QUANTOCK

for Nether Stowey & Over Stowey

# Messenger

August 2020

# COMMUNITY DIRECTORY

## Local Police (emergencies: 999 or non-emergency: 101)

Email somwestnptsedgemoor@avonandsomerset.pnn.police.uk
PC Tony Freeman, PC Claire Allen, Kim Wrixon, Jason Wyatt,
Sue Marks (Hinkley issues only). @avonandsomerset.police.uk

Antisocial behaviour 0800 298 2009
Vandalism on the Quantock Hills use 101
Household noise problems (Environmental Health) 0845 408 2540

County Councillor: **Michael Caswell** tel. 01278 652 043 email MCaswell@somerset.gov.uk
District Councillor **Michael Caswell** tel. 01278 652 043 michael.caswell@sedgemoor.gov.uk
**Julie Pay** tel.01278 732 956 email julie.pay@sedgemoor.gov.uk

**Nether Stowey Parish Council**
Clerk: **Caro Slaymaker** 733 779
clerk@netherstowey-pc.gov.uk

**Over Stowey Parish Council**
Clerk: **Amanda McMurren** 734 689
clerk@overstoweyparishcouncil.co.uk

## Bookings secretaries

| | | | |
|---|---|---|---|
| N/Stowey Church Centre | **Pat Stacey** | 732 518 | (9am—9pm) |
| N/S Village Hall | **Jan Miller** | 733 436 | (Chair **Ian Miller** 733436) |
| O/Stowey Village Hall | **Wendy Hill** | 732 194 | |

## Quantock Messenger Contacts

*editor@quantockmessenger.org.uk* *advertising@quantockmessenger.org.uk*
*Current editors are Ruth Richardson and Annabelle Whitlock*
**Articles for publication should be submitted by the 15th of the MONTH BEFORE**

## Quantock Medical Centre (if closed call the NHS on 111)

Reception 732 696 Dispensary 733 385 (9-10:30 & 3-5 pm)
quantock.mc@quantockmc.nhs.uk https://quantockmedicalcentre.gpsurgery.net/

## Cannington Health Centre (if closed call NHS on 111)

Reception 652 335 Prescription line 651 311

## Other Community Facilities

**Citizens Advice Consumer Helpline** tel. 03454 040 506
**Thomas Poole Library** tel. 732 741 *Currently Closed*
**Quantock Website** Teresa Youe 733 223 www.quantockonline.co.uk
**Quantock Hills AONB** Georgie Grant 01823 451 884 quantockills@somerset.gov.uk
**Community Car Scheme** - Stowey Shuttle - 07943923742. 48 hours in advance.

## CLUBS & SOCIETIES IN NETHER STOWEY & OVER STOWEY

**Allotment Association**
Bruce Roper 732 043
**Active Living Group**
Call 734 613 or 733 040; 733 151; 732 609
**Coleridge Probus Club**
Philip Comer (01984) 656 720
**Coleridge Cottage**
Tel: 732 662
**Friends of Coleridge**
Eliza Sackett 733 660
**Thomas Poole Library, Nether Stowey**
Eliza Sackett 733 660
**Friends of Over Stowey Church**
Christopher Stone 732 907
**Friends of Quantock**
Mary ter Braak (01984) 656 633
**Friends of Nether Stowey School**
Lisa Rendle 732 508
**Nether Stowey Football Club**
Chair: Nigel Waterman 732 310
Seniors: Steve Easden 07788 370014
Juniors: Nigel Waterman 732 310
Minis: Richard Marriott 07890 451694
**Nether Stowey Playing Fields Committee**
Michelle Thomas 734 837
**Nether Stowey Short Mat Bowls**
Cath Roberts 732 789
**Nether Stowey Twinning Association**
Open to everyone. Ian Pearson 732 228
**Nether Stowey Village hall**
Jan Miller 733 436
**Nether Stowey Women's Institute**
Margaret Harris 734 613
**Over Stowey Bellringers**
Morley Cavill 732 011
**Over Stowey Bowls Club**
Wendy Hill 732 194
**Over Stowey Cricket Club**
Phil Rich 732 675
**Over Stowey Rights of Way Group**
Richard Ince 733 237
**Over Stowey Social Club**
Sue Thomas 732 905
**Over Stowey Tennis Court**
Liz Onions 732 195
**Quantock AONB Office, Fyne Court**
Tel: (01823) 451 884
**Quantock Beekeepers Association**
Ken Edwards 671 544
**Quantock Players**
Wendy Hobbs 733 197
**Quantock Quilters**
Gill Griffiths 733 709
**Quantock Tennis Club**
Robin Bendall 732 633
**Royal British Legion -** N/Stowey & District
Julia McWilliam 732 234
**Stogursey Forget-Me-Not Cafe**
Helen Cuttell 734 818
**Stowey Green Spaces Group**
Judith Greig 732 483
**The Quantock Flower Club**
Mary Pearce 732 297
**The Quantock Musical Theatre Co.**
Rosie Keen 733 370
**Stowey Bears** (pre-school)
Lisa Cripwell 734 636
**Stowey Book Club**
Alison Whittingham 732 446
**Stowey Gardeners**
Juliet Harkness 733 245
**Urban Saints Juniors** (years 3 - 6)
Kerry Trout 732 112
**Urban Saints Seniors** (years 7 and above)
Kathryn Popham 733 745
**Wednesday Club (formerly the Day Centre)**
Maggie Harrison 741 230

