No. 120 April / May 2023



THE

POUNDSTOCK PACKET



KERNOW BYS VYKEN!



Avast behind!

This dubious crew sailed to Treasure Island, found the gold (with the help of Barmy Ben) and returned triumphant to the Bray in Marhamchurch, where they obligingly told the tale to sell-out audiences. All the usual panto elements, and a lot more, kept every one piratically entertained from start to finish. It was a real community event, with familiar faces appearing as you've never seen them before - it wouldn't be fair to single people out, but the rector as pantomime dame was an absolute revelation - and lots of others helping behind the scenes. Somehow, Sue Shadrick and Angela Grills managed to keep them all in order and produced an evening full of fun and hilarity that went down a storm. The word is that there may be another panto next year, so if you fancy joining in just watch this space.

Distributed free to every household in Poundstock parish £0.75 to non residents

Produced every two months

Bangors Organic Veg Boxes

GROWING LOCAL, CLIMATE-FRIENDLY FOOD SINCE 2003

PAUSE, CANCEL AND RESTART YOUR BOX AT ANY TIME

IOCAL DELIVERY
IN OUR ZERO
EMISSION
ELECTRIC VAN

ALL PRODUCTS ARE



www.ooooby.org/north-cornwall 01288 361 297 | 07792 108 541 | info@bangorsorganic.co.uk

Looking ahead

Twenty years ago, Jen Spettigue saw the need for a community magazine and organised a meeting from which the Poundstock Packet grew. Since then the Packet has become an essential part of parish life, but its future is now really under threat for lack of helpers.

If you enjoy reading the Packet and value it, please will you help? I am having to step down as editor and Karen Probets is very kindly taking over on a temporary basis, but we desperately need someone, or a team of someones, who will help to produce the magazine. You don't need experience or specialist knowledge; we have all learned on the job.

Being part of the Packet team is a rewarding, enjoyable and very worthwhile part of living here. If you possibly can, please help.

l iz

Contributions

We always welcome input from our readers. If you want to send us an article or local information, contact us at poundstockpacket@gmail.com. The deadline for our next edition is 20 May 2023.

We do not necessarily endorse the views expressed by individual contributors and while we do our best to make sure all information is accurate, we can't accept any responsibility for errors. We reserve the right to edit items submitted and decide on what is suitable for publication. If you wish to copy or reuse any of our content, please contact the editor or article author for permission.

Advertising and Distribution

Advertising in the Packet currently costs from £35 a year (six issues), depending on the size of ad you choose. This includes delivery direct to all the homes in the parish – currently over 550. For more information please contact Karen Probets via poundstockpacket@gmail.com or Jen Spettigue, 36 St Marwenne Close, Marhamchurch (01288 361525). We do our best to deliver to everyone in the parish, but if you know of anyone who has been missed please let us know. For those who live elsewhere, copies are available at the Beach House and Wainhouse Country Stores, on our website (poundstockpacket.org.uk) or by post; please contact us for details.

Printed by Parish Magazine Printing
Email: Philip.tucker@homecall.co.uk; tel: 01288 341617



Paddings & dressings

Verrucae treatment

Diabetic footcare

Toenall clipping

Ingrowing toenails

Painful corns removed

Painful callus reduction

We are a husband and wife team offering mobile foot treatment in the North Cornwall area. We provide professional footcare in the comfort of your own home.

Established in 2009, we have had many satisfied clients from over a decade of providing a dedicated and committed service.

Simon Neate, DIP FHP 07870 508 867 Claire Neate, DIP FHP 07968 232 344



Around the Parish ...

Mr Charles Morgan

Older readers will remember Charles Morgan and will be sad to hear that he passed away in Portsmouth aged 80 on 20 December 2022. He came to Poundstock aged six as an evacuee, living with the Balston family and attending Poundstock and then Jacobstow Primary Schools. He went on to Launceston College, and then served in the Royal Navy for many years. He always enjoyed coming back here, most recently for the Craft Fair and Pumpkin Festival. A fund has been set up in his memory with the RNLI. We send our condolences to Mr Morgan's wife, Bernice, and all his family.

An apology

We are very sorry for misspelling Mr Michael Balston's name in Packet 119, in the article about his family car hire and minibus company, and offer our apologies.

Making the most of your Packet

Recent increases in printing costs mean that each copy of the Packet now costs 75p to produce. We have tried very hard not to increase the cost of advertising as we know local firms are under enormous pressure, but we will have to cut down our use of colour, and we hope to have a cream tea later in the summer to boost funds. You can play your part by passing on the magazine when you've finished reading it, to increase our circulation, and of course by coming to the cream tea on Sunday 30 July in the Gildhouse – put the date in your diary now!

Daffodils

If Pat Thorne's article about wild daffodils makes you long to see some (p. 27), just pop down to the churchyard, where there are hundreds in bloom alongside celandines and primroses - it's an absolute picture at the moment as you can tell from Sue Burrow's beautiful photo on p. 31.





MBACP

Counsellor/Psychotherapist

heidiprattcounsellingandpsychother apy.co.uk

heidiprattcounselling@gmail.com

Tel: 07432 555265

We all need a little help sometimes, someone to talk to who will listen, help you to move forward and make the changes you want for a more fulfilling life



Please feel free to email, call or text for a free 15minute consultation

Tom Willoughby 07757024820 td.gardenservice@outlook.com Lawn Mowing, Strimming, General Weeding, Hedge Cutting, Bordercare, Leaf Blowing and Pressure Washing

Bude CastLe

New exhibit at the Castle

The new Gurney Room at the Castle will soon be open to everyone. As you walk into the new Gurney Room you immediately feel a Victorian atmosphere. The room has models which example Sir Goldsworthy Gurney's inventions with hands on models.



You can use the phone which used to be in a Gurney Light in Trafalgar Square and along Westminster Bridge.

A further model shows the Lighthouse frequencies along the Cornish coast. Try and create your own flame on an oxy-acetylene torch model.

