

STAPLE DIET

No. 125 FEBRUARY 2021

(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

Services will be zoomed at 1030 each Sunday Morning. Should you wish to join the services kindly inform our Rector and an invitation will be emailed to you. rectoryqcb@gmail.com or SeaFurlong@aol.com
Please note - the covid 19 rules are constantly changing - currently the Church will only be open on Sundays between 10am and 3pm in line with the National lockdown.

DECEMBER'S 2020 WEATHER

Rainfall 150mm ... last December 91 mm.
Max wind gusts 70 knt on 16/17th ... last December 40+ knt on 18th
Sunshine on 10 days ... last December 11 days.
Wind gusted to 70 knt February 2020
Rainfall recorded Staple Lane West Quantoxhead.
2020 = **1272** mm. (a rise of about 50%)
Rainfall 2019 = 847 mm.

DOG FOULING

It was reported at the West Quantoxhead Parish Council meeting that dog fouling is becoming a problem around the village. Please may we request that any mess from your dog is collected in the correct manner and disposed of by taking any bags home with you and placing in your own bins. If the problem continues, further measures will be considered.

This is an extract from the Keep Britain Tidy website "*Dog fouling is not only deeply unpleasant, it is dangerous. Whilst rare, contact with dog excrement can cause toxocariasis – a nasty infection that can lead to dizziness, nausea, asthma and even blindness or seizures.*

Anyone who fails to clear up after their dog can be issued with a Fixed Penalty Notice of up to £100. If the case goes to court this could cost the owner or person in charge of the animal up to £1,000. The law states that being unaware a dog has fouled or not having a suitable bag is not a reasonable excuse".

Please, let's work together to keep our village clean and tidy.

BBC HOME SCHOOLING

Home schooling is available on BBC 2 and CBBC ; 3 hours of primary and 2 hours for secondary each weekday

NATIONAL LOCKDOWN - "STAY AT HOME"

The highly contagious new variant of coronavirus is here in Somerset, and one in three people will carry the virus without displaying any symptoms at all. It is a very real and present threat to our health, to our NHS and care services. We must all work together and make sure that this lockdown counts.

Ventilation is really important, **so for those who cannot work at home**, try to ensure that your workspace has fresh air, and open windows regularly. Keep two metres away from others, wear a mask correctly (it must fit snugly across your nose) wash your hands with soap and water for 20 seconds, and in between hand washing, use hand sanitiser. These simple measures are within our control, and we must carry on with them.

'Remember, everyone can catch it, anyone can spread it'.

SOMERSET VACCINATION PROGRAMME

The programme is now up and running, be assured the NHS will contact you. Please be patient and keep your appointments. Continue to take all anti covid precautions to reduce your risk and your risk to others.

Volunteers are needed to assist greeting, marshalling and admin mvp.recruitment@somersetft.nhs.uk

REMEMBER COVID IS STILL OUT THERE AND SO ARE THE FRAUDSTERS.

AFTER YOUR JAB - REMEMBER -

STAY SAFE WHILE YOUR IMMUNITY GROWS

SOMERSET WASTE PARTNERSHIP SITES

Remain open, but for essential use only.

The restrictions at sites are as follows:

- do not visit if you have any COVID symptoms or have been asked to shield
- stay at least 2m from all staff and all other users
- wash or sanitize hands before and after the visit
- Wear gloves (wash them regularly) and consider wearing a mask
- No more than two people per household from the same household

EXERCISING SAFELY WHILE OUTDOORS

- Stay at home as much as possible.
- Keep your distance from others
- Avoid touching your face
- Wash your hands on your return
- Choose less busy places
- Wear a mask in enclosed places

DAILY UPDATED COVID ADVICE

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

FRAUD

Beware of and delete very convincing fake texts offering a covid -19 vaccine-The NHS will never ask for your payment details. Generally be alert for scam emails, scam phone calls, scam texts, or bank scams and never give your bank details to anyone. Report to actionfraud.police.uk or via phone 0300 123 2040. To report report@phishing.gov.uk. Suspicious text messages should be forwarded to the number 7726. covidfraudhotline.org or phone 0800 587 5030

VILLAGE AGENT NEWS

Christmas really brought out the best in everyone following the challenging year – we had so many donations to our Gift of Small Things Christmas Appeal that we were able to deliver well over 150 bags in absolutely STUFFED with presents for those most in need in West Somerset. A HUGE thank you to all those people who arranged drop off locations in their community and to the many people who donated - it made such a difference!

For Village Agents, the New Year and colder weather always brings challenges to our less fortunate clients who struggle with fuel poverty. Often the choice is between food and heating, which is a heart-breaking position to be in to have to make that choice.

We have many ways to help people in crisis or fuel poverty –

The **first** way is to donate your winter fuel allowance to the Somerset Community Foundation (SCF) here: <https://www.somersetcf.org.uk/winter> - SCF then work with us to allocate the donated fuel allowance to those in need. This year, many will need to stay at home to keep themselves safe and will find themselves cut off from family and friends and facing higher costs to heat their homes. Your donations will help us make sure around 500 vulnerable older people across Somerset have the support they need to get through the winter.

The West Somerset Crisis Fund has proved to be an enormously valuable and valued extra “tool in the bag” for Village Agents to help people facing personal and family crises. At this time of crisis and hardship for many in our communities this need is greater than ever, and we desperately need donations towards the fund.

You can contact me directly – all support no matter how small makes a huge difference to people!

We help when others can't, won't, or don't. Some examples of what these grants have been used for recently are:

- To buy 2 mattress protectors for a carer who was supporting their loved one with night time incontinence
- To support a family with funeral costs after their teenage son died
- To buy children's clothes for a family who had recently lost Dad to cancer
- To buy half a tank of oil for a lady with a chronic health condition who was struggling to heat her home
- To buy a washing machine for a carer who is struggling to keep up with washing demands
- To buy food and drink for a client who had been struggling to get shopping during the lockdown.

Thirdly you can join **our Community Oil Buying Scheme** to ensure that you benefit from the best bulk buying discounts on your heating oil. You can find out more here: <https://ccslovesomerset.org/oil/>. We receive 50% of the small annual membership fee, which goes into our Crisis Fund!

Village Agent TOP TIPS for staying warm and well this winter:

- Check out the energy (& money!) saving advice here: <https://energysavingtrust.org.uk/energy-at-home/heating-your-home/>
- Contact the Centre for Sustainable Energy who can help you find a better rate <https://www.cse.org.uk/> - if you haven't changed energy supplier for over a year you are guaranteed to save money by changing! CSE can help you with this.
- if you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C
- keep your bedroom at 18C all night if you can – and keep bedroom window closed
- use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time
- Have hot drinks often, and have at least 1 hot meal a day – eating helps keep you warm
- draw curtains at dusk and keep doors closed to block out draughts
- get your heating system checked regularly by a qualified professional

Contact me Izzy Silvester on 07931 014045

izzy@somersetccc.org.uk for confidential advice and support.

Or visit www.ccslovesomerset.org.uk to find out more or phone our main office number on 01823 331 222

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