# August 2020

Thank you to the Quantock Messenger team for the warm welcome I have received as a new co-editor of this fantastic newsletter. I hope you will all bear with me as I 'learn the ropes'!

I moved to Nether Stowey in 2018 with my husband, having relocated to Somerset the previous year, and have fallen in love with the village. We love the friendliness, the peacefulness, and the sense of community here.

I consider myself so fortunate that, during lockdown, I have been surrounded by our beautiful countryside, which I have been able to enjoy. I have been able to continue working from home throughout the lockdown. In becoming a co-editor of Quantock Messenger, I feel that I am playing a small part in contributing to our local community.

We have seen over the past month further changes to the restrictions in place due to COVID-19, with more shops, pubs and restaurants opening back up. It's a great opportunity to continue to support our local businesses. However, this month's edition is still a 'slimmed down' version. If you do have anything to contribute to the next edition, including any diary dates, please contact the team on the details below.

Thank you again to everyone who is supporting the community during this time.

Best wishes, Annabelle

# Your Messenger Team

**Please email articles to editor@quantockmessenger.org.uk**

| | | | | | |
|---|---|---|---|---|---|
| Ruth Richardson | Editor | 229 682 | Annabelle Whitlock | Editor | By email |
| Sally Dymock | Advertising | 732 298 | Richard Beer | Printer | 732 412 |
| Sally & John Dymock | Collating | 732 298 | Molly Bradner | Assembly | 732 166 |

*Please send adverts to advertising@quantockmessenger.org.uk.*

We are always pleased to receive articles in any form (by phone, handwritten, typed or by email). Photos are appreciated and will be returned.

Cover Photos (clockwise): 'Hedge Monster' in Coleridge Road; Farewell to Paisley's; Thank you messages from children and parents at Nether Stowey School to the staff.

# DIARY DATES 2020

All village clubs and societies are currently closed, but fingers crossed the following events will still be taking place!

Fri. 4th December - **Christmas Bingo - OSVH** - 7pm for 7:30 eyes down

Sat. 12th December - **Christmas Market - NSVH**

Sun. 20th December - **Christmas Words & Music** - Exclusive for TA5 residents - Aisholt & Merridge Village Hall

NS CC - Nether Stowey Church Centre
NS VH - Nether Stowey Village Hall

## Notice from Quantock Players about the 2020 Panto

No doubt you have been wondering whether this year's panto would take place - we too have been wondering, and after much consideration the decision has been made to cancel this year's show. Auditions have already taken place, and rehearsals would be due to start in September. Nobody knows what the Covid 19 situation will be by then - we just have to be patient and keep safe.

So, the panto, Robin Hood, will now take place in 2021, and with your support I am sure it will be well received. If you already have a script, then PLEASE DON'T LOSE IT!! And maybe, just maybe, you will know a few lines by this time next year! No doubt Jemima's enthusiasm will carry us through to next year, and we look forward to supporting her in directing Robin Hood.

Thank you to all our advertisers, your support is invaluable and enables us to put on a show, and we hope you will bear with us and continue with your support. Thank you to our audiences, your support is also invaluable and we hope will continue next year.

Any queries you may have, please contact Mike (732195) or Wendy (733197)

In the meantime, take care and stay safe.

Mike Onions

**OVER STOWEY NEIGHBOURHOOD WATCH**

There is a network of volunteers in place to collect emergency supplies and prescriptions for residents of Over Stowey Parish.

Contact Tam Weeks.

Mobile: 07841 866 596 (between 8am-8pm only please)

Email: tam.weeks@yahoo.co.uk

If you want to contact outside of 8am-8pm, please contact using text message, Facebook Messenger, Nextdoor or WhatsApp.

**YESTERDAYS ... in Nether Stowey - in the Old Gaol on The Cross**

History from the village over the years.

On display in the Old Gaol from August through September, with thanks to Dave Harrison at the Old Bakery, Castle Street

## LOCAL SERVICES AVAILABLE DURING THIS TIME

INFORMATION CORRECT ON 25TH JUNE.
THESE ARE ALL SMALL LOCAL BUSINESSES - PLEASE SUPPORT THEM.