BRIDGE MILL

Bridge Mill will be open to the public again in 2023. It will be open on Sunday 14th May 2023 as part of the National Mills Weekend. It will also be opening on Sunday 28th May for the National Garden Scheme. Details can be found on their website:

www.thebridgemill.org.uk



Busbys Solicitors

The Strand, Bude EX23 8TJ OFFER YOU A WIDE RANGE OF LEGAL SERVICES 01288 35 9000

www.busbyslaw.co.uk



ARTHUR W. BRYANT FUNERAL SERVICE

CAMELFORD 01840 214891

BUDE HOLSWORTHY 01288 352282 01409 253000

FUNERAL SERVICE

MEMORIAL MASONRY

INDEPENDENT FAMILY OUR FAMILY CARING FOR YOUR **FAMILY FOR OVER 50 YEARS** PRE PAYMENT FUNERAL

PLANS



AWBRYANT.CO.UK CARING@AWBRYANT.CO.UK



Churches

At St Winwaloe's, we continue to work hard to keep the church open and we are very grateful to our local neighbour who opens and locks the church daily for us.

Recently unfortunately, on two occasions when locking up they have found teenagers in the church causing problems. The first time they had broken into a locked area and were caught with things they were going to take. The second time teenagers were using the building inappropriately and had left quite a mess behind them. The police are dealing with both the incidents. To try and prevent ongoing problems the church is now being locked earlier, around 3pm.



We know that visitors and some locals enjoy the peace and tranquillity of the church. Along with Our Lady and St Anne's at Widemouth Bay, we have joined the new Celtic Quiet Place Network, a group of churches throughout Cornwall mostly based where a Celtic saint is known to have lived and worshipped and all offering a quiet sanctuary where you can pray, meditate or just sit and absorb the peace. The network is designed to help people locate churches like ours and we hope it

will help more visitors to find us. It is due to be launched in April on Radio Cornwall!

Along with everybody else we face rising costs as we maintain, repair and insure this grade 1 listed building. To make it easier for people to donate towards the upkeep of the building, with support from the Truro Diocese we are providing two electronic payment options. These have been piloted in several churches in Cornwall and have proved successful in increasing donations. We aim to have a card reader machine installed in May and we now have our Give A Little QR code displayed. Feel free to scan it and give it a go!



Poundstock PCC

R & N FUELS

(Nicholls Bros)

COAL MERCHANTS

DON'T BE LEFT IN THE COLD!

LOCAL DELIVERIES, ALL
SOLID FUELS
COMPETITIVE PRICES

01840 230111 (Colin) 01840 250568 (Roger)



BRINGING CLASSIC NEAPOLITAN STYLE PIZZA TO THE CORNISH COASTLINE

07450631087 thecrusttpizza@gmail.com

ATLANTIC

PLANT & GARDEN MACHINERY Sales, Servicing & Repairs

> Servicing Repairs Maintenance Used Machinery Sales On Site Repairs

All Machinery Undertaken, Diggers, Ride-Ons, Rollers, Strimmers, Wacker Plates, Disc Cutters, Mowers, Hedge Trimmers, Leaf Blowers, Chain Saws & Much More.

Call Simon On 07581015320 0r Email atlanticgardenmachinery@yahoo.com Poundstock Bude



'Thy word is a lamp to my feet and a light for my path'

Come to us for all your Christian resources

Large range of Bibles Wide selection of Christian books, CDs, gifts and cards

01288 356886

Mon-Sat 10am to 4pm (5pm BST)
Lansdown Mews, Bude
Crediit/debit cards accepted
arkangelbude@gmail.com
www.arkangeltrust.org.uk
Reg. Charity No. 294313

Church services for April

2	Palm Sunday: HC, Bude 9.30; FS, Week St Mary 10.00; EP, Marhamchurch 6 pm
5	Stations of the Cross, Bude 7 pm
5, 19	HC, Bude
6	Maundy Thursday Liturgy, Bude 7.30 pm
7	Good Friday Liturgy, Bude 9.30; Stations of the Cross,
	Marhamchurch 11.15; Walk of Witness, Bude 12 noon
	(meet by Sainsbury's 11.45); Stations of the Cross,
	Whitstone time tbc
8	Service of Light, Week St Mary 8 pm
9	Easter Sunday: HC Poundstock 9.30 , Marhamchurch
	9.30, Bude 11.15, Week St Mary 11.15, Whitstone 11.15
12,	26 HC, 10.00 Widemouth Bay
16	HC, Bude 9.30; MP, Marhamchurch 9.30; HC, W. St
	Mary 11.15 23 HC, Poundstock 9.30, Marhamchurch
	9.30, Bude 11.15; MP, Week St Mary 10.00
30	Benefice service, Week St Mary 10.00

EP Evening Prayer; FS Family Service; HC Holy Communion: MP Morning Prayer; times are a.m. unless otherwise stated.

You will be really welcome at any service.

At Poundstock we always enjoy a coffee or tea and a chat in the Gildhouse after the service. If you're not a churchgoer or can't make the service but would like a bit of company, you'll be more than welcome.







LAVENDER FARM SHEPHERDS HUTS

Builders of bespoke luxury shepherds huts, built to you requirements using local materials in Bude, North Cornwall

Off grid packages available

2025 build slots

Year-round rental potential



Lavender Farm Shepherds Huts is a local, family run business making handcrafted shepherds huts in Bude, North Cornwall.

As Air BnB's No.1 'alternative stay', shepherds huts are the perfect year-round Air BnB holiday rental as well as being popular home affices, spare accommodation and garden rooms. Each of our huts is unique and can be tailored to your requirements, meaning you can truly make it your own. All of our huts are fully insulated and have the option of multi-fuel stove, underfloor heating, everhot electric stove, en suite & fitted kitchen area. We offer a choice of electric, gas ar salar powered huts and use locally sourced materials where possible.

Build slots available for 2023 - get in touch for more information!

Luke - 07427089798

Holly - 07307618001

Luke lavenderfamhuts@gmail.com

www.lavenderfarmshepherdshuts.co.uk

The big I unch coronation ceil idh



As we celebrate the Coronation of King Charles III, we invite you and your friends and family to join us in a day of fun, dancing and entertainment. On Sunday 7th May 2023, we will be joining The Eden Project in inviting the community to a Big Lunch, where the community can come together and enjoy a day of free entertainment.

Starting at 11am we will have children's and family entertainment with us all day. Flotsam the Fool's Circus Workshop will be on hand to deliver some fun interactive circus skills. Rob Pudner from Entertainingly Different will be on site to deliver fun and games all day. Raymond's amusements will be open for rides, as well as Claire Taylor providing free face painting all day. Their will be a craft tables for children to decorate their own crowns, free for all those who come and get creative.

