

No. 129 - October / November 2024



THE POUNDSTOCK PACKET



KERNOW BYS VYKEN!



Photo credit to Jayne Griffiths

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Notes from the editors

Welcome to the Autumn edition of the Poundstock Packet. We'd like to take this opportunity to clarify that the article in the August edition, about the proposed Parish Hall, was written by Cllr Stephen Blake, not ourselves. It provoked some strong opinions and we received a lot of emails.

Everyone needs to understand that the Packet is unbiased and will not be taking sides about the proposed Hall. We don't have room to include everyone's point of view, so in this edition we're summarising the Q&A session held on 14th September, that everyone in the Parish was invited to attend (page 12). If you have any questions, thoughts or opinions about the proposed Hall, please contact the Parish Council directly, not the Packet. We have no more information about the project than you do.

Best wishes, Tania and Jayne poundstockpacket@gmail.com

Contributions

We always welcome input from our readers. If you want to send us an article, photographs or local information, contact us at poundstockpacket@gmail.com.

The deadline for our next edition is 15th November 2024.

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.

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 Julie Pawley via advertpoundstockpacket@gmail.com 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.

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New Defibril lator At Black Rock Cafe

Thanks to the amazing community of Widemouth Bay and its locals, there is now a fully functioning defibrillator based at Black Rock Cafe.

It is positioned on the side of the car park hut as you drive through into the car park if it is needed.



Music At Cornish Coasts

On Sunday 25th August, local band, Barn Sessions, played at Cornish Coasts. It was attended by locals and holidaymakers alike and everyone had a fantastic time. Barn Sessions played an eclectic mix of old and new hits and were fantastic.

Cornish Coasts hope to hold this event, with a different band each time, every May and August bank holiday so please put Sunday 25th May 2025 in your diary now!! Everyone is welcome.



CHURCHES AND SERVICES FOR OCTOBER & NOVEMBER 2024

October Church Dates			November Church Dates		
2.10.2024 Wednesday	8.30 10.00	Zoom BH	3.11.2024 Sunday	09.30 10.00 18.00	BH WSM M
6.10.2024 Sunday	09.30 10.00 18.00	BH WSM M	6.11.2024 Wednesday	08.30 10.00	Zoom WB
7.10.2024 Monday	19.00	W Harvest F	10.11.2024 Sunday Remembrance	09.30 09.30 11.15 18.00	M P W WSM
9.10.2024 Wednesday	8.30 10.00	Zoom WB	13.11.2024 Wednesday	08.30 10.00	Zoom BH
13.10.2024 Sunday	09.30 09.30 11.15 18.00 18.00	M Harvest F P W M WSM	17.11.2024 Sunday	09.30 09.30 11.15	BH M WSM
16.10.2024 Wednesday	08.30 10.00	Zoom BH	20.11.2024 Wednesday	08.30 10.00	Zoom WB
20.10.2024 Sunday	09.30 09.30 11.15	BH M WSM	24.11.2024 Sunday	09.30 09.30 09.30 10.00 11.15	M P W WSM BH
23.10.2024 Wednesday	08.30 10.00	Zoom WB	27.11.2024 Wednesday	08.30 10.00	Zoom BH
27.10.2024 Sunday	09.30 09.30 09.30 10.00 11.15	M P W WSM BH	November times are estimated; check your church times in "Voices Together"		
30.10.2024 Wednesday	08.30 10.00	Zoom WB			

Key to Churches

Bude Haven	BH	Everyone is invited to coffee at the Gildhouse after Poundstock Services	
Marhamchurch	M		
Poundstock	P	Central Methodist Church	10.30
Week St Mary	WSM	Marhamchurch Chapel	10.30
Whitstone	W	Week St Mary Chapel	11.00
Widemouth Bay	WB	Coast Family Church, Jacobstow Hall 1 st , 3 rd , 5 th Sunday 10.00	

From The Rectory

Did you know that October 4 is *World Smile Day*?

Celebrated on the first Friday of October, World Smile Day encourages acts of kindness and the spreading of happiness through smiles. Across the world, people are encouraged to perform random acts of kindness, whether it be smiling at strangers, volunteering, or helping those in need. The day promotes the idea that a simple smile can brighten someone's day and create a ripple effect of positivity.

In the book *The Face of Emotion*, by Carroll E. Izard, the writer describes smiling as a positive expression understood by everyone, regardless of culture, race or religion. Cross-cultural studies have found that even among tribes who have little contact with Western civilization, their smiles are universal. Smiles are an expression of love and friendship that benefits both the smiler and the receiver of that smile.