*Faun & Co, Butcher, Nether Stowey* 732 270
You can call and pay over the phone, either a neighbour can collect for you or they will deliver to your house. Offer meat, fish, vegetables, bread (at weekends) and sauces / marinades.

*Little's Stores, Supermarket, Nether Stowey* 732 249
You can call and pay over the phone, either a neighbour can collect for you or they will deliver to your house. Also accept cash or cheque on delivery. Full range of foodstuffs and non-food items.
Current opening hours: 7am-7pm Monday-Saturday, 8am-5pm Sunday

*Post Office, Nether Stowey* 732 235
Cannot take payment over the phone. Will deliver to you if possible, hope to continue to have their delicious quiches, sausage rolls and more available.
Current opening hours: 9-11am & 2-5pm Mon-Fri, 9am-12:30 Sat

*Blackmore Farm, Cannington* 651 154
You can call and pay over the phone, either a neighbour can collect for you or they will deliver to your house. Offer ready meals, milk, frozen food, bread, vegetables, dry foods as well as logs and kindling. Also have take-away cakes and hot drinks. Café re-opening outside from July 4th. https://www.facebook.com/BlackmoreFarm

*Croft Farm Butchers, Cannington* 652 230
You can call and pay over the phone, either a neighbour can collect for you or they will deliver to your house. Offer meat, fruit, vegetables, dairy products and can also deliver bakery items from the bakery next door.

*The Village Bakery, Cannington* 651 047
You can call and pay over the phone and a neighbour can collect for you. If you are buying food from the butcher's, you can add your bakery order and pay for it all in a single payment.

*Spar, Cannington* 653 224
You can call and pay over the phone and a neighbour can collect for you or they can deliver. Full range of foodstuffs and non-food items.

*Spar, Stogursey* 732 304
You can call and pay over the phone and a neighbour can collect for you or they can deliver. Full range of foodstuffs and non-food items.

*Plowright Organic Farm* https://www.plowrightorganic.co.uk/
Veg boxes from your local organic farm are available for home delivery. See website

or email plowrightorganic@gmail.com

*Chef's Country Cuisine* enquiries@chefscountrycuisine
Local chef, Sam Salway, cooks healthy ready-made meals (fresh or frozen) that can be collected or delivered to your home. Card payment by phone, BACS transfer or cash / card on delivery. Menu on website https://www.chefscountrycuisine.co.uk/. Tel. 07596 488 438

*Quantock Steamers, Stogursey* 07794 663 942
Local business producing freshly made steamed sponge puddings and meat suet puddings. Suitable for microwaving or freezing. Either collect or they can deliver. Card and cash payment available. https://www.quantocksteamers.co.uk/

*Keystone Pizzeria* 07496 039 472*
New online order service for home delivery:
https://keystonepizzeriaonlineorder20.square.site/
*Only phone if you have no online access please! Card and cash payment.

*Purplespoon Café, Bridgwater* 726 011
Boxes of Magic (antipasti, cheese, sandwiches and more) available for home delivery Thursday-Sunday 12pm-9pm. See Facebook page for full details. Order by phone or FB Messenger. https://www.facebook.com/Thepurplespoon

*The Cottage Inn* 07379 520 552
Takeaway and home delivery available on Wednesday (pie night), Friday (cod & chips night) and Sunday roast dinner. Email thecottage-inn@btconnect.com or text the above number. Pay by card or BACS. https://www.facebook.com/homeofhomemadefood

*Greenway Farm* https://lifeatgreenway.com/delivery/
Weekend collection or delivery of 3 course dinners. Sunday lunches and afternoon teas. Menu is at the above website. Order by email lifeatgreenway@aol.com or call 07557 449591. Pay by card over the phone or BACS.

*Yellow Door Cottage* https://www.yellowdoorcottage.co.uk/
Honesty shop open every day 09:30-20:30. All items are locally grown and made. Cake, jams, chutneys, eggs and pork scratchings. Tues, Thurs & Sat also have weekly specials in the fridge. Sourdough bread available Thurs-Sat. Cash or BACS. Can deliver locally.

*Foxy Bean Café, Adscombe* https://www.facebook.com/thefoxybeans/
Open 10-4 Weds-Sun. Takeaway drinks, ice-creams, cakes and savoury snacks. Contactless payment only.

*Meditation Classes with Julia* https://www.sophiasways.co.uk/
FREE meditation / relaxation classes with local yoga teacher, Julia, on Sundays 5pm-5:45pm via Zoom. See website for full details of these classes plus online yoga classes, email jmseaton1@btinternet.com or message via Next Door Nether Stowey.

*Grandfield & Son* 732 219

Open for collections and local deliveries, please ring in advance for large timber orders. Temporary hours 8am-4.30pm Mon-Fri and Saturday 8.30am-12noon. [The Funeral Directors operates a 24hr emergency service]. http://www.grandfieldandson.co.uk/

Local resident Deborah has been growing flowers and propagating plants in order to raise much needed funds for our local food bank (fully endorsed and supported by them) and she and her husband Tom have a simple table with an honesty box outside their home, The Coach House, St Mary Street, Nether Stowey.

