

STAPLE DIET

No. 131 OCTOBER 2020

(The West Quantoxhead Village Newsletter)

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ST ETHELDREDA'S CHURCH

October's Services at St Etheldreda's at 10-30am
October 4th, 11th, 18th, are Eucharist with SC
October 25th will be zoomed

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

AUGUST'S 2020 WEATHER

August was a little damp! Rainfall 172 mm - last year 99 mm!
40 mm fell in the 24 hours ending 8am on 28th.
The sun appeared for at least 1 hr on 21 days.
Max wind on the 25th with several 48kn gusts.
Fog was around between the 8th and 15th
We did not have the heat wave of last year. This August was
considered a cool month.

ST AUDRIES ART GROUP

St Audries Art Group is held every Wednesday morning in the
village hall from 10am until 12.30pm. We will provide a
cover, a bag to cover your chair and a visor. You will need to
bring your own drink. 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.

CRAFT GROUP

The Craft Group won't be returning on Tuesday's In the village
hall for the time being, due to the stringent rules laid out by
the government. June Bissell 01984 632410

REPAIR CAFE - BIN IT? NO WAY!

Vicky Nash tells us that Stephan Lehner has created a
wonderful repair service via his repair volunteers who offer
their services for a donation.
Initially contact Stephan on 07715460783 or email
sfelehner@aol.com
Lavender House, Howleigh Lane, Blagdon Hill. TA3 7SW
website <http://www.blackdownhillstransition.net>
Simply provide your contact details and description of the
item and the problem.
He will match the problem with a suitable repairer.

VILLAGE HALL NEWS

Since last month the Government has introduced the 'Rule
of Six' but the good news is that the Village Hall can still be
used for activities, including our AGM, in accordance with
Government guidelines. The AGM will be held on
Wednesday 28th October 2020 at 7.30 pm in the hall and
villagers are invited to attend. Naturally we are restricted to
numbers (14 plus the Committee) so if you wish to come
please let me know in advance by phone or email by
Monday 26th. In the unlikely event that this maximum

number is reached we will have to close the list! We will also
need to take contact details on arrival and sadly this year
there will be no refreshments. Finally, we have decided that
in the current circumstances we should not hold our
traditional Bazaar this December so this very popular event
is reluctantly cancelled. Sue Sanders, Secretary.
01984 632759 sue.sanders44@btinternet.com

SOMERSET WASTE PARTNERSHIP

Winter RECYCLING timetables re-start at all Somerset
recycling sites from Thursday 1 October: weekday opening
hours 9am-5pm and weekends remaining 9am to 4pm.
Collection of **WEARABLE** clothes and shoes rejoin kerbside
collections again. No textiles, such as bedding, curtains etc,
will be taken.

My Account at somersetwaste.gov.uk offers free online
control of their waste services. Report missed collections
after 6pm on the due day, check dates, order free recycling
boxes and food waste bins, arrange paid-for bulky waste
collections, buy garden waste sacks and request garden sack
collections, submit reports, and more.

SWP's combined with getcomposting.com offer of home
compost bins for as little as £10 is still available. The 220-litre
for £10 and 330L for £12.50. Save even more with the buy-
one-get-one-half-price deal for two of the same size. Delivery
is £9.99 per order; why not order two and share delivery with
a neighbour or friend? Buy your bins at getcomposting.com;
for details visit: somersetwaste.gov.uk/home-composting.

COVID ADVICE - Help and information is now available at
[https://www.somerset.gov.uk/coronavirus/covid-19-latest-
advice/](https://www.somerset.gov.uk/coronavirus/covid-19-latest-advice/)

COLD, FLU OR COVID? (From Chemist Direct)

COLD - If you catch a cold you will feel unwell, but you can
carry on as normal in most cases. Typically, the symptoms of
a cold will develop slowly and affect mainly your nose and
throat. **Runny or stuffy nose, mild cough, sneezing, aches
and pains, sore throat, headaches.**

FLU - Seasonal influenza (flu) is a common viral respiratory
infection. It affects your nose, throat, and lungs, and
symptoms can appear within just a few hours. Flu can often
make you feel too exhausted and unwell to go about your
normal daily routines. **Fever and/or chills, usually a dry
cough, fatigue, aches and pains, headaches, sore throat,
feeling or being sick.**

COVID - COVID-19 is a new strain of corona virus that can
cause a severe respiratory illness. If you have any of the main
symptoms of COVID-19, **High Temperature, new continuous
cough, loss or change of your sense of smell or taste,
shortness of breath**. You should stay at home as per NHS
guidance, and not have any visitors until you can get a test
and receive the result. Call 119. If positive you must complete
7 days isolation and your household 14 days.
If negative, cease your isolation.

