



THE POUNDSTOCK PACKET



KERNOW BYS VYKEN!



The spectacular Virginia Creeper at the Gildhouse in all
its autumnal glory

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

Contact us at poundstockpacket@gmail.com



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**

NOTES FROM EDITOR

Why are we so penalised with price of fuel? At the time of writing, petrol at Morrisons and Wainhouse Corner are the same high price. Holsworthy is usually less as are the Launceston and Barnstaple ones.

We can take advantage of lesser prices but to get there takes the difference in price.

When asked why, we are told it's because we live on a limb, different suppliers when ordered or that we don't use enough to make deliveries viable.

If they can't get us this sort of fuel now, how are the powers that be going to supply all the electricity for electric vehicles from a few extra windmills.

What a conundrum!

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 18 November 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

Contact us at poundstockpacket@gmail.com

RACHEL DAVEY TUITION

www.racheldavey.co.uk
07815 054607

ONLINE & IN-PERSON SESSIONS

- Phonics
- Reading
- Writing
- Maths

Unlock
your
child's
potential

SATs preparation

11+ preparation

Support & advice for parents



ARTHUR W. BRYANT
FUNERAL SERVICE

BUDE
T/ 01288 352282

CAMELFORD
T/ 01840 214891

HOLSWORTHY
T/ 01409 253000

INDEPENDENT FAMILY
FUNERAL SERVICE

OUR FAMILY CARING FOR YOUR
FAMILY FOR OVER 50 YEARS

MEMORIAL
MASONRY

PRE PAYMENT FUNERAL
PLANS

W/ AWBRYANT.CO.UK
E/ CARING@AWBRYANT.CO.UK

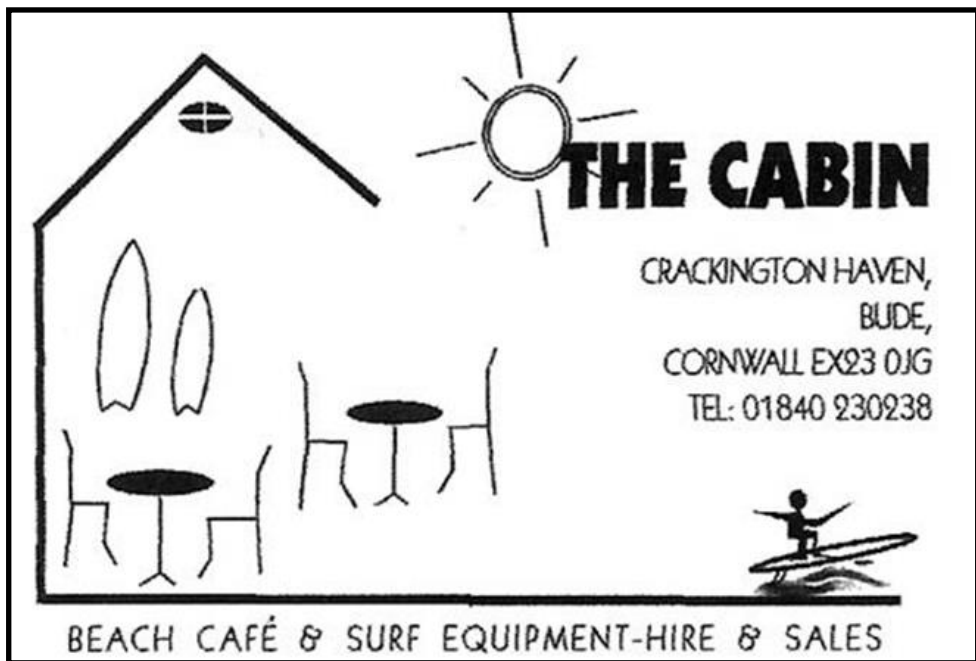




HIGHLIGHTS 19TH AUGUST 2023



Thank you to Gordon Dickie for allowing us to use these wonderful photos



THE CABIN

CRACKINGTON HAVEN,
BUDE,
CORNWALL EX23 0JG
TEL: 01840 230238

BEACH CAFÉ & SURF EQUIPMENT-HIRE & SALES

Tintagel Skip Hire Ltd Waste Management

Trebarwith Road, Delabole PL33 9DE

Tel: 01840 770449

- Skip Hire
- Waste Management
- Wheelie Bin Hire
- Waste Collection Service
- Cardboard Collection Service
- Recycling Centre

