



STAPLE DIET



No. 124 JANUARY 2021
(The West Quantoxhead Village Newsletter)
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A MESSAGE FROM THE RECTOR

2020 has been such a difficult year and a sad one for many. My thoughts and prayers are with you all. The future is looking brighter and hopefully we shall soon be able to meet and enjoy happier times together again. With love and best wishes for a safe and blessed Christmas. Nicky

BENEFICE CHRISTMAS DAY (LIVE) SERVICES

STOGURSEY Eucharist at 10-30am

KILVE Family Service at 10-30am

BENEFICE ZOOMED SERVICES (from the Rectory)

Zoomed Carol Service at 4pm on 20th the meeting ID is 840 0283 6049

Zoomed Crib Service at 4pm on 24th ID is 849 7451 5454

Zoomed Christmas Day Service at 10-30 on 25th using the usual Sunday service ID is the "usual" Sunday link.

ST ETHELDREDA'S CHURCH MIDNIGHT SERVICE

The Midnight Service commences at 11pm on 24th. It will be helpful if those wishing to attend would kindly indicate their intention to Ann Steer 01278 741393. The service will also be zoomed, the service ID is 818 5840 4376

CHRISTMAS CHURCH DECORATION

Decorations will be reduced due to Covid regulations. Please contact Jane on 632268 if you would like to help.

A NATIVITY TABLEAU IS ON DISPLAY

NOVEMBER'S 2020 WEATHER

November was very mixed month

Rainfall 74 mm. Fog 2 days.0 Frost 5 days

Coldest Temp. 0.7c on the morning of the 4th

1 hr + of sunshine on 18 days.

Max wind 40 knt Gusts on 2nd 16th & 20th.

Rainfall November 2019 = 206 mm and there was snow on the hills 14th. Maybe we will have a White Christmas?

NEW YEAR'S DAY BACON BUTTY EVENT

Very reluctantly the event has been postponed to 2022.

CENSUS 21

Take part in Census 2021 - Census day is 21 March 2021. Find out more at www.census.gov.uk Follow @Census2021

CHALK MARKS ON YOUR PROPERTY

May indicate burglars have made a survey !

Alarmed property Occupants wary

Previously burgled Nothing worth stealing

Good target Too risky

Vulnerable occupant Wealthy

DOMESTIC ABUSE

If you are experiencing domestic abuse help is, and will continue, to be available: www.somersetsurvivors.org.uk or <https://www.bitc.org.uk/toolkit/domestic-abuse-toolkit/>

ATWEST Accessible Transport West Somerset affirm they are still busy serving your local community safely whilst ensuring full Covid restrictions compliance.

Our drivers are fully trained in the processes necessary and our buses are cleaned and fogged after every journey. The extra costs are high so if you are able to offer us any financial support it would be much appreciated. Any queries to 01643 709701, or to atwestoffice@aol.com further details and timetables are available at www.atwest.org.uk

With Best wishes from the ATWEST team.

LOCAL HPC BUS SERVICES- EXCEPT DEC 18 - JAN 3 inc

Leaves Bridgwater 09-30. Cannington 10-45 B/water 13-40

HPC to Minehead from WQ 10-30, 11-30, 14-40

Arrives Minehead 11-13 12-13, 1523

Leaves Minehead 10-10, 13-55, 14-45

HPC to Bridgwater from WQ 10-50, 14-35, 15-25

Arrives B/water 11-52, Cannington 1522, B/water 16-27

UPDATED DAILY COVID HELP & INFORMATION is at

<https://www.somerset.gov.uk/coronavirus/covid-19-latest-advice/>

ALL DAY FREE PARKING OFFER

The Council is offering free parking all day on the three Saturdays leading up to Christmas in its car parks at Dulverton, Dunster, Minehead, Porlock, Watchet, Wellington and Williton to support traders, residents and visitors. But only after 3pm in Taunton. It excludes the Taunton Kilkenny, the Minehead Railway Station car parks and on street parking.

LIBRARY BOOKS

Recent announcements regarding Somerset 's Covid-19 Tier 2 status, Somerset Libraries are delighted to reinstate browsing of shelves for books, talking books and DVDs from 2 December. Up to 20 items at a time – free of charge!

For more details of library services phone 0300 123 2224 or visit www.somersetlibraries.co.uk or

contact librariesmail@somerset.gov.uk

SOMERSET WASTE PARTNERSHIP WQ COLLECTIONS

DECEMBER 25th CHANGES TO DECEMBER 28th

JANUARY 1st CHANGES TO JANUARY 4th

JANUARY 8th CHANGES TO JANUARY 9th

SBSS

The Somerset Bereavement Support Service is here if you've been bereaved and need emotional support or someone to talk to. "Marie Curie Companions" can provide bereavement support for people across Somerset who are over the age of 18. In addition, six sessions of one to one bereavement counselling can be provided by experienced bereavement support workers at "Mind in Somerset" specialist bereavement service. 0800 304 7412.

