

No. 132 - April / May 2025



# THE POUNDSTOCK PACKET



KERNOW BYS VYKEN!



Photo credit to  
Jayne Griffiths

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## Notes From The Editors

Spring is definitely here, flowers are appearing everywhere and the grass is growing again. We do No Mow May here, which is a great excuse not to cut the grass and to see it fill up with daisies and dandelions.

This edition is packed again, so thank you to our contributors. We desperately need help though with putting articles together, taking photographs and we need a Deputy Editor to help put the whole magazine together. If you know anyone who can help, please get in touch.

Sadly, another former editor of the Packet has passed away. Liz Jones was very active in the community and will be missed by many. An article about her life can be found on page 5.

We hope you enjoy reading this edition. Best wishes, Tania & Jayne  
[poundstockpacket@gmail.com](mailto: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](mailto:poundstockpacket@gmail.com).

**The deadline for our next edition is 15th May 2025.**

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.

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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](mailto: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](http://poundstockpacket.org.uk)) or by post; please contact us for details.

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## Remembering Liz Jones

Former editor of the Packet, and Parochial Church Council (PCC) Secretary, Liz Jones sadly passed away in March this year. Liz was born in 1948, and spent the majority of her childhood in Reading, where her family moved for her dad's work as an English lecturer.

Liz met Graham at the University of Aston and they married in 1972. They lived in Manchester for around 30 years, but their heart lay in the South West, and in 2007, took early retirement and moved down here. Liz often spoke about the warmth and welcome they felt from so many parts of the community, particularly Poundstock Church and the Gildhouse – it really felt like home to them.

Liz loved gardening and had an encyclopaedic knowledge of plants. Some of her favourite days were spent pottering around the garden, especially if her beloved grandchildren were staying. If Liz wasn't gardening, she was researching family history. She traced her ancestors back to the late 15th Century, but disappointingly not found any links to royalty!

Liz was very active in the life of the church, participating in special services, carol singing with friends from Bangors chapel, decorating the church for special events and cleaning working parties. Liz was a keen ringer, learning to ring at St Winwaloe. Along with Graham, she enjoyed the good natured and often amusing Tuesday night practices and especially liked "ringing in the new year".

Liz and Graham also compiled a plan of graves in St Winwaloe churchyard, a valuable resource for visitors researching their own family tree.

In 2018 Graham died and Liz's life was turned upside-down. It's a real reflection of her strength, determination and love for where she lived that she decided to stay put. A year or so later, Biskit (a biscuit-coloured toy poodle) came into her life. He was a great companion to her and always so excited to greet her when she came back home. Liz always thought he was a prize-winning poodle and was proved right, when he won 'Waggiest Tail' at the Launceston show in 2023!



Liz was diagnosed with non-smoking lung cancer in 2022 and thankfully was able to live well for three years while battling the cancer. She had lots of special family time, including family trips to Lundy, a place that was so special to her. In February this year, she moved to a nursing home in Bristol where she had 2 good weeks before passing away on March 7th. She's sadly missed by her three children, her four grandchildren and Biskit, as well as all her friends at St Winwaloe's Church.

# CHURCHES AND SERVICES FOR APRIL AND MAY 2025

2 Wed' day <b>April</b>	08.30 10.00	MP HC	Zoom WB	27 Sunday	09.30 09.30 09.30 10.00 11.15	HC HC MP MP HC	M P W WSM BH
6 Sunday	09.30 10.00 18.00	HC All EP	BH WSM M	30 Wed'day	08.30 10.00	MP HC	Zoom WB
9 Wed'day	08.30 10.00	MP HC	Zoom BH	4 May Sunday	09.30 10.00 18.00	HC All EP	BH WSM M
13 Sunday	09.30 11.15 18.00	HC HC EP	M+P W WSM	7 Wed'day	08.30 10.00	MP HC	Zoom BH
16 Wed'day	08.30 10.00	MP HC	Zoom WB	11 Sunday	09.30 09.30 11.15 18.00	HC MP HC EP	M P W WSM
17 Maundy Thursday	20.00	HC	BH Watch	14 Wed'day	08.30 10.00	MP HC	Zoom BH
18 Good Friday	11.00 12.30	Station s	M W	18 Sunday	09.30 09.30 11.15	HC MP HC	BH M WSM
19 Sat'day	18.00 20.00	Vigil & Fire	WSM <b>BH</b>	21 Wed'day	08.30 10.00	MP HC	Zoom WB
20 Sunday Easter Day	09.30 09.30 09.30 11.00	HC HC HC All HC All	BH P M WSM	25 Sunday	09.30 09.30 09.30 10.00 11.15	HC HC MP MP HC	M P W WSM BH
23 Wed'day	08.30 10.00	MP HC	Zoom BH	28 Wed'day	08.30 10.00	MP HC	Zoom BH
27 Sunday	09.30 09.30 09.30 10.00 11.15	HC HC MP MP HC	M P W WSM BH	29 May Ascension Day Tba			
30 Wed'day	08.30 10.00	MP HC	Zoom WB	1 June Sun	9.30 10.00 18.00	HC All EP	BH WSM M
<b>Please check your current church times in "Voices Together" as subject to change</b>							

