**STAPLE DIET**

**No. 128 JULY 2020**

**(The West Quantoxhead Village Newsletter)**

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Message from the Rector - Revd Nicky Morgan

Events are moving very fast at the moment as regards easing lockdown measures.  Just last week the Parochial Church Council of St Etheldreda's voted marginally not to open the church at this current moment in time. However today we hear that the government is recommending that places of worship be open for services in July and that weddings of up to thirty guests may take place as from later next month.

Most of the weddings that were scheduled for St Etheldreda's this summer have been postponed until next year. One in particular is outstanding where the hope is to be married quietly this year with a large party at St Audries park next year, one of the party being a European national and concerned about the impact of brexit legislation if the wedding were to be delayed.

There is also talk of services nationally  being resumed some time in July, although we await guidance from the church of England on this very sensitive matter.

Whether church services take place so quickly, and whether one off small wedding gatherings take place, I would hope to report that the PCC are happy for the church to be open for use for private prayer shortly.

Nobody is obliged to come into the church. Nobody should feel that they must be at the church. If a wedding does take place, organists, vergers, bell ringers , flower arrangers and any other member of a welcome team are not expected to be present. Couples will be made aware of this. The choice to continue under such circumstances  is theirs alone.

Thank you for your support and understanding over these difficult times.

I look forward to seeing you and being with you all again.

In the meantime keep well and stay safe.

Best wishes Nicky

Meanwhile a Zoom Link for the temporary Sunday service at 10-30am can be obtained from the Rector on Saturdays.

**The Benefice Magazine will be published for August. Please note entries should be in by July 12th .**

**ST AUDRIES VILLAGE HALL REMAINS CLOSED**

**THE SOMERSET BEREAVEMENT SUPPORT SERVICE**

Can be reached on 0800 304 7412 between 9am and 5pm Monday to Saturday.

'Marie Curie Companions' will advise those over 18 and 'Mind in Somerset' advise adults and under 12s

**KIND OFFERS OF HELP DURING 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**

Angela continues to offer assistance to anyone needing assistance in the village withany cooking, driving, providing of provisions, reassurance or whatever else that may be needed.

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](mailto:quantockcottage@gmail.com) or 07834 902734. Deirdre Gasgoine at [dchgascoine@gmail.com](mailto:dchgascoine@gmail.com) or 07929 220614. Penny Hardy at [hardy2007@btinternet.com](mailto: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](http://www.facebook.com/groups.Bickpost)

**DON'T FORGET - REMAIN VIGILANT**

**BEWARE OF PHONE AND EMAIL SCAMS**

**MAY’S WEATHER**

Weather recorded at West Quantoxhead

Rain 12 mm. Max Wind 40kn SW veering NW.

Temp. for a minimum of 1 hr. on three days reached 24.8c and just failed to reach 25c. It did however reach 23.0c on 8 days.

**PICTURE FRAMING AND RESTORATION SERVICE.**

If you have artwork or memorabilia that requires framing or you just need some advice then there is a professional and low cost service right here in the village. I frame mostly at weekends and visits to my workshop are by appointment only. You can contact me, John, on 07748463421 or 01984 248027 to arrange an appointment. Visits will observe current social distancing and hygiene measures.

***"THE SEA MORGAN'S BABY"***

*A fisherman crept down to St. Audries Bay well into the dimpsy. Curious, because he’d heard someone singing down there in the dark. Down he tiptoed as best he could, but the shy Sea-Morgans heard and dived in such haste from the rocks back into the sea. Alas as they, the Sea-Morgans, left, they abandoned their baby Sea-Morgan by the waterfall, where the fisherman found her joyfully cooing, chuckling and kicking.*

*Despairing the loss of his own daughter, he carried this baby Sea-Morgan home to his wife, who put the babe straight into her own infant’s cradle. His tearful wife smiled with joy as she dried the babe, but noticed no matter how she tried, the baby’s hair always smelt of the sea and never once dried.*

*The child grew up with a love of the sea, the rivers and brooks; she paddled and dabbled, danced and dived in all the trout streams, the lakes and the ponds. A beautiful, wonderful daughter she was, and one of whom they were proud.*

*Years later, a neighbour came by and told her t’wer’n’t right for a child such as she to be playing all day with wet hair in the sea. The girl laughed, but the couple were sad, so they bustled the biddy away. Whatever be that? Said she, as she went, for she’d heard the song of the sea. That’s my song, sang the child, I’m needed tonight in the storm!*

*Assuming the girl was a witch, the biddy sped off and roused the men of Staple and Doniford with the tale. No matter how and where they chased her the Sea-Morgan child escaped. They heard the waves on the rocks and they heard her song as she ran to the sea.*

*They said 'A great wave took her' and sadly she never returned to St.Audries Bay!*

**ALL CORONA VIRUS HELP AND ADVICE FROM SCC IS NOW AVAILABLE IN A SINGLE PLACE**

[**https://www.somerset.gov.uk/coronavirus/covid-19-latest-advice/**](https://www.somerset.gov.uk/coronavirus/covid-19-latest-advice/)

