

STAPLE DIET

No. 136 MARCH 2021

(The West Quantoxhead Village Newsletter)

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ST ETHELDREDA'S CHURCH

Services will be zoomed at 10.30 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.

"POSY IN THE PORCH"

TO CELEBRATE MOTHERING SUNDAY

Do come and add a small "posy in a jam jar" to our simple floral tribute in our Church porch on March 14th to mark this special day.

COVID REMINDERS

Stay at Home, Protect the NHS, Save Lives, Wash your hands regularly for 20 seconds cover your face in enclosed spaces, keep 2m apart where possible. Changes may be coming but STAY VIGILANT. Please don't drop your guard once vaccinated. If you are still struggling to get to a medical appointment, including COVID-19 vaccinations and need help and support contact Somerset's Coronavirus Helpline on 0300 790 6275.

KENN'S JANUARY WEATHER REPORT

Rainfall.....80 mm = 3.15 ins (77 mms fell in Jan 2020)
Temp little change from last year
Recordable Sunshine on 9 days (2020 13 days) Temp. min. -2 c (2020 -4 c)
Wind gusts on 19th, 20th and 21st to 38 kn
Light snow laying 24th

LENDODOLOGY CIC

In conjunction with SW&T offer loans to home owners for home repairs, improvements, adaptations and energy efficient measures. Contact Shannon Nutkins on 01823 461099 www.lendology.org.uk

SOMERSET WASTE PARTNERSHIP SERVICES (SWP)

Coronavirus-related staff shortages are likely to lead to late or missed recycling collections. Do not take containers in too early. If any collections are missed, please re-present recycling from 6am on your next collection date.

SIMPLE STEPS FOR SAFER SHOPPING

Supermarkets have put many measures in place throughout the pandemic but everyone can play their part to minimise the spread of COVID-19 by taking a few simple actions: Arrange a click and collect or delivery. Make a list – this will help reduce the amount of time spent in store. Shop alone if possible. Avoid shopping at busy times. Wear a face covering, unless exempt, at all times. It must cover your nose and mouth. Sanitise your trolley or basket before using. Sanitise your hands when you enter and leave the store and keep your distance from others.

REMINDER - HEALTHY START – FOOD VOUCHERS

Healthy Start is a Government scheme to improve the health of low-income pregnant women and families on benefits and tax credits. Vouchers are posted out every four weeks. They can be spent on milk, fresh, frozen, and tinned fruit and vegetables, fresh, dried, and tinned pulses, or infant formula milk in a wide variety of local shops and supermarkets, and with milkmen that have registered to take part in the scheme.

URGENT PLEA FOR VULNERABLE GROUPS TO HAVE FLU

VACCINE Somerset County Council is urging people with underlying health conditions to take up the free offer of a flu vaccination if they haven't already. People with chronic liver disease, a problem with their spleen or are seriously overweight (BMI of 40 and above) are at risk, and uptake in these groups is low this year.

BREXIT EU

Settlement Scheme Deadline – Most EU, EEA and Swiss citizens living in the UK need to apply to the EU Settlement Scheme to gain Settled Status to continue to live in the UK after 30 June 2021.

MUSGROVE PARK HOSPITAL'S NEW SURGICAL CENTRE

The new surgical centre gets HM Treasury approval. The government has given its final approval for the funding of a new surgical centre at Musgrove Park Hospital. The £87 million state-of-the-art centre will replace the current theatres and critical care unit, which were built during the Second World War as part of a temporary casualty evacuation hospital for the D-Day landings. The surgical centre will also house a brand new endoscopy suite. Work has already begun to get the hospital site ready and this is scheduled to be completed by the end of 2021, with the major building work starting shortly after. The new surgical centre will provide: Six endoscopy rooms, patient recovery and clinical support areas, eight operating theatres (including two state-of-the-art hybrid operating theatres that can be used for both surgery and interventional radiology), recovery areas and clinical support, 22 critical care beds, all specified for level 2 and 3 critical care patients.

WALKING IN SOMERSET

Try somewhere new! www.walkinginengland.co.uk/somerset is the website for you! With hundreds of walks to download and print, free, it also has books of walks, contact details for all the walking groups in the county and much more. All the information is there in one place. Walking in Somerset (part of the Walking in England suite of websites – one for each county in England) (www.walkinginengland.co.uk) has brought it together in one place so whether you are alone or a group, walking from home, or away on holiday, you will be able to find a walk suitable for you'. With walks from 0.5 to 12+ miles long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy. So home or away, check out the websites and get walking! John Harris. www.walkinginengland.co.uk or john@walkinginengland.co.uk

Don't forget at the current time we must 'stay local'.

DEVON & SOMERSET FIRE & RESCUE SERVICE

Advise of a possible scam where people posing as the fire service are offering home safety visits.

A laptop on charge on a carpet recently caused a house fire. Always charge your device on a hard, safe surface, and never on a carpet or bed.

