

No. 139 - June / July 2026



THE POUNDSTOCK PACKET



KERNOW BYS VYKEN!



Distributed free to every household in Poundstock parish
£1.00 to non residents Produced every two months

Contact us at poundstockpacket@gmail.com

A.D.T Building & Roofing

A.D.T.Building@hotmail.co.uk

07849883621

free estimates

Covering North Cornwall

based in bude



A.D.T Building &
Roofing

ANTIQUES - RETRO - COMMISSIONS - DECOR

SIDEBOARDS - WARDROBES - DRESSERS -
TABLES - CHEST OF DRAWERS

UNVEILED SPACES VINTAGE & UP- CYCLED FURNITURE STUDIO



OPEN SATURDAYS
11-3PM

UNITS 5&7 - CORY CLOSE
WAINHOUSE CORNER
EX23 0AR

07765653504
UNVEILED.SPACES@OUTLOOK.COM

NOTES FROM THE EDITORS

Welcome to the June edition of the Poundstock Packet. We are delighted to have so many contributions this time – please keep them coming!

We are launching a photography competition in this edition! We would love to see your photos of Poundstock and the surrounding area, in all seasons. HBH Woolacotts have generously donated two gift vouchers as prizes, and we have two categories – under 21 and 21 and over. So dust off your camera, or whip out your smart phone, and get snapping! See page 25 for more details.

We have also launched the Poundstock Packet Facebook page – open to residents and visitors to view, post and comment on content. Please keep things friendly and polite and note that we don't allow any business advertising.

Don't forget the website is up and running so keep an eye on that for news and information between issues. You can find us at poundstockpacket.co.uk

Enjoy the summer weather! Jayne and Tania – Joint Editors

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 absolute deadline for our next edition is 15th July 2026.

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.

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, and current and archive PDFs are on our website (www.poundstockpacket.co.uk)

Printed by Parish Magazine Printing

Email: philip.tucker@parishmagazineprinting.co.uk tel: 01288 341617

Contact us at poundstockpacket@gmail.com

Free
Local
Delivery

CAMPINGGAZ

FLO GAS



A+E
FUEL SUPPLIES

Bottled Gas + Logs

Your Local Supplier
for over 30 years



Call Us: 01288 356026  

ARTHUR W. BRYANT FUNERAL SERVICE

CAMELFORD
01840 214891

BUDE
01288 352282

HOLSWORTHY
01409 253000

LAUNCESTON
01566 232426

**INDEPENDENT FAMILY
FUNERAL SERVICE**

**MEMORIAL
MASONRY**

DIRECT CREMATION

PRE PAYMENT FUNERAL PLANS

**OUR FAMILY CARING FOR YOUR
FAMILY FOR OVER 50 YEARS**



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



Hear Ye! Poundstock Gildhouse

A Proclamation of Events for June and July

*Be it known to all good folk that
the Gildhouse at Poundstock shall be open on the days here
set forth, with gatherings and occasions to be held throughout June and July.*

New for the summer. The Gildhouse will be open every Wednesday for visitors from 10.00am to 4.00pm, with tea, coffee and biscuits available (Donations appreciated). From the 17th June onwards, cakes will be available between 10.30am and 12.30 for a modest fee, with an invitation to sit a while and chat with locals and visitors alike.

June 2026

Open to the public every Wednesday, 10.00am to 4.00pm. Free entry, with tea/coffee and a biscuit available. Coffee morning 10.30am to 12.30pm from 17th June onwards.

Friday 26th June 7.00pm to 11.00pm. The Gildhouse Arms will be open for business, with the usual mix of regular drinks with a Pimm's special as well. Music by Cousin Jack. Vic's food van will be on site.

July 2026

Open to the public every Wednesday, 10.00am to 4.00pm. Free entry, with tea/coffee and a biscuit available. Coffee morning 10.30am to 12.30pm.

Friday 10th July 7.30pm to 10.30pm – Quiz in Aid of the Quiet Garden. £5 per person. There will be a raffle. Please call or message 07792 381260 to book.

