

STAPLE DIET

No. 132 NOVEMBER 2020

(The West Quantoxhead Village Newsletter)

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ST ETHELDREDA'S CHURCH

Sun 1 Nov 10.30am Eucharist SC
Sun 8 Nov 10.30am Eucharist with Remembrance DB
Sun 15 Nov 10.30am Eucharist NM
Sun 22 Nov 10.30am Zoom Eucharist for all from home
Sun 29 Nov 10.30am Zoom Eucharist for all from home

CLOCKS GO BACK 1 HOUR @ 2am on OCTOBER 25th

AUGUST'S 2020 WEATHER

Rainfall was a big change from last month with only 25 mm in total. 24th and 25th close to a frost with night temp of +3c. Sunshine of +1 hr on 24 days, Fog on the 16th.

ST AUDRIES ART GROUP

St Audries Art Group will now be starting again, hopefully in Spring 2021.

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

NEW YEAR'S DAY BACON BUTTY EVENT

Very reluctantly the three organisers have decided that in view of the COVID19 current and likely situation and Government regulations it will not be sensible (and possibly illegal!) to hold our Bacon Butty Event next year. We are sorry to disappoint all those who look forward to and regularly support this popular occasion; hopefully we can hold it on 1.1.22!

Richard Hughes, Ken Rowland, Mike Sanders

COVID DOs and DONT's

To Help limit the spread of infection

DO

- ✓ stay at home as much as possible
- ✓ Work from home if you can
- ✓ Limit contact with other people, wear a mask
- ✓ Keep your distance if you go out (2 metres apart where possible)
- ✓ Wash your hands regularly

DON'T

- ✗ do not touch your eyes, nose or mouth if your hands are not clean

Visit www.somerset.gov.uk/coronavirus

£250 GRANTS TO EASE LONELINESS AT CHRISTMAS

Are being offered by the Somerset Community Foundation to support community groups to reduce loneliness and spread Christmas and Festive cheer to people at home.

Visit www.somersetcf.org.uk/festivefund

SELF-ISOLATION PAYMENT SCHEME 28/9 - 31/1/21

Somerset West & Taunton Council is working to ensure that people are not out of pocket if they are told to self-isolate and cannot work from home. The council is to administer the Government's Test and Trace Support Payment Scheme where eligible residents can claim self-isolation payments of £500. The legal duty to self-isolate came into force on 28 September for people who test positive for Covid-19 or are contacted by NHS Test and Trace app and are required to self-isolate. Applications must be made within 14 days of the end of your self-isolation period. For more information on eligibility and how to apply go to:

<https://www.somerset.gov.uk/coronavirus/covid-19-test-and-trace-support-payment/>

PATIENT ACCESS

For those who use "Patient Access" there are two good Corona virus sources for advice and symptoms on the Patient Access site. Many must use the site for re-ordering medicines, arranging appointments etc. Remember **HANDS - FACE - SPACE**

VILLAGE HALL NEWS

Some of you may have seen in 'This was the News – 100 years ago' in West Somerset Free Press (5.10. 20 Edition) that on the 9th October 1920 a village hut was opened in West Quantoxhead. It had been erected near the elementary school on a site given by Lord St. Audries'. There followed an entertainment programme attended by a number of local dignitaries (listed). The current building is, of course, not the original 'hut' and is in a different location, but the Committee had intended to hold a celebration to mark the centenary of the original acquisition. Sadly, due to the COVID-19 pandemic and Government regulations and guidelines, this plan has had to be abandoned for now, but it is hoped that we will all be able to celebrate this landmark date when we finally shake off this virus in the (hopefully) not too distant future. HOWEVER the hall can still be used for some activities including the AGM which is being held on Wednesday 28th October at 7.30pm. Villagers are invited to attend, but please be aware masks should be worn at all times, unless addressing the meeting and

contact details will be needed upon arrival. There will be no refreshments served on this occasion. To find out more about hall hire please contact Mark & Wendy Philipson on 01984 631947.
Sue Sanders, Secretary. (01984 632759).

