

# STAPLE DIET

No. 139 JUNE 2021

(The West Quantoxhead Village Newsletter)

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## JUNE SERVICES AT ST.AUDRIES CHURCH

- 6<sup>th</sup> Eucharist at 10-30am zoomed
- 13<sup>th</sup> Eucharist at 10-30am
- 20<sup>th</sup> Eucharist at 10-30am
- 20<sup>th</sup> (Eucharist at 10-30am zoomed from the Rectory)
- 27<sup>th</sup> Benefice Eucharist at 10-30am zoomed

## APRIL'S WEATHER AT WEST QUANTOXHEAD

April was a month of sunshine and cool days.  
At least an hour of sunshine on 28 days.  
29 mms / 1.15 inches of rain fell on 5/6th and 28/29th  
Frosts were noticeable most mornings.  
Winds were light ENE during much of the month.  
(In total contrast MAY 12th and 13th chucked down  
75mms / 3 inches. Kenn

## ST. AUDRIES W.I.

Hello Everyone! At last two events for you all.  
A cream tea at The Windmill on Wednesday June 23rd.  
at 3.00 pm. Please let me know by Saturday June 19th if  
you are coming.  
And on Wednesday July 21st a visit to Somerset's  
Wildlife Garden at Broomclose, Porlock at 2.30pm.  
Again please let me know by Saturday July 17th.  
Look forward to seeing you. Daphne – 632688

## VACCINATED? You still need to take care

Although the COVID-19 vaccine gives the best protection  
against becoming seriously ill if you catch Coronavirus,  
you are not invincible. The COVID-19 vaccine is safe and  
effective, but it doesn't take full effect for 3 to 4 weeks.  
You need to have the two doses to give you lasting  
protection.  
Remember, there's a chance you might still get or  
spread COVID-19 even if you have the vaccine. So, even  
when you've been vaccinated, don't ditch the soap and  
fling your mask in the bin – you still need to stick with  
the important things you've been doing for the past  
year, like keeping your distance from others, wearing a  
face covering when required and washing your hands  
regularly and well.

## VILLAGE HALL

The Village Hall SHOULD be available for activities from  
21st June 2021, but this very much depends on the  
latest Government guidelines existing on that date.  
Therefore, anyone wishing to hire the hall on, or after,  
that date should contact Mark Philipson (Bookings'  
Secretary) on 01984 631947.  
Sue Sanders, Secretary

## EAST QUANTOXHEAD VILLAGE HALL

Offer a "post lockdown social" on June 26th with cafe  
and bric-a-brac 10am till noon and look forward to  
seeing everyone again

## EXMOOR NATIONAL PARK (ENP)

The central Exmoor village of EXFORD is hosting the  
National Park's very first 'Dark Sky Discovery Hub', whilst  
nearby work has started on a new 2 mile marked Dark  
Sky Discovery Trail that will enable visitors to experience  
the area's incredibly dark skies. Regular guided  
stargazing sessions and expert talks will be available  
throughout the year, along with advice, star charts,  
books and guides.  
[://www.exmoor-nationalpark.gov.uk/about-us/press-  
room/press-room/news-2021/exford-at-heart-of-new-  
dark-skies-hub-for-exmoor](http://www.exmoor-nationalpark.gov.uk/about-us/press-room/press-room/news-2021/exford-at-heart-of-new-dark-skies-hub-for-exmoor)

## HM COASTGUARD WATCHET

### Take care on the coastline

Stay aware, stay back, stay safe. Slips, trips and falls  
take split seconds and happen shockingly fast on and  
around cliffs. Don't let it happen to you!  
Avoid that 'selfie' – it's not worth risking your life for a  
picture  
Mobile phone: make sure it's fully charged  
Cliffs along the UK coastline are continually eroding, with  
pieces falling from them that can be just a few small  
rocks or as large as a car.  
Make sure you're fully equipped and wearing  
appropriate clothes for walking at the coast  
Dogs: keep them on leads. If they slip or fall, don't  
compound the danger by trying to rescue them, call 999  
and ask for the Coastguard  
At the bottom of a cliff, don't stand any closer than the  
height of the cliff. That means that if the cliff is 25  
metres high, don't go closer than 25 metres  
Stick to the designated paths and follow all safety  
warnings  
Climbing: Don't risk that shortcut and only climb up or  
down cliffs if you are properly equipped and trained  
If you see anyone in difficulties around the coast, always  
call 999 and ask for the Coastguard. They are on call  
24/7.