Email: admin@tintagelskiphire.co.uk

CHURCHES AND SERVICES FOR OCTOBER AND NOVEMBER

We still await new ministers so the following services maybe subject to change

October

1 11.15-Gift Day/HC BH; 10.00 Family-WSM; 18.00 ES-M
2 19.00 Harvest W
4 9.00 Zoom MP; 10.00 HC BH
8 9.30 HC M; 9.30 MP P; 11.15 HC W; 18.00 EP WSM
11 9.00 MP Zoom; 10.00 HC WB
14 12-14.00 Harvest Lunch M
15 9.30 Harvest MP M; 11.15 Harvest HC BH; 11.15 HC WSM
18 9.00 MP Zoom; 10.00 HC BH
22 9.30 HC P; 10.00 HC M; 10.00 MP WSM; 11.15 HC BH; 9.30 MP W
25 9.00 MP Zoom, MP WB
25 10.30 Messy Church, St Michaels
29 10.00 United Benefice HC W
29 16.00 Messy Church Bible Buddies, Crackington Haven Institute

November

1 9.00 MP Zoom; 10.00 HC BH
2 12.00 All Souls BH; 19.00 All Souls WSM
5 9.30 HC BH; 10.00 FS WSM; 18.00 ES M
8 9.00 MP Zoom; 10.00 HC WB
12 9.30 MP + Remembrance P; 10.45 Rem Mem WSM, B & W
15 9.00 MP Zoom; 10.00 HC BH
19 9.30 HC BH; 9.30 MP M; 11.15 HC WSM
22 9.00 MP Zoom; 10.00 HC WB
26 9.30 HC P; 9.30 HC M; 10.00 MP WSM; 11.15 HC BH; 9.30 MP W
29 9.00 Zoom; 10.00 HC BH

Marhamchurch Chapel 10am
Central Methodist Church 10.30am

You will be really welcome at any service.

At Poundstock we always enjoy a coffee or tea and a chat in the

R & N FUELS

(Nicholls Bros)

COAL MERCHANTS

DON'T BE LEFT IN THE
COLD!

LOCAL DELIVERIES, ALL
SOLID FUELS

COMPETITIVE PRICES

01840 230111 (Colin)

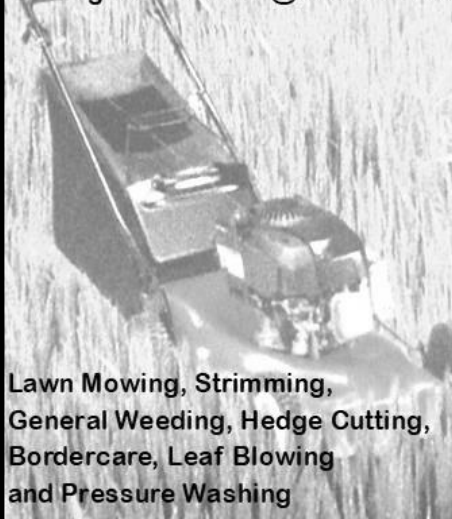
01840 250568 (Roger)

TD GARDEN SERVICES

Tom Willoughby

07757024820

td.gardenservice@outlook.com



Lawn Mowing, Strimming,
General Weeding, Hedge Cutting,
Bordercare, Leaf Blowing
and Pressure Washing

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



*'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

Credit/debit cards accepted

arkangelbude@gmail.com

www.arkangeltrust.org.uk

Reg. Charity No. 294313

CRAFT FAIR & PUMPKIN FESTIVAL

Poundstock Historic Gildhouse and church are holding their annual Craft Fair and Pumpkin Festival on Saturday 28th (10am-5pm) and Sunday 29th October (10am-4pm)

We have more stalls than ever this year. From fudge to cider and jewellery, ceramics, wood turning, stained glass and pizzas. Why not start your Christmas shopping early?

Refreshments will be served all day, there will be soup and delicious homemade cakes.

Try your hand at pumpkin carving, prize for the best child/adult and heaviest pumpkin (all entries to be in by 11.00 on the Saturday).

Come along and support this local event.

Here are a few pictures from the 2022 festival



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 0NA

Phone or text: 07967044298

Email: jar@parsonspottery.co.uk

www.parsonspottery.co.uk



Parsons Pottery



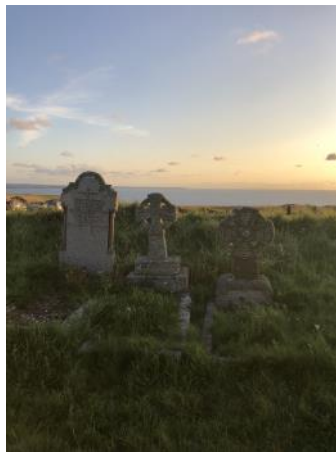
GILDHOUSE CREAM TEA

Cream Teas were again on in the Gildhouse. This time it was on the 13th August and donations were towards the upkeep of the Tudor Gildhouse. As you can see from the picture of the car park, it was well attended even though the weather was not brilliant and they managed to raise a total of £653.55. Again a big thank you to all the helpers and everyone that visited.