**'QUANTOCK FOODBANK'**

email: quantockfoodbank@gmail.com tel. 07483 815122

**TOP TEN ITEMS REQUIRED:**

**Part baked bread, Sweet biscuits**

**Savoury Biscuits, Jams and spreads**

**TINS:**

**Potatoes, Sweetcorn, Hot Meats, Cold meats**

**Snack meals but Not Beans or fish**

**THANK YOU! You have helped us feed 3,750 people**

*I would like to take this opportunity to thank you all so much for your amazing response to the Quantock Foodbank’s appeal for specific items in order to enable us to restock our shelves during this time of hardship for so many individuals and families in our beautiful corner of Somerset.*

*During the period of complete lockdown, the Quantock Foodbank supplied 1045 people with food, toiletries and household items. Sadly, we can only expect the numbers to rise as furloughed workers face an uncertain future and businesses reduce their workforce. We are also coming up to the school holidays when, in the past, the Foodbank has responded with Holiday Hunger projects.*

*We are truly grateful for every item and cheque donated; it seems that your generosity knows no bounds! Who could have foreseen that we would be in this situation today?*

*However, our reliance on prayer and Christ’s teaching encourages us to embrace the future with confidence, for he says, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’*      Kathryn Flenley, Chair

**CORONAVIRUS**

**BBC as of 17th June kindly provided by Vicky Nash**

# The new rules for the 'day out'     High streets, retail parks and shopping centres are buzzing with life. But in many areas public toilets are closed.

After the opening of shops, theme parks, museums and leisure centres are working out how they could reopen safely, as lockdown restrictions ease in the UK.

Britain's leisure and cultural attractions are preparing for a government announcement that they too will be allowed to reopen.  **Ticket only** - Even free museums are looking at introducing online ticketing. Museums will be some of the first spaces to reopen their doors but it will be a different experience.

**UK holidays cannot start before at least** the start of July.

**Foreign holidays remain difficult because of innsurance.** British nationals are still being urged **not to take any non-essential foreign travel**.

**Who should wear a face mask or face covering?**

Face coverings on public transport - and for hospital staff, outpatients and visitors - will be compulsory in England from Monday 22nd June.

**Where am I supposed to get a face covering**?

**You make it!** Unless it is defined as a 'mask'.

**How many cases and deaths in your area?**

**Somerset 790** confirmed cases out of a local population of 562,225 - to 16th June

**REOPENING ANNOUNCEMENT ON JUNE 23rd BY BBC**

**Kindly Provided by Vicky Nash**

T**he 2m social distancing rule** will be relaxed to "one metre plus" where 2m is not possible - but will be encouraged to mitigate in places to reduce transmission

**The venues listed as being able to reopen include:**

**Pubs, bars and restaurants** - but only with a table service indoors and outdoors, and owners will be asked to keep contact details of customers.

**Hotels, B&Bs,  holiday apts, campsites and caravan parks** - but shared facilities must be cleaned properly.

**Theatres and music halls** - but they will not be allowed to hold live performances

**Weddings** may have 30 attendees, and places of worship will be allowed to hold services

**Hair salons and barbers** will be able to reopen but must put protective measures, such as visors, in place

**Cinemas, museums, galleries** and other attractions may reopen, but not "close proximity" venues eg indoor gyms.

People may meet one other household at a time indoors with social distancing. Meet-ups do not always have to be with the same household

**The following places will remain closed by law**

Nightclubs and casinos

Bowling alleys and indoor skating rinks

Indoor play areas including soft-play areas and Spas

Nail bars and beauty salons

Massage, tattoo and piercing parlours

Indoor fitness and dance studios, and indoor gyms and sports venues/facilities

Swimming pools and water parks

Exhibition or conference centres - other than for those who work for that venue.

**The changes to social-distancing**  follow after appeals from the hospitality industry and Conservative MPs.

**Current evidence** suggests being 1m apart carries between two and 10 times the risk of being 2m apart,

According to UK Hospitality 2m distancing would see, on average, venues trading at 30% capacity, whereas 1m would put it up to 70%.

**link on line**  scientists advising the government say.

PM Boris Johnson told MPs that the "cautious" relaxation of the guidance is "entirely conditional" on the UK's "continued defeat of the virus" and he would "not hesitate" to reapply the brakes and reintroduce restrictions - even at national level - if there is a surge in new infections.

**ALWAYS REMEMBER - THE CORONAVIRUS IS STILL ACTIVE AND STILL OUT THERE - BE CAREFUL, BE CAUTIOUS - VERY CAUTIOUS - AND STAY SAFE**

**Copy date for August’s newsletter is 20th July**. (Please mark for “Staple Diet” or “Newsletter”). Phone 01984 632268 or email: [SeaFurlong@aol.co](mailto:SeaFurlong@aol.co)m