It is fantastic to learn that this endeavour to support others in these difficult times is being very well supported by the village and they have now raised over £80!

**CONGRATULATIONS** to Murray and Pauline Benning who celebrated their 70th Wedding Anniversary on 24th June 2020!

Somerset County Council has commissioned end-of-life charity Marie Curie and mental health charity Mind in Somerset to provide bereavement support for people in Somerset in response to the COVID-19 pandemic.

## Somerset Bereavement Support Service

0800 3047 412 (Monday to Saturday, 9am to 5pm)

In the first instance, for those over 18, telephone support calls will be provided by Marie Curie Companions, specially trained volunteers who can offer emotional support to bereaved people or support in some cases pre-bereavement. The service can also provide support to professionals in Somerset dealing with bereavement in their work setting. Where further support is needed, the Marie Curie Companion volunteers will carefully link people to specialist Mind in Somerset bereavement support workers who will deliver up to six bereavement counselling sessions. This service is available to adults and children over 12 years.

***Susan Hoyle, Bereavement Lead, Mind in Somerset, said**: "We would like people to know, including professionals and young people, that we are here for you to help and support if you have experienced a loss during these very difficult times."*

## PFR Club Draw

Congratulations to the winners of the June & July PFR Club draw which supports the new Stowey Centre Project on the Playing Field. The 'eagle-eyed' among you will notice that the amounts paid out are very slightly lower than last time. This is because the prize money depends on the number of people subscribing for the next 6 months & this time is back to 90. Any questions or queries, please speak to Jane 732025 or Sharon 732311.

| | | | | |
|---|---|---|---|---|
| June 2020 | 1st | £33.75 | 62 | K Jones |
| | 2nd | £16.88 | 52 | G Neal |
| | 3rd | £10.12 | 369 | E Woolcock |
| | 4th | £6.75 | 425 | M Scourfield |
| July 2020 | 1st | £33.75 | 46 | J Erskine |
| | 2nd | £16.88 | 22 | I Miller |
| | 3rd | £10.12 | 161 | D Penny |
| | 4th | £6.75 | 144 | J Benson |

## Government food parcel no longer needed?

If you received an NHS letter and if you have registered as shielding, you may have received a weekly food parcel. This will contain enough food for one adult for one week. If you want to cancel this, do one of the following:

- refuse the parcel when it is delivered, this will then cancel it and remove you from the government distribution list
- go to GOV.UK where you registered as shielded, go to the question 'Do you have a way of getting essential supplies delivered at the moment?'. You previously answered 'no' to this question, please now reply as 'yes'. You will then be removed from the government distribution list
- call 0800 028 8327 and make sure you have your NHS number (this will be on the top of your NHS letter). This is an automated phone line and you will need to follow the instructions. You will be asked the question 'Do you have a way of getting essential supplies delivered at the moment?'. You previously answered 'no' to this question, please now reply as 'yes'. You will then be removed from the government distribution list

**Please note that deregistering from the food parcels will not cause you to lose your priority status slot for supermarket delivery.**

**Donating unwanted food parcels / food donations**

**EITHER** Bridgwater Foodbank: 01278 434636 or 07804 119273
W: http://bridgwater.foodbank.org.uk/
E: info@bridgwater.foodbank.org.uk

**OR** the Quantock Food Bank collects food donations every Monday from the Church Centre porch in Nether Stowey at 11:00am – donations can be dropped off anonymously from 9:30am.

## Closure of Paisley's Farm Shop & Café

We are very sad to hear that Paisley's will be closing on Saturday 25th July 2020.

Audrey and Stig would like to thank everyone for their support over the last 7 years. They have really appreciated the hundreds of heart-warming messages sent to them.

## Stowey Centre Project Public Consultation

*COMING SOON... SEPTEMBER 2020*

Surveys will be mailed to each household in the Parish in September 2020 with the option to complete online or via free return mail.

This latest consultation is to ensure the community understands the need to sell the Village Hall before the new centre is built (equity held in the Village Hall must be released to fund the new centre) and for the project team to demonstrate to potential funders current evidence of what Nether Stowey *wants* and *needs* in a new centre.

This survey will be the foundation of the entire project - without a good response rate the project could fail at the first hurdle. This is a once in a generation opportunity, so please, do your bit for the village you *love* and *live* in and complete the survey.

Minutes from the Nether Stowey Village Hall and Recreation Ground AGM held virtually on Thursday 9th July 2020 will be made available on the website shortly: http://www.netherstoweyrg.co.uk/index.php/pavilion-community-centre-project

## Charles Henry Wilkins turns 100 Years old…

Charles was born 8/8/1920 in Christchurch, but turned into a true Somerset community man and inspiration to his family.