On the Bandstand, we will have live music from 11am, opening with the talents of The Barrel Tappers, kicking off the day with their Celtic tunes. Followed by blues duo, Becca Langsford and Tom Ford. The Barrel Border Morris team will be entertaining us with their dances during the day whilst we prepare for the public to join in for the Coronation Ceilidh with Spinach For Norman. Starting at 2:30pm get ready for some dancing and hilarity as we spin our way towards the end of a fun, entertaining Coronation celebration at 5pm.

All free at The Castle grounds, just turn up and join in the fun!

CBL STOVES

CBL supply and install stoves, woodburners, chimneys and flues throughout Cornwall & Devon

The Showroom, Unit 5, Red Post Bude, Cornwall EX23 9NW

01288 381852 carl@cblstoves.co.uk www.cblstoves.co.uk



Follow us







Pottery Painting workshops

Throwing lessons

Clay Craft Classes

Hand made items for sale

Unit 1 'The Stables'
Quinceborough Farm,
Leverlake Road, Widemouth Bay
Cornwall EX23 ONA

Phone or text: 07967044298

Email: jar@parsonspottery.co.uk

www.parsonspottery.co.uk



Parsons Pottery





Ring for the king

Preparations for the celebration of King Charles III's coronation are well under way, and many of you will have seen the media coverage that the art of bellringing has attracted. Local towers have offered to train ringers with the aim of fulfilling the target of ringing all the bells in the UK on Saturday 6 May. But, as with the Platinum Jubilee and the death of Elizabeth II last year, there are still not enough ringers to ring at a set time. In most places the ringers will have to travel from place to place to mark this occasion.

At the AGM of our branch of the Truro Diocesan Guild of Ringers held in Week St Mary in March we were pleased to hear of the progress that local recruits were making at several of the towers in North Cornwall. While there is little time to train newcomers now for 6 May, our appeal this month must be aimed at those who have learned to handle a bell but have let their ringing lapse. I'm sure that every village band in our area would be happy to restore someone's confidence if they wanted to revive their bellringing skills. At Marhamchurch we could even silence a bell for you so you could perfect your ringing in secret!

All ringers are conscious of their responsibility to ring for their community, not just on service days but also for other occasions. Bellringing is an inclusive team activity, an opportunity to make friends and to visit places that you would never have gone to had it not been for a ringers' outing. Do come and join us, you'll be made to feel welcome and become part of a tradition that has endured for centuries.

A local ringer

Poundstock's ringers practise at St Winwaloe's on Tuesday nights from 7.15 to 8.30 and would warmly welcome any ringers, of whatever standard, and any non-ringers who are interested in learning.

You don't have to be particularly strong or sporty and there are no age limits! Just come down to the church tower on practice night, speak to someone after a service or email jones@maves.co.uk for more information.



W. SANDERS & SONS LTD WAINHOUSE CORNER GARAGE

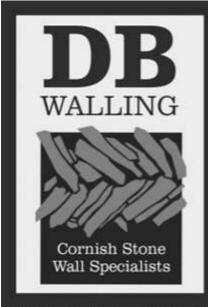
ST GENNYS, BUDE, EX23 0AZ

MOTOR REPAIRS AND SERVICING
MOT CLASS IV & VII
TYRES & EXHAUSTS
AIRCON

Tel. 01840 537440

Email: Sanders.garage@yahoo.com

Contact: Lisa Sanders



- Dry stone wall repairs
- Retaining dry stone walls
- Stone work with mortared joints
- Earth stone hedging
- Landscaping
- General construction & ground works
- Garden features

FREE QUOTES Call Dan on 07968 996191

f www.dbwalling.co.uk

WALLING | LANDSCAPING | CONSTRUCTION

2023 Gil dhouse programme

The Gildhouse regular Wednesday opening begins on 12 April. As always, the building will be open from 10 to 4, with friendly volunteers on hand to welcome you, answer any questions and make you a cup of tea or coffee. There's no charge but donations are always welcome. The Gildhouse will be open every Wednesday up to and including 25 October. More information and contact details are on the Gildhouse website: poundstockgildhouse.co.uk.

We have a great programme of events and talks coming up. Do support us and put these dates in your diary:

17 th May	7.30pm	Clair Roberts Talk: The War Years	
20 th May	10.00am	Plant Sale. Refreshments and Tombola Stall holders can arrive at 8am	
	12.00pm	Stail Holders call arrive at barri	
14 th June	7.30pm	Mrs.Toni JH Martin MBE talk: Life in the Army a female perspective	
9 th July	7.30pm	Concert in the Parish church with the Stowford Meadow singers with supper to follow. In aid of the parish church and Gildhouse	
19 th July	7.30pm	Paul Randell Talk: Wild Life on Bodmin Moor	
13 th Aug	2.00pm	Cream Tea 2pm to 4pm	
26 th , 27 th , 28 th Aug		Ed Fox here again with a Tudor Re-enactment fun for all	
13 th Sept	7.30pm	Katrina Werren Talk: Herbal Medicines, back to our Roots	
11 th Oct	7.30pm	Friends Evening	
28 th & 29 th Oct		Pumpkin festival and craft fair	

The talks cost £2.50 which includes tea and biscuits. Everyone is really welcome.

YOUR LOCAL INSURANCE BROKER

Offering A Whole Range Of Products Including Business, Motor, Home, Liability, Travel & More!



CALL US TODAY - 01288 353999

Chapter House, Burn View, Bude (by Coop) www.hodgsoninsurance.co.uk www.guesthouseinsurance.co.uk

We Search The Market So You Don't Have To!

Wharf Woodcraft

Bespoke Joinery Furniture & Repairs

> Lower Wharf Bude, Cornwall EX23 8LG 01288 352921 07752 124414

www.wharfwoodcraft.co.uk enquiries@wharfwoodcraft.co.uk



B.R Plastering
Plastering
Plaster boarding
Rendering
Building

rodder27@live.co.uk 07761735022

Fire and brimstone

The first butterfly of the year! It's like being the first to get the Beaujolais Nouveau – only yellow, not purple.

A Brimstone, and Spring is on the way. There it is, flopping about and tasting the flowers. You can never get near a Brimstone; they are so busy lolloping about in the sun, darting from flower to flower.