VOLUNTEERING OPPORTUNITIES WITH THE QUANTOCK LANDSCAPE PARTNERSHIP SCHEME

The Quantock Landscape Partnership Scheme (QLPS) is a NLHF-funded, £2.6m, 5-year project, created to address changing pressures on the Quantock Hills and surrounding parishes, an area of some 400 square kilometres. The scheme comprises 23 individual projects spanning natural history, historic heritage, education and future planning, each intended to contribute to the long-term future of the hills by protecting, restoring and increasing understanding of the distinctive features of the Quantock landscape. Of those 23 projects, a number specifically relate to the history of the hills, including archaeological excavations, archival research, and a wide ranging and inclusive events programme. Central to their work is the desire to increase the capacity and skills of the volunteer base working in the area, providing more people with more opportunities to contribute.

The Covid-19 crisis has inevitably had an impact on their first year and they have some catching up to do. But, hopefully, the vaccine roll-out will allow them to get their programme of community archaeology projects up and running in the summer, by which time they might also have been able to commence some of the archival work at the Somerset Heritage Centre. In the meantime, there are several projects which lend themselves to working remotely, and for which the QLPS is now seeking volunteers.

ADVICE FOR PEOPLE STRUGGLING TO PAY ESSENTIAL BILLS

The Government has updated the advice for those in difficulty with utility bills, or repayment commitments on credit cards, loans and mortgages, as a result of the Coronavirus outbreak. The guidance sets out what people should do if they are struggling to pay bills and sets out the action the Government has taken with different utility providers, as well as loan, credit card, insurance and mortgage providers. The Government has extended the deadline for applying for a mortgage payment holiday to 31 March 2021.

MARCH VILLAGE AGENT NEWS

Staying Warm and Well Hopefully after such a cold February the weather has started to get warmer! Being home a lot more has bound to have bumped up your fuel bills and March could still surprise us with bitter weather, so please do get in touch if you are struggling with fuel costs. We help distribute the Surviving Winter grants which are available for older people living in Somerset, who are unable to adequately heat their homes <https://www.somersetcf.org.uk/winte>! The Centre for Sustainable Energy and their Home Energy team who are on hand to deal with fuel debt, help find cheaper fuel, aid in switching suppliers and much more – just watch this Talking Café they co-hosted with our Village Agent, Wendy Rudd, to see why it is so important to stay warm & how they help: <https://youtu.be/Xjmw10nk9C0>. You can also complete their online referral form on their website: <https://www.cse.org.uk/advice> or join our Community Oil Scheme and save in bulk orders of oil! www.ccslovesomerset.org/oil. **Crisis Fund - The Crisis Fund** is distributed by our Village and Community Agents to help people in crisis situations and for whom a small grant can make a huge difference in their life – At this time of crisis and hardship for many in our communities this need is greater than ever. We help when others can't, won't, or don't. We

would love to raise £5,000 in 2021 for the Crisis Fund in West Somerset, and are asking YOU to get involved anyway you can with sponsored runs, bake sales (after lockdown!) - setting yourself any kind of #CrisisFundChallenge – or by simply and very kindly donating! Follow us on social media @RuralSomerset for updates and how to get involved! To find out more please visit

www.ccslovesomerset.org/somersetcrisis-fund/. You can donate to the West Somerset district you live in: <https://localgiving.org/charity/somersetcrisisfund/project/westsomersetcrisisfund/>

Somerset Food Resilience Taskforce - We are proud to be part of the county-wide initiative, and we organise, co-ordinate and deliver the delivery of food boxes and pre-cooked meals to those in need via our Agents, community groups/kitchens – over 20,000 items of food a WEEK are delivered – 200,000 since lockdown began last March – a staggering number! **Would you benefit from a free food box?** No one should go hungry in Somerset, and our boxes are not means tested, simply for people in need whether you're struggling to cook or obtain food. If you are an unpaid Carer and would benefit from respite from cooking, we can provide some meal packs for you and the person you care for. If you need help with any of this, please do contact your local Village Agent on 01823 331 222 or visit <https://somersetagents.org/help-with-food/> **Want to get involved?** Our Smart Communities team can help get your community set up with equipment such as fridges & freezers, and food to stock them! Visit <https://ccslovesomerset.org/food-resilience/> for details. Izzy Silvester on 07931 014045 izzy@somersetccc.org.uk for confidential advice and support.

VACCINATIONS

vaccinations are available for the next two groups - the 65-69 group and 16-65 with underlying health conditions. Anyone not vaccinated from the first 4 groups should book an appointment.

COVID HOME TEST KITS can be ordered by phone - 119

SOMERSET SIGHT

Somerset Sight is a local charity which has been supporting sight impaired people across Somerset for over a century and in 2019 won the Queens Award for Voluntary Service.

One of our services is the Volunteer Visiting Service whereby volunteers are matched locally with a sight impaired person for regular visits for company and support, and also to help alleviate loneliness and isolation.

Volunteers help with a variety of tasks such as reading, correspondence, or making appointments, going out for a drive or just a cup of tea and a chat. Many volunteers get great satisfaction and enjoyment from their voluntary work, many friendships are formed and the people they support greatly look forward to their visits. At the current time as face to face visits are not permissible, the service continues with regular phone calls until such time as a visit is allowed again.

For anyone who is sight impaired and would like to know more about our services or if anyone would like to volunteer for the Visiting Service, please contact us on [01823 333818](tel:01823333818) for further information.

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

MEANWHILE - TAKE CARE & STAY SAFE !