Bude Haven	BH	<b>Everyone is invited to coffee at the Gildhouse after Poundstock Services .</b>	
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	<b>Coast Family Church</b> non-denominational - Jacobstow Hall – 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Sunday	

# From the Rectory

An 18 year old student pilot was making a solo flight cross country when she became lost in a storm. Something had gone wrong with one of her instruments. So she reached for her radio and made contact with a local air traffic controller. And she said, "I don't know where I am. I need some help, please, please, help me. The controller located her on his radar screen and began talking her down toward a nearby airport.

She couldn't see a thing, but he could see her on the radar. He knew where she was, he knew which direction she was headed, he knew where she needed to go, and the best way to get there. She trusted her life to a man she had never seen and he got her out of the storm and safely to ground.

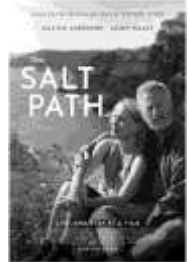
Today, you can trust in Jesus. You've never seen Him before with your naked eye. You may not know Him, but he is there waiting for you with open arms to help you.

So this Easter I'm asking you today, to quit flying blind. The Bible reminds us that Jesus came to seek and to save those who are lost, (Luke 19:10).

**Written by Reverend David Saunders**

## Book review

Once in a while you read a book that has a lasting impact. The Salt Path is one of those books, made even more poignant as it follows the South West Coast Path right through Bude and Widemouth.



The unthinkable happens to Raynor Winn and her husband Moth, when he is diagnosed with an untreatable and debilitating illness, and a string of unforeseen and unfair circumstances see them losing their family home and all their savings. Faced with having lost everything, Raynor decided that the only thing left to do was to put one foot in front of the other and walk – hoping that by doing that they would find the way.

What follows is a heartfelt story of endurance in the face of unbelievable setbacks. Losing their tent to the tide on one occasion, and having to survive on pot-noodles for days on end, they eventually manage to walk the entire 630 miles from Minehead to Poole, and by an extraordinary twist of fate happened to find their new home and life on a farm near Fowey.

I loved reading the book and can't wait to see the film when it is released in April. Raynor Winn is the patron of the Bude Literary Festival so you may well see her in town in May!

**Book review by Jayne Griffiths**

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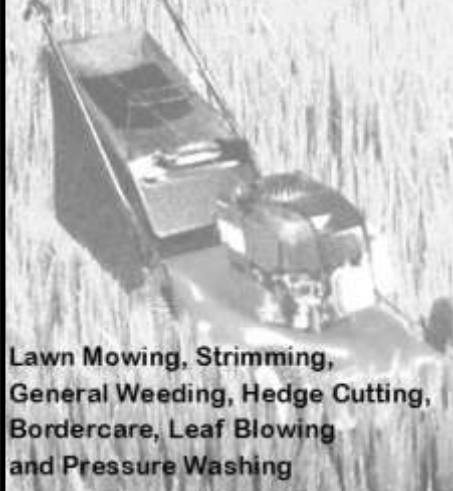
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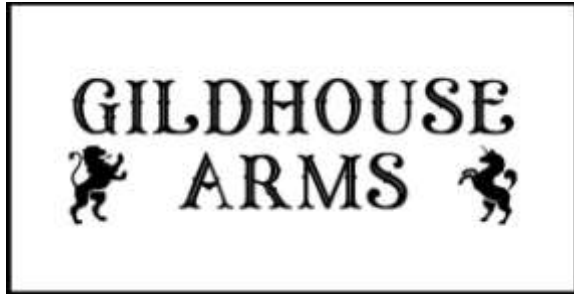


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# The Poundstock Gil dhouse



Exciting news comes from the Poundstock Gildhouse! A pop up pub, the Gildhouse Arms, will be open every 4th Friday at 7.30pm. Starting on May 23rd, there will be a relaxed and fun atmosphere where you can catch up with friends and enjoy a drink. The Gildhouse Arms will be run by Sam Jackson and Becky Cleave.

Other events at the Gildhouse over the next few weeks include:

**Friday April 25th** - Pasty evening with the Bencoolen Wreckers and our Pop Up Pub. Tickets £10.00 in aid of the Gildhouse decorating work.