Friday 31st July 7.00pm to 11.00pm. The Gildhouse Arms will be open for business for an Open Mic night hosted by Ben Banford. Vic's food van will be on site.

Upcoming Events

Watch this space, the Poundstock Gildhouse Facebook page and website for upcoming events including (All subject to confirmation nearer the time).

The famous Poundstock Gildhouse August Cream Tea. 16th August 2.30pm-4.30pm. £5 per person.

Pop-up restaurant with tasting menu with a renowned local chef.

Craft Fayre and Pumpkin Festival

West Gallery music event with local choir

Parking notice: If you are attending an event at the Gildhouse, please park in the church car park up the hill. The limited parking in front of the Gildhouse should only be used for unloading, drop-off/pick-up, or by those with mobility issues.

CHURCHES AND SERVICES FOR JUNE & JULY

Please read the monthly “Voices Together” which has all the up to date details.

Poundstock - 2nd and 4th Sunday

Marhamchurch – 1st, 2nd, 3rd and 4th Sunday

Budehaven – 1st, 2nd and 4th Sunday

Week St Mary – 1st, 2nd, 3rd and 4th Sunday

Whitstone - 2nd and 4th Sunday

Every Wednesday there is a Zoom Morning Prayer at 8.30am

Holy Communion is held on alternate Wednesdays at Budehaven and Widemouth Bay.

**** When there is a 5th Sunday, a Benefice Service is held for everyone at a different church each time.**

Poundstock invite you to coffee at the Gildhouse after their service. Bude, Marhamchurch and Week St Mary also have refreshments after the service.

METHODIST

Week St Mary 10.30am and 6.30

Bude Central at 10.30 and streamed on YouTube

Marhamchurch at 10.00am

Whitstone at 11.00am

ST PETER'S ROMAN CATHOLIC

Services every Saturday at 5.00pm and Wednesday 10am

FAMILY CHURCH

Meetings at Jacobstow Village Hall – 1st, 3rd and 5th Sunday at 10am

WIDEMOUTH BAY BLUE FLAG AWARD

Widemouth has qualified for the Blue Flag Award again, making it 11 years since first achieving the award in 2015. A lot of work goes into meeting the criteria required to qualify for the Blue Flag Award, with effort from:

* Widemouth Task Force

* Poundstock Parish Council

* RNLI

* Biffa / Suez

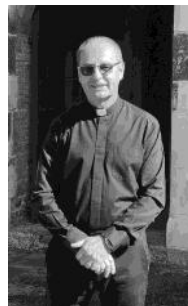
* local businesses

* the fantastic community of beach cleaners and considerate dog walkers.

Widemouth's bathing water quality is tested regularly and continues to meet the required standards.

FROM THE RECTORY

Derik Fay tells the story of when he was seven years old. He says, I used to carry a Dukes of Hazzard lunchbox to school. I did this to hide the fact that I actually didn't have anything for lunch, just like I hid the bruises underneath my clothing. One day, I asked the teacher to get a drink of water, I needed the drink to quench the hunger in my stomach. When I got back to the classroom, to my surprise, inside my empty lunchbox was an apple and an Oreo cookie. In that moment, when the tears fell from my eyes, I realised the power of small gestures, far more than my lunch box had been filled in that moment.



He says that almost 40 years later, he still remembers it like it was yesterday. He goes on to say, I implore all of you to try to find opportunities in life to fill someone else's lunch box. You will never understand how your small gestures may impact someone else, or when you yourself may need someone else to fill your lunch box. Jesus said, **"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."** Matthew's gospel, chapter 25 verse 40

Story taken from @derikfay. The power of small gestures.

Reverend David Saunders

NEWS IN BRIEF

* Congratulations to The Pearl Exchange who have been awarded nearly £125,000 by the National Lottery. The charity supports young people's mental health in Bude and helps youngsters build confidence and develop skills.

The funding will be delivered over 3 years and will fund overheads and give staff a stable foundation to deliver it's expanding workshop programme to 18 - 35 year olds.