POUNDSTOCK BELL RINGERS

The Poundstock Church Bellringers had an excellent evening visiting St Materiana, Tintagel. Delicious Fish and Chips were bought from Tintagel and eaten outside the church in the evening sun.



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 December and January edition is 18th November.

DON'T FORGET: TELL THE PACKET!

DEFIBRILLATORS 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.

DB
WALLING



Cornish Stone
Wall Specialists

- 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



www.dbwalling.co.uk

WALLING | LANDSCAPING | CONSTRUCTION

GARDENING IN POUNDSTOCK

October, already. It's been a very strange year in the garden and as I write this one of our magnolias is in flower and others have flower buds ready to burst. (Normal flowering is between February and June). Bulbs are beginning to appear and a friend saw a crocus in flower last week at The Garden House near Yelverton. That's the climate emergency for us. It has been a miserable summer of washed-out events and sun-deprived vegetables, then September arrived and gave us some of the best weather since June by which time our runner beans, from which we have had a fantastic crop, have given up the ghost. The first long autumn swells are rolling in off the Atlantic ocean and calm is returning as summer visitors leave.



Despite the weather we opened our garden to a couple of gardening clubs and raised over £500 for The Cornwall Air Ambulance. A big thank you to all our friends and neighbours who helped and made highly-praised cream teas.

A cold spring and a very dry June, followed by a wet dull and cool summer have left sun- and heat-loving crops struggling. However our cucumbers and tomatoes growing in the poly-tunnel have been quite happy and have produced very acceptable crops (but nowhere near other years). But the sun has tried to lift the temperature and light-levels over the recent past so it may drive a late rally for the tomatoes, boosting flavour and allowing yields close to previous years. The warm nights we have been enjoying are generating a burst of growth in the basil too – some of them are small trees and we have made enough pesto to last us until next summer.

The winter squash ripened well ahead of schedule and have been harvested so that the sun will the skins, dry the stalks, sealing the fruit and allowing them to store through to next summer. The UK is on the climate boundary for squash, and for most other members of the lush, largely tropical curcubit family. Butternut squash, in particular, struggles to ripen and develop its full flavour in Cornwall so we now grow more reliable

Cont'd p.15

BODYSPEAK SOMATICS

Somatic Movement Therapy

Are you affected by stress, chronic pain, feeling overwhelmed? Would you like to deepen your awareness of the body to feel more safe and grounded? Somatic Movement works with the body's response to difficult life experiences through sensory awareness, movement, imagination & bodywork.

I offer one-to-one sessions & group classes in Bude.

For more information & to book a free 15 minute consultation, please contact Evelyn at www.bodyspeaksonatics.com
evelyn@bodyspeaksonatics.com 07850 216207



PLASTERING - RENDERING - DRY LINING

07761 735022

brplasteringsw@gmail.com

GARDENING IN POUNDSTOCK CONT'D

Cont'd from p.13

varieties like 'Crown Prince', 'Golden Hubbard' and 'Uchiki-Kuri' (onion squash). We were unable to give them the amount of water they needed because of the hosepipe ban.

Despite everything I have said about the weather we have had our best ever crop of sweetcorn – in fact our first crop – since we moved to Cornwall. The wind normally flattens them before they are able to produce cobs. This year we grew a variety called 'Earliking' which is an early maturing variety with stocky plants which is ideal in exposed areas. Each plant produced at least one sweet, juicy cob. Once again we didn't give enough water because of the hosepipe ban.

Both the sweet peppers and the chilli peppers have produced (and are still producing) many fruits. A warming and simple stew of onion, sweetcorn, peppers (both sorts) and tomatoes is one of our favourites at this time of year (served with French or runner beans). But I'm not writing a cookery column as well.

Jobs for October/November: plant spring bulbs; lift tender plants and store them for winter; sweep up any fallen leaves that harbour fungal spores and provide ideal hiding places for slugs and snails, make leaf mould; cut back perennial plants that have died down, alternatively leave the dead foliage in place to shelter friendly wildlife during the winter; plant or move shrubs and conifers whilst the soil is still warm; plant autumn onion and shallot sets; plant garlic cloves; plus so many other things!