Brimstone because of its colour. It is, also, the yellow element Sulphur, and associated with volcanoes: there is a lot of Sulphur in the Earth, and it appears often in the craters. "....but on the day that Lot went out from Sodom it rained fire and brimstone from heaven and destroyed them all. Luke 17:29. Brimstone is just an old word for Sulphur. So, on the Day of Judgement, it might rain butterflies.





Brimstone Butterfly

Sulphur in a volcano

Native Indians of Mexico, Ancient Greeks and Romans, Egyptians, Russians and Spaniards, Germans and Christians: they have all believed that a butterfly is the manifestation of the human soul. Psyche is the Ancient Greek for the butterfly. Our life on Earth is like that of a butterfly: the fertilised egg is planted in our mother's womb; the caterpillar stage is our life on Earth, the chrysalis is the tomb, and the butterfly is the symbolic rebirth after death

They say that the Brimstone put the butter into butterfly. I can't believe it's not Brimstone...sorry.

Christopher Asbury



Cozy Cats Boarding Cattery Garth Vean, Tresmorn, St Gennys, Bude, Cornwall, EX23 ONU

Tel: 01840 230239

E.mail: devon2rex@btinternet.com

www.cozycats.biz

Purpose-built luxury cattery Indoor sleeping quarters with outside runs

Licensed and insured Inspection welcome For a friendly chat give Val or Peter a call





TRENCREEK FARM HOUSE Tel 01840 230219

Traditional farmhouse food for traditional value

All food freshly prepared, home cooked and served in an informal, relaxed and unhurried atmosphere.

Bookings are essential with 24hrs notice please

Richard and Margaret Heard

trencreekfarmhouse@outlook.com EX23 0AY



QUINCEBOROUGH FARM SELF-CATERING COTTAGES

PAT & ALASTAIR ROWLAND WIDEMOUTH BAY BUDE CORNWALL EX23 0NA

01288 361236

WINTER LETS CAN BE ARRANGED ALSO STORAGE & WORKSHOPS

Moore's Butchers Traditional Butchers

Established over 100 years

BEEF and LAMB produced on our own farm

Local PORK, BACON and FREE RANGE POULTRY

COOKED MEATS

Free deliveries to Poundstock, Widemouth Bay

> Bude: 6 Queen Street 01288 355552

Kilkhampton: 01288 321240

Local Contacts

NHS non-emergency he Coronavirus test and tra Stratton Hospital Minor (Hours vary according to	ace hotline Injuries Unit	111 119 01288 287700 Please phone before attending.)	
Doctors' surgeries:	Neetside		01288 270580
	Stratton		01288 352133
MD 0	Boscastle		01840 250209
MP: Scott Mann	. 5		01208 74337
Parish council chair: Ste			(see p. 24)
Parish clerk: Lynn Plues			0776 8100 560
Cornwall Councillor: Nic	cky Chopak		0781 030 2061
Cornwall Council			0300 1234 100
Bude Library/One-Stop	Shop		0300 1234 111
Library renewal line		0845 607 6119	
Recycling centre/tip (Tis	scott Wood)		0845 630 0300
Samaritans			116 123
National Childline			0800 1111
Police – non-emergency	У		101
Farming Community Ne	etwork		0845 367 9990
Bude Food Bank			01288 448748
Citizens Advice			03 444 111 444
(Phone advice line, ope	rates 10–4, Mond	ay–Friday)	
CCS helpline/Age UK C	ornwall		01872 266383
Floodline			0845 988 1188
Western Power (power	cuts)		0800 678 3105
PCC Secretary, Pounds	stock: Liz Jones		079040 88779
Jacobstow WI: Mrs J. B	aker		01840 239829
Marhamchurch WI: Mrs	P. Hazeldine		01288 682193
Poundstock Skittles: Pa	m Gilhespy		01288 361570
Poundstock Ringers			079040 88779
Juliotter Garden Club		01566 781559 or 01840 261237	
Rebel Cinema			01288 361442

Local Organisations

Libraries

Bude Library is currently open 10.00–4.00 Mondays, Wednesdays and Fridays, 10.00–1.00 Saturdays. Reserve books by phone (0300 1234 1111) or online at capitadiscovery.co.uk/cornwall/login.

Poundstock's two pop-up libraries, in St Winwaloe's and Our Lady and St Anne's, are available when the churches are open (all day, every day). A wide choice of books can be borrowed or bought, with all proceeds going to charity.

Poundstock Post Office

Still based in the old shop at Cornish Coasts Caravan and Camping Park on the A39. Open Mondays and Thursdays, 9.00–1.00 (ask at the new shop).

The following are accurate to the best of our knowledge, but check before you go (contact details below or p. 21).

Scouts and Guides

Cubs: Monday 6.30–8.0 pm (01288 352786) Guides: Monday, Jacobstow parish hall

Scouts: Tuesday 6.30-8.0 pm

Beavers: Wednesday 6.0-8.0 pm (07855 001284)

Rainbows, Brownies and Guides: ring Louise on 078 1798 5661.

Marhamchurch WI

Marhamchurch Methodist Hall, 2.30 pm, second Tuesday of the month (note change of time to afternoon).

Jacobstow WI

Jacobstow Parish Hall, 7.30 pm, second Thursday of the month.

Juliotter Garden Club

Otterham and St Juliot Hall, 7.30 pm, fourth Tuesday of the month.

Launcel Is/Bude Dog Training/Agility

Puppies, pet dog training, problem dogs, clicker training, socialisation. Classes for all ages and abilities. All profits to charity. Further details from 01566 86500 or 01288 321922.

Bude Bridge Club

Tuesday and Friday evenings, Wednesday afternoons, in the Parkhouse Centre. Details from www.bridgewebs.com/Bude or ring 01237 471111.

Poundstock Gil dhouse

You can hire the Gildhouse for events from meetings to parties and wedding receptions. Call 01288 341537 or visit www.poundstockgildhouse.co.uk.