Interestingly, a 30-year study by psychologists Lee-Anne Harker and Dacher Keltner at the University of California at Berkley looked at 141 high school senior-class photos from the 1960 year book of Mills College. The trained psychologists examined the photos, separating those with real genuine smiles and those who didn't really want to smile. There was a fifty-fifty split. All of the smilers were contacted at various ages of their lives and asked various questions about their happiness and satisfaction with life. Was there a link between genuine smilers and happiness? The results were fascinating...

The study found that women with natural smiles were more likely to be happier and also more likely to experience a greater sense of personal well-being. These results were found to be consistent in a 30-year follow up. The conclusion was that those who smile naturally may be happier in life. Furthermore, those who smile throughout life also pass on their happiness to others.

As Mother Teresa said, "*I will never understand all the good that a simple smile can accomplish.*"

And what does the Bible say about smiling? In the Book of Proverbs Solomon states: '*Light in a messenger's eyes brings joy to the heart, and good news gives health to the bones*'. (15:30 NIV). A smile brings comfort and good health to others.

This month, as we head to darker days and mornings, let's not forget the power of a smile on ourselves and others; the kindness it can show and the lives it can change. You may be the only one someone sees each day, or you may not know what someone is going through in life, so let your coming and going be with a smile.

Rev'd David Saunders

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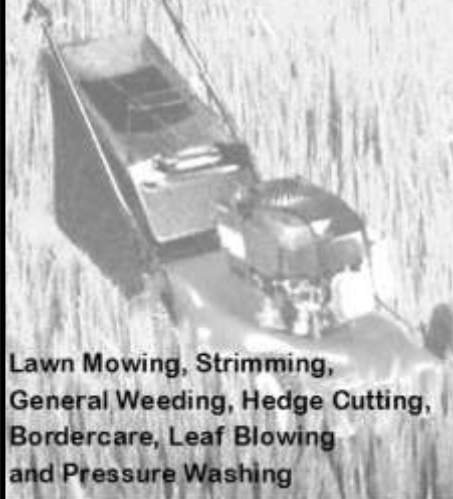
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Tudor Times Return to Poundstock

Over the August Bank Holiday, Poundstock Gildhouse was the setting for a re-enactment of Tudor times, in particular the Prayer Book Rebellion of 1549.

Living History Group The Commotion Times again visited the Gildhouse to remind people of what life was like in those turbulent and often difficult times. The people of Cornwall and Devon were enraged when the Common Prayer Book was introduced and the traditional Catholic theology and practices were outlawed.



As Dr Ed Fox (pictured) and the other actors explained, in those days religious traditions were very important. Death was commonplace, especially infant mortality, and it would cause great distress to people if they could not have their child baptised in the traditional way using Catholic prayers and mass. This resulted in a number of battles including the Battle of Sampford Courtenay.

The Commotion Times Group meets to plan events, such as the re-enactment at the Gildhouse. They enjoy a few events each year including an annual Tudor Christmas Re-enactment at St Nicholas Priory in Exeter.

Ed explained that all the clothes are made by the participants using traditional materials and methods (no zips or Velcro here!). He explained that materials were very expensive in Tudor times, although labour was cheap. So clothes would cost a great deal and would have to be looked after. Although personal hygiene was not what we would expect today, people usually wore linen next to their skin which would absorb the sweat. It wasn't unusual for a working man or woman to change their clothes a number of times each day, thereby maintaining freshness.

If you would like to find out more about the living history group and their next events, you can follow them on their Facebook page - Commotion Times.

Written by Jayne Griffiths



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Email: jar@parsonspottery.co.uk

www.parsonspottery.co.uk



Parsons Pottery



[parsons_pottery](https://www.instagram.com/parsons_pottery)



Volunteer Cornwall | Needs Drivers

Driving and using public transport can be challenging for people with health conditions or restricted mobility. Being able to get from A to B is crucial for maintaining a healthy, happy, active, and enjoyable lifestyle. This is where Volunteer Cornwall's Community Transport Service comes in. All co-ordinated by the transport department at our head office in Truro, our volunteer drivers use their own vehicles to transport passengers of all ages, to schools or social & medical appointments.

Our service is best suited to people in rural areas, time critical health care appointments or journeys where other services are unsuitable or completely unavailable. However, the service is open to anyone in the county for everyday journeys like driving to get food shopping or collecting prescriptions plus many other trips that are vital to an individual, enabling and sustaining their independent living.