The Old Composter

TIME CAPSULE

Bude-Stratton Town Council is asking for ideas to go in a time capsule. Any thoughts or suggestions send an email to the Council at office@bude-stratton.gov.uk

St. Michael & All Angels, Bude Haven



This is for parents and children
to experience church in a fun way

St. Michael's Church, Bude

Wednesday 25th October

10.30 until 12.30

Theme: HARVEST

*Children, please bring an adult:
Adults, please bring a child*



**FREE
LUNCH**
*Simply come
along*



Enquiries: 01288 353137

Bude at War

On Friday-Sunday 15th-17th September, Bude had a chance to step back in time and see the Enigma machine from Bletchley Park, a GI Dance, and re-enactment groups with original WWII vehicles and speeches from prominent figures of the day. It was a brilliant weekend enjoyed by all.





Plumbers
on tap

All plumbing work undertaken

- Solar and thermal systems
- Oil boiler services
- Air source heat pumps
- Bathroom repairs and renovations
- New builds



Get in touch for a free quote

- plumbersontap1@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 VINYLs
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



**Dementia
Friends**
An Alzheimer's Society initiative

Golden Charter 
Smart Planning for Later Life

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

LOCAL CONTACTS

NHS non-emergency helpline	111
Coronavirus test and trace hotline	119
Stratton Hospital Minor Injuries Unit	01288 287700
(Hours vary according to staff availability. Please phone before attending.)	
Doctors' surgeries: Neetside	01288 270580
Stratton	01288 352133
Boscastle	01840 250209
MP: Scott Mann	01208 74337
Parish council chair: Stephen Blake	(see p. 24)
Parish clerk: Lynn Pluess	0776 8100 560
Cornwall Councillor: Nicky Chopak	0781 030 2061
Cornwall Council	0300 1234 100
Bude Library	0300 1234 111
Library renewal line	0845 607 6119
Recycling centre/tip (Tiscott Wood)	0845 630 0300
Samaritans	116 123
National Childline	0800 1111
Police – non-emergency	101
Farming Community Network	0845 367 9990
Bude Food Bank	01288 448748
Citizens Advice	03 444 111 444
(Phone advice line, operates 10–4, Monday–Friday)	
CCS helpline/Age UK Cornwall	01872 266383
Floodline	0845 988 1188
Western Power (power cuts)	0800 678 3105
PCC Secretary, Poundstock: Liz Jones	079040 88779
Jacobstow WI: Mrs J. Baker	01840 239829
Marhamchurch WI: Mrs P. Hazeldine	01288 682193
Poundstock Skittles: Pam Gilhespy	01288 361570
Poundstock Ringers	079040 88779
Juliottter Garden Club	01566 781559 or 01840 261237
Rebel Cinema	01288 361442

LOCAL ORGANISATIONS

LIBRARIES

Bude Library is currently open 10.00–5.00 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 6.30–8.00 pm (01288 352786)

Guides: Monday, Jacobstow parish hall

Scouts: Tuesday 6.30–8.00 pm

Beavers: Wednesday 6.00–8.00 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.

LAUNCELLS/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 GILDHOUSE

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

OCTOBER

- 1st to 6th A Journey of Garments from Tony Rea BBC Finalist at Bude Castle
- 1st Rotary Club Great Atlantic Walk
- 2nd Jubilee Club, Enys Gardens, Falmouth
- 7th Scout Dog Show 14.30 at Jacobstow Scout Hut
- 11th Friends evening at Gildhouse, Poundstock 19.30
- 11th Tavistock Goose Fair
- 24th Have a Wonderful Winter Garden Mike Stevens Juliotter Garden Club 19.30
- 27th Orpheus Male Voice Choir King Arthur's Great Hall, Tintagel 19.30
- 28th Christmas Craft Fair St Stephens Hall Launceston 10.00-14.00
- 28th/29th Pumpkin Craft and Food Fair 10.00-16.00 Gildhouse, Poundstock
- 30th Old Cornwall Talk by Robert Palmer on World War at Davidstow Airfield 19.00

NOVEMBER

- 11th Comedy Horror at Crackington Institute 19.30
- 18th/19th November Cornish Winter Fair at Showground, Wadebridge
- 26th The Great Cornish Market at Showground, Wadebridge

DECEMBER

- 4th Old Cornwall Cornish Carols at Bude Methodist Church 19.00
- 3rd December Christmas Fayre at The Castle 11.00-16.00

