

STAPLE DIET

No. 130 SEPTEMBER 2020

(The West Quantoxhead Village Newsletter)

Editor – Duncan Stafford email SeaFurlong@aol.com

Rector: Revd. Nicky Morgan 01278 732873

Benefice Office 01278 732742

ST ETHELDREDA'S CHURCH

Sunday 6th September 10.30am Eucharist

Sunday 13th September 10.30am Eucharist

Sunday 20th September 10.30am Eucharist

NB. Sunday 27th September 10.30am Our

Harvest Festival Service will be by ZOOM ONLY

(Services on 6th, 13th, and 20th may be zoomed).

HARVEST FESTIVAL

This year's Harvest Festival will be celebrated with a United Benefice Service zoomed from the Rectory at 10-30am on September 27th.

Please bring your "Harvest Gifts" to St. Audries Church on the morning of Saturday 26th September where they will be displayed in the porch prior to being given to the Quantock Food Cupboard

St. Audries/St Etheldreda's Church is now open on
Wednesdays Noon - 5pm and Sundays 10 - noon

JULY 2020's WEATHER

Rainfall 58.5mm which includes two days when there was 20mm +

Sunshine on 16 days and on the last day of the month we had at 11.50 am a temp. of 34c but by 2.30 pm the temp. was down to 20c.

Winds were gusty with 30 knots on the 5th and 6th.
(48 knots recorded during the night of 20th August)

ST AUDRIES ART GROUP

St Audries Art Group will restart on Wednesday 26th August. You will need to bring a cover ie bin bag or blanket to cover your chair and your own drink. Everything else will be provided. We meet 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.

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.

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

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](https://www.facebook.com/groups/Bickpost)

WOW - LOOK OUT!

Car parking charges return on August 31st. TV Licences for most over 75s and MOTs already have!!!!!!

VILLAGE HALL NEWS

And the good news is that the village hall is now back in business! This decision results from a committee meeting held on 11.8.20 at which the latest detailed published Government regulations and guidance relating to the re-opening of community halls post COVID-19 closure were reviewed. These require risk assessments and mitigation measures by both the trustees and hirers. Those for the hall are now being put in place and supplementary conditions to the normal conditions of hire will be offered to regular users for their agreement and signature. These supplementary conditions have also been uploaded to the village hall website www.westquantoxheadvillagehall.co.uk. Users should note that key safe arrangements and codes have now been changed and details will be advised to hirers when the revised agreements are in place. For further booking details please contact Mark Philipson on 01984 631947. We do hope that the introduction of these new requirements, which are there to help ensure the safety of all, will allow hirers to feel they can resume their use of the hall.

Sue Sanders, Secretary,
01984 632759

W.I. HARVEST SUPPER

St. Audries W.I. who were hosting the Harvest Supper this year are regretfully having to cancel due to the corona virus situation. Lets keep our fingers crossed for next year.

CCS AGENT'S NEWS: "IZZY'S BIT"

Talking Café Live on Facebook:

Have you caught any of our sessions we stream live daily on Facebook? If not you can catch up on any of the Talking Café Lives here: www.facebook.com/talkingcafesomerset/live.

A Village, Carers or Community Agent from CCS are LIVE weekdays at 11am to answer any questions or concerns you have – you can also ask privately via a message to the page. Each day Agents cover a different topic, and they have been so varied and interesting - below are just a few:

- ☑ Cooking on a Budget, where Rev. Jess whipped up 5 dishes for less than £10!
- ☑ Art Therapy ☑ Family Activities and things to do on a budget ☑ Library Service updates
- ☑ Hydration and UTI Advice ☑ Hospital Discharge Support☑☑ Domestic Abuse ☑ Exercise to do from home and for people with reduced mobility ☑ Mental Health

All the Talking Cafes we have hosted on Facebook so far have had a combined total of 65,000 views!

Focus on Domestic Abuse awareness

Domestic abuse can happen to anyone, at any age. There is a notable rise of cases of abuse being reported by people over 71 years. One in four women and one in six men experience some form of abuse. We probably all know somebody who is experiencing domestic abuse behind closed doors, regardless of race, ethnic or religious group, class, disability, sexuality, lifestyle or nationality.

Tensions can escalate due to changing circumstances, but they are never an excuse for violence, manipulation, coercion and controlling a partner or family member. Government guidance allows you to leave your home to flee an abuser or seek help.

The Government defines domestic abuse as: "Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality."

It's rarely a one-off occurrence, but usually a pattern of abusive and controlling behaviour.

Domestic abuse can be psychological, physical, sexual, economical and emotional.

Controlling behaviour is: a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance

and escape and regulating their everyday behaviour. Coercive behaviour is: an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim."

Help is available:

Online at <http://www.somersetsurvivors.org.uk>

- Call the local helpline: **0800 69 49 999**
- In an emergency always **dial 999**, even if you cannot speak for fear of being overheard, you can get help by **pressing 55** when the operator answers
- Talk to any health professional or your local Village Agent – we can help!
- Somerset pharmacies allow their consulting rooms to be a safe place for people experiencing abuse to get help and advice

TOP TIPS TO AVOID SOCIAL MEDIA SCAMS

We have all been online and on social media more since lockdown began, and it's important to stay vigilant of new scams circulating. "Get Safe Online" safety experts have put together some simple tips to help you avoid becoming a victim of social media scams. www.getsafeonline.org

If you become a victim of a social media scam:

Report it to the social media network via the reporting mechanism on the site or app.

If you have lost money as a result of social media scams or via any other fraudulent activity, report it to Action Fraud, the UK's national fraud reporting centre by calling 0300 123 20 40 or by visiting www.actionfraud.police.uk.

CCS Village, Community & Carers Agents are in your 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 and www.somersetcarers.org or call me to find out who can advise you on **07931 014045** izzy@somersetccc.org.uk

PLEASE NOTE THE OCTOBER NEWSLETTER WILL BE ABOUT A WEEK LATE

Copy date for October's newsletter is 20th September. (Please mark for "Staple Diet" or "Newslewtter"). Phone 01984 632268 or email: SeaFurlong@aol.com