Do you, or anyone you know have some spare time to become a volunteer driver? Do you enjoy driving, meeting people and exploring new parts of Cornwall? The more drivers we have the more people we can support throughout Cornwall. You can give as much or as little time as you would like when becoming a volunteer driver, and you will be paid all out-of-pocket expenses such as bridge tolls or phone calls etc, and 45p per mile you travel while out on journeys for Volunteer Cornwall.

We transport people on behalf of a range of charities, community groups and organisations including Action for Children; Barnardo's; Carefree; the Wave Project and many more!

We take the safety of our drivers and passengers very seriously. All drivers have an enhanced DBS check, references, safeguarding training and further MIDAS accredited training in driving standards and driving with passengers.

To become a volunteer driver, please contact the office on 01872 265300 or follow this link <https://www.volunteercornwall.org.uk/vctransport/transport-volunteer> to read further information and to apply electronically.

Further information on the transport department can be found on the following website link. <https://www.volunteercornwall.org.uk/vctransport/volunteer-cornwall-transport>

**Written by Chris Price
(Transport Officer)**

Image—Volunteer Cornwall
Transport Office



Poundstock Community Hall I Meeting

Following the article by Cllr Stephen Blake in the August edition of the Packet, the Parish Council delivered a postcard to all households in the Parish, inviting them to attend a public meeting, and also vote on whether they want a small, medium or large hall, or no hall. Around 40 people attended the meeting on 14 September held at the Beach House in Widemouth. There were copies of the architects' concept drawings for a small, medium and large hall. After answering individual questions, Cllr Stephen Blake, Chairman of the Parish Council, fielded a question-and-answer session, and your Editors have summarised the questions and responses below.

What will each of the designs cost?

Small Hall - capacity seated 50, standing 100 people – around £750,000

Medium Hall – capacity seated 100, standing 200 people – around £900,000

Large Hall – capacity seated 150, standing 300 people – around £1.3 million

How would the Hall be funded?

The Parish Council has a Community Hall Fund which currently stands at over £400,000. Indications from The Lottery Fund is that they would look favourably at making a grant for the balance of the building costs. There are also other opportunities for grant funding. The Parish Council has agreed that money should not be borrowed to build the Hall.

What about on-going running costs – will these fall to households to fund?

The Hall will be built using modern technology and will be very energy efficient. The Parish Council does not anticipate there will be a shortfall in running costs versus the income generated from hiring the Hall.

How much will the land cost, and will it get Planning Permission?

Cllr Blake was not at liberty to disclose the likely purchase cost of the 3 acre site, but did state that this would be at agricultural prices. Cornwall Council has provided pre-planning advice, and have indicated that Planning Permission would be as an exception site, and would be given for a Community Hall only. The Council has been clear on the visual and landscape impact and this has been incorporated into the architect's concept drawings.

If we don't build a Hall, can the money be used for something else?

Cllr Blake stated that the money can only be used to build a new Hall, and if the Parish Hall was NOT to be built, the money would have to be returned to Cornwall Council. As this was a significant point, the Editors of the Packet later sought clarification from PC Chair Stephen Blake, and Cornwall Councillor Nicky Chopak.

Cont. overleaf

Poundstock Community Hall I Meeting cont.

From this further clarification, we understand that there is a "Community Hall Fund" in the Parish Council's accounts that contains a significant amount of money, and is ringfenced/earmarked for the purpose of building a new hall in Poundstock. This Fund has been in existence for many years, and recently had a significant injection of cash from the sale of the old Village Hall. Should the Parish Council/parishioners decide that they don't want to build a Hall, this fund could no longer be ringfenced for this purpose.

Each year the Parish Council sets a budget which Cornwall Council needs to approve, and CC then set a precept (the amount to be collected from each household) to cover the approved budget. The precept is paid to Cornwall Council by ratepayers, and then passed on to the Parish Council each year.

Parish Councils need to account for the money raised in the precept, which should equate each year to the amount spent on Parish activities. If the Parish Council "unringfenced" the money in the Community Hall Fund, Cornwall Council would reduce the money paid to the Parish Council each year until the reserves are exhausted.

Why didn't the Parish Council purchase and renovate the old Methodist Hall?

Cllr Blake informed those present that the Parish Council did approach the Methodist Church, however they were unwilling to enter into negotiations and opted to sell the old Hall by public auction. This is now in the past, and the Parish Council have therefore identified a suitable site to build a brand new Hall.

