

# STAPLE DIET

No. 140 JULY 2021

(The West Quantoxhead Village Newsletter)

Editor – Duncan Stafford email SeaFurlong@aol.com

Rector: Revd. Nicky Morgan 01278 732873

Benefice Office 01278 732742

## JULY SERVICES AT ETHELDREDA'S CHURCH

- 4<sup>th</sup> Eucharist at 10.30am zoomed  
11<sup>th</sup> Eucharist at 10.30am  
18<sup>th</sup> Eucharist at 10.30am  
25<sup>th</sup> (Eucharist at 10.30am zoomed from the Rectory?)

## KENN'S WEATHER REPORT

### West Quantoxhead for May 2021

Rainfall was exceptional.

Rainfall 175 mm. (6.9 inches) with 52 mm (2 ins) on the 13th and a further 25 mm (1 in) on the 14th.

Winds at start of month to gale force with the same between 20th and 23rd.

Sunshine at least 1 hour on 21 days.

Kenn.



## DENNIS NEWTON

*A very big THANK YOU to all the wonderful villagers who have so kindly sent cards and letters to me following the death of Dennis.*

*It has been quite overwhelming and a great comfort to know how highly he was regarded.*

*It shows again that West Quantoxhead villagers are wonderful, caring and supportive of each other.*

*Thank you again.*

*Isobel, Malcolm and Howard*

## ST. AUDRIES W.I.

Hello Everyone!

On Wednesday July 21st we plan a visit to Somerset's Wildlife Garden at Broomclose, Porlock at 2.30pm. Please let me know by Saturday July 17<sup>th</sup> if you would like to come along.

Look forward to seeing you. Daphne – 632688

## COASTAL FOOTPATH

The Public footpath along the coast past 'Hinkley A' has been closed for about 3 weeks, the period may be extended for a further 6 months.



## NEW EDITOR WANTED FOR THE STAPLE DIET

Revd Marion Hance and her husband John started and produced the first 41 editions of the Staple Diet and I took on in May 2013. My first Staple Diet was number 42 and my century will be up in a couple of months.

I intend stepping down as editor on completion of number 142. The Staple Diet therefore needs a new editor to step forward and volunteer. It takes about a day to prepare, print and deliver to those who kindly volunteer to deliver it on to your letterboxes.

Throughout my stewardship I have been most grateful for the behind the scenes assistance of Sue Cocksedge who has kindly helped with every issue. There have been very many occasions when her greater IT skills have saved the day, she richly deserves both my and your thanks

## NHS ULTRASOUND SERVICE

Ultrasound services are now available more locally, at: Wellington, Bridgwater, Minehead and West Mendip Hospitals

## EAST QUANTOXHEAD VILLAGE HALL

The social gathering we planned on June 26th has had to be put back to July 31st [due to Boris!] The Market will recommence on August 21st [hopefully!].

## LOCKDOWN ROUTE MAP

A four week postponement has been announced before step four may be introduced.

Changes to restrictions have been made for:

Weddings, civil partnerships and their receptions,  
Funerals, wakes, stone settings or ash scattering.

Large event 'pilots'

Care home visits

Domestic residential visits for children.

**JUST REMEMBER** your "Hands, Face, Space, Fresh Air" as the COVID is still about

Book your Covid 19 Vaccination Appointment as soon as you become eligible either on line or call 119.

## SOMERSET LIFE

Somerset Life are planning an exhibition at the Somerset Rural Life Museum at Glastonbury to run from July 10th until September 4th.



## THE JUNE VILLAGE AGENT'S NEWS

June was a special month for us as the 7-13<sup>th</sup> was Carers Week. Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

This year we are coming together to **Make Caring Visible and Valued**. The week is dedicated to celebrating the estimated 66,000 unpaid Somerset Carers in our midst, those who look after others, whether that's a partner, parent or child with disabilities. It is very rewarding, but can be quite lonely at times, and the past year of lockdowns has only amplified that. As a result they may be missing out on crucial support both financially and emotionally that they are entitled to.

The Village Agents provide support for unpaid Carers. Whatever the need – from needing to know where to get equipment to help you day to day or arranging for a micro-provider to pop in a couple of times a week as a sitting service, to checking you are getting the correct Carers Allowance – we are ready to help make your day-to-day life a little easier. In December we delivered over 100 respite meal packs to carers in Somerset – 7 days' worth of meals for the carer and the cared for to give people a little break from cooking. Please get in touch if that would help you!

Many people feel they do not need any support, and actually are coping fine without any services 'coming in' to help, however we would say raise your hand! Be seen and heard! That way we can help and support you BEFORE you get to a point where you may be in crisis and you don't know where to turn – 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. We have a free-phone Carers Advice line you can call 0800 31 68 600 or text 'CARER' to 78070 and the Carers Advice line will call you back.

Our website [www.somersetcarers.org](http://www.somersetcarers.org) has a Carers Hub – where you can find training available relevant to the condition of the person you are caring for, or support groups, advice and much more – a real one-stop shop for advice for carers in Somerset – please check it out and let us know what you think!

**Please telephone Izzy Silvester for free and confidential advice and support on 07931 018045 or email on [izzy@somersetcc.org.uk](mailto:izzy@somersetcc.org.uk) Or email**

## BILLY by DH KEMP

### A poem my father used to recite

Billy is a baby, Billy's age is one.

Billy goes out in a pram, as other babes have done.

Then in the park one morning, on a summer's day,

Billy chanced to meet a baby girl, whose name was May.

They wheeled along in company, as babies often do,

without an introduction, Billy said to her "Goo goo"!

Whilst Maisie sucked her comforter, and stared with eyes of blue,

She didn't know he meant to say "I love you!".

Now Billy is a schoolboy, home on holiday.

Billy shares his pleasures, on the sly, with little May.

Billy is her hero; for Billy's love she sighs.

And for a smile from Billy, she would give her very eye.

Says May, "I like you Billy, you like me, do you not."

Said he, "shut up, you silly kid, don't talk such tommy rot."

Then Maisie bit her rosy lip, her cheek grew rather hot,

She didn't know he meant to say, "Gad, I do love you!".

Now Billy is at Oxford. His style is quite extreme.

Billy shaves - on Sundays - His waistcoats are a dream.

Billy's home for Christmas, he met Maisie at a ball,

But his conversation, Maisie thought, was not the thing at all.

It wasn't May and Billy in the old familiar way,

But "Wotton weaver, what, Miss Jones" was all he had to say.

Then Maisie bit her little fan, and looked the other way.

She didn't know he meant to say "Gad I love you!"

Billy's in the Army! Billy's an Hussar!

People say that Billy's been to see the Registrar.

No passionate proposal with the customary swoon,

It happened very quietly, at tea, one afternoon.

Billy took a little hand - yes, this is what occurred,

Billy, kissed it once or twice, and never said a word.

But Maisie, well she understood, as well as if she'd heard,

She knew at last he meant to say, "I love You!"



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