Diary Dates

April

- 9 Easter Sunday. See page 9 for church services
- 12 and every Wednesday, Gildhouse open to visitors 10–4, free
- 20 Jacobstow WI Visit to Cornish Farmhouse Bacon
- 23 Juliotter Garden Club plant sale, Otterham Hall, 10am–12.30
- 26 Garden Club, Katrina Werren, 'Back to our roots'

May

- 7 The Big Lunch Coronation Ceilidh at The Castle, Bude
- 6-8 Coronation weekend
- 11 Jacobstow WI, resolutions meeting
- 17 Clair Roberts Talk: The War Years at The Gildhouse
- 20 Plant Sale at The Gildhouse from 10am, including refreshments and tombola, 10–12
- 24 Garden Club, Roger Hooper, 'Gardening for Wildlife'
- 25 National WI Annual Meeting, Cardiff

FREE ADVERTISING FOR LOCAL EVENTS

The Packet will always advertise local community and charity events free of charge. As circumstances allow meetings and events to take place, we all hope to get back to a more normal pattern of life with a lot more going on. But we don't 'just know' what's happening – you have to tell us! Our deadline for the June and July edition is 20 May.

DON'T FORGET: TELL THE PACKET!

Defibril I ators in the parish

Widemouth Bay: next to the Summerhouse (by the church, Leverlake Road); near the top of Long Park Drive by the entrance to Pencarra and Bellair, just below the junction with Edith Walk; at the back of the public toilets just above Widemouth beach. The RNLI lifeguards also have a defibrillator, available at their hut above the beach when they are on duty.

Treskinnick Cross: just off the A39, in the old phone box.

Poundstock Parish Council

www.poundstock-pc.gov.uk

Chairman Stephen Blake stephen.blake@poundstock-pc.gov.uk

Vice-chair Steve Haynes steve.haynes@poundstock-pc.gov.uk

Councillors Michelle Carter michelle.carter@poundstock-pc.gov.uk

Max Faulkner max.faulkner@poundstock-pc.gov.uk
Eric Harris eric.harris@poundstock-pc.gov.uk

Pamela Idelson pamela.idelson@poundstock-pc.gov.uk
Tom O'Sullivan tom.osullivan@poundstock-pc.gov.uk

Three vacancies. For details of how to apply to be co-opted to the Parish Council, please see the website or contact the Clerk

Parish clerk Lynn Pluess clerk@poundstock-pc.gov.uk

07768 100 560

The parish council website carries agendas, full minutes and other documents, as well as information about the Neighbourhood Development Plan and the parish cemetery. At present, council meetings take place at 7 pm on the last Thursday evening of each month at Poundstock Gildhouse.



Poundstock Neighbourhood Plan Committee

Chairman: Matthew Blows Vice Chair: Brenda Alison Secretary: Lyn Smith

Members: Sara Beckett, Stephen Blake, Robbie Pearce, Barry

Rogers, Nicky Vereker, Phyllis Ward, Steve Haynes,

Rachel Roberts

Contact: email :ndp-sg@poundstock-pc.gov.uk or by post to:

St Marwenne, Combe Lane, Widemouth Bay, EX23 0AA



Jacobstow WI

In February we enjoyed a relaxed, social evening as our Speaker was unable to attend. After the business part of the

meeting, members voted to choose this year's Resolution, browsed the new County events and caught up with each other over refreshments. We were pleased to welcome two visitors, one of whom has since become a member.

The Resolution being put forward to the national Annual Meeting in May is: Clean rivers for people and wildlife. This Resolution aims to improve water quality in our rivers, with regular monitoring for pollution. February is also the WI's "Show the Love" month when green hearts are made to demonstrate the organisation's commitment to addressing Climate Change.

In March we held our AGM when we looked back over the past year and ahead for 2023/24. We thanked our departing Secretary, welcomed a new Committee member and presented the annual prize to our Competitions winner. After refreshments, we finished off with a Christmas-themed game of Pass the Parcel! This had been postponed from our Christmas Party and caused such hilarity that we may consider doing something similar at the next AGM.

Looking ahead to our next meetings:

April 20th Visit to Cornish Farmhouse Bacon

May 11th Resolutions meeting

May 25th National WI Annual Meeting, Cardiff

We are lucky to have loyal members and our numbers remain strong. However, like all organisations we need and welcome new members to keep everything going and to build a sound foundation for the future.

If you would like to know more about the WI, do come along to our meetings to find out if it is for you or call Jill on 01840 239829

Jill Baker



All plumbing work undertaken

- Solar and thermal systems
- Oil boiler services
- Air source heat pumps

 \dots

- Bathroom repairs and renovations
- New builds



- plumbersontapi@outlook.com
- 07837 675 111

West Country Carpets

1 - 2 Pethericks Mill Ind. Est. (Opp. Rugby Club)

40 YEARS + SUPPLYING QUALITY DOMESTIC AND CONTRACT **FLOOR COVERINGS**

Call Jeremy on 01288 352912 info@westcountrycarpets.co.uk

REMNANT WAREHOUSE 01288 355320

CARPETS AND VINYI S **ROLL-ENDS FACTORY CLEARANCE** MANY AT HALF-PRICE OR LESS



DENISE WELLINGTON FUNERAL SERVICES

COMPASSIONATE, CARING. TRUSTED & PROFESSIONAL

Memorials | Pre-Paid Funeral Plans

24 Hour Contact 01288 359277







denisewellingtonfunerals.co.uk enquiries@denisewellingtonfunerals.co.uk

Wild daffodils

Its official name is Narcissus pseudonarcissus but is also known as Lent lily or Easter lily. This is the British wild daffodil, which was once common in the wild throughout British woodlands, but with the clearance of woodland and improvement of pasture, the numbers of wild daffodils have drastically reduced. Flowering in February and March, it has pale yellow

petals and a deeper yellow trumpet, and is an altogether delightful little plant with a slight scent. When I was a child growing up in Bristol, it was a regular annual coach trip to the daffodil fields at Newent in Gloucester where we picked bunches and bunches of them. The whole area is now in the care of wildlife trusts, and it is, of course, illegal to pick these lovely flowers. The nearest place for us to see our wild daffodil growing in the same kind of absolute profusion as the Newent Daffodil Fields is **Dunsford Nature Reserve in Devon** but you do still see wild daffodils growing in our hedges here in Cornwall. The Tamar Valley was once the daffodil-growing capital of the country, though not particularly for the wild variety. Best thing to do is



plant your own, they'll soon spread by seed and daughter bulbils. Narcissus pseudonarcissus thrives in damp woodland and pasture. It is a vigorous grower and suitable for naturalising in grass, dappled shade and open woodland. I've planted hundreds of their bulbs in my wild flower meadow and they are beginning to put on a terrific show each year now. Because of its short, strong stem, it doesn't get caught by Spring gales the way cultivated forms do. The bulb of the daffodil is said to have narcotic properties – at any rate it was recommended by the 17th century herbalist, Thomas Culpepper, for its medicinal uses, but the Botanical Society of the British Isles warn that the plant is poisonous. Whether it is narcotic or simply poisonous, it is left unmolested by whatever wild creature usually devours my other bulbs. And here's an interesting fact: the Isles of Scilly Wildlife Trust helps to manage all the untenanted land, uninhabited islands and rocks which are leased to it by the Duchy. In return the trust pays a rent to the Duchy of one daffodil per year! Perhaps even more than snowdrops, the daffodils in all their varieties are the joyful harbingers of Spring.