Does Poundstock need a Hall – will it be used?

There was some debate in the room, not everyone believes a Hall is necessary. Someone mentioned that they would prefer to see a play park for kids, and Cllr Blake confirmed that a play area/small football pitch had been allowed for in the concept design.

Someone else related that they were living in Ashwater near Holsworthy when the idea of a community hall was mentioned. The community got together to decide what the hall should contain, and all the activities they had imagined came to fruition, plus many other ideas that they hadn't thought of.



Cont. overleaf

Poundstock Community Hall I Meeting Cont.



Design 2—medium hall

He said this has transformed and become the hub of the community. Another participant highlighted that the plans for the Poundstock Hall contain a smaller meeting room, which can be used for citizens advice, child protection discussions etc. There is a shortage of suitable venues for these purposes in the

area. Further ideas raised included community lunches/Boot Sales/a village café. At this point there was a noticeable excitement in the room for exploring the opportunities a new Hall could bring.

What happens next?

Cllr Blake said he was very encouraged by the turnout at the meeting, and requested everyone to return their postcard indicating what size hall they would like to see, if any. He confirmed that this postcard is only an early indication to check if the parishioners are in favour of a new hall and before final decisions are made there will be a formal vote or referendum of parishioners. A number of attendees said they were interested in finding out more and getting involved in the decision making around the new hall. Cllr Blake encouraged everyone to check the Parish Council website which will be regularly updated, as well as further articles in the Packet. He also encouraged anyone to attend the Parish Council meetings which are held on a Wednesday twice a month, and said he will invite members of the public to comment on relevant subjects.

For further information contact the Clerk to the Parish Council Lynn Pluess clerk@poundstock-pc.gov.uk or look at the Parish Council website Poundstock-pc.gov.uk



Design 3—large hall

Compiled by Jayne Griffiths

Note from Editors:

Understandably parishioners will have questions about the prospect of a new Hall and many of these have been addressed in the public meeting. The Editors of the Packet intend to remain neutral and report the facts, and encourage you to raise any concerns directly with the Parish Council.

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The Bude Way

Our Sustainable Tourism Project, 'The Bude Way', brings together businesses, the community and visitors to collaborate in building resilience while reducing carbon emission in the visitor economy.



The aim is to bring as many businesses as possible onto the project, so that we can support

and advise them in various ways. All businesses on the project will be offered the chance to do our in-house carbon calculator to give them an insight into their carbon emissions. They will be offered the FREE advice of the Cornwall Community Energy Plus advisors, plus access to an online portal filled with useful information on all things environmentally-friendly, as well as training sessions and the option to complete a Carbon Literacy course (usually worth £150) free of charge!

In addition to this, we organise a regular monthly 'Spotlight On' event where we visit a local business or organisation to find out more about their activities. We will be asking visitors and locals for their views on recycling bins, plastic water bottles, single-use barbecues and body-boards and will try to educate them with our Bude Way Charter. The Charter highlights the concepts of:

- Keeping things **LOCAL** (buying from local producers and suppliers) and encouraging visitors to stick to local destinations.
- Slowing things down, exploring by foot, bus or bike and taking **TIME** to relish the view.
- Preserving the environment by picking up litter, using energy and water carefully, recycle, reuse and reduce waste and **LOOK AFTER** the area wherever possible.
- Treasuring the wildlife and nature - **HOLD IT CLOSE** respect and nurture the beaches and land around us and protect the environment.
- Talking and sharing these ideas with friends and family whether we live, work or play here. Spread these good ideas and **LET'S DO THIS TOGETHER.**

Whether you are a business, local or holiday maker, if you are interested to learn more about the project we would love to hear from you. Contact us at sustainable@visitbude.info, call us on 01288 255 665 or pop into the Bude Tourist Information Centre anytime.

Written by Penny Carrington



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Doctors' surgeries:	
Neetside	01288 270580
Stratton	01288 352133
Boscastle	01840 250209
MP: Ben Maguire	ben.maguire.mp@parliament.uk
Parish council chair: Stephen Blake -	stephen.blake@poundstock-pc.gov.uk
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 (Phone advice line, operates 10–4, Monday–Friday)	03 444 111 444
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
Marhamchurch WI: Mrs P. Hazeldine	01288 682193
Poundstock Skittles: Pam Gilhespy	01288 361570
Poundstock Ringers	079040 88779
Juliotter Garden Club or 01840 261237	01566 781559
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 main shop).