## THE MAY VILLAGE AGENT'S NEWS

The world is finally re-opening! **We are really looking forward to getting get back out in the community to see our clients!**

The re-opening of services will bring great relief to the many thousands of unpaid Carers in Somerset who have not had access to respite facilities for a considerable length of time.

There is also **The Filo Project** for Somerset residents that offers high quality day care for small groups of older people that have memory loss or moderate dementia. You can call them on 0333 939 8225 or visit <https://www.thefiloproject.co.uk/>

**We Hear You** provides free therapeutic support to children, families and individuals in Somerset affected by cancer and other life-threatening conditions. Their face-to-face services are reopening and you can contact them on 01373 455 255 or visit <https://www.wehearyou.org.uk/>

If you are an unpaid Carer, please do get in touch – you may not feel you need any help and support right now, but we can just check in with you, so you know what's available if and when you feel you would benefit from further advice. Right now, we can help you with anything from finding a sitting service if you have a hospital appointment, a package of care if you or a family member are returning from hospital, or provide you with a little rest from cooking with our 'Carer Packs' - delicious pre-made meals for you and the person you care for. We can help make your everyday life a little easier, check you are receiving the correct benefits and look at the whole family support need, especially as we work closely with your doctor's surgery and adult social care. We have a freephone Carers Advice line you can call 0800 31 68 600 or text 'CARER' to 78070 and the Carers Advice line will call you back.

Whether or not you care for someone you may need a little extra help at home. From personal care, Carers respite to household jobs a micro-provider could be just what you're looking for!

Micro-providers are providers of very small, community based care and support services.

Examples of micro-services could include: Support to keep a person well, social and able to remain independent or enable people to continue living in their own homes

As Village Agents, we can help connect you with the right micro-provider for your needs - and it may be that you have more than one undertaking different tasks for you, as many have different areas of expertise.

It's also a great career opportunity to become a micro-provider. It's very rewarding and worth considering if you want to start a new career or fresh challenge! You would be well supported starting up with the Somerset Micro-enterprise Project -

<https://www.somerset.gov.uk/social-care-and-health/somerset-micro-enterprise-project/> - you can become an accredited provider, decide your hours and what areas of work you want to do – call Rhys on 07788350806 for more information.

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. We would love to raise £5.000 in 2021 for the Crisis Fund in West Somerset,

<https://localgiving.org/charity/somersetcrisisfund/project/westsomersetcrisisfund/>

Some examples of what these grants have been used for recently: To buy new bedding for a carer who was supporting their loved one with night time incontinence. To buy an energy efficient radiator for a lady with a chronic health condition who was struggling to heat her home -this meant she had one warm room. Paying for donated freezer to be PAT tested and moved to help a struggling family so they could manage their food budget more efficiently.

For free confidential advice and support telephone or email Izzy Silvester on 07931 018045 [izzy@somerstrcc.org.uk](mailto:izzy@somerstrcc.org.uk) Tel: 01823 331 222

**Web:** [www.somersetagents.org](http://www.somersetagents.org)

**Email:** [info@somerstrcc.org.uk](mailto:info@somerstrcc.org.uk)

### NEED TO SEEK HELP?

If you, or someone you know are feeling like things are too much, please know that you / they don't have to be alone. Here are some numbers of organisations that can help: Samaritans - 116 123, CALM - 0800 58 58 58, ChildLine - 0800 1111

Anxiety UK - 03444 775 774, Mind - 0300 123 3393, National Domestic Abuse helpline - 0808 2000 247

### FREE BIKE REGISTER / BIKE MARKING EVENT -

Will be held at Wimbleball Lake on Sunday 30th May at 11am. Avon & Somerset Police will be at Wimbleball Lake, Brompton Regis to mark your bikes using Bike Register, all they need is your bike, your email address and your bike frame number and about 5 minutes of your time. This will be held on **Sunday 30 May 2021 at 11am.**

[BikeRegister Bike Marking at Wimbleball \(facebook.com/events917341375723343\)](https://www.facebook.com/events917341375723343)

### GROUP EXERCISE

Leisure centres in Taunton and Wellington are set to re-launch group exercise classes in what has been called "a huge boost" for the mental health of the community

### HANDS FACE SPACE AND FRESH AIR !

Maintain your social distancing, keep up with regular hand washing, wear a face mask in enclosed spaces.

If you've been offered a vaccine appointment, go!

If we all make the effort to make reopening as safe as possible, we'll hopefully see restrictions continue to lift.

**COPY DATE Copy date for July's newsletter is 20<sup>th</sup> June.** (Please mark for "Staple Diet" or "Newsletter"). Phone 01984 632268 or email: [SeaFurlong@aol.com](mailto:SeaFurlong@aol.com)