Pat Thorne

P & B Interior Design

Ready made curtains, voiles, nets, cushions Curtain tracks, poles, tie backs all in stock Huge selection of roller and Venetian blinds Suppliers of Velux blinds

Custom made curtain & blind service available

Farrow and Ball wallpapers and paints

DMC threads and kits

Haberdashery & accessories

Gifts for all occasions

2 Lansdown Mews

Lansdown Road, Bude

www.Budeblindsandcurtains.co.uk

01288 356 303

Pilates Classes In North Cornwall

Week St Mary, Canworthy Water, Warbstow, Higher Crackington Launceston, Bodmin, St Kew

What does Pilates do?

- · Targets the deep core stabilising muscles
- Improves muscle tone, strength & joint mobility
- · Improves posture, alignment & body awareness
- Corrects muscle imbalances & encourages pain-free movement
- Classes are progressive and operate on a school term basis.
- . Classes limited to 12 people
- · Fully qualified level three teacher

PILATES.

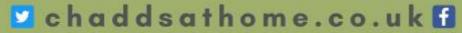
Martin Brooks 07812 959 879 www.northcornwallpilates.co.uk martin@northcornwallpilates.co.uk

Chadd's at home
Daily essentials and gourmet
food to enjoy at home

FROZEN | CHILLED | AMBIENT | NON FOODS

FREQUENT DELIVERY THROUGHOUT THE AREA

call and collect | order online | phone



01288 353964 | Stratton View Business Park, Bude EX23 9NR

Our Night Sky in April and May

April 2023

Jupiter will now be finally lost in the setting Sun's glare, but Venus more than makes up for his disappearance and setting about 11 pm. Meanwhile, Mars will be visible for most of the night, but will be more difficult to see as he has faded from his brilliance last year as he retreats from us. He is still pink, and distinguishable from stars since planets do not twinkle. Meanwhile, Saturn will be rising with the early dawn sky about 5am, but will be difficult to see.

I wonder how many of you saw the delightful conjunction over a number of days, during early March, of Jupiter and Saturn, culminating in a very close encounter on the 3rd. We were lucky to see it as the clouds parted.

We tend to think of the thousands of millions of galaxies that inhabit our Universe as being lonely travellers in space. But, by their very nature, they all have a common ingredient – Gravity. This almost infinitesimal part of any body – just as we as human bodies exert a tiny gravitational attraction towards any other body, so galaxies are attracted towards each other, firstly forming groups, then merging into one another to form even bigger galaxies.

When we consider how tiny our planet is among the thousands of billions of stars in thousands of billions of galaxies, it is hard to imagine that we might be the only inhabited planet in the Universe.

May

Venus will be setting at about 11 pm in the middle of the month, while Mars will set about an hour later. Meanwhile, Saturn will be rising in the East at about 0300

On 6 December 2020, samples from the C-type asteroid 162173 Ryugu were returned to Earth by Hayabusa2 in a hermetically sealed container. A total of 5.424 ± 0.217 g was collected from Ryugu, and has been kept as physically and chemically pristine as possible.

The grains of grit and dust have now been found to contain Uracil, a compound found in RNA, the substance that [continued on p. 31]



Installation, servicing,
Repairs, surveys
Gas safety certificates,
Energy efficiency
Upgrades
Oil, gas & renewables





WRAS



FREE QUOTATIONS

T: 07557 872 662

WAINHOUSE COUNTRY STORE POST OFFICE

(The Post Office also has Banking Services, including Foreign Currency Facilities) Euros available over the counter at the Post Office

& OFF-LICENCE ST GENNYS 230 554

Local cheese and cream, bacon, frozen foods, fruit and vegetables Barnecutts pasties freshly baked Newspapers & Magazines National Lottery We are now agents for dry cleaning

OPEN

Monday to Saturday 7 am-7 pm Sunday 7 am-6 pm

With friendly and helpful staff



Handyman

Any job considered
Need a hand with anything?
Inside or out - house or garden
Light bulbs replaced ...
... to heavy objects moved
Fencing/woodwork/metalwork/
engineering
Mowing/tree work
Flat pack furniture assembly
Fixings and brackets
You name it, I'll happily discuss it
References on request

Please call Jeremy Draper on 07847893603

Your friendly local plumber...



All aspects of plumbing and heating undertaken

Email: plumbheatrenew@gmail.com

Phone: 07947354954/01840 230558

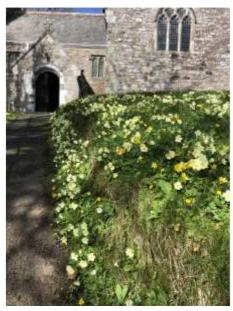
Our Night Sky, continued

copies and ferries genetic information inside living cells, allowing the production of proteins and therefore enabling life itself to evolve. The scientists also found Vitamin B3, which is important for metabolism, in the Ryuga samples.

The findings of such important materials for life in such a humble member of the solar system raises questions of where else it might be found, and just how widely, and if the basic materials which enabled life to evolve on Earth originated from space, or from the primordial soup that was already here.

There will, no doubt, be further attempts to bring back material from other solar system bodies, ensuring that it is not contaminated before being studied. The outcome might well show that the evolution of life in the Universe is not just here on Earth but everywhere that the complex chemicals required to start it happen to alight. A fascinating thought!

Bill Turnill







Personal Property Services

A HIGH QUALITY LINEN SERVICE BY A COMPANY WITH A PASSION FOR LINEN

Property management services offering 1st class housekeeping and maintenance services

Contact us today info@oceanbreezeltd.co.uk 01288 255876 | 07979 902248

OceanBreeze Laundry Ltd,
Units 4/5 Bude, Stratton Industrial Estate EX23 8LY



Considerable progress has been made since the last update of the Poundstock Neighbourhood Development Plan. Thank you to all those who responded to the Vision & Objectives as featured in issue 119 of The Packet (p.33).