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

Scouts and Guides

Cubs: Monday 6.30–8.00 pm (01288 352786)

Scouts: Tuesday 6.30–8.00 pm (07842 084971)

Beavers: Wednesday 6.00–8.00 pm (07855 001284)

Rainbows (Tuesday 17.45) and Guides (Monday 19.00): ring Mary on 01840 230006. Brownies (Monday 17.45): ring Louise on 07817 985661.

Marhamchurch WI

Marhamchurch Methodist Hall, 7.30 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, third Tuesday of the month.

Launceles/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 Guildhouse

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

Diary Dates

EVENTS AT THE GILDHOUSE

9th October 19.00 to 10.30–Friends Evening

26th (10.00 to 5.00) & 27th October (10.30 to 4.00) Craft fair & Pumpkin Festival

OCTOBER

3rd 15.00-Divertimento Concert at The Minstrels C'worthy

3rd 18.00-Launceston Ghost Walk book EXTOURS.CO.UK

8th WI Marhamchurch Harvest Festival, soup & sweet

26th 19.00 Quiz at Jacobstow Parish Hall

26th 20.00 Fleetwood Unchained - Parkhouse

28th 19.00 Churchill's Secret Army by Adrian Wilson, Parkhouse Centre

30th 20.00 Dracula The Vampy - Falcon

NOVEMBER

3rd Bonfire, Fireworks, bar and BBQ Bude Rugby Club

7th Dr John Cooper Clarke, Parkhouse Centre

12th WI Marhamchurch Reindeer for Little Harbour

16th 14.00 Craft Fair, Jacobstow Hall

16th 10-2 Slow Fashion, Parkhouse Centre

22nd 19.00 Bude Roots Parkhouse Centre

25th 19.00 Old Cornwall, Parkhouse Centre

25th Autumn Craft Fair, Jacobstow

DECEMBER

1st 10-3 Bridgerule Christmas Market

REGULAR EVENTS

WI Week St Mary 19.15 2nd Thursday Monthly

Camelford Garden Club 14.30-16.30 1st Wednesday Monthly Library

Rainbows Tues 17.45-18.45, Brownies Mon 18.00-19.30, Guides Mon 19.00

Scouting group information can be found on page 31.

Please remember the clocks go back on 27 October at 2am

Poundstock Parish Council

www.poundstock-pc.gov.uk

<i>Chairman</i>	Stephen Blake	stephen.blake@poundstock-pc.gov.uk
<i>Vice-chair</i>	Michelle Carter	michelle.carter@poundstock-pc.gov.uk
<i>Councillors</i>	Max Faulkner	max.faulkner@poundstock-pc.gov.uk
	Steve Haynes	steve.haynes@poundstock-pc.gov.uk
	Eric Harris	eric.harris@poundstock-pc.gov.uk
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	Tom O'Sullivan	tom.osullivan@poundstock-pc.gov.uk
	Graeme Swatton	graeme.swatton@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 first and third Wednesday 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, Michelle Carter, Rachel Roberts

Contact: email: ndp-sg@poundstock-pc.gov.uk or by post to:
St Marwenne, Combe Lane, Widemouth Bay, EX23 0AA

All of Cornwall are grateful for the Air Ambulance. Marhamchurch WI welcomed Paul Ford, one of the charity's workers, to their September meeting. Accompanying Paul was Priscilla Windsor -Brown.

* 32,000 people have been air lifted by Cornwall Air Ambulance, a good percentage of the 500,000 who live in the county.

* The first Air Ambulance in 1987 was because of Geoff Newman who had seen the system working in Germany. It was originally NHS funded but became a charity after 6 months- the NHS deciding it was too expensive.

* Helicopters were leased and kept at military bases etc whereas now there is a purpose built base at Newquay which members of the public can visit. The base has recently been extended so there are now training rooms storage space a kitchen and places for staff to relax.

* The team consists of 6 Pilots, 12 Paramedics, 7 Doctors, 49 Charity Staff and 318 volunteers. There are also 2 specially equipped vehicles just in case places are not accessible by the ambulance or the helicopter is unable to fly.

* The Helicopters fly 1,000 missions per year, 19 hours every day . They now carry blood and lots of specialised kit including The Lucas Chest Compressor which does CPR.

* The crew now have night vision goggles paid for by a grateful patient of the air ambulance after her and her family were involved in a bad boating accident. She raised a fantastic £300,000 and means that the helicopters can be used not only at night but also in poor weather conditions.