* Upper Tamar Lake Sailing Club has announced the start of its 2026 racing season, and are currently welcoming new members to join their community. Whether you're an experienced sailor looking to return to the water or simply keen to get involved again, they would be very pleased to meet you. If you don't have your own boat, they offer Club boats for Club members' use, and there are often opportunities to crew for other Club members.

Regular sailing takes place on Sundays, with additional sessions on Wednesdays. If you're interested in joining or would like to learn more, please get in touch. www.utlsc.org.uk or contact utlsc@gmail.com

R & N FUELS

(Nicholls Bros)

COAL MERCHANTS

DON'T BE LEFT IN THE
COLD!

LOCAL DELIVERIES, ALL
SOLID FUELS

COMPETITIVE PRICES

01840 250568 /

07773 500635 Roger



Dizzy Dairy
The Home of Sheep Milk and Cheese
Farm & Dairy Tours
Available

New Farm Shop
Sheep Cheese, Sheep Milk,
Meat
Seasonal Vegetables
& Preserves

Phone Katie 07411266230

**Dizzard Farm,
St Gennys, Cornwall EX23 0NX**

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



A spiritual haven on the Cornish
Coast



**Bibles - Books
Cards - Gifts**



*Join us for a cuppa and a chat
10-4 Mon to Fri -- 10-12.30 Sat*

4, Lansdowne
Mews, Bude.
EX23 8BH
t. 01288 356886



Email: arkangelbude@gmail.com

Reg. Charity. 294313

PLANT SALE

The annual plant sale at the Poundstock Gildhouse on Saturday, 16th May, was well attended and the weather was good. There was a wide variety of trees, shrubs and bedding plants outside and a good selection of vegetable plants inside, all at very reasonable prices.

As usual, the traders were ready with helpful advice. Tea, coffee and cakes, not forgetting the tombola, kept a team of volunteers busy and a total of £259.05 was raised for the Gildhouse.





Bright Joinery
WWW.BRIGHTJOINERY.CO.UK



- **Timber Windows & Doors**
- **Staircases**
- **Bespoke Fitted Furniture**

 01288 358 780

 info@brightjoinery.co.uk

 www.brightjoinery.co.uk

Fraser's Agricultural Small Tractor and Ride on Mower Services

Fraser Proudfoot

07976836206



Small tractor, flail mower, roller, tipping trailer, grab, bucket, pallet forks, hedge cutter, seed drill and ride on lawn mower.

Paddock maintenance, mowing and bramble cutting, earth and log moving, grass rolling, pallet/dumpy bag moving, reseeding.

CBL STOVES

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

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



Registered
Heating
Business



- Stainless Steel twinwall flues
- Chimney Lining
- Iskoern Pumice lining
- Fireplace alterations
- Stove Installations
- Wood, Multifuel, Gas & Electric Traditional & Contemporary Stoves & Fires
- Chimney Rebuilds
- Slate, Granite & Glass Hearths
- Wood & Ceramic beams & surrounds
- Floating Shelves



Throwing on the pottery wheel
lesson and taster session
2 day & 6 week courses
pottery painting

Book on our website or phone

View our pottery
made by
John and Phoebe
at our
On line shop
Or visit our
showroom

The Old Garage
Quinceborough Farm,
Leverlake Road,
Widemouth Bay
Cornwall EX23 0NA

Phone or text: 07967044298

Email: jar@parsonspottery.co.uk

www.parsonspottery.co.uk



Parsons Pottery



parsons_pottery



SHEBBEAR BAT CARE

Hello, we are Mandy and Mark from Shebbear Bat Care based in Devon and our aim is to rescue sick and injured bats, rehabilitate them and release them back into the wild where they belong.

We started over eight years ago and cover most of the west side of Devon and the east side of Cornwall. We have rescued hundreds of bats in this time and managed to get most of them back to the wild.



We are self funded but we get donations from a lot of generous finders, fundraise through doing Bat talks and the Bude Animal Friends Awareness days at the Triangle in Bude in the summer. We have slowly built up the rescue from a small back bedroom and having to test flying bats in the living room to now having a fully dedicated bat room and large outdoors flight pen.



