

STAPLE DIET

No. 176 May 2024

(The West Quantoxhead Village Newsletter)

Editor – Susan Sherry@wqnewsletter@yahoo.com

Rector: Revd. Nicky Morgan 01984 636667
e-mail - rectoryqtb@gmail.com

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

5th 0930 Communion with NM
12th 0930 All Age Worship with CP
19th 1030 Benefice Communion at **SAMPFORD
BRETT** with NM
26th 0930 Communion with NM
JUNE 2nd 0930 Communion with SM

PARISH COUNCIL

Parish Council Meetings:
3rd July, 4th September and 6th November 2024 7.30pm in the Village Hall. Everyone is welcome to attend, come and see what we do.

PARISH ASSEMBLY

Our Parish Assembly is on 15th May at 7.30pm in the Village Hall. Atwest will be giving a presentation. All Welcome.

KENN'S WEATHER REPORT

The weather in West Quantoxhead during March.
Rain on 22 days giving 140 mm.
Frost on the 6th.
More than an hour's sunshine on 13 days
No very high winds. Max recorded on the 4th -34 mph.
Average Bar. pressure 1000 mb
A cool start to month then up 14c in the middle dropping to 6c.



DOG OWNERS

DOGS like mine give a lot of pleasure. BUT as an owner one is also responsible to ensure they don't foul our Village. The 1 or 2 that forget. Please clean up. Kenn and 'Bess'.
This problem has been raised by the Parish Council in the past. We live in a lovely Village Please look after it.

VILLAGE COMMUNITY GROUP

We were very pleased to see so many participate in our April 10th meeting where we discussed several ideas for activities this summer and later in the year. Our next get together will be a social lunch at the Oak Manor Golf Club on Wednesday 8th May at 12 for 12.30 pm. If you would like to join us, please let Daphne Wheeler know on 632688 by 28th April. When you call Daphne, she will have the menu for you to choose your lunch from so that Oak Manor know numbers and choices in advance. Also, we have booked a Cream Tea at the Coombe House Hotel in Holford (as most will probably know it's located at the entrance to Holford Combe) on Wednesday 12th June at 3.00pm for 3.30 when hopefully by then the rain will have stopped and we can enjoy sitting outside. If you would like to join us for this treat, please let Mike Sanders know on 632759 by Sunday 9th June. Finally, a note for your diaries - we have booked The Stoggymen to entertain us with their 'traditional and not so traditional West Country songs and sea shanties' on the evening of Saturday 26th October, details to follow nearer the time.

COFFEE MORNING AT ST. AUDRIES VILLAGE HALL

As usual the next coffee morning will be held on the first Monday of the month i.e. 6th May (the Early May Bank Holiday) from 10.30 am to around mid-day. Just turn up for a friendly chat with fellow villagers and some coffee or tea, each at £1 per cup, but the biscuits are free! There are usually a good number, but new faces are always welcome. Contact Isobel Newton on 632774 or Sue Sanders on 632759 if you need more info.

VILLAGE SKITTLES

The next session has been booked for the third Wednesday in May i.e. the 15th, meeting at The Valiant Soldier in Roadwater at about 11.30 am. Lunch is booked during chat time (before play) and consumed after our game at about 1pm All villagers from WQ are welcome even if you have never played before, but if you need more details or help with transport contact Sue or Mike Sanders on 632759.

CRAFT GROUP

Craft Group meets on Tuesdays 2 to 4.30 in the village hall. £2 per session including tea, cake & biscuits. We all have a mixture of crafts, ranging from Patchwork, Quilting, Crochet, Knitting, Stitching & Crystal card making and many more.

New members are always welcome come in and meet us or phone/email June on 01984-632410.
June.Bissell@BTInternet.com or Jenny 01984-633556

POETRY GROUP

Will meet at 2.30 pm. on Thursday 30th May at "Beulah", Weacombe Road (thanks to Sue Welch), when you can choose what to read. For further information please contact Joyce Baxter 01984 633537. New readers always welcome.

ST. AUDRIES ART GROUP

The Art Group meet every Wednesday in the Village Hall from 10am until 12.30pm. 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.

COFFEE MORNING

EAST QUANTOXHEAD VILLAGE HALL

COFFEE MORNING
SATURDAY May 18th
10am till 12 noon
Café
Bric-a-Brac, Books & DVDs

HOLFORD GARDENERS GROUP



PLANT SALE

Holford and District Village Hall
May 11th 10-12md
Holford Gardeners Group

East Quantoxhead D-Day

80th Anniversary Celebratory Lunch

Come and join us for a Sausage and Mash lunch

in East Quantoxhead Village hall

Saturday 8th June at 12.30pm £10 per person

Everyone very welcome

Please book a place by phoning 07788146993
or email eqhvilleagehall@gmail.com

POST BOX UPDATE

Further to the petition so many of you signed earlier in the year, which seems to have been ignored, Royal Mail have stated that they will not be replacing the Post Box in The Avenue. Apparently, because there is another Post Box within 240 metres ie at the garage, this is considered a suitable alternative. They have been told that to reach the garage it may well require crossing the A39 four times, they refuse to re-instate it. Their first letter has been on the Village Noticeboard at Staple Cross for several weeks and has just been replaced by a second letter so you can all read their excuse for yourselves. Another letter will be sent shortly asking again for the very well used post box to be re-instated as this is most unsatisfactory. Please contact Wendy on 01984 631947 if you would like more detail.

VILLAGE AGENT

Support for Carers

Caring for another person is very rewarding, but it can be overwhelming and lonely at times. You may not know where to start to find information, you can receive free support from Somerset Carers. The person you look after could be a loved one, friend, partner, parent or child. You may support them all the time, or on an irregular basis and you don't have to be receiving Carers Allowance to use the service. When you register with Somerset Carers, you can choose what type of support will suit you best. This could include:

- Contact with a Carers Agent who can work with you, your GP and hospital and local community services, to build a support package tailored to you and the person you care for
- Joining your local Carers Group to meet people to socialise and share ideas and experiences over a coffee – there's an online option too
- Making use of the Carers Hub – a searchable online database, packed with information on support organisations, events, courses and activities
- Downloading useful resources like our Carers Checklist or Emergency Information templates, or useful information on equipment and digital aids
- Joining the Somerset Carers Forum to chat and share information and experience.
- Receiving a regular newsletter with all the latest on groups, services, events, resources and more.

The Carer's event in West Somerset is at Williton Pavilion on Saturday 15th of June 2-5 with a free cream tea!

If you care for someone who is experiencing challenges with their mental health, the Open Mental Health Carers support project may also be helpful. The Community Council for Somerset is working in partnership with Open Mental Health to ensure that friends, family and caregivers of adults experiencing mental health issues, can get the support they need.

Somerset Carers and the Open Mental Health Carers project value the support of people with lived experience who volunteer to help with groups or offer peer support. If this is something you'd like to consider, please do get in touch: info@somersetcarers.org.uk

You can reach Somerset Carers on 0800 31 68 600 or visit: www.somersetcarers.org www.somersetcarers.org/who-can-help-you/open-mental-health-carers/

Your local Village Agent is Izzy Silvester 07931 018045 izzy@somersetccc.org.uk

You can also find lots of free energy advice and information on a website www.ccslovesomerset.org

Please note new telephone number

Copy date for June's Newsletter 20th May

email: wqnewsletter@yahoo.com. Phone 01984 568742