**Wednesday 14th May** - 'Its Not About the Honey' A talk about bee keeping with Mr and Mrs Carter £4.00 to include tea/coffee and biscuits, Raffle 7.30pm

**Saturday 17th May** - Plant Sale 10.30 - 12.30. There will be a wide variety of plants for sale also tea/coffee and home made cakes will be available throughout the morning. (If you would like to have a stall, contact Alan Green tel. 01566 781559

Email. alan.capetown9@gmail.com)

**Friday 23rd May** 7.30pm- Pop Up Pub  
Music provided by Ben Banford .

**Friday 30th May** 7.30 - Quiz Evening with  
Pop Up Pub £5.00 per person.

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### First event:

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# Bude Literary Fair



## **BUDE LITERARY FESTIVAL 2025 TAKES PLACE FROM WEDNESDAY 14TH TO SUNDAY 18TH MAY.**

Bude's fourth annual literary festival is shaping up to be even bigger and better. This year's event will span multiple venues across town, including The Castle Heritage Centre, Bude Library, The Kitchen Front, The Parkhouse Centre, and more.

Patron Raynor Winn, renowned author of 'The Salt Path', will be among the key figures inspiring and entertaining audiences throughout the event, including the closing act Saltlines on 18th May. Together, Raynor and the Gigspanner Big Band will celebrate, in traditional songs and newly written words, this "630 uninterrupted miles of coastline, crossing wild headlands with the calls of oystercatchers, and the smell of salt laden air ever present".



Tom Michell will be visiting on Sat 17th May to talk about "The Penguin Lessons" his amazing book just being released as a film, starring Steve Coogan. In conversation with Suzanne Hargreaves, hear more from Tom about the penguin's determination to survive a catastrophic oil spill that killed thousands of other birds - and how, after Tom found him, cleaned him, and tried to return him to the sea, he refused to go, electing instead to stay with his rescuer. Tom had no alternative but to smuggle him back to Argentina and the college where he taught, making a difference to so many lives in the dark and dangerous days of the fascist military dictatorship of the time.

The workshops are well worth a visit, covering everything from history writing and self-publishing to calligraphy, illustration, and creative writing. Worth exploring are lyric writing sessions with Gary McCausland and James Dixon, as well as 'Writing the Emotions' with Ellen Hawley. There's also a full programme for kids and families, including an 'interactive character treasure hunt' that promises fun for all ages, and a production of Charlie and the Chocolate Factory performed by Budehaven Community School on 13<sup>th</sup> and 15<sup>th</sup> May.

Bude Lit Festival regular, Veronica Henry is back in Bude to talk about the inspiration behind 'One Night at the Château', the inspirational story of two women, thirty years apart, whose lives are transformed by the Château Villette in Provence. This is Veronica's twenty fourth bestselling novel and perhaps her favourite to write so far.

**Continued overleaf**

## Bude Literary Fair—Cont.

Headlining this year's festival, comedian Marcus Brigstocke brings his show 'Vitruvian Mango' to The Parkhouse Centre on 14th May. He asks "What are men for?" Most heavy things can be lifted by machines and most problems can be solved by computers and most puddles can be crossed without us gallantly draping our capes over them – so are we fellas of any use at all? Award winning Marcus Brigstocke thinks we might still serve some useful function. But what is it? This new tour show will resolve the entire issue once and for all (in a non-patriarchal, open minded, progressive sort of way). DaVinci's Vitruvian Man is the image of the ideal male form. Marcus' Vitruvian Mango is the same, but sweeter, softer, seasonally available and, when ripe, delicately perfumed.

There is plenty more to enjoy with over 60 events for all ages and interests. Check out the website [wegottickets.com/budeliteraryfestival](http://wegottickets.com/budeliteraryfestival) for the full programme and map, and also find them on Facebook and Instagram under Bude Lit Fest. See you there!

## Weathering the storm

Weathering the Storm is a brand-new exhibition at The Castle Heritage Centre. The exhibition tells the story of lifesaving at Bude and how it has shaped the community. Visitors will learn about the early days of rescuing those in peril on the sea as maritime trade increased. As well as the history of Bude's lifeboat, from the first boat with no organised crew, to the inshore lifeboat we have today.

There are stories of heroism, such as that of George Bate, who bravely rescued a woman from drowning in 1857. On display is a bible given to George by the women he saved in thanks for his actions. Also on display is the medal for bravery awarded to George by the Royal Humane Society, by kind permission of the Bate family.

The exhibition also includes the history of the Bude Surf Lifesaving Club, the first of its kind in the UK. Stories are brought to life with many original artefacts, some kindly on loan from the Bude branch of the RNLI and Bude Surf Life Saving Club. Exhibits also include an original breeches buoy, used to haul sailors off stricken vessels and an original lifesaving reel, used by the Bude Surf Lifesaving Club.

*Exhibition open from Friday 21<sup>st</sup> March, free entry, 7 days a week.*



# Jacobstow guiding news

**Rainbows**  
for Jacobstow

**Brownies**  
for Jacobstow

**Guides**  
for Jacobstow

Despite our silence on the journal front Jacobstow Rainbows, Brownies and Guides have been busy since Christmas.