A war veteran who did his National Service for King and Country as a Royal Engineer during WWII.

Living in Nether Stowey, he was welcomed home by the community and loving family, wife and 12 children, 6 boys and 6 girls.

A dedicated family and community man who has always enjoyed the outside fresh air.

After his National Service he quickly got back to the flow of normal life, working in the local quarries around Somerset.

During this time he continued serving his local community, helping out around the village and worked as a retained fireman for over 19 years.

He also went on to work for the local RAF based near Bridgwater and the old Cellophane factory, which is where he stayed until he retired.

Sadly Charles lost his wife in 1995, but he had the love of his family and community to help pull him through.

Charles has seen and been a part of some real historic times, always adapting, growing and staying strong. Now turning 100, he is going to be celebrating with his family and friends, enjoying cake, drinks, laughter and memories.

We salute you Charles Henry Wilkins.

Happy 100th Birthday! We raise you a glass.

***LISTENING CHAPLAINCY PHONELINE***

Call 0330 229 1700
- 8am-11pm
- 7 days a week

**Serving Bristol, Somerset and South Gloucestershire**

We are a faith-based service offering chaplaincy support for people of all faiths and none in times of emergency.

Are you recently bereaved or concerned about end of life issues? Are you a key worker overwhelmed by what you are facing or dealing with at work? Are you worried about someone who is seriously ill, especially if you can't visit them? Are you anxious about the effect that the COVID 19 crisis is having on your life? Maybe you would just like someone from the faith communities to talk to.

If you live in the Bristol, Somerset or South Gloucestershire area:

Call 0330 229 1700 ● 8am-11pm ● 7 days a week

**CARING and CONFIDENTIAL**

The Faith Communities Major Emergencies Team serving Bristol, Somerset and South Gloucestershire

## EDUCATIONAL PSYCHOLOGY SERVICE (EPS) TELEPHONE HELPLINE

During these unprecedented times, we all find ourselves facing new challenges. For many, this will bring about new anxieties, for others, it may worsen existing worries. Where children and young people are affected, you may notice that they react to uncomfortable feelings and thoughts by changing their behaviours and demonstrating behaviours you have not seen from them before. In turn, these behaviours can add to an already stressful home situation.

If you are a parent/carer of a child in Somerset or North Somerset and would like to speak to a Psychologist with any concerns arising for you, or your family during this time, then The Educational Psychology Service is here for you. We are able to offer an initial 30 minute telephone consultation (discussion) and a potential follow up call, of another 30 minutes if appropriate. Calls will be offered Monday-Friday, during usual working hours.

If you would like to access this service, then please email EPSHelpline@somerset.gov.uk with the following information:

- Your name
- The name of your child's school (or 'EHE' if Electively Home Educated)
- Times and dates that you are not available for consultation.

If email is not possible, then call 01823 357000. Please understand that we are likely to be slower to respond to phone calls. Our aim is to offer a consultation within 5 working days of receipt of email.

## Nigel Phillips' Natural Thoughts

**Stowey Wood**

I have walked through Stowey Wood several times during Lockdown, and each time have been impressed by having such a great area of wildlife rich habitat right on our doorstep.

In its current state, following the felling and removal of non native conifer trees, there is now much open grassy ground which buzzes with much benevolent insect life. As well as lots of bees, bugs and beetles I have seen a great range of butterflies including, Speckled Wood, Marbled White, Meadow Brown, Gatekeeper, Large Skipper, Small Skipper, Holly Blue and Common Blue, Red Admiral, Comma and lots of Peacock butterflies.

Grasshoppers and Crickets also do very well here in the grassy and tangled scrub areas, and with a bit of searching you can find Common Field Grasshopper, Meadow Grasshopper, Dark Bush Cricket, Roesel's Bush Cricket and the wonderfully named, and bright green, Long-winged Conehead which is another type of cricket.

All this insect life provides great feeding opportunities for birds that eat insects including Long Tailed Tits, Great and Blue Tits and the summer visiting Chiff Chaff, Willow Warbler and Blackcap and Cuckoos also occasionally drop in. Greater Spotted and Green Woodpeckers nest in Stowey Wood as do the Nuthatch and Treecreeper.

The stream that runs the whole length of the wood adds another wonderful wildlife dimension to the wood with several species of dragonfly likely to be seen including one our biggest the Golden Ringed Dragonfly which is basically black with gold rings around the body. The Common Hawker and Migrant Hawker dragonflies and Common Darter dragonfly are also regular visitors in summer.

If you are not sure of how to access Stowey Wood you can pick up a free leaflet with a map showing exactly where it is from the Old Goal. This excellent leaflet has been created by the Stowey Green Spaces group.

nigelphillips@thesomersetcoast.co.uk

## Quantock Medical Centre

Thank you for your support over the last months to help us maintain our service safely. We will still need to maintain social distancing for the safety of our team and our patients.

