirement should call the bookings secretary, Mark Philipson on 631947. We hope this will be short lived.  Sue Sherry.

**CRAFT GROUP, ART GROUP, ST AUDRIES W.I.**

**PILATES, SLIMMING WORLD**

As these are all held in the Village Hall, they will unfortunately be cancelled until further notice.

 **OTHER CANCELLATIONS UNTIL FURTHER NOTICE**

**EAST QUANTOXHEAD VILLAGE HALL MARKET, POETRY GROUP, WINDMILL INN LOCALS LUNCHES, PROBUS CLUB.**

**KIND OFFERS OF HELP DURING THE CORONAVIRUS CRISIS**

 **ST. AUDRIES GARAGE**

The Parish Council has arranged for the Garage to deliver goods for those isolated or unable to get out.  Money can be left by the front door for when they deliver.  Obviously they can only supply what they have in stock.  Telephone No. 632251.

**ANGELA WILLCOX**

I am writing in regard to keeping in contact with anyone in the village who may be invalided, ill, living alone or needing assistance over the coming weeks/months.
I would like to offer my assistance with any cooking, driving, providing of provisions or whatever else that may be needed for anyone in particular need.
I wonder if we can create a ‘contact’ by email or phone for anyone in the local vicinity that would feel reassured knowing that someone close by was able to help.
Angela Wilcox, Landshire House, West Quantoxhead, TA4 4DX 01984 639969

**BICKNOLLER PARISH RESIDENTS**

If you are self isolating due to COVID-19, Bicknoller Parish Residents would like to help. Please contact:

Kevin and Teresa Ogilvie-White at

quantockcottage@gmail.com or 07834 902734

Deirdre Gasgoine at dchgascoine@gmail.com or 07929 220614

Penny Hardy at hardy2007@btinternet.com or 07899 994413

They can help with picking up shopping, prescriptions, mail, urgent supplies, friendly home call or doorstep chat. Just email, phone or text and they will try to help. Follow them on www.facebook.com/groups.Bickpost

**STAY AT HOME ADVICE**

**DO NOT** go to work, school or public areas, use public transport or taxis, have visitors, go out to get food or medicine.

**DO** go out in the garden for exercise BUT do stay at least 2 metres from other people.

**ROYAL VOLUNTARY SERVICE COMMUNITY COMPANIONS PROJECT**

We are currently developing a volunteer-led initiative across West Somerset and Taunton to help reduce isolation and loneliness within older people.

The project - known as Community Companions - primary focus is to recruit and train small teams of volunteers to provide companion support to the most isolated within their own communities. The more local the focus the better. Royal Voluntary Service provides all the background support, DBS’s, safeguarding, insurance and training services for the volunteers to facilitate such activity to happen safely.

 We are currently looking to promote the information below on the project throughout West Somerset and Taunton. The aim would be to attract volunteers to join the project and establish a local support network that can then reach out to help the most isolated.

Rob Jones, Project Manager - Community Companions, Volunteer- Led

 Royal Voluntary Service

Beck Court, Cardiff Gate Business Park, CARDIFF CF23 8RP

Mobile: 07341778466

Email: Rob.Jones@royalvoluntaryservice.org.uk

Web: [www.Royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk/)

**FROM YOUR VILLAGE AGENT**

Royal Voluntary Service Community Companions project is an easy way for you to be there for someone who is feeling isolated, lonely or disconnected from their local community. Royal Voluntary Service can support you to form and run a volunteer-led branch. This means local people working together to support local people. Each branch has its own unique identity and focuses on the needs of their community. Our branches are each run by a small team of volunteers who in turn usually have a wider team of volunteers working with them. Royal Voluntary Service provides all the support, insurance, training and compliance checks to ensure each group is safe and legal. You can use your chat, smile or simply your company to help people feel confident and remain independent by keeping them connected with others. No two Community Companions Branches and activities are the same. It depends on the needs and wants of the local community, which means you can find the volunteering opportunity that’s right for you. By providing one to one support to people who are isolated and lonely you will be participating in a service that brings hope to those in your community who are most in need. At the same time you will become part of a team of dedicated local people who all want to give something

back to their community through the gift of volunteering.

When someone is feeling a bit lonely or needs support, a Community Companion can brighten their day. It could involve being there for someone for a few weeks or longer and could include any number of activities. Older people living alone are particularly at risk of loneliness, isolation and malnutrition. By offering practical help, you can provide them with much-needed companionship as well as making sure that they are safe and well. It’s worth remembering that volunteers don’t get involved in medical matters, such as giving medicines, providing personal care, bathing or dressing. As a volunteer, you won’t do anything that might put you or the person you’re seeing at risk.

Easter! A time for short spring breaks, chocolate and hot cross buns! This is easily my favourite time of year as the sun begins to warm your back and the countryside becomes a little more

 accessible again as the mud dries out. The A39 will be packed with holiday makers rushing down to the coast and our National Trust properties will be full of Easter egg hunts and special events.

It is important to notice the seasons as life can be such a rush or can become very monotonous unless we take the time to mark special days and times – and this doesn’t have to mean spending lots of money! Here’s a few suggestions to get you out and about this April:

\* Take a trip to church to pray or take time to wonder at the beauty of the building or just enjoy the peace. If you find it hard to get there alone, call the church numbers listed in your parish magazine to ask for support.

\* Spring Fairs are often free or low cost, such as Mells Daffodil Festival.

\* Try a health walk to lift your spirits with good company. Ask at your local surgery or try

 https://www.southsomerset.gov.uk/media/2861/step-out-and-join-our-health-walks-181219.pdf There are many across Somerset varied to suit to your ability to walk. Don’t forget it is possible to hire wheelchairs, some places have vehicles you can borrow at the property.

https://www.accessiblecountryside.org.uk/somerset.

\* Take a walk across the footpaths that cross National Trust properties so you can soak up the beautiful landscapes without paying to enter.

\* Join the community transport scheme if you are not able to drive to get out and about:

https://www.travelsomerset.co.uk/community-transport-services/

\* Look online for children’s events. Facebook has some excellent pages such as What’s’ On Somerset, Things to do with Kids in Somerset.

\* Activity Village has lots of Easter Crafts to print and the Short Breaks scheme is available if you have a child with a disability. https://choices.somerset.gov.uk/025/social-care/childrens-short-breaks/

\*BBC Radio Somerset or the Somerset Live website has up to date event information. There are often local \*Easter markets or Bingos that you can visit to get the feeling of celebrating Spring, look in your parish magazine or website.

\*Join your local village coffee morning or one of our Talking Café’s. www.somersetagents.org/talking-cafes/

\*If you are home alone and find it hard to access the outside world, give your local CCS Village Agent a call and we will work on solutions to support you in getting out and about, perhaps finding a volunteer to support you to get to a local event or to regular social groups and lunches. Find your local agent at www.somersetagents.org/find-an-agent/

**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.**

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