

# STAPLE DIET

No. 129 AUGUST 2020

(The West Quantoxhead Village Newsletter)

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## **REOPENING OF ST.ETHELDREDA'S CHURCH**

After some 4 months closure, the recent easing of the Corona virus restrictions will enable the reopening of St.Audries Church on Wednesdays starting on 29th July between 12noon and 5pm and on Sundays starting on August 2nd between 10am and noon.

The first regular Eucharist service will be held on August 2nd at 10-30am and on each Sunday thereafter. (see below)

The congregation and visitors are asked to maintain Social Distancing rules (2 metres), use hand sanitizer on entering the Church and leave "track and trace" contact details.

## **SERVICES IN CHURCH IN AUGUST**

Since the beginning of May, and the embracing of new technologies, a regular service has been taking place across the churches of the Benefice on Sunday mornings at 10.30am via Zoom. However, we are now able to slowly and cautiously re-open and return to our church buildings. The churchwardens across the benefice have discussed which churches to reopen for public worship and how, based on the guidelines we have been given and the number of active clergy available. Strict procedures will be in place to ensure the safety of all, one of which will be communion by bread only. So beginning on the August 2<sup>nd</sup> and thereafter throughout August, TWO services will take place each Sunday, both at 10.30am. These will be held in St Andrews, Stogursey and St Etheldreda's, West Quantoxhead. We are intending that Zoom worship should in some way continue to enable those at home to participate.

**Sunday 2<sup>nd</sup> August: 10.30am**

**St Etheldreda's, Eucharist Rev'd Nicky Morgan**

**Sunday 9<sup>th</sup> August: 10.30am**

**St Etheldreda's, Eucharist Rev'd Stephen Campbell**

**Sunday 16<sup>th</sup> August: 10.30am**

**St Etheldreda's, Eucharist Rev'd Stephen Campbell**

**Sunday 23<sup>rd</sup> August: 10.30am**

**St Etheldreda's, Eucharist Rev'd Nicky Morgan**

**Sunday 30<sup>th</sup> August: 10.30am**

**St Etheldreda's, Eucharist Rev'd Stephen Campbell**

1. Certain churches in our Benefice are now open for private prayer at limited times.

2. We can hold funerals in the building but with attendance limited to 30.

3. Weddings are now permitted but attendance limited to 30.

4. We can now consider other acts of public worship but numbers will be limited, track and trace requirements should be complied with, singing is not currently permitted. More details will be available in the porch before services resume.

## **JUNE'S 2020 WEATHER IN WEST QUANTOXHEAD**

Rain 127.5 mm this includes 33 mm on 19th.

Wind at times very gusty max recorded 40 Kn.

Max Temp 31.8 C on 24th, and very frequently 25C+.

Temp. Max Temp 31.8 C on 24th. A number of days the temp. reached 25 c +

Thunder in the area on 5 days.

Sun (more than 1 hr) on 20 days.

## **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

[quaintockcottage@gmail.com](mailto:quaintockcottage@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](https://www.facebook.com/groups/Bickpost)

**ST AUDRIES VILLAGE HALL REMAINS CLOSED**  
**ALL GROUP ACTIVITIES REMAIN ON HOLD**

**MANDATORY VEHICLE MOTs**

MOT testing is to be reintroduced from 1 August.  
**Driving lessons**, theory and tests have already restarted.

**AVON & SOMERSET POLICE**

Avon and Somerset Police offer a ten page PDF booklet online at- [covid-19-fraud-guide.pdf](#) - it is a very useful guide to Covid 19 related frauds and scams. It also offers advice on key protection, Action Fraud, suspicious email and reporting service, updates from the NFIB, phishing/smishing, including those supposedly from HMRC, Bitcoin, TV licensing, GOV.UK, International cash grants and Relief funds. Do not respond to the phone scam relating to Amazon's Prime by pressing one.