I would like to confirm that we are open and still seeing patients, as we always have. We will continue to ask you to talk to a clinician by telephone first, and for the clinician to decide if you need to be seen face to face. Always remember to wear a face covering/ mask when attending for your appointment.

Please do remember to respond or attend to any Cancer Diagnosis / Recall programmes you get invited to participate in (Bowel, Breast, Cervical Smears), these are really important for the early detection of cancers and can save lives.

You can collect your Medications from the main entrance between 10am - 12 noon and 4pm- 6 pm. We would like to thank all those who have kindly been delivering medications to patients who are vulnerable and in self-isolation, this has been an invaluable service.

Patients are reminded to stay away if they have any family members who have confirmed cases of the Covid 19, and to stay away if they have any symptoms including a new cough, temperature or loss of taste or loss of smell.

To keep up to date with the latest information, to book your tests go on line: www.nhs.uk/conditions/coronavirus-covid-19/

This is the time of year we start to plan our Seasonal Flu Clinics. We are aiming to run the flu clinics from the Church Centre in Nether Stowey this year to help with the space needed to social distance for Patient Safety dates will be Saturday: 19th September, 26th September, 17th October, 24th October.

We are aiming to vaccinate patients who are aged 65 years and over, or have a chronic medical condition (Diabetes, COPD, Asthma, Liver, Kidney disease, Immuno suppressed), or are carers. There have been rumours that the age criteria might change to those over 55 years of age, we will advertise any changes when we have clarification.

As a Practice we have done extremely well again in the National GP Patient Survey, We would like to thank all those patients who completed this Survey which covers everything from; the trust patients have in their doctor, to the attitude of reception staff and how easy it is to get an appointment. This was a great recognition of the fact that we all really do care about our patients and our community and want to provide the best service we can to you.

Thank you for your continued support.
Helen Stacey, Practice Manager

## Library Re-Opening Plan

THE THOMAS POOLE LIBRARY NETHER STOWEY

Registered Charity No 1181213

The Thomas Poole Library will be re-opening on 17th August. It will be mornings only, on Monday, Wednesday, Friday and Saturday. Unfortunately browsing will not be possible so you are asked to request books either by completing an online form that should be available before we open, or telephone 01278 732741, or by written request. If you are able to ask for specific titles then we will see if we have them, or you could ask for a particular author or genre. At this time we are only able to offer the books that are at present in the Library.

We will notify you once we have chosen your books and you will then be able to come to the library to collect them. There will be a one-way route through the building and social distancing will be expected. Hand sanitiser will be available and you are welcome to use a mask. By the time you read this that may be mandatory.

You will be asked to place returned books in a box near the entrance and this will be quarantined and remain closed for 3 days, before the books are discharged and put back on the shelves.

A single computer will be available for public use in the small room on the left of the entrance corridor. Ideally slots should be pre-booked, but you may take a chance and arrive in the hope that it is free.

For further information/updates, look out for posters in the village, on social media, or our website.

## The Summer Reading Challenge 2020
## Join The Silly Squad!

Join the Silly Squad for the 2020 Summer Reading Challenge! This is a digital activity and is free to access.

The Challenge features games, quizzes, digital and downloadable activities for the whole family... it is a lot of fun!

To Join the Challenge, visit the website:
https://summerreadingchallenge.org.uk/

## Update regarding Keenthorne Nurseries

As some of you may be aware, Janice Lumber, ran Keenthorne Nurseries up until three years ago when she retired due to ill health. As her condition is degenerative and she is cared for at home by her family, they are currently unable to run the nursery themselves. The nursery has been run in the interim by their tenant but, now the tenancy has ended, they are seeking to rent the nursery out again.

Unfortunately the nursery is closed until the family can find someone to utilise the site either for horticultural purposes or to diversify to develop another business there.

Catherine Lumber, Janice's daughter

## Over Stowey Parish Council Update

The July meeting took place on Wednesday 15th July 2020 following strictly, the guidelines in place for 'In-person' meetings. The risk assessment was reviewed, agreed and signed off prior to the meeting and all necessary actions were taken to ensure the health and safety of every attendee.

Councillor Curtis had stated that he wished to resign as the Vice-Chair and confirmed this at the meeting. Nominations for the position were requested. Councillor Curtis nominated Councillor Tully who agreed that he would be happy to undertake the role. Councillor Tully was proposed and seconded and the Declaration of Acceptance of Office was duly signed.

It was agreed that in the event of further lockdowns, whether on a national or local basis that Delegated Responsibility can be re-instated to ensure the business continuity of the Parish Council. It was also agreed that if any members are unable to attend meetings due to concerns regarding health, that the six-month rule should be extended for up to 12 months, to ensure a councillor is still able to hold office.