So why do bats need our help? There are many reasons why bats have to come into care, from being found grounded, getting stuck on flypaper, disturbed during hibernation, starvation and from being attacked by other animals but some can just be found in the wrong place at the wrong time. But whatever the reason for a bat being found we will always assess it and help it get back to the wild. Sadly not every bat that is rescued will make a full recovery, some will succumb to injury and illness and although we hate having to make the decision some need

to be euthanized but that is always our last option.

Then there are the pups; we start getting calls for baby bats in early summer. Some will have dropped off mum and some will have wandered off when mum has gone out to feed. We try our best to reunite mum and pup back together but if that fails then we hand rear them which can be very time consuming as very young pups need feeding every two hours with Royal Canin Puppy Milk!!!



After around four weeks they can start being introduced to mealworm innards and hopefully by six weeks they will be self feeding and can be transferred to the flight pen where they learn to be bats. Once we are happy they have the skills to survive in the wild, they are soft released from home where they can come and go as they please.

Cont. overleaf

SHEBBEAR BAT CARE - CONT.

So what can you do to help bats? We have eighteen species of native bats in the UK, the largest being the Noctule to the smallest the common and soprano Pipistrelles. That is almost a quarter of all the UK's mammal species, and the South West is home to around fifteen of them. Sadly they are one mammal that is very misunderstood. Some people just don't like them, some think they will damage your house if they are roosting there. Some think they stop building work and some think they are just flying around a night waiting to mess up your hair or suck your blood. All bats care about is being left alone with a place to live and all the insects they need to eat to survive. We can do this by providing areas in our gardens that attract insects. We can put up bat boxes and if you are lucky enough to have a bat roost, love the fact you are sharing your home with these fantastic mammals. But above all show them some love and appreciate what they do for us.....remember one pipistrelle can eat over two thousand midges a night !!!

IF YOU DO FIND AN INJURED/GROUNDED BAT OR ONE OUT IN THE DAY IN AN UNUSUAL PLACE, GLOVE UP. PLACE THE BAT IN A SECURE BOX WITH ONLY PENCIL SIZED HOLES, A CLOTH FOR IT TO HIDE IN AND A SMALL BOTTLE TOP OF WATER AND CALL US ON 07852623759 OR 01409 281067.

BIG BIRTHDAY BASH

Bude Stratton Community Project, better known as Neetside Community Centre and Berries Community Café, is celebrating 30 years at the heart of community life in Bude next month. Over the past three decades, the charity has grown into a vibrant community hub supporting health, wellbeing, advice services, voluntary organisations, and local groups across North Cornwall.

To mark the occasion, BSCP will host a “Big Birthday Bash” on Saturday the 6th June from 10am–3pm, a free community event open to all. Held at Neetside Community Centre and the surrounding area, the day will have a traditional village fete feel, featuring community stalls and games, live music from Stony Road Band, Gary McCausland, David Linney, and the Bude Samba Band, plus a barbecue (12–3pm), a pop-up Berries café serving cakes and drinks, and more. Everyone is welcome!



PAUL FINN solicitors

*Always available
for you.*

*Always ready
to help.*

Our clients
consistently rate
our services as
"excellent" - come
and see why.

Bude: 01288 356 256

The Strand Bude Cornwall EX23 8SY
www.FinnLaw.co.uk

Holsworthy: 01409 255 446

20 The Square Holsworthy Devon EX22 6AN
Enquiry@FinnLaw.co.uk

FOXGLOVES

When we were children, we picked the flowers off foxgloves, fitted the flowers to our fingers and went and told Mum and Dad that the fairies had put them on us. Everyone laughed heartily.

Little did any of us know we were playing around with a deadly plant whose drug *Digitalin* is used to help heart attack victims. Very small doses, I hasten to add; almost microscopic.



Bumble bees love foxgloves, they fly empty-handed right into a flower, attach pollen to their rucksacks, fill them right up, try to reverse out and get stuck for a while.