January's first job was to clean the windows and take down the Christmas decorations, we had such fun making those!

All three sections have been busy, Rainbows making bug habitats, Brownies working on planting beans and celebrating Burns night, and the Guides have been learning how to deal with emergencies and celebrating Chinese New Year... not both together though!

Together with Launceston Girlguiding we all had a fabulous day in half term doing all kinds of science and engineering challenges, including building and programming robots, making Ice Cream with no freezer (only using physics) and building balloon powered cars.

On thinking day we all learned about guiding and scouting across the world and did crafts and activities from Brazil, Mexico, Finland and Dorset!



**Jacobstow Girlguiding**  
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**Good Friday, 18<sup>th</sup> April**  
**9:30am to 2:00pm**  
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Of course we all made (and ate) a large number of pancakes on Shrove Tuesday!

All three units are thriving, and with the warmer weather (we hope) on its way, we hope to see you around the area as we are out and about, exploring the area, the world about us, and having fun.

We hope to see you on Good Friday (April 18th) at the annual Jacobstow BIG Breakfast! This is open from 9.30am to 2.00pm at Jacobstow Parish Hall.

## Rainbows—Part 2

This little piece below is part 2 of 3 about rainbows. Part 1 being in the last edition and part 3 in the next. This is about their romance and mythology.

We start with the ancient Greeks. Hermes was the messenger of the gods, and he had a counterpart. He was the gods' postman, and Iris was their postmistress. She was also in charge of rainbows. In fact, Iris was the ancient Greek for a rainbow. A rainbow was a bridge between us mortals and the place where the gods lived.

The story of Noah and the flood is one of our best-known stories in the Bible. When it was all over, when Noah opened the window of the Ark, God placed a rainbow in the sky and said, "I do set my bow in the cloud, and it shall be for a token of a covenant between me and the Earth."



And then, over to Norway, and we find Bifrøst which is also a bridge between the Earth and the gods. (To pronounce Bifrøst, just say Beef Roast with a French accent). Bifrøst was the road which the gods travelled on if they wanted to come down to Earth; it was also the way up to heaven for all the souls who had been brave enough to merit a place in heaven.

Now, you've got to be pretty convinced by these stories to believe them, and I, for one, do, but not literally. Otherwise we would see Gods travelling up and down on their ethereal Stannah stairlifts. But the most convincing thing, surely, is that they are lovely stories. And, without them, the world would be poorer.

Part 3 will be about the science of rainbows; about how sunlight splits up into its seven colours. Watch this space!

**Written by Christopher Asbury**



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We're Behaviour Change Cornwall, and we recover and recycle lost fishing nets and ocean plastic from around Cornwall's coast and transform it into unique pieces of jewellery and homeware - designed to last a lifetime.

At Widemouth we found several large sections of nets both washed up on the strand line and a myriad of plastic detritus - from tiny multicoloured shards to branded bottles and fishing ropes hiding in the sand. All of which has been repurposed into our recycled fishing net bracelets & melted down into our Bude Bay Jewellery - which we recycle in our lab near Fowey.



The ocean plastic crisis is not limited to one area; our recoveries take place all around the Cornish coastline and beyond. Widemouth Bay's wide expanse of wild waves, open sand and the exposed nature of its stretch of coast which faces west, unfortunately means we almost always find a heaps of plastics brought in by the full force of the Atlantic Ocean.

We never know what we will find though! In less than a century since its creation, plastic in its myriad of forms can be found in every marine environment: from lost or discarded fishing nets – called ghost nets – threatening to entangle wildlife in the depths of the ocean; to micro-plastics which are so small they mimic sand grains on the beach.



Due to the nature of recovering lost fishing nets and plastics - never knowing what we will find means that our products are always changing and evolving. Each time we visit Widemouth and the rest of Cornwall's coast we never know how much net and of what colour we're going to find where but that's what makes it fun!

Once recycled - each of our products help to support a cleaner ocean and protect marine wildlife - with 50% going towards the funding of more recovery of plastic from the ocean and the other 50% funding more recycling of ocean plastic and new ways to do so, creating a circular economy. We're actually in the process of building the first dedicated ocean plastic recycling lab in the UK here in Cornwall!

You can see more about what we do and our mission by visiting our website: [www.behaviouchangecornwall.co.uk](http://www.behaviouchangecornwall.co.uk)

**Written by Behaviour Change**



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# Local Contacts

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Doctors' surgeries:	
Neetside	01288 270580
Stratton	01288 352133
Boscastle	01840 250209
MP: Ben Maguire	<a href="mailto:ben.maguire.mp@parliament.uk">ben.maguire.mp@parliament.uk</a>
Parish council chair: Stephen Blake	<a href="mailto:stephen.blake@poundstock-pc.gov.uk">stephen.blake@poundstock-pc.gov.uk</a>
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
National Grid (power cuts)	0800 678 3105
Poundstock Church (Barry Smith)	01288 361716
Marhamchurch WI: Shirley Youldon	01288 354672
Poundstock Skittles: Pam Gilhespy	01288 361570
Poundstock Ringers	01288 488758
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 [www.budelibrary.co.uk](http://www.budelibrary.co.uk)

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).