FLOWERS BY WENDY

Oakdene, Station Road, Stogumber, Taunton, Somerset
TA4 3TQ

W: www.flowersbywendy.co.uk W:
www.weddingflowersbywendy.co.uk
E: sales@flowersbywendy.co.uk
T: 01984 656843 M: 07929 577329

CHRISTMAS WREATH HOME WORKSHOP IN A BOX

Christmas is a time for tradition one of which is Wendy's popular and well attended Christmas wreath workshops. With just a few weeks to go until Christmas and this year turning out a little different. Due to current restrictions and guidelines Wendy has decided this year to produce a **Christmas Wreath Home Workshop In A Box.**

This will enable you to make your wreath in the comfort and safety of your home/bubble with family or friends.

The box will include everything you need and a step by step guide with a video link to follow along with.

Cost £38.00 will provide you with a mossed ring, twine or wire, mixed long lasting foliage's, cones, dried fruits and luxury ribbon, plus complimentary chocs and Fizz.

Wendy offers local deliveries for a small charge or postal option across the UK. The boxes can also be collected by appointment from Wendy's workshop in Stogumber.

The boxes would also make a fabulous present to family, friends or work colleagues around the UK.

Please book in advance to aid distribution dates and times. Details above for making an enquiry or to make a booking.

November 2020 Village Agent News:

The winter flu vaccination programme is in full swing – This year the flu vaccine is being offered on the NHS to adults 65 and over. People with certain medical conditions (including children in at-risk groups from 6 months of age). Pregnant women. People living with someone who's at high risk from coronavirus (on the NHS shielded patient list). Children aged 2 and 3 on 31 August 2020, children in primary school & year 7 pupils. Frontline health or social care workers.

All Flu Sessions for West Somerset Healthcare will be held at the Watchet Surgery this year. There is a one way system and 2m social distancing whilst patients wait. There will be temperature and symptom checks on arrival. GP's are on site but only for telephone and video consultations.

Poorly patients who need to be seen are asked to attend at Williton surgery. You may also be able to have your NHS flu vaccine at: your GP surgery, local Hospital or pharmacy or your midwifery service.

Somerset CCG are also looking at one-stop shop type locations where people can get Covid testing, flu vaccinations, Covid vaccinations & anti-body testing.

Full details are here:

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Contact me Izzy Silvester on 07931 014045 izzy@somersetccc.org.uk for confidential advice and support. You can also visit www.ccslovesomerset.org.uk to find out more. CS Village and Community Agents are here to help. We offer advice and support to find local groups and activities available in your community and help you with any queries you may have. West Somerset's Covid-19 infection rate is currently one of the highest in the county. Please help stop the spread of the virus in West Somerset www.bit.ly/2GSDitd. If you are feeling unwell, however mild - isolate and get a test, close contacts and household members must also isolate while awaiting the test result. You are putting yourself and other people at risk. Coronavirus affects people differently – you might have mild symptoms, but others can become seriously unwell. Think of loved ones and be vigilant. Socialise safely. Stick to the rules. Treat everyone as if they have the virus. Please act responsibly and remember: wash your hands, cover your face, make space.

ONLY get a test for a person displaying symptoms visit www.gov.uk/get-coronavirus-test or call 119 and keep isolated. If you can't get a test straight away or at a location near to you please keep trying. The whole household MUST self-isolate while waiting the test result. Even if the result is negative you must complete the 14 day isolation period. Inform workplace/school immediately about test result. The individual who has tested positive MUST self-isolate for at least 10 days from when symptoms* started (or from day of test). Other household members MUST NOT attend school or the workplace, the whole household must self-isolate for 14 days from day when symptoms* started (or from day of test if no symptoms) - EVEN if someone else tests negative during those 14 days you must Self-isolate for 14 days (as advised by NHS Test and Trace) The rest of your household does not need to self-isolate, unless they are a 'close contact' too . You only need to get a test if you develop symptoms. Even if you test negative during those 14 days you must still self-isolate for the full 14 days. Others in the household ONLY need to isolate if they also travelled with you. People with no symptoms should NOT get tested, even if they are a 'close contact' of someone who tests positive. (The only exception to this is if you are part of a special group) It's vital everyone acts to reduce their own risk, and the risk to others, from getting ill with coronavirus.

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