IZZY'S BIT

Covid 19, Watch out It's still About! Don't touch your face, Wash your hands, wear masks and keep your distance. This month's Carers Newsletter found here: <https://tinyurl.com/y3tkkgj3> has lots of ideas of groups you could join – whether you are a carer or not! Virtually find and meet new people with shared hobbies and interests. The Royal Voluntary Service has lots of online activities on offer on <https://www.royalvoluntaryservice.org.uk/virtual-village-hall/> Home Pamper Session www.wikihow.com/Pamper-Yourself-at-Home Online Book Clubs - Good Housekeeping recommends: <https://tinyurl.com/y5288tn5>

Simply sit and enjoy being outdoors, use it as mindful relaxation time, listening to the birds & being in nature. Mind.org.uk has tips here: <https://tinyurl.com/y2k26uq3> SEED – Creative Lives under Lockdown www.seedsedgemoor.com/creative-lives-under-lockdown/ Reading or Listening: Set yourself up in a comfortable space, with nourishing snacks, a cuppa, plenty of water & a good book or Audible book

Anyone who thinks they have covid 19 symptoms should ring 119 - DON'T ring 119 if you are not showing symptoms.

GOOD HYDRATION can assist in preventing or treating ailments such as: Urinary infections and incontinence; Memory or thinking problems; Constipation; Dizziness leading to falls; Reduces hospital admissions.

It can be tough to remember to drink enough so here's a few tips Make it social! Take time, have a cup of tea. Make sure drinks are available at mealtimes

Set hourly reminders to drink every hour

1.5 litres a day is what we each should be drinking - make a jug of water of that amount and keep in fridge - make sure it is gone by the end of the day! Add mint or cucumber in for added refreshment!

CCS Village Agents can now supply you with your very own water bottle for free to help keep you hydrated! There is even a handy guide on the side to help remind you to drink throughout the day!

Caroline Harding, CCS Agent Manager, explains how on: <https://youtu.be/DELeIGPEBvk>

Call 01823 331222 or contact me Izzy Silvester on **07931 014045** izzy@somersetcc.org.uk

SOMERSET WASTE PARTNERSHIP

Somerset Waste Partnership boast 135,420 tonnes were kept from Landfill during 2019/20. More than 18,000 tonnes of food waste were turned into electricity.

They have an offer of home 220 litre compost bins for £10 or 330 Litre for £12.50.

Winter time tables start again in October.

Visit somersetwaste.gov.uk for advice or sign up for a e-newsletter. Somerset waste is on both Facebook and Twitter.

MUSGROVE PARK HOSPITAL

Work is underway at MPH in Taunton on an ambitious programme to transform the hospital's facilities.

The next steps of the Trust's ambitious plan – called Musgrove 2030 – it includes a new maternity and children's building and further development of its cancer and emergency services.

And this is in addition to a new surgical centre, acute assessment hub, therapies department and maternity refurbishments at the hospital, which are already underway.

SOMERSET WEST and TAUNTON

SWT is to set up a Community Chest Fund to assist communities in the district recover from Covid !9.

One-off grants of up to **£5,000** could be awarded.

Somerset West Lottery autumn bolt-on prize

Everyone who signs up and purchases a ticket before 31st Oct. could win 1 of 5 Forest Holidays UK £500 prizes.

All such tickets are automatically entered in the SWT £25,000 weekly Lottery

If you know of a good cause needing support or you would like to buy a ticket please contact Somerset West Lottery or ring 0300 3020 666.

Corona virus is increasing in Somerset, Be vigilant, Wash your hands regularly, avoid touching your face, keep your distance, use a mask.

Encourage children to wear masks on school transport.

If you have symptoms and have booked a covid test you and your household must isolate for 10 days or until the test result is negative. If positive you must continue to isolate for 10 days and your household for 14 days from the start of your symptoms

Only book a test if you have any of the following symptoms, new persistent dry cough, a fever, loss of taste or smell. Do not go to a testing site without an appointment. Book a test on **119**. Recycling sites are open from 9am - 5pm on weekdays and 9am - 4pm at weekends from October 1st

Somerset's Director of Public Health is urging everyone to remain vigilant & continue following government guidance.

Trudi Grant, Director of Public Health at Somerset County Council said: "I cannot stress how important it is we continue to remain vigilant and follow the government guidance. We are seeing increasing cases across the country, including here in Somerset."

Self-isolate if you've had a test

If you have symptoms and have booked a Covid test, then you and your household must self-isolate until your test result is known. If it's negative, you can all return to school, work etc. If it's positive, you must continue to self-isolate for 10 days and the rest of your household for 14 days from the start of your symptoms.

DON'T FORGET

Pubs and Restaurants must close at 10pm.

Keep a distance of at least 1m plus

Only 15 may attend Weddings

Only 30 may attend Funerals

Only 6 may meet from other homes inside or outside

Work from home where possible

REMEMBER - Coughs and sneezes spread diseases!

Covid 19 takes 2 - 14 days to show symptoms

Wear your mask in close company.

AND NOW HAVE YOU BOOKED YOUR FLU JAB ?

Copy date for October's newsletter is 20th September.

(Please mark for "Staple Diet" or "Newslewttter").

Phone 01984 632268 or email: SeaFurlong@aol.com