## Juliotter Garden Club

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

## Bude Bridge Club

Tuesday and Friday evenings, Wednesday afternoons, in the Parkhouse Centre. Details from [www.bridgewebs.com/Bude](http://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](http://www.poundstockguildhouse.co.uk).

# Diary Dates

For events at the Poundstock Gil dhouse, see page 9.

## APRIL

5-6<sup>th</sup> April Cornwall Garden Society Spring Show - Showground, Wadebridge

5<sup>th</sup> The Art of Troy-Crackington Institute -Carne to Cove 7.30pm

6<sup>th</sup> Sunday Launceston Town Hall 3.00pm-Launceston Town Band

11 April 8.00 pm North Coast Arts present the Take That Experience

12<sup>th</sup> Saturday, 7.30pm Otterham Hall, St Gennys Band Concert

12<sup>th</sup> Saturday Rock'n'Roll Dance – Parkhouse Centre

18<sup>th</sup> 10.00-2.00pm-Guide Good Friday Big Breakfast-Jacobstow Parish Hall

23<sup>rd</sup> First Wednesday Daytime Opening of the Gildhouse

26<sup>th</sup> 11.00am Coffee Morning Crackington Institute

26<sup>th</sup> 7.30pm-Cornish Night, Orpheus Choir-Clease Hall, Camelford

## MAY

1<sup>st</sup> Local Council Elections

6<sup>th</sup> 2.00-4.00pm-The Castle-Mike Bosworth, Folk Tales & Music

10<sup>th</sup> 10.00am & 11.30am-Bude Library-Author Visit

11<sup>th</sup> Sunday-Bude Rugby Club-Bude Motor Show

11<sup>th</sup> 11.00-4.00pm Mill Day, Bridgerule

11<sup>th</sup> 10.00-3.00pm Clay Country Plant Fayre, Roche Victory Hall

12<sup>th</sup> 2.00-3.00pm-The Castle-The Cornish Bird

14-18 May Bude Literary Festival

17<sup>th</sup> 7.30pm-Bude Methodist Church-Bude Orchestra

29<sup>th</sup> 11.00-12.00pm-The Castle-Mazed Tales

Dingles Fun Park has re-opened with indoor rides Open Daily from 11.00-5.00pm

## REGULAR EVENTS

WI Week St Mary 19.15 2<sup>nd</sup> Thursday Monthly

Camelford Garden Club 14.30-16.30 1<sup>st</sup> Wednesday Monthly Library

# Poundstock Parish Council

**[www.poundstock-pc.gov.uk](http://www.poundstock-pc.gov.uk)**

<i>Chairman</i>	Stephen Blake	<a href="mailto:stephen.blake@poundstock-pc.gov.uk">stephen.blake@poundstock-pc.gov.uk</a>
<i>Vice-chair</i>	Michelle Carter	<a href="mailto:michelle.carter@poundstock-pc.gov.uk">michelle.carter@poundstock-pc.gov.uk</a>
<i>Councillors</i>	Max Faulkner	<a href="mailto:max.faulkner@poundstock-pc.gov.uk">max.faulkner@poundstock-pc.gov.uk</a>
	Steve Haynes	<a href="mailto:steve.haynes@poundstock-pc.gov.uk">steve.haynes@poundstock-pc.gov.uk</a>
	Eric Harris	<a href="mailto:eric.harris@poundstock-pc.gov.uk">eric.harris@poundstock-pc.gov.uk</a>
	Pamela Idelson	<a href="mailto:pamela.idelson@poundstock-pc.gov.uk">pamela.idelson@poundstock-pc.gov.uk</a>
	Tom O'Sullivan	<a href="mailto:tom.osullivan@poundstock-pc.gov.uk">tom.osullivan@poundstock-pc.gov.uk</a>
	Graeme Swatton	<a href="mailto:graeme.swatton@poundstock-pc.gov.uk">graeme.swatton@poundstock-pc.gov.uk</a>
<i>Parish clerk</i>	Lynn Pluess	<a href="mailto:clerk@poundstock-pc.gov.uk">clerk@poundstock-pc.gov.uk</a> 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



## **Poundstock Neighbourhood Plan Committee**

Chairman: Matthew Blows

Secretary: Lyn Smith

Members: Sara Beckett, Councillor Stephen Blake, Barry Rogers, Phyllis Ward, Rachel Roberts, Councillor Michelle Carter, Councillor Steve Haynes and Councillor John Worth.