Input from Parish residents and businesses is vital in forming the Neighbourhood Plan policies that will guide planning matters for the benefit of the Parish in the future.

Advice from consultant John Slater has been sought again to assist in reflecting the intention of the objectives that will form the policies and his advice has been invaluable.

What will be further invaluable is YOUR further input, so we will be holding a consultation event in late spring early summer. Please look out for details of this event.

In the meantime please look at https://www.poundstock-pc.gov.uk/neighbourhood-plan for further updates and more detailed information that has been collated, including more details in an expanded Vision & Objectives document.

You can always make contact by the details below. email: ndp-sg@poundstock-pc.gov.uk

or by post to: St Marwenne, Combe Lane, Widemouth Bay, EX23 0AA

You would also be very welcome at the regular monthly meetings of Poundstock Parish Council who are the lead authority in preparing your Neighbourhood Development Plan.

Poundstock NDP Steering Group





Giving you back the time in your life!

- A regular, reliable & professional service
- Delivered by local, vetted & insured workers
- · Same cleaner every visit
- Bespoke service to address your needs
- Home Assistance Offered

01840 211107 07881 309161

cornwall@diamondhomesupport.com www.diamondhomesupport.com

R J SARGENT & SON

INDEPENDENT FUNERAL DIRECTORS

PRIVATE CHAPEL OF REST MEMORIALS SUPPLIED FAMILY BUSINESS EST. 1973

Tel. Terry Sargent 01288 361468 Trewithian, Poundstock Bude EX23 0DS



Excerpts from Parish Council minutes

EXTRAORDINARY MEETING POUNDSTOCK PARISH COUNCIL ON THURSDAY 29 DECEMBER 2022

Present: Cllrs. Stephen Blake, Max Faulkner, Eric Harris, Steve Haynes, Pamela Idelson, Tom O'Sullivan and the Clerk

Planning Matters:

PA22/10135 Change of use of holiday cottages originally permitted under 96/2485 and as subsequently revised under 2008/00665 to unrestricted residential use free from occupancy restrictions, The Old Tearoom Millook Coast Road Bude. RESOLVED to OBJECT on the grounds of setting a local precedent on holiday homes.

PA22/11152 Proposal Variation of Condition 2 (approved plans) of Application No. PA22/07000 (Construction of dwelling and associated works) Sunnymeade Combe Lane Widemouth Bay Bude. Following discussions, it was RESOLVED NO OBJECTIONS

ORDINARY MEETING POUNDSTOCK PARISH COUNCIL HELD ON THURSDAY 26 JANUARY 2023

Present: Cllrs. Stephen Blake, Michelle Carter, Max Faulkner, Eric Harris, Pamela Idelson, Tom O'Sullivan and the Clerk.

To receive any recommendations from Community Hall Committee – CHC Chair Tom O'Sullivan gave an update on the progress, a request for further information on the outline planning application for the Old Parish Hall had been received and an Ecological Survey has been carried out. He expressed appreciation on behalf of the Committee for the offers by the landowners at both potential sites for a new hall made entirely in good faith for which we are extremely grateful.

Planning Matters:

PA22/11475 Outline Planning Permission for proposed redevelopment of contractor's Yard into up to 3 residential dwellings with all matters reserved except for access Location Contractor's Yard Coppathorne Poundstock Bude Cornwall (Case Officer – Paul Steen). Following discussions and in consideration of the comments put by members of the public it was unanimously RESOLVED to OBJECT

PA23/00314 Lundy View Bungalow Millook Coast Road Bude Cornwall EX23 0DQ updating, alterations and extensions to Lundy View - PA23/00314 (Case Officer - Matthew Follis). Following discussions, it was RESOLVED NO OBJECTIONS.

PA22/11432 Proposal Change of use to campsite Location Land East of Marine Drive (also Known as Sandparks Campsite) Marine Drive Widemouth Bay Bude (Case Officer – Paul Steen). Following discussions and in consideration of the comments put by members of the public it was unanimously RESOLVED to OBJECT

Continued on p.39



Fine carpentry
Architectural joinery
Bespoke furniture

07813 545 774

info@brightjoinery.co.uk www.brightjoinery.co.uk

Bude, Cornwall

Anglo Plumbing and **Heating**

Gasafe registered for LPG and natural gas

Domestic, commercial and industrial appliances serviced and installed

All enquiries welcome 01409 261442 0795 8901 777

George.aph@googlemail.com



Planning Permission Building Regulations

Please feel free to contact us for a free no obligation visit and quote

- 01288 352121
- info@rarowe.co.uk
- www.rarowe.co.uk

Tintagel Skip Hire

Skips • Roll on bins • Enclosed skips • Muck away

Recycled materials for sale

- Crushed concrete
- Recycled 803
- Drainage stone
- Tarmac planings
- Screened topsoil

Contact us today on 01840 770449 / 0797 415236 www.tintagelskiphire.co.uk

EXCERPTS FROM PARISH COUNCIL MINUTES (CONT'D)

Agenda items to discuss and resolve a course of action and associated expenditure:

- (a) Widemouth Bay Toilets Update A TEAMS meeting was held with Cornwall Council on 5 January 2023 to discuss various related matters and ongoing repairs to the public toilets. Following lengthy discussions, it was RESOLVED to submit a FOI to Cornwall Council requesting the amount of revenue received from Widemouth Bay Car Park over the last two years. 015/23 RESOLVED to set-up a Public Toilet Working Group (b) Mayor for Cornwall RESOLVED Chair with Clerk to complete the survey rejecting a Mayor for Cornwall.
- (c) Cemetery Application for EROB Following discussion it was unanimously RESOLVED to approve the application at a parishioner rate
- (d) LMP & SWCP 2023/24 RESOLVED that PPC accept the LMP & SWCP 2023/24 Grant.
- (e) Planning To consider engaging planning consultants as required. Following discussions, it was unanimously RESOLVED that the Chair with the Clerk look into finding a suitable planning consultancy to address complex planning applications on an ad hoc basis as required.

