

STAPLE DIET

No. 200 May 2026

(The West Quantoxhead Village Newsletter)

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SERVICES AT ST ETHELDREDA'S CHURCH

May 3rd 9-30am communion with NM followed by Vestry meeting.

May 10th, No Service

May 17th, 10-30 Benefice Communion at CROWCOMBE with NM and others

May 24th, 9-30 Communion with +NS

31st May, 10-30am Benefice Communion with NM at STOGUMBER.

ST ETHELDREDA'S CHURCH

VOLUNTEER/S REQUIRED to give the two wooden Churchyard seats a rub down and a new coat of paint please. Contact Jane Stafford 01984 632268 or email SeaFurlong@aol.com.

KENN'S WEATHER REPORT

The weather for March in West Quantoxhead.

A much milder month all round with an assortment of different weather conditions.

Rainfall was a big change with only 48mm

Temp. reaching 16c on the 21st but the average late morning temperatures remained 10c.

Recordable sunshine on 14 days.

Sleet in the wind on the 13th.

On the 25th localised heavy Hailstorms and cold winds.

Remember Summer is on its way!

VILLAGE COFFEE MORNING

The next coffee morning will be held as usual in the village hall on Monday 4th May (Bank Holiday) at the usual time of 10.15 am to about 11.45 am. Coffee or tea is still a £1 a cup and the biscuits are still free - great value! Do join us for a good chat with fellow villagers if you are able;- new members to the village are always welcome. For further information call Sue Sanders on 632759.

PATIENT PARTICIPATION GROUP (PPG)

Phil and Mike Keenan from Keepers Find in Staple Lane 01984 634731 mikejkeen@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.

PARISH COUNCIL NEWS

CHANGE of DATE

The Parish Assembly will be held on Wednesday 20th May in the village hall at 7.30pm. Please note that this is a change of date from the previous announcement. We are pleased to welcome Steve Pickard to talk to us about the proposed West Somerset Lagoon. All parishioners are welcome to attend. This is your chance to hear from your parish council and to ask questions you may have about how the parish is managed.

Parishioners are welcome to attend all parish meetings, the next one is Wednesday 6th May, 7.30pm. Village Hall.

VILLAGE MONTHLY SKITTLES LUNCH

Our next meeting will be at 'The Valiant Soldier' in Roadwater on Wednesday 20th May. As usual we meet in the bar at opening time of 11.30 am, order our lunch, select the teams, play a few games and then back to the bar for lunch at about 1.00 pm. You don't have to be an expert or even played before - it's great fun so do join us. For further information contact Sue Sanders on 632759.



CRAFT GROUP

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. AUDRIE'S ART GROUP

The Art Group meets 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 07932430103 or Pat on 01984 632729.



EAST QUANTOXHEAD VILLAGE MARKET



East Quantoxhead Village Hall

'Breakfast and Bric a Brac'

Saturday 16th May 10 til 12

Come and join us for breakfast sausage and egg bap
Tea, coffee and conversation!

EAST QUANTOXHEAD

Court Gardens Open

Sunday May 17th

2 til 5 pm

Cream Teas in the Village Hall



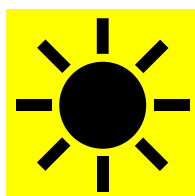
SCHEDULED FIREWORK DISPLAYS FOR ST AUDRIES PARK

1. DATE: FRIDAY 8th MAY 2026 - Firing Time: 9.15pm
- Duration: 10 mins.
2. DATE: THURSDAY 28th MAY
2026 - Firing Time: 9.55pm
- Duration: 2 mins. NOTES: WALKWAY OF
FOUNTAINS ONLY - NO NOISE.
3. DATE: SATURDAY 30th MAY
2026 - Firing Time: 9.55pm - Duration: 5 mins.

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? Izzy Silvester Village Agent Tel:
01823 331222 Mobile: 07931 018045 Email:

izzy@somersetccc.org.uk



SOMERSET SIGHT

I am writing from Somerset Sight, a local charity that
supports visually impaired people in Somerset. Our
Mobile Advisory Service is a mobile shop that visits a
different town or village in Somerset every day

Watchet

Mon 20th Jul Coach Park 10.30am - 3.30pm

Minehead

14 th May	Morrisons	10.30 am - 3.30
Thurs 11 th Jun	Morrisons	10.30 am - 3.30
Thurs 16 th Jul	Morrisons	10.30 am - 3.30
Wed 12 th Aug	Morrisons	10.30 am - 3.30
Wed 16 th Sep	Morrisons	10.30 am - 3.30

HOLFORD GARDENERS

GROUP

Holford Gardeners Group

Annual Plant Sale

Affordable Plants, vegetables, perennials & annuals

Refreshments & Homemade Cakes

Saturday 9th May

10am-12 noon Holford Village Hall

STAPLE DIET

Wow we have reached a special milestone with our
200th issue. A special thank you to Duncan who
produced the newsletter for many years. A very
special thank you to all our "Posties" who deliver to
your door twelve months of the year come rain, shine
or snow. They have carried the deliveries for many
years.

When Duncan retired, I took over because I feel
Staple Diet is important to everyone in the village
especially those that live alone.

Our Village organisations and events would find it
very expensive to advertise in the local paper and not
everyone buys a copy. I hope you all enjoy the
newsletter, if you have any suggestions of things, you
would like included, please let me know. Also, as
Chairman of our Village Hall, the same applies to any
event you would like to see there.

VILLAGE HALL

The Village Hall is a valuable asset, but it is under
used at present, especially on Fridays and at
weekends.

If you are looking for a venue for a family celebration
or get-together, or thinking of starting up a new
activity, then please consider hiring your Hall.

We have an excellent Table Tennis Table and a
6' Snooker/Pool Table.

The hire charges are only £3 per hour for villagers
and £5 per hour for non-villagers, but please note
there is a minimum hire
charge of 2 hours.

To make a booking please contact Mark Philipson on
01984 631947.