Foxgloves thrive, like poppies, on ground that has been disturbed. Ravaged by fire, or from forest clearance, the seeds survive – dormant – for years, and then spring to life. My Dad used to have bits of ground that he dug up in rotation, and then waited for the summer's crop of wild flowers including beautiful foxgloves. Some never get very tall; perhaps no more than a foot high because of shade above them, but others achieve the height of a giant where you would need a lift to see the top flowers.

By Christopher Asbury

BUDE CONCERT ORCHESTRA

SATURDAY 13th JUNE 2026 BUDE METHODIST CHURCH 7.30pm

MUSIC FOR A SUMMER EVENING

PIANO SUITE by HANDEL Soloist: Hilary Daniel; SHEPHERD KING OVERTURE – MOZART; ELIZABETHAN SERENADE- R. BINGE; DANZE PALLADIO- K. JENKINS; ROMANCE from the GADFLY- SHOSTAKOVICH

FAREWELL TO STROMNESS- P. MAXWELL DAVIES; PARADE of THE TIN SOLDIERS- L. JESSEL; VOLUNTARY FOR 2 OBOES- J. STANLEY

CONDUCTOR: BARRY CARRINGTON MOULE

TICKETS £10.00 ON THE DOOR

LIGHT REFRESHMENTS SUPPLIED BY THE CHURCH (donations appreciated)

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!**

TRENCREEK FARM HOUSE

Tel 01840 230219

Traditional farmhouse food for
traditional value

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

Bookings are essential with 24hrs
notice please

Richard and Margaret Heard

**trencreekfarmhouse@outlook.com
EX23 0AY**



QUINCEBOROUGH FARM SELF-CATERING COTTAGES

PAT ROWLAND

**WIDEMOUTH BAY BUDE
CORNWALL EX23 0NA**

01288 361236

WINTER LETS CAN BE ARRANGED



TREVILLIAN DOWN GARDEN SERVICES

David Robinson

☎ 07983 886173

✉ trevilliandowngardenservices@gmail.com

All aspects of garden and grounds maintenance
undertaken, domestic and commercial clients
welcomed

- All equipment provided
- Friendly reliable service
- Reasonable rates
- Garden waste can be removed
- Fully insured

Please call/email to discuss your requirements

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**



PLASTERING - RENDERING - DRY LINING

07761 735022

brplasteringsw@gmail.com

REFILL SHOP

Refill Shop was created 7 years ago by a team of local people with a passion to cut single use plastic. This team raised money in and around Bude, with many local companies and individuals kindly donating enough funding to buy equipment and enable us to apply for grant funding to make this happen. We are a Community Interest Company (CIC) and supported by a team of dedicated volunteers. Part of being a CIC means that any surplus profit at the end of the year is given to various local community projects.



What can I refill?

We stock a large range of foodstuffs such as cereal, pasta, rice, pulses, flour, sugar, oils, vinegar, confectionery, dried fruit, nuts, seeds, herbs and spices.

Our refillable household and body products are all made with natural ingredients and include shampoo, conditioner, body wash, washing up liquid, toilet cleaner, all-purpose cleaner, laundry liquid and powder.

How do I refill?

Bring a container (can be anything you have - tubs, tins, jars, bottles, bags)

Place it on the scales,

Press the TARE button to take away the weight of the container

Fill as much or as little as you want with your chosen product

Put the container back on the scales

We will record the weight of the product on the till

No container? No problem, we have spare bottles and jars for liquids and paper bags for dry goods.

So next time you are in town, please do pop in and say hello. You are welcome to have a good look around and we will answer any questions you may have (to the best of our ability!)

We are open Tuesday-Saturday 10:00-16:00 and 10:00-18:00 on Thursdays.

Hopefully see you soon! Refill Shop
CIC, 3 Lansdown Mews, Bude, EX23
8BH (by the Courtyard Café)





CORNISH COASTS 2026 LOCALS CARD

**10% OFF HOLIDAYS FOR
YOUR FRIENDS AND FAMILY
WITH CODE 'PACKET10'**

FOR BOOKINGS MADE BETWEEN 01.06.26-
30.06.26. DOES NOT APPLY TO HOLIDAYS
BOOKED VIA 3RD PARTY WEBSITES.



