

STAPLE DIET

No. 191 AUGUST 2025

(The WestQuantoxheadVillage Newsletter)

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SERVICES AT ST ETHELDREDA'S CHURCH

ST ETHELDREDA'S CHURCH – MAY

2nd August 9.30am Communion with Steve Morley
10th August 9.30am All Age Worship with Nigel Stock
24th August 9.30am Communion Rev Nicky Campbell
7th Sept 9.30am Communion CW Nigel Stock

KENN'S WEATHER REPORT

June's Weather for West Quantoxhead

Conditions have been near tropical, with lots of cold drinks and ice creams going from the shop.

Rainfall total 50 mm, a lot simply drizzle.

Recorded Sunshine on 23 days most other days had a little.

Wind highest recorded on 23/24 of 20 knots.

Highest recorded temp. 25.1c on the 30th. A bit hotter expect for July!

THANK YOU - A very big thank you to my many friends for all the birthday cards and presents. It was good to see so many at the Village Hall. Kenn

COFFEE MORNING IN ST. AUDRIES VILLAGE HALL

This will be held on Monday 4th August at the usual time of 10.30 a.m. until midday. No change in the cost of refreshments.

Isobel, Michael & Sue look forward to seeing LOTS of happy, smiling faces. Tel queries (but we can't think of any off-hand) 632759.

VILLAGE SKITTLES

16th July - Another pleasant lunch, preceded by a fair game of skittles. If you feel like joining in the fun or just watching we shall be delighted to have your company (no upper age limit for lunch obviously) or even knowledge of the game of skittles - we can help. Venue: The Valiant Soldier, Roadwater, Wednesday 20th August, Time: 11.30 a.m. for tea/coffee or some other beverage of your choice, then 12 noon into the skittle alley for an hour of casual exercise before sitting down to our pre-ordered lunch. skittle alley for an hour of casual exercise before sitting down to our pre-ordered lunch. Any queries to the Saunders on 632759.



POETRY GROUP

Meeting Thursday 31st July at 2.30pm when we will read poems based on "Clothing". For further information please contact Joyce Baxter on 01984 633537,

CRAFT GROUP

We are taking our summer break from 15th July to 2nd September. The Craft Group meets every Tuesday 2pm to 4.30pm in the village hall - it's £2 per session including tea & biscuits. We have a mixture of many craft hobbies including Patchwork, Quilting, Crochet, Knitting, Stitching & Crystal Card making. New members are always welcome. Phone June 01984.632410 email June.Bissell@BTInternet.com or Jenny 01984.633556

ST. AUDRIES ART GROUP

The Art Group meet every Wednesday in the Village Hall from 10am until 12.30pm and will restart on Wednesday 26th March. New Members are very welcome - if you would like to know more about us please contact Maureen on 07932430103 or Pat on 01984 632729.

TABLE TENNIS CLUB

The table tennis club will now hold its weekly sessions every Tuesday from 7.30pm until 9.30pm. Entry is still a very affordable £2. We are always looking for new players so please come along. Enquiries, please call John 0774846342.



PARISH COUNCIL

Next Meeting 3rd September 7.30pm Village Hall. All welcome.

EAST QUANTOXHEAD VILLAGE MARKET

Saturday 17th August 10 til 12 in the Village Hall. Come along, have a breakfast bap and coffee or tea, meet with neighbours and friends

VE-DAY BEACON LIGHTING

On the night of 8th May, along with many other communities across the country we lit our beacon as dusk fell, just after reading the official proclamation (thanks go to Paul Mote). The warmth the flames created was welcome relief from the bitterly cold north easterly wind for those who braved it up there! It was seen as far afield as Minehead seafront! It was a momentous occasion & privilege to celebrate the peace that was agreed that day 80 years ago. Thanks also go to Nigel Purcell-Herbert for use of his beacon & gas. Also to the National Trust Ranger, Tommy Muncie, for transporting the beacon up the hill & help setting it up & for further hands-on help from Mark & Wendy Philipson & Robin Stamp. It was a night to remember! (Helen Stamp - on behalf of West Quantoxhead Parish Council) ,

CREAM TEA - AUGUST BANK HOLIDAY MONDAY

The PCC of St Audries invite you to a Cream Tea on Monday 25th August at 3pm in the Village Hall. Come along and meet some of the volunteers from the Air Ambulance Team, and support their valuable work. Donations towards the Dorset and Somerset Air Ambulance - specifically raising funds for defibrillator training.



HOLFORD FLOWER SHOW NEWS 2nd AUGUST 2-4PM

This year's Holford flower show will see a new award presented. The People's Choice Award will be awarded to the best exhibit, in any category, voted by the public that attend the show. If you would like to enter any of the new classes this year then please download an entry form from Holford Village Web Site. We look forward to welcoming you on Saturday 2nd August to Holford Flower Show.

For more information holfordgardeners@yahoo.co.uk please email holfordgardeners@yahoo.co.uk.

VILLAGE AGENT

A Village Agent can help you if you are over 18 years old and need help, support and advice on nearly anything! Do you have a problem that can be fixed by accessing the right people, services or agencies, but are unsure of where to begin? ••••• Are you an unpaid Carer who looks after others (no matter how informally) and need a little help and support? Do you live alone, and feel isolated or lonely? Do you have a problem and do not know who to turn to? Does your community have a collective problem that needs a kickstart to solve? Are you struggling to afford food, or would benefit from pre-cooked frozen meals, especially if you aren't able to cook Izzy Silvester Village Agent Tel: 01823 331222 Mobile: 07931 018045 Email: izzy@somersetcc.org.uk

EAST QUANTOXHEAD CHURCH

Animal Blessing Service Sunday 27th July at 3pm. All People and Pets of every size and shape will receive a very warm welcome This year we have a very special guest visitor: Chris from Tropiquaria will be speaking about the work they do and will be bringing his own special guest 'Mr Harvey'. All of the collection at this service will be donated to Tropiquaria to support the valuable work they do.

PATIENT PARTICIPATION GROUP (PPG)

Phil and Mike Keenan from Keepers Find in Staple Lane 01984 634731, mikejkkeen@btinternet.com, are both members of the PPG at the Medical Centre in Williton. Their role is to be the conduit for all of us in West Quantoxhead, who for whatever reason, possibly a complaint or a suggestion for improvement of medical services or to bring to notice an outstanding contribution from any of the medical staff. Do let them know and they will not only address any issue you want to raise but ensure you receive some feedback .

HELP NEEDED

Could you help with the production of The Staple Diet? Firstly, I would like to thank Sue Cocksedge for her help with Staple Diet as she has helped for many years. When I produce Staple Diet, I send a copy to Sue who then reads through, and corrects any errors, mainly punctuation and spacing. If you would be interested, please contact me. Once again Thank you Sue for all your hard work.

Copy date for September's Newsletter 20th August email: wqnewsletter@yahoo.com . Phone 01984 568742