* A new Air Ambulance has been ordered and is currently under construction. A second helicopter will cover annual services which take 8 weeks and will help during busier times of year.

Paul was an exceptionally engaging guest speaker and this report is just a précis of all the members learnt about The Cornwall Air Ambulance. The running costs of this service are £6 million a year, and it is hoped that those living in Cornwall will continue to support and raise money to keep the helicopters flying.

Thanks were given to Paul and Priscilla who hopefully left with money in their collecting bucket.

Written by Rachel Roberts



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for more details



Widdy Readers

We are a group of friends who love reading, and go by the name of Widdy Readers. We formed 18 months ago and meet at each others homes in rotation. I have to be honest and say there is much hilarity as we discuss and giggle together over not just the latest book we read!

Sally is our 'leader' for her sins and liaises with Bude Library for suitable books. Inevitably we differ in opinions, in interpretation of characters and over plots but, in my opinion, that's what makes it a good group. We also do some social things, for example Bude Literary Festival events, North Coast Arts and Widemouth stuff too.

Right.. this months book was Janice Gentle Gets Sexy and was a well written journey alongside some great characters back in the day. Janice is a reclusive, non streetwise woman and author whose agent is not what she seems. It all comes out when said agent dies. When she's asked to add sex to her next book she is nonplussed never having had experience herself. A motley group of friends support her in her quest with some funny, sad, sometimes bizarre outcomes but it's just like life - we all deal with the curve balls. Great read. Looking forward to the next one.



Written by Anne Marsh

Jam First Then Cream!

Two cream tea afternoons were held in August, one to raise funds for the Poundstock Packet and the second to raise funds for the Gildhouse.

Many people attended and were treated to wonderful scones, jam and cream and were able to chat with friends and neighbours old and new.

Jen Spettigue, Chairperson of the Poundstock Gildhouse and the Poundstock Packet Committees thanked all who helped in many ways – including putting up the marquees and setting out furniture. Thanks also to the generous cooks who produced such wonderful homemade scones for everyone to enjoy.

Jen is pleased to report that nearly £500 was made for the Poundstock Packet, and £575 was made for the Gildhouse. This fundraising helps keep these vital community services going for a further year.



Written by Jayne Griffiths

Contact us at poundstockpacket@gmail.com



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The Night Sky In October & November

Saturn rises in the east about 19:00, just after Sunset, followed by Jupiter at 2100. Both will be visible during the night, with Jupiter being by far the brightest object in the night sky. You might just catch Venus before she sets shortly after the Sun .

I talked about Gravitational waves in the last issue, and the information here is further explanation how SOME waves are caused. However, there are countless millions of galaxies containing too many stars to imagine, and all of these will contain supernova stars which themselves produce waves. In fact, scientists reckon that our Universe is full of ripples of waves, continually passing through us , formed by such explosive events from the very beginning of time. The following is an explanation of how some waves are formed:

Two black holes orbit around each other and generate space-time ripples called gravitational waves. As the black holes get closer, the waves increase in frequency. Within a rotation, the black holes merge completely. One lower-frequency wave, ripples out after the merger.

Perhaps they will give you a gentle night's sleep as they gently nudge you up and down!

Written by Bill Turnill

95a Bus Service Resumes

A survey had been constructed at Meadowlands Court Poundstock, recently asking whether residents wished to have the 95A Bus service resumed.

It was taken off the route because of lack of use. But now the number of residents who reside here has grown, the interest was immense, with the majority very keen to have the service re-established.

The 95A Bus is a circular route which started again on Tuesday 3rd September, running three times during the day, so for example (Mondays to Saturdays) the 9.44 am bus would drop off any passengers from Bude travelling back to Meadowlands Court and also pick up those travelling to Bude via Widemouth Bay.

Further details and timetable can be found on the GoCornwallBus App.

Remember "If We Don't Use It, We'll Lose It!"

Written by June Downes



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2nd bude (jacobstow) scout group



In 2017 the group was given the news the tenancy at Wainhouse Corner, where our 2nd hand, pre-fabricated Scout hut has stood since 1978, would be coming to an end. During 2020, the old Scout hut was demolished by volunteers and on the 7th Nov 2020 the site was cleared & handed back to the land owner.



This set the ball in motion to find alternative accommodation for the Scouting group, consisting of Beavers, Cubs & Scouts. In an act of kindness, landowners Jonathan & Sally Batchelor gifted a plot of land to the Scouts at Gratton's Farm, Rosecare, St Gennys.