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 VINYL
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**

Marhamchurch WI were pleased to welcome for the 2nd time, Helen, the groups favourite florist.

Helen, formally of Kings Hill Florist has moved to a more suitable place in Kilkhampton and is now Underhill florist at Underhill cottage. The new premises mean Helen has more space for her business and a wonderful garden in which she hopes to grow lots of flowers to use in her bouquets and wreaths. Also on the cards is a plan to hold demonstrations with cream teas or wine for special birthdays and / or hen parties. Ladies at the meeting expressed great interest in being one of the groups to enjoy such an event.

At the meeting Helen showed us how to make a door wreath. Even members not au fait with floristry were delighted to be able to follow Helen's clear instructions which resulted in a beautiful Spring door wreath. Helen is determined to become as eco friendly as possible and the wreath was built using willow, picked during a dog walk, the packaging from delivered frozen dog food (loved by the birds for nest building) and twine instead of the usual florist wire.

Along with the wreath, Helen managed to give members tips to assist arranging and extending the life of cut flowers as well as amusing tales of various disasters encountered during her life as a florist- mostly involving coming to the rescue after other peoples disasters.

Helen was kind enough to gift the wreath to the member whose Birthday was closest to the date, and Liz Vago was lucky enough to go home with the wreath.

Helen was thanked by Mary Bromell and a round of applause from members who recommend giving Underhill florist a try. Helen can be contacted by phone, check out her Facebook page or Website (still listed as King's Hill florist). Here's hoping the in house demonstrations/parties take off soon.

Next Month's meeting is the annual meeting which will include this year's WI resolutions.



2ND BUDE (JACOBSTOW) SCOUT GROUP

It's certainly been a busy time for our leaders and young people over the last few months.

On Saturday 21st March, 12 Scouts took part in the annual 'Camel Run'. Scouts starting walking at 10pm & reached Otterham village hall at 4.30am for a few hours of sleep before breakfast. The Scouts were brilliant, walking a route of some 9 miles which they had to navigate and, at various check points along the route, complete different tasks from fire lighting, skills tasks & demonstrating 1st aid. We were very proud of our members who, despite walking through the night, spirits remained high.



We had one Scout who completed the Coast 2 Coast this year and was joined by two Scout members from Launceston. This was a gruelling 35.2 mile walk over 2 days, in hot weather. Two nights were spent camping at Trelissick. We had 4 Beavers travel down to Trelissick on the Saturday for the 'Beaver Challenge'. Our 4 Beavers walked over 5 miles and, at various check points, completed different activities.



The following weekend we were back down to Trelissick for the 'Cub Challenge'. 6 Cubs completed an 18 mile walk over the 2 days. Saturday evening the Cubs were entertained with a camp fire sing song followed by bingo. In true British weather this weekend was wet but despite walking in the rain, the Cubs pushed on. Robert Medland completed both weekends & all members did extremely well.

Each year the 'North Cornwall district Scout group' organise a fun day out. This will be available to all our members taking place at the Milky Way adventure park in June. A wonderful opportunity to meet fellow Scouting members.

This term is well underway, Beavers have many fun activities from den building, nature walks, zip wire & bike safety. Cubs again, making the most of the light evenings, are looking at the natural world around the hut, tent pitching, fire lighting and cooking. Scouts are working towards their athletics badge and camping badge. Rafts will be built & the following week taken to Trengune for a maiden voyage. All sectors will be visiting the beach and the term will end at Trengune with a duck race & BBQ, raising funds for the Scouting Group.



We have a forth coming 'tractor rally' planned for Sunday 28th June. Raising funds for the Scouting group & Young Lives Vs Cancer. More details will be posted locally.