Councillor Caswell updated the Parish Council on the current position regarding the possible Local Government Reorganisation. Somerset County Council are progressing with the process and it is expected that at the end of July, the leader will formally seek a resolution to dissolve the County Council in May 2021. The leaders of the District Councils will also have submitted their proposals for the future of local government, in the week commencing Monday 20th July.

A discussion took place regarding the slight re-grading of the uneven surface at Bincombe Green to improve the visibility and safety of all road users and pedestrians. Concerns over the flora and fauna were highlighted and it was suggested that the surface is topped and kept to one side to re-

scatter once the work is complete to ensure no loss of these in the area. Councillor Caswell recommended applying for a Small Improvement Scheme Grant for this project. Three costings will be requested for review in September.

Additionally, costings for the area opposite the Cottage Inn work have been requested and the Parish Council is awaiting the quotes. Again, these will be reviewed in September.

One issue which has been on hold since the lockdown has been the installation of the dog waste bins - the Clerk is following this up and will report back at the September meeting as to the progress made.

Another issue that Councillor Peaster brought up was with reference to the Over Stowey Parish Design Statement which has been in place since 2006. It was considered that a review might be appropriate due to the time elapsed since it was originally published. This will be on the agenda for September to decide if this is deemed necessary.

As ever, with regards to the ongoing COVID-19 situation, if anyone needs any help or support from the Parish Council, please contact the Clerk. Alternatively, if you require more specific information or advice, the Clerk can signpost you to the relevant group or agency, to ensure you get the correct and appropriate response.

If you have any other concerns or issues you would like to bring to the attention of the Parish Council, please contact us in the usual ways:
Website:
https://www.overstoweyparishcouncil.co.uk/
Email:
clerk@overstoweyparishcouncil.co.uk
Phone: 01278 734689 (please feel free to leave a message if there is no reply) If you could leave your contact details, we can then ensure any concerns raised are on the agenda for the next meeting.

# CHURCH CONTACT POINTS

## ST. MARY'S, Nether Stowey *with* ST. PETER & ST. PAUL, Over Stowey

**Rector**
Revd. Eleanor King — Tel: 734 777
The Rectory, 25 St Mary St.
Nether Stowey TA5 1LJ
eleanor.king@hotmail.com

**Associate Priest**
Revd. Kate Sax — Tel. 671 168
The Vicarage, Church Road
Spaxton TA5 1DA
kate.kinkiizi@gmail.com
Working days: Sun, Tues, Wed

**Readers**
Mrs Viv Chesterton, B.A. — Tel: 733 568
3 Bishop Road, Nether Stowey TA5 1NP
Mrs Maggie Harrison — Tel: 741 230
2 Woodland Cottages, Holford TA5 1SE
Mrs Alison Hoare — Tel: 732 350
2 Park Cottages, Over Stowey
Mrs Jeanette Bole — Tel: 741 297
Putsham Mead, Kilve TA5 1DZ

**Church Wardens - Nether Stowey**
Mr. Alan Simson — Tel: (01984) 632 773
Weacombe Gate, West Quantoxhead, TA4 4EB
Mrs. Gerry Wright — Tel: 734 584
25 Theillay Close, Nether Stowey, TA5 1JY

**Church Warden - Over Stowey**
Mr. Peter Higginson — Tel: 732 102
Bincombe Tops, Over Stowey

**Church Centre Contact:**
Mrs. Barbara Beer — Tel: 732 412

**Church Centre Bookings:**
Mrs. Pat Stacey — Tel: 732 518

**Benefice Office:**
Benefice Administrator
Mrs. Rebecca Tinnelly
Church Centre, 27 St. Mary Street, Nether Stowey TA5 1LJ
Office hours Mon, Tue, Wed, Thu. 9am - 11am
Otherwise phone & leave a message or email — Tel: 732 855
Email: qv.benefice@gmail.com

Dear All

I think I would be safe in saying that none of us uttered the word 'lockdown' over lunch on Christmas Day 2019 and now it is common use.

On 23rd March we began to discover what the word meant for each one of us in many ways. The next fourteen or so weeks took us into the unknown and unprecedented. For the many who have lost loved ones or been poorly it has been an unimaginable time and our hearts go out to you. Many folk risk their own health in the care of others. Others provide the vital services that keep our communities going. We are enormously grateful to them all.

Church buildings ceased to be places of fellowship, worship, and community, and we had to find other ways of 'being church' as people through phone calls, newsletters and online services. Thankfully, we have since been able to reopen Nether Stowey Church for private prayer on Monday mornings and Thursday afternoons, and Over Stowey Church on Wednesday afternoons.