POUNDSTOCK PARISH COUNCIL

www.poundstock-pc.gov.uk

<i>Chairman</i>	Stephen Blake	stephen.blake@poundstock-pc.gov.uk
<i>Vice-chair</i>	Steve Haynes	steve.haynes@poundstock-pc.gov.uk
<i>Councillors</i>	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
	Jeremy Petherick	jeremy.petherick@poundstock-pc.gov.uk
<i>Parish clerk</i>	Lynn Pluess	clerk@poundstock-pc.gov.uk
		07768 100 560

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

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



LOCALS CARD

**10% OFF FOOD IN THE CAFE WHEN YOU FOLLOW THESE
SIMPLE STEPS...**

- 1. BOOK A TABLE - EITHER CALL, MESSAGE OR MAKE A
BOOKING VIA OUR WEBSITE**
- 2. QUOTE "LOCALS CARD" WHEN BOOKING A TABLE**
- 3. SHOW YOUR LOCALS CARD BEFORE PAYING**



Not got your card yet?

Pick up in store when you are next passing

Cornish Coasts Farmshop & Cafe, Middle Penlean, Poundstock, EX23 0EE
01288 361 750 | admin@cornishcoasts.co.uk | www.cornishcoasts.co.uk



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



WRAS

GENUINE
24HR
CALL OUT

FREE QUOTATIONS

T: 07557 872 662



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

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.

Your friendly local plumber...



All aspects of
plumbing and heating
undertaken

Email: plumbheatrenew@gmail.com

Phone: 07947354954/01840 230558

WEEK ST MARY REVEL

Week St Mary Revel started this year with the Harvest Queen's Procession to the church, ably led by the musicians and dancers of Boscastle Border Morris in their brightly coloured tatters. They and the Revel Banner bearers formed an arch for the villagers to pass through on their way into the church. Reverend Mark James led our Harvest Queen, Pamela Morrison and her attendants, Annabelle Shipton and Maeve Motsche and Page Boy Geroge Horell into the crowning ceremony.

Mr Len Davies revealed that the Citizen of the Year is Mr Jeremy Ward and Rev James presented the sash and trophy to him. In his speech, Jeremy said that this village was a fine example of community co-operation and had a large number of young people compared to some other communities. There was a fine selection of Fancy Dress entrants.



The Revel Fair was well attended and the Dog Show run by Angela O'Connor was very well supported. Tea was served in the grand Marquee which was provided by Alan Colwill and a number of popular games and competitions fitted inside as well.

Boscastle Border Morris danced in the field to entertain and the bar was open all afternoon whilst a children's Bouncy Castle was provided by Launceston Bouncy Castles. In the evening Tom Wickett produced a great Barbecue and Devil Rain provided music in the marquee. A large crowd danced the night away despite the increasing rain outside!



The Church and Chapel would like to thank all those who helped in whatever way to make the event another huge success and are very grateful to all the local businesses who supported the day with donations of their sponsorship, goods and services. Church and chapel will share the proceeds as usual and a donation has been given to the Parish Hall towards their new boiler.

BUDE CONCERT ORCHESTRA

SATURDAY 30th September 2023

7.30PM

PARKHOUSE CENTRE BUDE

Italian Girl in Algiers -Rossini

Oboe Concerto in C – Haydn

Soloist - Mike Grieff

Peer Gynt Suite – Grieg

Symphony No 40 - Mozart

£10 on the door to include light
refreshments



BRIGHT JOINERY

Fine carpentry
Architectural joinery
Bespoke furniture

07813 545 774

info@brightjoinery.co.uk

www.brightjoinery.co.uk

Bude, Cornwall



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

Cutz - Ahead

Unisex hair salon

Monday 9-2.30

Tuesday closed

Wednesday 9-3

Thursday 9-3

Friday 9-3

Saturday 9-3

Late appointments via booking!

4 Lansdown Road, Bude

01288-359123

WIDEMOUTH BAY SUMMER FETE

The weather held good for the annual Fete held on 26th August at the Church Garden. It was well attended and everyone was very generous. We were able to send £702.50 to the Air Ambulance and £100 to Our Lady and St Anne's church.

Results of the Competitions

126 sweets were in the jar

358 grams of pasta

998 mls of water

Sarah Jones won "Guess the Sweets" and donated her prize to the Kitty, many thanks.