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

The group was lucky enough to have as the guest speaker, Millie Moore, a partnership manager from 'The Pearl Exchange'. This is an award winning Charity based in the old Bude DIY building and set up to support 18-35 year olds from the North Cornwall and North Devon Area.

The Charity was started by Rose and Johnny Bamford in 2020 following the death of their daughter Pearl aged 19. The aim is to assist young people in the area struggling with life and no immediate and local help on offer.

As well as creative workshops, there are budgeting and cookery courses, Open Mic nights, Theatre groups and the popular 'easy Sunday', with bread donated by the Electric Bakery, for a get together on what can be a particularly difficult day if you are young and single.

To combat the horrendous waiting list for NHS mental health treatment, The Pearl exchange offers free and expert mental health support which can be independently and privately accessed. The cost to run the Exchange is £200,000 a year with no government funding and limited grants. There are plans to expand into the yard next door and create a garden area. All agreed that a considerable amount has already been achieved by the 5 part-time workers and 10 volunteers as well as all who donate to such a worthy cause.

If you get a chance, visit the Pearl Exchange (phone for appointment), take a look at all the inspiring activities and don't forget to donate if you can.

\*\*\*\*\*

There was a full house at Marhamchurch WI in March to welcome the guest speaker, Dave Sargent or Chef Sargent as he is now known. Dave now spends a lot of his time cooking for other people in their own kitchens but he started off making and selling desserts.

Dave now cooks all over the country and occasionally out of the country, bringing a taste of restaurant cooking into peoples homes His success means he has repeat bookings and has watched families grow over time. Dave works alone for smaller parties and fewer courses, but employs waiting staff for his larger 10-15 course meals with lots of diners.

The business is online and diners have included various famous people holidaying in the area as well as those just wishing for a treat for a special occasion. He also caters at Weddings and other large events. A true Cornish boy, a pupil of Jacobstow primary school, Dave uses local products and local suppliers where ever possible and is a great advocate for North Cornwall.



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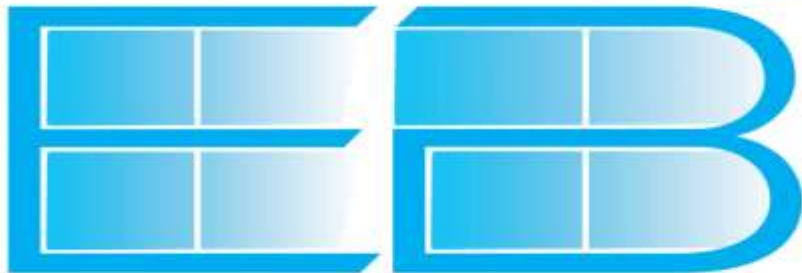
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## WINDOW CLEANING

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## The night sky in April

Jupiter will be setting in the North west about 2300, followed by Mars at 0200. Venus will greet early risers at 0430, in the east.

We do not have long to safeguard the best place within our reach to find true peace and quiet, away from the noise of human civilization, scientists have warned — before space tourists and private companies ruin it for astronomy.

On the far side of the moon, shielded by trillions of tons of rock, no radio signals from Earth can penetrate. In craters at the poles water ice exists, where no sunlight has hit the bottom for aeons. If observatories were built here, away from the cacophony of our planet, astronomers think they might be able to unravel some of the mysteries of the universe, but only if billionaires do not get there first.

So perhaps we should encourage Elon Musk to settle on the arid wastes of Mars, which after all, he has made that his ambition, and leave the Moon to the Radio Astronomers.

**Written by Bill Turnill**

## Speedwatch at Widemouth

You will notice that a team of volunteers have been regularly (once a week) at Widemouth Bay, speed testing the cars which go past. They've been doing this for a while now to raise awareness of the speed limit.

Speed is a major cause of accidents, and near the beaches with footpaths which are accessed across the road, we must be doubly aware.

The team is made up of four persons, one to wear the camera and count traffic, one to clock any speeding cars, one to take the registration and one to confirm the car number plate.

Ideally the aim would be to create a further team, so that there would be a replacement if someone was poorly or to set up another Speed Testing team elsewhere in the parish.

To date, the maximum speed which has been recorded was 48mph and most people have accepted that the speed needs to be enforced.



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## 2nd bude (jacobstow) scout group



The new Scout hut has created a warm & cosy space for our young members over the winter months, with everything we have needed to continue our varied programme of activities.

What a joy it is to see signs of Spring & lighter evenings. Beavers this term are working towards their 'my world' and 'disability awareness' badges. The Beavers will be helping to make a raised vegetable bed and will till seeds—fingers crossed, they will watch the veg grow throughout the season.

Cubs are working on their scientist, musician & entertainer badges and will finish the term with a camp fire sing song.

