

# STAPLE DIET

No.162 May 2023

(The West Quantoxhead Village Newsletter)

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## SERVICES AT ST ETHELDREDA'S CHURCH ST ETHELDREDA'S CHURCH

### MAY

- 7th Eucharist at 0930 with NM
- 14th Eucharist at 0930 with SC
- 21st Family Service at 0930 with Isobel Newton
- 28th Last Service together as Churches of the Quantock Coast Benefice at 1030 at STOGURSEY

### EASTER APPEAL - THANK YOU

Thank you from St. Etheldreda's Church to all of you who responded so generously to our Easter Appeal. We have a somewhat challenging year ahead with at least two expensive repairs to undertake, namely the Porch Roof and 'Donkey Patch' gates. Your donations will enable us to maintain your Parish Church for future generations. Again THANK YOU ALL VERY MUCH from The Parochial Church Council.

### KENN'S WEATHER REPORT

#### West Quantoxhead Weather report for March

March has seen a bit of everything. The unexpected was the Snow on the 8th. There was up to 4" on open ground. All gone by the end of the 9th!

Wind for the first quarter of the month from NE then it went round to south.

Rain fall most days of the month, total 113 mm

Snow on the 8th up to 100 mm.

Sunshine very limited only = 1+ hr on 8 days.

Fog on the 9th.

Very windy on 12-13 severe Gales wind up to 44 mph gusts higher.



### ST AUDRIES WI

The next meeting is the AGM on May 10th at 2.15 pm in St. Audries Village Hall  
Competition:- Royal Memorabilia  
Reminder Wear a hat/ tiara  
A warm welcome awaits you.



### KING'S CORONATION

Sunday 7th May at 3pm. Come and celebrate the King's Coronation and a Cream Tea at the Village Hall. Bring your own bubbly.

### COFFEE MORNING AT ST. AUDRIES VILLAGE HALL

The next coffee morning will be held on Monday 1st May (the first of several special days this month!) from 10.30 am to about mid-day. All are welcome, there is no need to book, just turn up for a good chat and some coffee which is £1 per cup, the biscuits are free! There are usually quite a good number of villagers but new faces are always welcome. Contact Sue Sanders 632759 or Isobel Newton 632274.

### KI AIKIDO CLASSES

Ki Aikido Classes take place in the Village Hall every Tuesday between 6 to 8 pm. Aikido self-defence exercises are non combative. Wear loose clothing - track suits or Gi. For more information, please ring or text Sensei Bob on 07562 322889. Facebook: west somerset shinpiizumi aikido. Even if this is not for you please pass on the details to family and friends who may be interested.

### CRAFT GROUP

The Craft Group meets on Tuesday 2 to 4.30 in the village hall. £2 per session.  
We have a mixture of crafts, Patchwork, Quilting, Crochet, Knitting, Stitching & Crystal card making and many more.  
Phone June on 01984 632410.

### POETRY GROUP

Meeting on 1<sup>st</sup> June at Daphne Wheeler's house at 2.30 pm.

### ST. AUDRIES ART GROUP

Meets every Wednesday in the Village Hall from 10 am until 12.30. New Members are very welcome - if you would like to know more about us please contact Maureen on 01984 632575 or Pat on 01984 632729.

## LOCAL BANKING AT THE POST OFFICE

With the closure of Lloyds Bank in Williton, please do not think that you must travel to Taunton, Minehead or Bridgwater for banking. At the Post Office you can, pay in cash and cheques, withdraw money, check your balance. All you need is your debit card, paying in book, and a branded envelope to pay in cheques – supplied free by the Post Office. You can do all this during Post Office opening hours - which are far more convenient than the banks! Finally, this applies to **all** the main banks - not just Lloyds. If in doubt, please ask - they will be happy to help you.

## EAST QUANTOXHEAD COFFEE MORNING

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East Quantoxhead Village Hall  
Saturday May 20<sup>th</sup> 10 - 12md  
Café/Bric-brac/Books/Dvds

### FLOWER SHOW

AUGUST 5<sup>TH</sup> 2-4PM  
Holford and District Village Hall  
Open to All  
For details and entry forms  
[www.holfordvillage.com](http://www.holfordvillage.com)  
or-01278 741173

### OPEN GARDENS

Court House Gardens East Quantoxhead  
May 28<sup>th</sup> 2-5pm  
Teas available at E.Q. Village Hall

## HOLFORD GARDENERS GROUP

### PLANT SALE

May 20<sup>th</sup> 10-1pm Holford and District Village hall

## 'Bus It' bonus as £2 single bus fare in Somerset is extended to the summer

Bus users in Somerset can now travel on most routes in the county and beyond for just £2 until July. It's worth remembering that the initiative applies to cross-county services, which means for example you can travel from Street to Bristol for just £2. Somerset County Council and the Somerset Bus Partnership have launched the 'Bus It' campaign to encourage more people to use bus services at a time when some routes are under threat due to lack of use. It's hoped the new £2 fare will provide a major boost to patronage and support these aims. <https://www.somerset.gov.uk/busit>

## MAY'S VILAGE AGENT NEWSLETTER

**May is such a hopeful month!** Longer days, warmer weather and the return of the beloved seasonal events we are blessed with in Somerset– car boots and village fairs galore!

**May is National Walking Month.** It is a great time to discover the many wonderful locations in Somerset – from the Quantocks to the Mendips and the flats of the levels in between. The Get Outside in Somerset team can help you find your perfect walking day. Go to [www.getoutsideinsomerset.co.uk](http://www.getoutsideinsomerset.co.uk)

**May 11th is Somerset Day!** This year the team are hosting Somerset's biggest ever quiz! Take part by tuning into BBC Radio Somerset on the 12th May at 7pm. You can also host your own quiz night – download the pack here: [www.somersetday.com/somersets-biggest-ever-quiz](http://www.somersetday.com/somersets-biggest-ever-quiz) - let's all fly the flag for Somerset!  
CCS

Village Agents have been busy in recent weeks being part of the **Somerset Dementia Wellbeing Service Roadshow**. Come along and have a go on the Virtual Dementia simulator, giving a person with a healthy brain an insight into what dementia might be like. The Somerset Dementia Wellbeing Service is collaboration of existing dementia services in Somerset. The aim is to provide consistency, improve diagnosis and enhance support for people with dementia and their carers. Full details of the roadshow and new service can be found here: <https://somersetcarers.org/news/dementia-wellbeing-roadshow/>

**Coming up in June is Carers Week!** CCS Village Agents support unpaid Carers through our Somerset Carers service. Our teams across Somerset are busy organising events to celebrate these heroes in our communities who selflessly care for their family members or friends. There will be goody bags, giveaways, free workshops and fun days – the full plan can be found here: [www.somersetcarers.org/carersweek2023](http://www.somersetcarers.org/carersweek2023) - we hope to see you there!

The West Somerset Carer's event is at Williton Pavillion 2 - 4 on Saturday 10th of June. The event includes free cream tea, free raffle, information stalls like the Citizens Advice and lovely things to do!

Please come and treat yourself !

For free and confidential advice, help and support please contact either Izzy Silvester on 07931 018045 [izzy@somersetccc.org.uk](mailto:izzy@somersetccc.org.uk) or Steve Grice on 07958 415270 [stepheng@somersetccc.org.uk](mailto:stepheng@somersetccc.org.uk)

### Please note new telephone number

Copy date for May's Newsletter 20<sup>th</sup> May

email: [wqnewsletter@yahoo.com](mailto:wqnewsletter@yahoo.com). Phone 01984 568742