

STAPLE DIET

No. 138 MAY 2021

(The West Quantoxhead Village Newsletter)

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ST. ETHELDREDA'S CHURCH

Regular Services will resume at St. Etheldreda's on May 2nd at 10-30 am.

However the service on May 23rd will be zoomed from the Rectory.

It is likely that Services during June will revert to their original time and start at 9-30am

EASTER APPEAL

Thank you to everyone who has contributed to our Easter Appeal. The response has been wonderful and we are very grateful.

The help that this has given towards the financing of our beautiful village Church is great and we really appreciate your gifts.

Again **THANK YOU ALL VERY MUCH**

From the Parochial P.C.C.

THE COURT HOUSE GARDENS

The Court House gardens at East Quantoxhead will open on May 9th. There will be tea/coffee/biscuits in Dovedale garden (opposite the pond) so even if not visiting gardens everyone will be welcome. Cream teas may be available when the gardens open again in July but in May they are just keeping things simple. There will be a few gazebos to shelter under, just hope the weather is kind!

MARCH'S WEATHER AT WEST QUANTOXHEAD

Rainfall 45 mm

8am Temp. between 1c and 10 c but due to wind chill feeling colder.

Wind max gust recorded on 11th March . 53 Knt from SW otherwise a lot of noticeably Northerly cold winds.

Sunshine of at least 1 hr on 22 days.

Conditions very much the same as last year, but feeling colder due to the wind chill.

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There is so little news this month, there is even room for some historical snippets on the next page!

WEST SOMERSET BIKE PROJECT

Having successfully shared 100 bikes already, the project has gained additional funding for a further 40 from the HPC fund. **The project needs 40 more sound bikes** to be donated in order to pass on to persons needing a bike **for access to work, education or training.** All bikes are thoroughly checked over, repaired and safe. They come with helmet, lock and lights. Further details from our Village Agent **IZZY SILVESTER** izzy@Somersettrcc.org.uk or call **07931 018 045**

CCS

(The Community Council for Somerset) is a leading local charity that works in the heart of Somerset's communities to inspire and enable positive change. Through its wide network of passionate local experts and diverse projects, consultancy and funding, CCS brings the right people and services together to improve the lives of individuals; building community capacity and support for emerging and existing enterprises right across the county – helping Somerset to thrive.

AGE UK SOMERSET ENCOURAGES "LET'S MOVE TOGETHER AND IMPROVE TOGETHER" CAMPAIGN.

AGE UK SOMERSET

Age UK Somerset encourages a move towards "normality" with their "Let's move together and improve together" campaign.

The last year has been an unusual and difficult one for most but for many older people it has been particularly hard, with long periods of self-isolation impacting both mental and physical wellbeing. Research by Age UK has shown that many previously independent older adults have reported a loss of physical strength and capability, finding it harder to do daily activities such as going up stairs or walking the same distances they used to. Some have embraced modern technology, learning new skills and participating in online activities, helping them to maintain their existing levels of fitness but this has not been as rewarding as getting out and spending time with friends and family.

Throughout the pandemic, Age UK Somerset have supported older people in the County. Because they help those who are most at risk from severe illness due to coronavirus, and those whose movements

have been most restricted, they have been busier than ever. Despite some services being paused due to their physical nature, others sprung up to meet the new needs of this strange time, for example their telephone service called “Friendly Phone calls”, to help alleviate feelings of isolation and boredom.

The charity’s Ageing Well team, who normally run and manage hundreds of community-based exercise classes, have held a wide range of online exercise sessions since last July. These classes have encouraged older people to maintain their current levels of fitness and given them a chance to see familiar, friendly faces. Full technical support has been given by the team and classes have included Tai Chi, yoga, pilates, general fitness and relaxation sessions.

With plans to resume their community-based classes from the 17th May, Ageing Well have launched an inspiring “let’s move together and improve together” campaign. Whilst wanting to encourage older people to start coming to classes again, they are aware that many are nervous of doing so. They are putting in stringent measures to provide the greatest level of reassurance, reducing the number of participants allowed in each class and introducing a new booking system. Classes will be re-started over a number of weeks, so that the team can oversee and manage them safely and effectively. A variety of online sessions will continue to run for those who would prefer to stay at home for the time being.

The charity’s “stay strong, stay steady” classes – falls prevention sessions run in conjunction with Somerset County Council and the NHS – will also be resuming and hope to have a positive impact on the strength and balance of vulnerable adults.

If you would like to find out more about any of Age UK Somerset’s classes, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk or visit www.ageuksomerset.org.uk

EU SETTLEMENT SCHEME - DEADLINE JUNE 2021

Most EU citizens living in the UK need to apply to the EU Settlement Scheme to gain Settled Status so they can continue to live and work in the UK after 30 June 2021. It’s vital that people apply as soon as possible.

You can apply for settled status at <https://www.gov.uk/settled-status-eu-citizens-families>

SOMERSET PREPARED SMALL GRANT SCHEME

Don’t forget that you can apply to Somerset Prepared for up to £5000 for training, equipment or other costs that would help your community be better prepared for emergencies. Applying is simple, and we are happy to work with you to find the solutions that are right for your community. See the [Funding Support](#) page for terms and conditions and how to apply.

HISTORY OF THE BAY

Recent research has revealed more about the cutting leading down to the beach, the slipway and the breakwater shown on the 1880/1887 OS maps, together with the at least eight 20ft guidance posts set into the beach. The Acland-Hood employment and wages record finally revealed that the ‘New Sea Road’ and the farm road were started in November 1856.

An entry in August 1857 indicates donkeys were able to access the beach to carry pebbles to the Church. It suggests at least much of the cutting down to the beach had been achieved. The construction of the slipway and massive defence wall started in 1857 and throughout the summer months at least 32 workers are recorded working on the beach.

The body of a whale caused quite a stir when it was found on the beach on Tuesday 5th of October 1880. It had been seen at Doniford the day before but had been washed along from there overnight. The whale measured 20ft 6 inches in length, 11 ft in its girth and was estimated to weigh three tons. A great number of people came to view the carcass before it was taken to the Minehead chemical works for processing a few days later.

A Mr Hanks from Bishops Lydeard saved seven children who were paddling off the reefs in August 1888 when they got cut off by the incoming tide. Our Churchwarden’s account for 1863-64 indicated that it may well have been close to 1860. The account states that ‘William Besley was paid 5/- for finding the body of Thomas Goss (on December 3rd) near the bottom of the *new sea road*.’

Captain William Allen and his companion Thomas Goss also known as ‘Tom the Fiddler’ had drowned during a rapidly rising gale on 2nd December 1863 when their fishing boat capsized barely 100yards off Watchet. The body of Captain Allen was found on 4th December near Lillypool at Doniford.

Copy date for June's newsletter is 20th May. (Please mark for “Staple Diet” or “Newsletter”).
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