

STAPLE DIET

No. 137 APRIL 2021

(The West Quantoxhead Village Newsletter)

Editor – Duncan Stafford email SeaFurlong@aol.com

Rector: Revd. Nicky Morgan 01278 732873
email rectoryqcb@gmail.com
Benefice Office 01278 732742

ST ETHELDREDA'S CHURCH

30 will be most welcome to attend an Easter Sunday Service (April 3rd) starting at 10-30am. The service will also be zoomed.

POSIES IN THE PORCH

Wow! What a wonderful display of so many "posies in the porch" on Mothering Sunday. Thank you so much to everyone who contributed to such a fantastic presentation! Jane



TYPE 2 DIABETES

Jayne Davis **Davis** <jayne.davis@xylahealth.com> is the Diabetes Prevention coordinator within the Somerset West & Taunton area. She is trying to increase awareness and access to the NHS National Diabetes Prevention Programme (NDPP). It is FREE to those at risk of Type 2 diabetes.

For a limited time we have enabled a self-referral option via the Diabetes UK 'Know Your Risk Score' – a check list of questions that can determine a person's risk factors. The risk tool can be accessed via

[:https://riskscore.diabetes.org.uk/start](https://riskscore.diabetes.org.uk/start) More information can be found at <https://preventing-diabetes.co.uk/somerset/>

ALL YOUR CLOCKS

Clocks move forward one hour on Sunday March 28th.

ARE YOUR DETECTORS WORKING?

Test, check all your smoke, carbon monoxide and other detectors are in working order.

SOMERSET WASTE EASTER COLLECTION

Somerset Waste Partnership Easter Collection will be on Saturday April 3rd from 7am. Recycling Centres remain on their usual schedules but from 1st April will be open from 9am until 6pm.

OOPS! - DOG FOULING - AGAIN !!

The West Quantoxhead Parish Council has noted with displeasure, that the dog fouling problem around the village **remains unabated**. **Please may we request again**, 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 both clean and tidy.

THE COURT HOUSE GARDENS

at East Quantoxhead will open on May 9th. They will be doing tea/coffee/biscuits in Dovedale garden (opp pond) so even if not visiting gardens everyone will be welcome. When the gardens open again in July they may do cream teas but in May they are just keeping things simple. They have a few gazebos to shelter under, just hope the weather is kind!

PLEASE DON'T FEED THE QUANTOCK PONIES

Quantock ponies thrive on the grasses, heathers and plants on the hilltops and do not need extra food. Horses can be intolerant to foods such as carrots and apples. They must not have too much sugar. Giving them sweets and treats can result in stomach ulcers, and colic that can kill them. Even fruit and vegetable treats may not be suitable for the horses and ponies that graze the Quantocks.

The ponies roam wild and far over the open hills, you cannot know how many treats they have had already, please don't make the mistake of saying "just one won't hurt".

FAKE JOB SCAMS

Trading standards warn young job seekers to be wary of fake job adverts on social media! Some of them have the sole aim of harvesting personal details that are later used to commit identify theft.

SUPPORT FOR SOMERSET RESIDENTS

The five councils in Somerset provide a contact number 03007906275 for anyone needing corona virus related support. Relatives or neighbours may use the line too daily between 8am and 6pm.

DID YOU COMPLETE YOUR CENSUS?!

KENN'S FEBRUARY WEATHER REPORT

It was a "bit of everything month".

Rainfall 83 mm

Frost on 3 mornings

Very light snow on 13th not enough to record.

Min temp. -4.5 at 5am on the 11th

Max wind SSW 47 Kn gust at 2300 hrs on 19th

One hour + of sunshine on 13 days.

REDUCE THE RISKS AND FOLLOW ADVICE

It is vital everyone continues to act to reduce their own risk, and risk to others, from getting ill with corona virus.

IZZY'S APRIL VILLAGE AGENT NEWS

Spring is in full swing and so is the COVID-19 vaccine roll out! If you are an unpaid Carer you are eligible to be vaccinated with the person you care for as long as you meet the eligibility criteria. Info at

<https://somerseccarers.org/news/unpaid-carers-vaccine-group-6/> and register your unpaid carer status with your Surgery.

The many people still shielding are extremely isolated. They can contact others in a similar situation by joining a Befriending Service? CCS has a NEW project called **CHAT TO CONNECT** for Clinically Extremely Vulnerable (CEV) People. Share your interests. Complete the short online registration form, and we will match you with another person with similar interests and hobbies.

We offer technical support. Go to: <https://ccslovesomerset.org/chat-to-connect/>

There are other similar services in Somerset too – Facebook or

Phone: 01823 345613 **or** **email** befriending@ageuksomerset.org.uk, **or** **visit**

<https://www.ageuk.org.uk/somerset/our-services/befriending-service/>

<https://www.redcross.org.uk/get-help/get-help-with-loneliness>

Phone: 01935

4474875 <https://www.mindinsomerset.org.uk/somerset-wellbeing-friends/>

Phone: 0800 470 8090

<https://www.thesilverline.org.uk/>

Other ways to connect to people

Book Clubs, The Reader <https://www.thereader.org.uk/>

0151 729 2200, Somerset Libraries Reading Groups:

<http://somerseccarers.org.uk/events/categories/reading-groups/>

Men's Sheds - community spaces for men to connect, converse and create. They help reduce loneliness and isolation, but most importantly, they're fun.

<https://menssheds.org.uk/>

Keeping Active - Somerset Activity & Sports Partnerships – ideas for all ages and abilities

<https://www.sasp.co.uk/be-active-at-home> , **Sport England**

<https://www.sportengland.org/jointhemovement>,

AGE UK Somerset have some great suggestions -

<https://www.ageuk.org.uk/somerset/activities-and-events/exercise-sessions/>

Business Networking – Social Enterprise network

<https://ccslovesomerset.org/somerset-social-enterprise/>

Courses – Thinking of starting a new career or want to learn something new? Try Somerset Skills & Learning

<https://www.sslcourses.co.uk/> or Step Up Somerset

www.stepupsomerset.org.uk - Helping you find where

you need to be. 2021 feels much more optimistic as things slowly return to normal – why not use these last few weeks of lockdown to explore some hobbies or interests? You never know what new friendships you may find or a new interest that puts a spring in your step!

For free confidential advice and support phone Izzy Silvester on 07931 018045

THE DREADED COVID

There is talk of a third wave in Europe, so it is vital we continue to take care, take all the precautions and STAY SAFE.

Remember your strongest immunity develops about 3 weeks after your 2nd jab.

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