Scouts are working towards their model making badge and are in training for the forthcoming 'Camel Run'.

By the time you read this update, 2<sup>nd</sup> Bude (Jacobstow) Scout Group will have hosted the annual 'Camel Run'. This is a North Cornwall district event where Scouts & Explorer groups from the area are invited to take part in a night walk with 8 challenges along the way. We start at the Scout hut and finish the event at Warbstow village hall, where all the participants will have been rewarded with a hot breakfast.

This a busy time for the Scouts as the annual 'coast 2 coast' takes place in April and members will have the opportunity to take part.

We are holding a fundraising 'Bingo' evening at the Scout hut (Grattons Farm, Rosecare, EX23 0BE). This is on Sat 5<sup>th</sup> April, 6pm for eyes down at 6.30pm. Everyone is welcome, we will be serving hotdogs, cakes and drinks. Proceeds from the evening will go towards the running of the groups and hut, we hope you can join us.

New members are always welcome, for any further details please contact Robert Medland – [robert.medland1988@gmail.com](mailto:robert.medland1988@gmail.com) / 07842084971.

Thank you for your continued support,  
**Jill.**

**2<sup>ND</sup> BUDE (JACOBSTOW)**  
**SCOUT GROUP**

**SATURDAY 5<sup>th</sup> APRIL 2025**  
**6PM FOR EYES DOWN AT 6.30PM**  
**AT THE SCOUT HUT**  
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## CALL FOR SITES: HELP SHAPE POUNDSTOCK'S FUTURE

Poundstock Parish Council is preparing a Neighbourhood Development Plan (NDP) for the Parish. As previous minimum housing requirements have been met, the work so far on an NDP and related public consultation has not sought to identify any sites for possible development. However, Cornwall Council has now introduced a new minimum housing target for the Parish of eight houses. The Cornwall Homechoice register also currently indicates a total of 22 households with a local connection to the Parish seeking affordable rented housing. In order to address this housing need, the Parish Council is undertaking a Call for Sites.

The Parish Council therefore invites submissions for affordable housing schemes. Proposals should make provision for up to 22 affordable homes for local people or those with a local connection. These may be on one or more sites and may be for social rented accommodation or other forms of affordable housing.

Local landowners, developers and their agents are invited to submit potential housing sites for consideration. Proposed sites must be within the Poundstock Designated Neighbourhood Area.

All submitted proposals will be subjected to a site assessment process by the Parish Council consistent with the public feedback so far received for the draft NDP (see the Poundstock Local Landscape Character Assessment, Vision Statement, Policy Intentions and survey feedback on the Parish website). Sites considered suitable following this assessment will be considered for possible inclusion in a draft NDP as proposed housing site allocations. This draft will, subsequently, be available for public consultation as part of the process of adopting an NDP.

Once the responses have been considered, some sites may be found not to be suitable or necessary, therefore by submitting a site, it should be noted that there is no presumption that any site will, by virtue of its submission, be included in the NDP. All sites included will be subject to future planning consent.

If you wish to propose a site in response to this Call for Sites, please provide your name, contact details and a description of the site and proposed development, including the number and type of units proposed. You will also need to provide a clear site location plan (ideally, based on an OS map) identifying the site boundary in red.

Please submit this information by midnight on 8 April, 2025 to: The Clerk, Mrs. Lynn Pluess, Trevoulter Barton, Poundstock, Bude, Cornwall EX23 0DH, Email [clerk@poundstock-pc.gov.uk](mailto:clerk@poundstock-pc.gov.uk)

Sites submitted to the Parish Council will be in the public domain and the information submitted will not be treated as confidential.

The Designated Neighbourhood Area, Local Landscape Character Assessment, Vision Statement, Policy Intentions and survey feedback can all be found on the Parish website at: <https://www.poundstock-pc.gov.uk>

# Excerpts from Parish Council minutes

## **Poundstock Parish Council – Summary of Ordinary Meeting Minutes**

### **15 January 2025**

#### Planning Matters:

Resolved – No objections:

Sea Reach, Marine Drive, Widemouth Bay – external and internal alterations

Portelli House, Vicarage Lane, Poundstock - proposed new dwelling

Mount Pleasant Cottage, Poundstock - erection of detached outbuilding

Land North of Crowshire, Poundstock – erection of two detached dwellings

#### Poundstock Ward Member report

Cornwall council has undertaken consultation on the closure of adult education centres including Launceston (Bude not affected).

#### Chairs Report

Noted that Marhamchurch Parish Council has secured a significant grant for the purchase of the Hele Valley trail to benefit Marhamchurch and surrounding residents, and thanks offered to Cllr Tom O’Sullivan for his efforts in achieving this.

#### Police advocate report

Cllr Graeme Swatton reported that the 2025-29 Police and Crime Plan prioritises theft; drugs and alcohol; serious violence and anti-social behaviour. All efforts will focus on creating safer spaces through visible policing.