I am hoping that we will be able to open for public worship in early August; please do look out for details. Coming to church for public worship will be a bit different for a while. Like other places we will follow the Government and Church of England guidelines. We will be sitting further apart, and singing is yet to be allowed. Coming into and getting out of church will mean being alert for the presence of others and hand sanitiser will be available as you enter and leave church. The service will be shorter. Sadly, we will not be able to offer after-service coffee and we will have to encourage one another to move outside to talk. All a bit different, but the first steps to reopening fully.

Many have been able to access a short online service via YouTube over the last weeks and this will continue. You can access the service by putting 'Quantock Villages Benefice' into YouTube. This is available at any time of the week. For anyone not on the internet who would like to have access to a short service, please do give me or Revd Kate or a Churchwarden a call as there is a paper service available too.
Today we are beginning to look forward beyond lockdown, while still in the presence of Covid-19 and facing uncertain times ahead for everyone. Planning is not easy and as one TV advert says, we look forward to the day 'when plans are made and kept.'

God keeps his plans for us – he never leaves us and is always with us, nothing changes. God is here with us. He meets us in the ups and downs, in the challenges and moments of joy we feel today. We begin to move forward, albeit gently, trusting in God who loves us, and caring for others.

Let us hope and pray that words like 'Lockdown', 'Zoom', 'Covid-19' and others associated with the pandemic (there's another one!) find themselves relegated to unfamiliarity very soon.

Many thanks for all you have done and are doing, and may God bless us as we take gentle steps forward.

*Revd Eleanor*

For further details about Church Services and activities, including contacts for safeguarding concerns, please see the church website at:
www.quantockvillagesbenefice.org.uk

## Julia's Recipes

We might be able to invite more friends round soon for drink and nibbles. I love the BACON AND AVOCADO TOASTS with drinks, I make it even easier by using French toast from the supermarket.

**CRISP BACON AND AVOCADO TOASTS** ***(for four)***

***The first makes a delicious starter or snack.***

Heat the grill to high. Put **8 rashers bacon** and **12 cherry tomatoes** *(halved, cut side up)* on the grill rack for 10 minutes, turning the bacon halfway through. Meanwhile, roughly mash **2 avocados** and stir in some **lemon or lime juice, chilli flakes, salt** and **pepper.** Toast **4 slices of granary bread** until golden, and spoon on the mashed avocado. Top with the tomatoes and bacon.

**SPICED CHICKEN BIRYANI** ***(for four)***

***A lightly spiced one-pot rice dish which can be made into a lovely salad for up to two days later if there are any leftovers!)***

Heat **1 oz butter** in a saucepan and cook **1 finely sliced onion,**
**3 cardamom pods** and **a small cinnamon stick** for ten minutes, Sprinkle in **1 tsp turmeric** then add **4 skinless chicken breasts** (*cut into chunks)* and **3 tblsp. mild curry paste** and cook until aromatic. Add **10 oz. basmati rice** ***(well rinsed),*** **3 oz raisins** and **1 ½ pints chicken stock.** Bring to the boil lower the heat and cook for 5 minutes. Turn off the heat and leave for 10 minutes. Stir well and scatter over some **chopped coriander** and **toasted flaked almonds** before serving.

**LEMON CURD AND YOGHURT FOOL** ***(for four)***

***This is a brilliant summer pudding, quick and easy to prepare and innocent of too many calories.***

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Put a **jar of lemon curd** and a large tub of **Greek yoghurt** into a bowl. Fold together for a rippled effect. Divide the mixture into four glasses and chill. Mix **a punnet of raspberries** with **1 tblsp. icing sugar** and gently crush. Then spoon with the juices over the chilled mix and serve.

***This can also be made with blackberries at this time of the year.***

Line the bottom of a dish with bits of **sponge cake.** Crush the **blackberries** with **2 tblsp. icing sugar** and spoon the **lemon curd and yoghurt** mixture over the top, then scatter with **toasted almonds.**

*Julia McWilliam*

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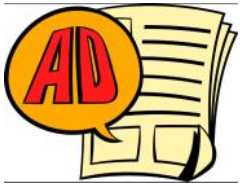


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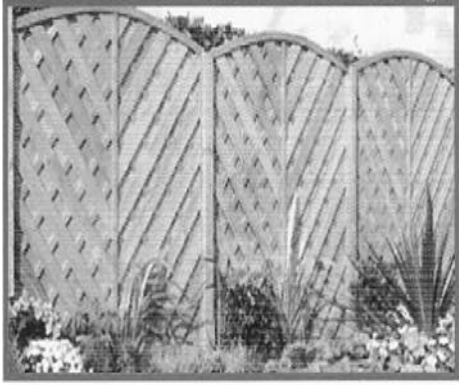

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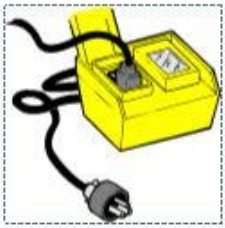

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