**THE SOMERSET BEREAVEMENT SUPPORT SERVICE**

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

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

**SWP RECYCLING CENTRES**

SWP Recycling Centres are now working as normal including cardboard and items requiring payment (by bank card) tyres, gas bottles, soil hardcore, vehicle parts, plasterboard and asbestos. Gloves are to be worn, 2 persons/per household, must observe social distancing.

**CORONA VIRUS BULLETINES**

Are available at [www.somerset.gov.uk/coronavirus](http://www.somerset.gov.uk/coronavirus)

**CORONA VIRUS HELP & INFORMATION**

- is now available in a single place on the SCC website <https://www.somerset.gov.uk/coronavirus/covid-19-latest-advice/> Including the Local Outbreak Management Plan. There is excellent advice for cyclists on <https://www.avonandsomerset.police.uk/crime-prevention-advice/staying-safe-on-the-road/staying-safe-on-your-bike/>

RSPA provides further advice for motorcyclists on their website on: <http://orlo.uk/TQLKZ>

**SHIELDING**

Those Shielding remain vulnerable and are advised to continue to do so.

**JUST REMEMBER - CORONAVIRUS IS STILL ACTIVE AND STILL OUT THERE - BE CAREFUL, BE CAUTIOUS - VERY CAUTIOUS - STAY SAFE AND DON'T FORGET YOUR FACE MASK FOR SHOPPING EXPEDITIONS!**

**SOMERSET LIBRARIES** [www.somersetlibraries.co.uk](http://www.somersetlibraries.co.uk)

You are now able to join the library online on [www.librarieswest.org.uk](http://www.librarieswest.org.uk)

Libraries have re-opened offering 'order & collect' [librariesmail@somerset.gov.uk](mailto:librariesmail@somerset.gov.uk) or 03001232224 With no hire or overdue charges. Computers can be pre-booked.

**IZZY our CCS AGENT is BACK!**

**with her Parish News:**

**07931018045** [izzy@somersetccc.org.uk](mailto:izzy@somersetccc.org.uk)

**TALKING CAFE**

Talking Cafes are back – virtually anyway – streaming live weekdays at 11am on –

[www.facebook.com/talkingcafesomerset/live](http://www.facebook.com/talkingcafesomerset/live). You can catch up on previous sessions or join in on the lives each day, asking any questions you have in the comments and interacting with us agents again!

**Loneliness:** We all feel lonely from time to time (see our information on the [causes of loneliness](#) [https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-  
loneliness/#WhatCausesLoneliness](https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/#WhatCausesLoneliness)). We can arrange regular Talk & Support calls for you for free, just to have someone to chat to, arrange befriending services or link you to Good Neighbours schemes – our Agents are very skilled in helping people overcome loneliness and reduce isolation.

**CARE DURING WARM WEATHER**

Warm weather is something many people look forward to every year, but it's worth remembering that sunny spells can pose health risks for some people. The top ways for staying safe when the heat arrives are to:

- Be aware Hydration is crucial: Drink plenty of fluids and avoid excess alcohol. Make sure you keep water with you at all times, especially if you are out and about
- Close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors
- Try to keep out of the sun between 11am to 3pm
- Walk in the shade, apply sunscreen and wear a hat
- Wear light, loose fitting cotton clothes

If you feel unwell, seek medical help by calling 111.

**OUT ON BIKES**

Many more people have "taken to their bikes" Avon communities across Somerset. They help to bridge the gap between isolated, excluded, vulnerable and lonely individuals and statutory and/or voluntary organisations which offer specific solutions to identified needs. We can offer advice and support to find local groups and activities available in your community and help you with any queries you may have or situations that you need advice and support with. Please visit [www.ccslovesomerset.org.uk](http://www.ccslovesomerset.org.uk) and [www.somersetcarers.org](http://www.somersetcarers.org) or call IZZY to find out who can advise you.

**Copy date for September's newsletter is 20<sup>th</sup> August.** (Please mark for "Staple Diet" or "Newsletter"). Phone 01984 632268 or email: [SeaFurlong@aol.com](mailto:SeaFurlong@aol.com)