**STAPLE DIET**

**No. 127 MAY 2020**

**(The West Quantoxhead Village Newsletter)**

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**ALL USUAL CHURCH SERVICES ARE SUSPENDED**

**ST ETHELDREDA’S CHURCH ITSELF REMAINS CLOSED AND THERE WILL BE NO PUBLIC/USUAL SERVICES UNTIL FURTHER NOTICE**

**THERE WILL NOT BE A "MAY" BENEFICE MAGAZINE**

***THE ST AUDRIES FLOWER FESTIVAL***

***HAS BEEN CANCELLED (632268)***

***PLEASE WILL ALL PARTICIPANTS TRY TO REMEMBER THEIR "INSPIRATIONS" FOR 2021***

**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.

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

Sue Sherry

**REMAINING CANCELLED**

**CRAFT GROUP (632410), ART GROUP (632729),**

**ST AUDRIES W.I. (632688),**

**PILATES (07762721271), SLIMMING WORLD**

**(07960173142)**

**FURTHER CANCELLATIONS**

**EAST QUANTOXHEAD VILLAGE HALL MARKET, POETRY GROUP 633573, PROBUS CLUB 633060, WINDMILL INN LOCALS LUNCHES 632759**

**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.

**MARCH 2020's WEATHER**

Rain        93 mm

Wind      38 Kn at night on the 11th and 12th

Frost      on 3 nights

Noticeable Northerly winds were making it feel colder than temperature readings, but we dropped just below 0 c on 3 nights.

**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**

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](mailto:quantockcottage@gmail.com) or 07834 902734

Deirdre Gascoine at [dchgascoine@gmail.com](mailto:dchgascoine@gmail.com) or 07929 220614

Penny Hardy at [hardy2007@btinternet.com](mailto:hardy2007@btinternet.com) or 07899 994413

The 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)

**WEST SOMERSET FOOD CUPBOARD**

Shopping is difficult therefore people may like to continue their support of **West Somerset Food Cupboard** by donating **cheque**.

Contact details to:-

Ann Gibbs

West Somerset Food Cupboard, St Michael The Archangel Church, Quarry Close, Alcombe, Somerset, TA24 6BL

Ann Gibbs Tel. 07795080637

**REMEMBER**

**BE VIGILANT**

**BEWARE OF PHONE AND EMAIL SCAMS**

**QUANTOCK FOODBANK**

Your local foodbank is working hard to alleviate food poverty in our area. People ask, ‘Surely there is no need for a Foodbank in such a beautiful part of Somerset?’ Yes, the Quantocks are indeed spectacular, yet there are people living on our doorstep who struggle each week to feed their families. The Quantock Foodbank was meeting the needs of these families with the kind donations from the Quantock villages including West Quantoxhead and various stores until the Corona Virus struck. Now our churches are shut meaning these collection points have evaporated. At the same time, families who have never before needed to turn to the Foodbank discover that they have little or no money coming in each week. A perfect storm! Fortunately, we have been able to source food from various quarters and are so grateful to the organisations who have stepped up to the plate. For example, Haven Holiday Resort donated much of their stock when they were forced to close. Our own shop now has a box for produce (Thank you Raj).

If you would like to continue supporting Quantock Foodbank and are finding it difficult to make donations of food, then would you consider donating the cost of the items you would otherwise have given? As Chair of Quantock Foodbank I would be happy to collect anything you would care to give – just give me a ring and we can arrange a time for me to come round – social distancing observed at all times! Alternatively, you can send a donation to Mrs Marlene Mason, 35 Brook Road, Williton, TA4 4TE. If you wish to pay directly into our bank account, the details are: The Quantock Foodbank, Sort Code 60-14-30, Account No.: 57167575.

Thank you so much for all your support.

Rev Kathryn Flenley

Shardloes, Staple Lane, TA4 4DE; Tel: 633568; email: [Kathryn.flenley@btinternet.com](mailto:Kathryn.flenley@btinternet.com)

**IN BRIEF**

Whilst libraries are closed, - **Somerset Libraries** offer a 24/7 free downloads of thousands of books, audio-books and magazines, just click on [www.somersetreads.co.uk](http://www.somersetreads.co.uk) Already borrowed books and DVDs don't have to be returned until their buildings reopen.

**SCC** - all their help and information is now available at https://www.somerset.gov.uk/coronavirus/covid-19-latest-advice/

**Somerset Waste Partnership** advise holding back on back garden bonfires.

A £750 package has been announced to keep struggling charities and voluntary organisations afloat.

**The Furloughed Workers Scheme** opened for applications on Monday 20th April. Following information is required: Bank account number, bank sort code, name and phone number of the person in the business to call, your self-assessment UTR, company UTR or CRN numbers, your name, employee and NI numbers for each furloughed employee, the total claimed for all employees and the total furloughed period.

**A FEW WORDS FROM NICKY MORGAN**

Many of you will remember Winifred and Gordon Anderson who lived at Inkberrow on the Weacombe Road. They married late in life, Winifred having lived as a widow for most of her life after losing her husband Frank Kingsbury, a local farmer, at a young age; and Gordon losing his wife when in his seventies after nursing her through a long illness. They enjoyed a happy twilight marriage, and Gordon passed away first followed by Winifred a couple of years later.

Winifred was throughout her life in West Quantoxhead the local GP and partner at the Williton Surgery, known locally as Dr Kingsbury. She was also a Reader in St Etheldreda’s and the face of the church to the village. After Winifred died and the house was being prepared for clearance, I was offered to take a look at Gordon’s extensive CD collection. I didn’t want to appear greedy, but amongst my modest selection were some Beethoven symphonies that I was not familiar with. As I write I am listening to one, Symphony No 7, and I am reminded why, generally, symphonies are not to my taste. For me there is too much noise; too much going on. Now there are probably some of you throwing up your hands in horror at my philistine comment. But the fact is, as the saying goes, ‘it takes all sorts!’; and ‘all sorts’ have different opinions on, and reactions to things.

At this moment in our country, and indeed around the world, we are all responding differently to the situation in which we find ourselves. Some will be unable to find little peace in the midst of anxiety; others may appear to embrace this time of lockdown and enjoy the space it gives. Many of us will be a mixture of both, and going back to my Symphony analogy, whilst I may not be enjoying Beethoven’s 7th, his 6th is one of my most played pieces on car journeys.

Many of us in one way or another will be affected by the death through this disease of someone known to us, or loved by us. Unusually the Queen broadcast a message to the nation this Easter speaking of the hope of the light of Christ that shines in the darkness. She remarked how a single candle lighted in the darkness and shared around the gathered congregation spreads a light that conquers the darkness of the night. Whatever our faith, or none, we can be lights to those around us. And more so than ever in this crisis people are supporting and looking out for one another in practical and emotional ways, whilst maintaining the necessary social distance.

I am sorry that, living ‘over the hill and far away’ in Stogursey, I cannot be involved in the network of support that is sustaining West Quantoxhead at this time. But my love and thoughts are with you all, as we journey through this together, praying that the light celebrated at Easter may sustain us, until the darkness passes to reveal a new dawn.

*Nicky*

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