#### New Hall for Poundstock

Expenditure of £2960 has been approved for the architects to submit the full planning proposal by end of January.

Residents have been invited to nominate themselves for the Steering Group.

### **5 February 2025**

#### Planning Matters

Resolved Objections:

Contractors Yard, Coppathorne, Poundstock - Proposed construction of up to 5 dwellings. Objection on basis the site does not constitute infill development, will result in a prominent and intrusive feature within the surrounding countryside, its proximity to the AONB and the potential of contamination on the site.

Resolved No objections:

Land north of Coppathorne Poundstock – siting of two shepherds huts for holiday accommodation.

#### Widemouth Toilets

Resolved to invite tenders for electrical work and the annual cleaning contract.

#### Ward Members Report

Cllr Nicky Chopak reported that the Leader of Cornwall Council is stepping down in May due to a vote of no confidence. The council’s budget is £6 million short. The adult education centre in Launceston has been granted a reprieve for the time being.

# Parish Council minutes—Cont.

**19 February 2025**

## Planning Matters

The Old Tea-room Millook – retrospective provision of stone faced wall. Resolved to object on the grounds that the structure is an artificial construction which compromises the natural character and ecological integrity of the area. Land south of Bangors, Poundstock – construction of Parish Hall. Resolved No objection.

## Ward Members Report

Cllr Nicky Chopak reported that certain car parks are being transferred for ANPR (automatic number plate recognition) implementation. Suggested closures of Household Waste and Recycling Centres for 2 days a week raise concerns about fly-tipping.

## Neighbourhood Development Plan

The Chair delivered the report on behalf of the NDP Chair, noting that the new housing allocation must be incorporated into the NDP, and if approved the NDP will be in effect until 2030.

**This is a summary of the Parish Council minutes. For full details please see the Parish Council website [poundstock-pc.gov.uk](http://poundstock-pc.gov.uk)**

## Mindset Matters

Many people talk about mindset, but we don't always appreciate the difference it can make to our lives. Sometimes life gets us down and it can be hard to shift the mindset to a healthier place, so let's look at some ways to help reset the mindset and get it into a happier, healthy place. Let's take a look at a few ways of fostering more positivity and resetting our mindset.

Here's how to start: Notice your thoughts, be aware of when negative thoughts pop up. Ask yourself, "Is this thought really true?" Eg "they all ....." Ask yourself who exactly did or didn't ! Replace with positives, turn the negative into a positive. "Oh no it's raining, so that's scuppered my plans to walk" to "I'll find out that book I've wanted to read"

Practice gratitude, focus on what you're thankful for. It shifts your mindset from lacking to abundant. Speak kindly to yourself. Imagine you're talking to a friend. You wouldn't be harsh, so why do it to yourself?

"I'm too slow" shifts to "I focus on quality." "They won't choose me" becomes "I will give it my best shot". " I'll never be slim" moves to " I'll plan my meals carefully and give it a go". " I can't " becomes "I can"

Remember the word impossible is made up of I'm possible, so start your change today.

**Written by Anne Marsh**

## Just another windy day

Sunday the 26th of January 2025 was another wet and windy day. The congregation gathered at St Winwaloe's church for a Holy Communion service and were pleased to be able to benefit from the warmth provided by the overhead radiant heaters. However, part way through the service all the lights went out and there was no heating! There was a power cut. The service continued with Rev David Saunders reading the prayers utilizing a torch and candlelight.



When leaving the church, after the service, it was discovered that a large tree had been blown down at the lower end of the churchyard. It had missed the Canadian war graves, but the headstone on the war grave for sailor C Carlsen had been badly damaged. Many people will be aware of the Canadian sailors who were members of the crew of HMCS 'Regina', but may not have noticed the headstone for sailor C Carlsen, which is in front of them. He was a 54-year-old Norwegian seaman on board the SS 'Harlseywood', which was transporting a cargo of coal from Penarth to St Nazaire. The ship was torpedoed southwest of Hartland Point by a German U-boat [Franz Grunert] on the 17th of July 1918. Sailor C Carlsen died as a result of the attack. The ship was beached, but later refloated.

A Gildhouse working party had already arranged to meet on the 1st of February. The original intention was to do maintenance work around the Gildhouse and church. However, due to the fallen tree, they had a further task to cope with and were aided by other volunteers. A tree surgeon set about cutting up the tree, which was dealt with very efficiently, creating lots of firewood.

On behalf of the Parochial Church Council, I thank the tree surgeon and all the other volunteers for clearing up the churchyard. We are also grateful to the Gildhouse working party for cleaning out all the gutters and gullies around the church. The damaged headstone has been reported to the Commonwealth War Graves Commission, who will deal with the matter.



**Written by Barry Smith**

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## Defibrillators in the parish

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**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.

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