PETER - An Absent Friend

Peter Charman was such a good friend to us all. We shall miss his news, his optimism, his fun, his willingness to help and above all his constant good humour,

CHRISTMAS BUBBLES with friends & family

The government has published the guidance for UK Christmas arrangements:

<https://www.gov.uk/government/publications/making-a-christmas-bubble-with-friends-and-family/making-a-christmas-bubble-with-friends-and-family>.

The main points are:

You can travel between tiers and UK nations to and from your Christmas bubble between **23 and 27 December**.

Once at your destination you should follow [rules in that tier](#).

Three households can form a Christmas bubble together.

You can only be in one Christmas bubble.

You cannot change your Christmas bubble.

You can only meet your Christmas bubble in private homes or in your garden, places of worship, or public outdoor spaces.

You can continue to meet people who are not in your Christmas bubble outside your home according to the rules in the tier where you are staying.

If someone is in your Christmas bubble, you can visit each other's homes and stay overnight.

Further details:

Making a Christmas bubble with friends and family: <https://www.gov.uk/government/publications/making-a-christmas-bubble-with-friends-and-family/making-a-christmas-bubble-with-friends-and-family>

Student movement and plans for the end of term:

<https://www.gov.uk/government/publications/higher-education-reopening-buildings-and-campuses/student-movement-and-plans-for-the-end-of-autumn-2020-term>

Local restriction tiers: what you need to know: <https://www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know>

Self-isolation at a glance

The rules around self-isolating have been made clearer thanks to a useful guide that's now available on our website. The isolating checker sets out what needs to be done if someone in your household shows coronavirus symptoms. You can find it here – scroll down to Covid-19 self-isolation graphic: [Coronavirus – Getting tested \(somerset.gov.uk\)](#)

NEW SOMERSET DISABILITY ENGAGEMENT SERVICE

The new service run by AJM Healthcare aims to make it easier for people with disabilities in Somerset to make their voices heard and to improve services to them.

It will seek to cooperate and liaise with existing disability groups and services and create a county wide network.

New online channels, including social media, will act as key forums for people to swap information and give their views. It will also work with disabled people to make sure local buildings and services are accessible, with training provided for businesses to help prove accessibility for everyone in Somerset.

For those interested in getting involved, information about the Somerset Disability Engagement Service can be found by visiting the website

at <https://somerset.disabilityengagement.services>.

The SCC Communications Team are also on social media:

WESTSOMERSET MICRO PROVIDERS

Vicki James is the new lead for the West Somerset Micro-providers who are working across the area. We work directly with those who are needing care to enable people to stay at home, or offer support on a wide range of issues. We are all independent but accredited by the council who support our work and ensure that we follow the same set of rules and standards. However, geographically West Somerset is of

course often remote and also has an ageing population that is often restricted by not using modern technology to “keep talking”. As Micro-Providers we want to enable the local community to collectively work together throughout the remaining time of the pandemic and also into the future. Having researched and listened to the community we feel that “Communication Benches” where people are able to sit and talk outside will help break down the isolation.

Not many people may know of the army of registered professional self employed people that can offer care and support within your home. Since 2015 self employed care workers have signed up to the community catalysts programme, founded by Somerset County Council. The programme which supports people in their own homes, enables hundreds of people to remain in their familiar surroundings. The scheme has proved successful as now the membership has grown to over 360 micro providers, working across Somerset today. What makes this level of help different is micro providers can offer a friendly one to one level of affordable care, tailored to customer's needs. The micro provider can plan their work rota so that they can meet the times that customers want them to arrive, having a familiar friendly face, has also benefited customers and has taken the stress out of getting the professional care that they need. Micro providers are local to their area and can support each other when cover is needed for sickness or holiday leave. In order for a micro provider to join the accredited scheme they have to be DBS Checked, have appropriate training, relevant insurance, and policies and procedures for their services. What do we do? Anything and everything to enable someone to stay at home. We can be cleaners, carers, dog walkers, and gardeners. There is a full list of micro providers on the Somerset County Council web site and also your local Village Agent knows who works in your area. For any help or more information on Micro Providers please contact me Thank you for your time Vicki James -07475803652 Vicki James, 16 Coastguard Cottages Lilstock Somerset TA5 1SU. Tel 07475803652.

CCS AGENTS NEWS:

The CCS in partnership with the SCC are very busy with the Somerset Food Resilience Taskforce are working together to increase food security for residents in Somerset. We deliver regular food boxes etc.

Now we are on the hunt for anyone, in their local community, providing meals or with access to food. Do you want to start helping those locally in need?

Our Smart Communities Group can help! With funding, advice, equipment & ingredients!

Visit: www.ccslovesomerset.org.uk/food Or call 01823 331 222 if you are interested, or email ccsmartcomm@somersetcc.org.uk

Village Agents in West Somerset have been putting together CHRISTMAS GIFT BOXES for people in need in our West Somerset Village Agent areas.

Contact me Izzy Silvester on 07931 014045 or email izzy@somersetcc.org.uk for advice and support.

WITH BEST WISHES FOR A VERY HAPPY NEW YEAR

Copy date for February's newsletter is 20th January. (Please mark for “Staple Diet” or “Newslettter”). Phone 01984 632268 or email: SeaFurlong@aol.com