



STAPLE DIET

No. 123 DECEMBER 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

DECEMBER, CHRISTMAS, NEW YEAR & JANUARY

The expected changes to the Covid regulations on December 2nd currently make it impossible to determine what services will be available within the Benefice over the coming weeks.

There will certainly be opportunities to join in worship together online, but beyond this it is impossible to say.

Please look in the weekly pewsheet and possibly a flyer for regular updates, and please do share information with those who may not have access to the information.

*These are very difficult times and your patience and understanding is appreciated. Many thanks,
Nicky*

CHRISTMAS CHURCH DECORATION

Wednesday 16th and 17th. Decorations will be reduced due to Covid regulations. A Nativity tableau is planned. Please contact Jane on 632268 if you would like to help.

OCTOBER'S 2020 WEATHER

Rainfall over the first w/e 114 mm was recorded and rain fell on 29 days. Total for month 234 mm (each 25 mm is equal to 100 tonnes of rain on each acre). Sunshine of 1 hour + on 11 days. Winds gusty most of the month up to 38 Knt. Temperature for month milder than usual. The Met Office stated that it was the wettest month ever recorded in England! PS - The previous Staple Diet really did have the September weather report, not August as headed. Apologies.

THE WINDMILL INN

Offers a takeaway service: 7 days a week
Monday - Saturday 12 - 8:30pm
Sunday 12-6pm

Also with Christmas meal celebrations looking somewhat different this year, we also have a party @ home/office solution where we bring the party to you.

If you would like a copy of any of our menus, drop us an email: info@the-windmill.co.uk or call: 01984 633004

THE ST.AUDRIES VILLAGE HALL COFFEE MORNINGS RAISED £100

The £100 fund raised at the once regular monthly meetings before the Covid onset earlier in the year has been sent to the Childrens' Hospital South West.

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

WILLITON RECYCLING CENTRE

Opens on Saturdays* & Sundays (9am-4pm) and on Mondays & Tuesdays, (9am-5pm)

*EXCEPT on Saturday December 26th

REFUSE COLLECTION DATES

December

4, Recycle, Refuse, Garden
11, Recycle
18, Recycle, Refuse, Garden
28, Recycle.

January

4, Recycle, Refuse.
9, Recycle
15, Recycle, Refuse, Garden
22, Recycle
29, Recycle, Refuse, Garden

You can check all **My Waste Services** on Somersetwaste.gov.uk

SUBJECT TO COVID RULES AND REGS EAST

QUANTOXHEAD VILLAGE HALL IS HOLDING A DROP IN XMAS COFFEE MORNING DEC19TH 10-12.30.

TEA/COFFEE/MINCE PIES FOR ALL (FREE)

We will have a modified tombola and Apple juice for sale. There will be track and trace sign in and 'waitresses' will take your orders at your table - all very covid friendly! Do hope you feel able to come.

Our lights go on around 5.30PM the previous Sat (14th)



down at the village pond, no 'follow the star' this year but usual refreshments afterwards

If you are not on Facebook you can now watch previous Talking Cafes on YouTube here: <https://www.youtube.com/channel/UC5goIPHD91e4VDI5NMJdrQ>

Recent Talking Cafes covered Art Therapy, Coping with Grief and changes to our Somerset Waste recycling schemes! You can comment on the YouTube videos if you have any questions and someone will get in touch with an answer. Contact me Izzy Silvester on 07931 014045 izzy@somersetccc.org.uk for confidential advice and support.

NOVEMBER 2020 CCS AGENTS NEWS

The Carers Agent and Village Agent teams have joined forces so ALL 55 + agents can now support unpaid Carers in Somerset! The lockdown resulted in CCS Agents changing their approach to be 'whole population' focused and there is now just one point of contact.

The one family - one agent model has worked brilliantly since March, and already over 7,000 Carers have supported. From September, all Carers Agents have become Village Agents and all existing Village Agents are ready to support unpaid Carers in Somerset. They are all able to support the unpaid Carers in Somerset. You may not even recognise yourself as a Carer as you may look after someone infrequently, or informally, but we are here to help you whether you care for your spouse, child, friend or relative. To have a chat about how we can support you in your caring role, call 0800 31 68 600, text 'Carer' to 78070 or visit the dedicated Carers website www.somersetcarers.org

Rehome a Phone!

Do you have an unused smart-phone lying around? By donating an unused phone to us, YOU can help reduce loneliness and isolation for a person in Somerset. We will be facing a very different Christmas this year with a reduction in the usual festive activities, and the possibility of family gathering restrictions, so we are focusing on re-homing as many of these phones into the community as possible to keep families and friends in touch with each other over the festive period. Our last appeal was very successful.

We will :refurbish the phone

- ✓ remove any personal data
- ✓ provide the new owner with a SIM card
- ✓ support them to use the phone with video tutorials and install apps that will help them to keep in touch with their loved ones

To donate, please contact our Village Agent Ellie Bishop on email: ellieb@somersetccc.org.uk or call her on 07985 748910

Talking Cafes Online

We are live streaming every day at 11am on Facebook <https://www.facebook.com/talkingcafesomerset/>

CCS Village and Community Agents are in your communities across right 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 to find out more.

WEST SOMERSET BUILD BACK BETTER

This is a campaign focusing on local issues that need to be resolved in order to take better care of the planet and each other when things get 'back to normal'. There is a national campaign with broad aims which we support and we are addressing the problems and solutions that we have in a rural area with an ageing population and mainly low paid jobs. We are a group of community organisations, individuals and businesses concerned with improving transport systems; creating affordable, energy efficient housing; encouraging local food production; reducing waste and pollution and helping nature recover.

We work with local organisations and initiate new projects, sharing knowledge and ideas for action. There are lots of things that we can all do to make a difference. Meetings have been replaced by zoom but people have been approached during the summer and groups in Minehead Watchet and Porlock are seeking alternatives to plastic and beach cleaning. Repair, reuse schemes have been set up. Transport schemes are planned.

People can get involved by joining our virtual meetings and working groups and helping us let the public know about all the exciting initiatives that are coming from people in this area. We would love to have more people



helping us plan activities and get our message across using websites, social communications and other media. To find out more about the national campaign see www.buildbackbetter.org.

Email west.somersetBBB@gmail.com,
www.facebook.com/groups/1138749779830517.

Copy date for January's newsletter is 15th December.
(Please mark for "Staple Diet" or "Newslewtter"). Phone 01984 632268 or email: SeaFurlong@aol.com