In no particular order, heart felt thanks go to :

Phyllis Ward, Rachel Roberts, Mo Brock, Lynda Bolding, Nikki Vereker and Tom Fewings, to name a few



TUDOR RE-ENACTMENT AT GILDHOUSE





BUDE EYE CENTRE

QUALITY . VALUE . COURTESY . SERVICE

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 Eye 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 8AY
01288 350041 · info@budeeyecentre.co.uk · budeeyecentre.co.uk



Busbys

solicitors

LEGAL SERVICES FOR YOU, YOUR FAMILY AND BUSINESS

www.busbyslaw.co.uk
01288 359000



Conveyancing
Quality

OUR NIGHT SKY

October:

Saturn will be rising in the South East shortly after sunset, and will be visible throughout the night. Its rings are still visible but are closing to their minimum angle as viewed from Earth, so make the most of them if you have a telescope. Jupiter will be rising about 8pm and will dominate the southern sky throughout the night. It is a fine object in a telescope, showing the cloud bands and the red spot, if your telescope is powerful enough. You should also be able to watch the “dance” of the Galilean moons round the planet, which change their position visibly throughout the night. Venus will be rising in the East about 4am, and will rival Jupiter in her brightness. A great sight for the early risers.

I wonder how many of you watched the extraordinary achievement of the Indian low-budget Moon lander in August. The soft touch down next to the rim of a crater at the south pole was amazing, and the delivery of the robotic explorer which has already started its exploration, should provide information as to the feasibility of setting up a manned base sometime in the future.

November:

Saturn will be setting about midnight in the middle of the month, while Jupiter will be bright in the southern sky until it sets at about 6.30 am. Meanwhile, brilliant Venus will be rising in the east at about 5 am, and will remain visible until the Sun rises about 8.30. Orion and the winter constellations will rise in the east at about 10pm.

We have been overwhelmed with fascinating astronomical news recently. The brilliantly successful soft landing by India on the Moon near the South pole followed by the robotic explorer trundling over the surface. However, the Minus 250 degree night temperatures seem to have affected its electronics, and India has so far been unable to wake it up. The Russian attempt days before failed.

The successful return of the largest asteroid sample ever to be recovered marks the culmination of a seven-year journey in which a robotic spacecraft Osiris-Rex was sent to scout out the asteroid Bennu, scoop up samples of its pebbles and dust, and then return them to Earth. These types of samples are a treasure for scientific analysis for years and years to come, for our children and our grandchildren and for people who haven't even been born.

I will try to keep you informed of any scientific releases.

Bill Turnill

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

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 self-
esteem
Insomnia
Stopping smoking
Phobias
Pain management
And much more...**

For more information, contact Debbie:

07774061411

deboutly@gmail.com

debbieroutlyhypnotherapy.com

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

**BODY CONTROL
PILATES®**

Martin Brooks 07812 959 879

www.northcornwallpilates.co.uk

martin@northcornwallpilates.co.uk

Bangors Organic Veg Boxes

GROWING LOCAL,
CLIMATE-FRIENDLY
FOOD SINCE 2003

PAUSE, CANCEL
AND RESTART
YOUR BOX AT
ANY TIME

LOCAL DELIVERY
IN OUR ZERO
EMISSION
ELECTRIC VAN

ALL PRODUCTS ARE
CERTIFIED ORGANIC



www.ooooby.org/north-cornwall

01288 361 297 | 07792 108 541 | info@bangorsorganic.co.uk

HERBAL MEDICINES, BACK TO OUR ROOTS

On 13th September, Katrina Werren gave a fascinating talk at the Gild-house on Herbal Medicines, Back to Our Roots.

Katrina is a fully trained Medical Herbalist. She spent 4 years at University and over 500 hours of practical clinical experience in London. As the Green Physic is based on a farm, Katrina is lucky to have her own organic medicinal herb garden.



She tries to use mainly native plants and prescribes the herbal plants for their traditional uses but with an eye on the chemical content. This is why she has a consultation that takes into account symptoms, doctors medications and how they combine.

It was an interesting evening with examples of herbs and a few samples. We had Nettle Cheese Straws after but failed to identify nettle flowers! Then we sampled some tonic.

There was a lot of information to take in but further information can be found on the internet, although an appointment with Katrina could be more beneficial.



2ND BUDE (JACOBSTOW) SCOUT GROUP

Beavers, Cubs & Scouts are back meeting weekly after the summer break. Many activities are planned over the next few months all leading up to Christmas. The Scouts have the opportunity to take part in the 'Annual Winter Camp' In October, 2 nights camping with many activities at Nine Ashes.



On Sunday 3rd Sept, we held our annual 'Tractor Rally'. The sun was shining & we had several tractors of all different models & sizes travelling along our local countryside roads. The afternoon was spent at the Scout Hut with a BBQ. Delighted to say we raised £701.50 all going towards the New Scout Hut.

Forthcoming Fundraising Events:

JOSIE'S DOG SHOW – Sat 7th Oct, 2pm for 2.30pm judging, at the New Scout Hut.