EXTRAORDINARY MEETING POUNDSTOCK PARISH COUNCIL ON THURSDAY 2 FEBRUARY 2023

Present: Cllrs. Stephen Blake, Max Faulkner, Eric Harris, Steve Haynes, Pamela Idelson and the Clerk.

Planning Matters:

PA22/11411 Reserved Matters application for appearance, landscaping, layout and scale and details relating to the discharge of Conditions 4 and 6 of Outline approval PA21/06354 dated 14th September 2021 (Plot 4) Location: Bingera Cottage Madeira Drive Widemouth Bay Bude. (Case Officer Helen Blacklock). Following discussions, it was resolved to OBJECT

PA23/00467 Change of use of existing storage shed (together with new build extensions within the footprint of the existing building to form ancillary accommodation to Ocean View); erection of a garage/studio in place of former garden sheds and greenhouses and formation of a new access track Location: Ocean View Coast Road Bude Cornwall. (Case Officer Sarah Tatton). Following discussions, it was RESOLVED NO OBJECTIONS.

Pink Dove Tarot and Reiki Healing

Gloria Bardell a professional Tarot Reader and Master Reiki Healer based close to Bude.

For information or to make an appointment Tel/text 07795 108577 Parking available

Spring Word Search

N H В N Ε В S F В F В A Т Α T CHA N Т P R C 1 N G T E S T T A PI HE F E R 1 GS G T Α N В WS S E Y R S E Н В U F S N R W S 0 0 E S Т R NGP U D D



APRIL
BASEBALL
BLOOM
BUNNY
BUTTERFLY
CHICK
EASTER
EGGS

FLOWERS
GREEN
GROW
HATCH
JUNE
MARCH
MAY
NEST

PASSOVER
PUDDLE
RAINBOW
RAINCOAT
SEEDS
SHOWERS
SPRING

UMBRELLA





- Flexible Fees
- No Upfront or Exit Fees
- No Brochure or Photography Fees
- Will Advertise your Home on 5 Mainstream Websites
- Including Mayfair London who have a Network of 300 offices
- Available 7 Days a Week
- Well Established 6 Branch Cornish Family Business
- 5 Star Google and Social Media Reviews
- Experienced Local Property Experts in Sales and Lettings



0000

NOW COVERING BUDE AND LOCAL VILLAGES

Call us today for a FREE valuation on 01288 450017

Zoopla OprimeLocation.com MAYFAIR rightmove OnTheMarket



Weekly Art Classes and all day Art Workshops held in a beautiful light and airy studio at Newmill Farm Poundstock Bude, covering a wide variety of subjects, styles, mediums and techniques. Suitable for all skill levels

Contact Michele on 07956 055878 micheleilling@aol.com www.micheleilling.co.uk



Beautiful bespoke Cornish sea glass art & jewellery

The Workshop Collective, The Strand Shopping Arcade, Bude.

BOOK A SEA GLASS WORKSHOP!

Are you looking for a beach experience that's memorable and creative?

Join Sarah for a 2.5hr private guided beachcombing session in Widemouth Bay, where you'll learn how and where to find sea glass, discover the different varieties of sea glass and its fascinating history, then use your beach treasures and discover your inner artist, as you create a piece of sea glass art to take home with you.

WWW.BLACKROCKDESIGNS.BIZ

2nd bude (jacobstow) scout group

Beavers, Cubs & Scouts have all been busy over the last few months & now with the evenings pulling out this is allowing for greater activities outside. On the 18th/19th Mar Robert Medland took 7 Scouts to Bodmin to participate in the North Cornwall District 'Camel Run'. This saw the Scouts walk 12 miles during the evening/night and



complete 9 challenges on the route. The end of April the Scouts will have the opportunity to participate in the annual 'Coast 2 Coast' a 30 plus mile walk over the weekend. During June the Cubs will have the opportunity to participate in the 'Cub Challenge' again a walk over a weekend.

Back in Nov 22 some of our brave members came along & planted a sack of daffodil bulbs on an extremely wet & windy day. The daffodils are now starting to flower & look lovely.



The Scout Hut is coming along, after many months the hut is fully insulated, a long & tedious job which finally has come to an end. Our next job is putting up the plaster board for which we have started. The main ceiling has been completed along with the kitchen & we have started on the walls in the main hall. Great to see the progress being made by our determined team.

Made to Measure Blinds and Curtains

Competitive prices and fitting included.

Choose from a full range of Hillarys' fabrics and a large variety of styles, including Venetian, Roman and Verticals.

Contact David Fawcett to arrange a home visit: 01840 239915 07925539357

david.fawcett08@gmail.com

Or find me on Facebook at David Fawcett.

DEBBIE ROUTLY HYPNOTHERAPY

(PDCH, MBSCH, Reg CNHC)

Hypnotherapy can help you change the way you think, feel, and behave so you could live a happier, more fulfilling life.

Hypnotherapy can help with:

Stress and anxiety
Lack of confidence and low selfesteem
Insomnia
Stopping smoking
Phobias
Pain management
And much more...

For more information, contact Debbie: 07774061411

debroutly@gmail.com

debbieroutlyhypnotherapy.com



MIDDLE PENLEAN, POUNDSTOCK, EX23 DEE

POP IN TO PICK UP YOUR LOCALS CARD

CHECK OUT OFFERS ON WWW.CORNISHCOASTS.CO.UK



Bude Care and Clean

Personal Care
Housework
Shopping
Meal Preparation
Respite for Carers
DBS Checked
Confidential
Covid Safe Service

A friendly service run by experienced local ladies. We have a wealth of experience including 30 years in the NHS in housekeeping and support. We believe care and support needs should be delivered at a time and pace to suit you.

Contact us on: 07768 117189

find us on facebook @budecareandclean



YOUR MODERN INDEPENDENT OPTOMETRIC PRACTICE

Bude Eye Centre, established in 2005, are equipped with up to date equipment, a wide selection of eyewear and latest contact lenses to suit individual needs. We offer same day service and also hearing aid services.



WE OFFER:

- NHS & Private Eve examinations
- Contact lens specialist
- 3D OCT Screening available
- Free children's eye care
- Regular hearing service, including free assessments
- Honest and expert advice on frame selection
- Wheelchair friendly practice

Bude Eye Centre, 7 Queen Street, Bude, Cornwall EX23 BAY 01288 350041 - info@budeeyecentre.co.uk - budeeyecentre.co.uk