After many months of legal processes, architect's drawings, grant applications & fundraising we were ready to start the building of a new Scout hut.

On 27th July 2021 a building team was contracted in and the ground works and concrete base was completed. It was at this stage a group of volunteers took on the building of the hut, led by our group Scout leader Robert Medland (builder by trade). The team of volunteers worked tirelessly throughout the 3 years, to achieve the finished hut.

During 2021, 2nd Bude (Jacobstow) Scout Group celebrated its 50th year, now with the new hut the future of the group is secure for many more years to come.



It is with great delight that on a rather wet 20th July 2024 the Scout hut was opened by Jonathan and Sally Batchelor. A celebration was held as a thank you to every business, charity, parish council, volunteers and individuals who donated, that made the hut what it is today. Every supporter is now on our supporter's plaque hung in the entrance area for all to see.

Thank you to each & everyone of you who has supported our project.

Jill Cole (Treasurer)

Cubs: Monday 6.30-8pm (Daphne Dowling 01288352786)

Scouts: Tuesday 6.30-8pm (Robert Medland 07842084971)

Beavers: Wednesday 5.30-6.30 (Josie Shepherd 07855001284)

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Spotlight on ... Rory Hodges

Peak Performance

In this section we feature local Poundstock residents and businesses, so we can all find out a bit more about our neighbours.

Rory and Fern Hodges, their two boys and dog Jasper live in Poundstock. Fern was born and brought up in Crackington, whereas Rory moved down here with his family from Sussex 11 years ago.

Rory started his career in watersports, so when he moved to Bude he naturally took up lifeguarding. Rory found his teenage years difficult and stressful, and found relief and improved self-esteem when he started working out in the gym. So when he was thinking of his next career move, training as a Personal Trainer (PT) was the logical next step.

Rory and his brother Angus decided that working for other people wasn't for them, so in 2017 they set up their first gym in Widemouth Bay. It was a fairly small operation in a barn, but it got them started, and in Autumn 2019 they took the plunge and set up their custom-built gym Peak Performance on the Bude/Stratton Business Park.

The gym is doing well and they now have three additional coaches working as a team. All the coaches are firm believers in using exercise to feel better and enjoy life more, particularly to have more energy. Rory works with clients in a holistic way – helping them find a goal to work towards. For example, one client was exercising and eating fairly well, but had a major snacking habit which was getting in the way of progress. By talking and identifying the triggers that lead to the snacking, Rory was able to help her rewire her brain into better associations and habits. Rory sums it up by saying “changing habits is not easy – and for a habit (such as moving more) to stick it needs to have the three C's: Consistency/Convenience/Contentment. You need to find something that you enjoy and then it will be easy. Just making one small change each week, will have a significant impact in 3 months.” Peak Performance offers a 12 week Body Transformation Program, as well as other shorter programs that are tailored to their individual clients' needs.

Rory and Fern love living in Poundstock as it has a strong community feel, and is a great place to bring up children. Fern works in early-years care and trains child-care workers in speech and language development. They both work hard and are happy to be building something positive for their family's future.

Written by Jayne Griffiths



Excerpts from Parish Council minutes

Poundstock Parish Council – Summary of Ordinary Meeting Minutes 19 June 2024

Matters raised by members of the public:

Overgrown road hedges through Millook. The public footpath to Wanson Mouth has become impassable. The chair expressed appreciation to everyone for their comments.

Planning Matters:

Erection of 4 Holiday Lodges at Widemouth Manor Hotel

Resolved – No objections

Discussion: Possibility of a play area on Bangors Green. Cllr Chopak had made enquiries of Cornwall Council and conveyed that there is no funding for such a project. It was noted that a children's play area could be provided as part of the new hall which is in the initial design stages.

Poundstock Parish Council – Summary of Ordinary Meeting Minutes 17 July 2024

Matters raised by members of the public:

A concerned member of the public voiced their concern about the removal of a section of hedge for the Slip and Slide activity, and the potential impact on local wildlife.

Planning Matters

Extension to bungalow with first floor extension to attic St Michaels, Combe Lane, Widemouth.

Resolved – No objections

Erection of replacement storage building – Lundy View Chalet, Millook

Resolved – No objections

New Hall for Poundstock

It was unanimously resolved to start the public consultation by promoting the three designs of the new hall, engaging with parishioners, widely promoting the designs and the concept of the new hall, initially via the Website, Facebook, the Packet and Noticeboards.