FIREWORKS EVENING – Mon 31st Oct or Wed 1st Nov (date determined by the weather), 6.30pm at Braywood Farm.

CHRISTMAS CAROL/DRAW EVENING – Mon 4th Dec, 6.30pm at the New Scout Hut.

Everyone is welcome to join us, more details will follow & all proceeds go towards the New Scout Hut.



It has been a busy but productive summer in regard to the New Scout Hut. The plaster boarding was completed & skimming was undertaken by a professional team. This was completed by Rob Medland. This then left the mammoth task of painting, the main hall was completed by the time the young people returned, taking 4 coats to achieve the finish needed. We have not quite finished painting the entrance areas, but we have made super progress, all down to our determined team. The kitchen is currently being fitted out, with flooring fitted and in the kitchen, 1 cupboard. Our next major challenge is bringing electric & water into the hut, we are awaiting to hear back on grants as these items both need considerable funds.

Thank you to everyone who is supporting us, Jill

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!**



QUINCEBOROUGH FARM SELF-CATERING COTTAGES

**PAT & ALASTAIR ROWLAND
WIDEMOUTH BAY BUDE
CORNWALL EX23 0NA**

01288 361236

**WINTER LETS CAN BE ARRANGED
ALSO STORAGE & WORKSHOPS**

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

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

EXCERPTS FROM PARISH COUNCIL MINUTES

Ordinary meeting of Poundstock Parish Council held on 20 July 2023

Present: Cllrs. Stephen Blake, Steve Haynes, Michelle Carter, Eric Harris, Pamela Idelson, Tom O'Sullivan, Jeremy Petherick and the Clerk present.

Public Participation - Matters raised by Members of the Public on an agenda item:

The Chair of the Community Area Partnership Cllr. Barry Jordan was introduced. The Community Area Partnership replaces the old Community Networks, tasked to bring local organisations and people together, to tackle the issues that matter to communities. There are 12 community area partnerships in Cornwall. Funding opportunities are available to properly constituted groups, Cllr. Jordan encouraged people to make contact. Partnership meetings are open to the public and the press, the next CAP Meeting will be held on 11th September 2023, venue to be decided.

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

(a) To receive an update on the progress with Cornwall Council on the Widemouth Bay Toilets, and ongoing repairs to the building. Solicitors response confirmed the key points. The possibility of the PC purchasing the building, demolishing and replacing with unisex cubicles on a lease basis was discussed as an option. RESOLVED to inform Cornwall Council that the PC will not lease but will seriously consider outright purchase with the view to developing the option of leasing unisex cubicles (1 x abs). 324/23 Further RESOLVED for the Chair with the Clerk to investigate the complete package costs to supply, fit and maintain unisex cubicles on the site, unanimous.

b) To receive an update on the sale of the Old Parish Hall. Following discussions and, subject to there being no objections from the family, it was RESOLVED to include the adjacent plot in the sale of the Old Parish Hall with the covenant remaining in place, relisting the auction on the 24 August 2023, unanimous.

Portfolio Reports to receive written reports and authorise any action and expenditure:

PROW – Cllr. Idelson reported Cornwall Council are to begin making repairs on PROW at Wanson. The PROW Bridleway Combe Lane has been reported as being overgrown, this to be investigated.

EXCERPTS FROM PARISH COUNCIL MINUTES

Ordinary meeting of Poundstock Parish Council held on 17 August 2023

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

Public Participation - Matters raised by Members of the Public on an agenda item:

A member of the public voiced concern about overnight parking at the Penhalt Viewpoint, Cornwall Councillor Nicky Chopak advised that the site is being monitored

Planning Matters: (a) Planning Applications to discuss and make a consultee comment on the following applications: -


PA23/05864 - Store And Premises Coppathorne Poundstock Bude EX23 0DD Application for certificate of lawfulness for existing use in respect of use of land for agricultural construction and storage purpose - PA23/05864 (Case Officer - Joanna Dawe). RESOLVED to OBJECT


PA23/04788 - Whalesborough Farm Marhamchurch Bude Cornwall EX23 0JD The change of use of land from agriculture to ground mounted agri-voltaic solar array with associated infrastructure and landscaping – PA23/04788 (Case Officer Aimee Williams). RESOLVED to make the following comments (4-1) (1 abs) - PPC objects to this proposal on the grounds that it detracts from the "public visual amenity" of the area due to its elevated position which will dominate the scenery for miles around. This is likely to have a negative impact on the local tourist industry which is a key part of the local area economy. While PPC recognises the need for green energy developments and does not object to this type of development in principle, in this case we feel that the detrimental impact on the area due to its elevated position negates any benefits. Therefore, we respectfully request that this planning application is denied.


To receive written reports and authorise any action:


363/23 (a) Poundstock Ward Member's Report – Generally, there are three planning enforcement officers working across the county. Planning enforcement are currently looking into issues raised in the area, no further report. There is some funding available for highways unspent from previous year which will be discussed at the next CAP meeting, Cllr. Chopak encouraged engagement. She is currently having discussions with Highways for a permanent Radar Detector to discourage speeding along Marine Drive.


NeateFeet


 Paddings & dressings


 Verrucae treatment

 Diabetic footcare

 Toenail 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

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**



On 10th August, 30 members, past members and guests gathered for Afternoon Tea to celebrate the WI's 85th year in Jacobstow. The Hall was decorated with flowers and bunting and our recently made



cake stands were full of delicious party food for each table.

We enjoyed hearing about the formation of our WI in October 1938 and its first year, at the end of which war was declared. Meetings continued with activities to fundraise for servicemen from the local area and we are proud of the WI's continuous presence in the community ever since. It was lovely to

see everyone to mark this very special occasion.



For our September meeting, we welcomed Alex and Ben from the Electric Bakery in Bude, true artisan bakers who are passionate about local and sustainable produce. Producing bread, pastries, cakes and much more, they now also grow their own heritage grains, mill the flour and supply many of our local stores, farm shops and restaurants. Their success is demonstrated by the long queues seen outside the shop in Petherick Mill as well the number of online orders. We were treated to some delicious samples of their speciality sourdough breads with local cheese and chutney, following which many of us will be joining the queue of regular customers!



Looking ahead:

Oct 12th Talk about Isambard Kingdom Brunel

Oct 22nd 85th Birthday Lunch at Trencreek Farmhouse

Nov 9th Contemporary Handmade Glass Art

If you'd like to join us, why not come along to the next meeting or call Jill on 01840 239829. You can be sure of a warm welcome,

PROVERBS 6: vi=viii

Have you had ants in your house this year? Yes? Well, you are not alone.

When mankind first built houses, heated them and stored food, there were plenty of beings who wanted to share them, for such dry warm places are rare in nature.

Mankind had a good go at the ants, and is still trying. 2,000 years ago, Horace wrote, "You can drive nature out the front door with a pitchfork, but she'll return through the back door."

When we put ant powder on them, a few die: let's say 100. This leaves another 2,000 or so plus several queens in one nest to repopulate in two or three days: talk about trying to push water uphill! You don't kill nettles by cutting them back; rather you have to find the root, and dig 'em out.



Houses tend to have about 2 types of ant: some who find houseplants or the larder trickle in from outside, and are hardly a nuisance. The other type is worse. They live in the house and build big homes in the foundations. Some people have had the builders in and dug down and ripped out the nests. They replaced the foundations, and they watched the ants reappear when the dust had settled.

Let's move house and let them live! They do a good job scavenging. Most ants will not turn their noses up at bird poo or breadcrumbs. Who needs a cleaner when there's an unpaid worker to do the job?

And I have only talked about ants. What about all the spiders, beetles, flies, rats, mice, mosquitoes and cockroaches?

Christopher Asbury

Poundstock Church & Gildhouse

CRAFT FAIR & PUMPKIN FESTIVAL

OCTOBER 28TH AND 29TH
SATURDAY 10-5 AND SUNDAY 10-4



**SOME NEW AND SOME OLD SELLERS
POTTERY, WOOD CARVINGS, JEWELLRY,
ART, SCARVES, PRESERVES, CAKES,
FUDGE, HOME MADE PIZZAS, CARDS,
STAINED GLASS, GIFTS, ALOE VERA
PRODUCTS, WOOD TURNING
LUNCHES AND REFRESHMENTS
PRIZES FOR HEAVIEST PUMPKIN, BEST CARVED
PUMPKIN AND CREATIVE USE OF A PUMPKIN
(ADULT AND CHILD)
ENTRIES TO THE GILDHOUSE BY 11.00 SATURDAY**

Come and join in the fun!



READY MIXED CONCRETE

- Ready mixed concrete

FAST

- Liquid floor screeds

FRIENDLY

- Dry screed

PROFESSIONAL

- Sand & Aggregates

**FOR QUOTES, BOOKINGS OR FOR MORE
INFORMATION PLEASE CALL US ON
01288 362111 OPTION 2
OR EMAIL US AT
rmc@macplant-ltd.co.uk**

Mac Crete
Bridgerule Industrial Estate
Holsworthy
EX22 7EB