Widemouth Toilets – works required

Resolved that the quotes from Paul Libretto be accepted to carry out works to the plumbing, and the quote from Bude Windows and Conservatories be accepted to replace the windows.

28 Combe Lane

Using the bridalway as a corral system. It was resolved that the Parish Council contact the Countryside Access Team with their concerns.

New speed gateways into Widemouth Bay

Cllr Chopak agreed to gather more details about the possibility of installing speed reduction gateways to improve safety.

Parish Council minutes—Cont.

Poundstock Parish Council – Summary of Ordinary Meeting Minutes 31 July 2024

Planning Matters

Backalong Beach House, Combe Lane, Widemouth Bay. Proposed single story extension and garden room and outdoor shower.

Land West of Southfield, Vicarage lane, Poundstock. Proposed new dwelling.

AGAR Financial Statements

A typographical error has occurred in the AGAR statement for 2023/4. It was resolved that the correct figures are resubmitted.

New Hall

Public consultation is now underway launched by a two page article in the Packet. The Chair thanked the Packet for writing a fantastic article.* Household survey cards are to be hand delivered to every household and a public event to be held at the Beach House on 14 September.

***(Editors note, the article was written by Cllr Stephen Blake not the Packet, we just published it).**

Financial Statements

The Financial Schedule shows total funds of £569,000 in various accounts.

The PC received £15,000 from Cornwall Council for Widemouth Toilets 24/25.

For further details please see the Parish Council website poundstock-pc.gov.uk

New Rubbish Collection Information

Cornwall Council have delivered new bins and instructions to most of the area. The next landmark will be a letter in October to state exactly when you must use these bins and **ONLY** these bins.

Cornwall Council say it will save 18,000 tonnes of CO₂

The recycling containers are as before: black - glass, blue - paper, red - plastic, and metal, orange – cardboard

black wheelie bin/sack – for up to 3 bin bags of rubbish

grey bin – for your kitchen waste (use compostable bags)

green bin – to put your compostable bags in for collection.



Poundstock Church Bell Ropes

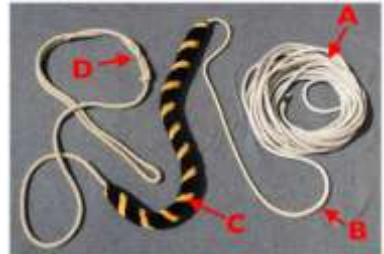
Whilst ringing the St Winwaloe bells for the traditional Christmas morning service our no.2 bell rope started to fail. Fortunately, the rope remained intact and it was possible to bring the bell down safely and without further damage. When the other 5 bell ropes were inspected it became clear that, although still usable, they all needed to be replaced..

The immediate problem was to have all 6 bells available on New Year's Eve just 5 days away. A cry for help went out. With offers of loan ropes from Holsworthy and Peters Marland, our friends at St Tudy made one of their spare ropes available. This was collected and fitted by the 29th December and the Poundstock tower was ready to 'ring in the New Year'.

It was established that the failing Poundstock bell ropes were the same ones installed when the bells were refurbished and re-hung in 2000.

Early in the New Year, the process of specifying the new bell ropes and selecting a manufacturer began. Ellis Ropes Ltd located in Leicestershire were selected to supply a full set of 6 new bell ropes for St Winwaloe's church.

Our new bell ropes were manufactured using 2 different types of rope. The top end (A) is made using man-made pre-stretched polyester and the bottom end, including the tail end (D), uses a natural fibre, flax. The 2 different rope types are spliced together (B) above the sally (C).



Fitting a new bell rope is fairly straightforward, using the old rope to pull the new one up through the tower, pulley blocks and rope guides. The top end of the new rope is then fed into the bell wheel and tied off on the vertical spokes using a special 'self-tightening' securing method but only after the sally is set to the correct height above the ringing room floor.

All 6 bells with new bell ropes were rung for the first time on 2nd July during our normal Tuesday evening practice.



Reverend David Saunders blessed the new ropes. He used a special service for ropes and special water from a Holy Well. It is usually the bells that are blessed, so ropes are a little different.

Written by Paul Brooks

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The Packet will always advertise local community and charity events free of charge. But we don't 'just know' what's happening – you have to tell us! Our deadline for the next edition is 15th November—contact Tania or Jayne at poundstockpacket@gmail.com

Defibrillators in the parish

Black Rock Cafe has a new defibrillator! It is positioned on the side of the car park hut as you drive through into the car park.

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.

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