LOCAL CONTACTS

NHS non-emergency helpline	111
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: 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)	0300 123 4141
Samaritans	116 123
National Childline	0800 1111
Police – non-emergency	101
Farming Community Network	0845 367 9990
Bude Food Bank	01288 448748
Citizens Advice	03444 111 444
(Phone advice line, operates 10–4, Monday–Friday)	
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
Juliotter 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 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—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 5.30–6.30 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, 2.30 pm, second Tuesday of the month

JULIOTTER GARDEN CLUB—Otterham and St Juliot Hall, 7.30 pm, fourth Tuesday of the month.

BUDE JAZZ CLUB—Live music and dancing every other Sunday 8.00pm Falcon Hotel. www.budejazzclub.co.uk 01288 361491.

BUDE BRIDGE CLUB—Tuesday and Friday evenings, Wednesday afternoons, in the Parkhouse Centre. Details from www.bridgewebs.com/Bude

POUNDSTOCK GILDHOUSE—You can hire the Gildhouse for events from meetings to parties and wedding. Call 07768 753699 or visit www.poundstockgildhouse.co.uk.

REGULAR EVENTS

WI Week St Mary 2.30pm 2nd Tuesday Monthly

Camelford Garden Club 2.30pm-4.30pm 1st Wednesday Monthly Library

DIARY DATES

For Gildhouse events, see page 5

JUNE

- 1st Chatterbox Coffee Morning, Marhamchurch Methodist Hall, 10.00-11.30am
- 4th -6th Royal Cornwall Show, Wadebridge
- 5th Sung Song Blue, Launceston Town Hall
- 6th Plant Sale, Bratton Clovelly, 11.00-2.00pm
- 7th Divertimento at Minstrels Canworthy Water 3.00pm
- 7th and 14th, Open garden at Caudworthy Park, Maxworthy, Launceston
- 12th to 14th Falmouth International Sea Shanty Festival
- 19th Jazz & Folk Music at Ebbingford Manor 7.00pm
- 19th Walk - meet at Bude TIC 10.15am
- 20th Stratton Hospital Fete, 2.00pm
- 20th and 21st Marhamchurch Open Gardens, Maps from The Bray
- 21st Car Show, Bush Inn Morwenstow 10.00am
- 20th Tresmeer Big Breakfast, 8.30-11.30am
- 20th Romeo & Juliet at Bude Castle Lawn 6.30pm
- 21st Romeo & Juliet at Hartland Abbey 4.00pm
- 21st Classic & Sports Vehicle Show at Bush Inn 10.00am
- 25th Les Liasisons Dangereuses, Launceston Town Hall
- 27th Callington Gospel Choir, North Petherwin Church 7.30pm
- 27th Loveny Male Voice Choir, Week St Mary + supper 7.00pm
- 27th & 28th Holsworthy Vintage & Classic Rally 10.00-5.00pm

JULY

- 4th The Wurzels at Week St Mary Colby 6.00pm
- 5th Macbeth at Ebbingford Manor 6.30pm
- 7th Macbeth at Hartland Abbey 6.30pm
- 8th As You Like It at Ebbingford Manor 6.30pm
- 10th and 11th Hardy's Return of the Native at Falcon Secret Garden, Falcon 6.30pm and Clovelly Court 5.30pm
- 11th and 12th Camelford Garden Safari, Call 07534501669
- 17th Walk - meet Bude TIC, 10.15am
- 18th Total Rex Tribute Band at Parkhouse Centre 8.00pm
- 19th Bude Heritage Day
- 24th & 25th Bee Gees Gold at Wadebridge Town Hall 8.00pm
- 26th The (Almost) Complete History of Britain, Pantaloons 6.30pm
- 28th Pinocchio at Ebbingford Manor 6.30pm
- 29th Animal Farm at King Arthur's Great Halls Tintagel and on 30th Bude Castle Lawn 6.30pm
- 30th Launceston Show, Kennards House
- 31st Effords at Ebbingford Manor 7.30pm
- 31st St Genny's Horticultural Show 3.30pm

POUNDSTOCK PARISH COUNCIL

www.poundstock-pc.gov.uk

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

Vice-chair Michelle Carter - michelle.carter@poundstock-pc.gov.uk

Cllr. Eric Harris - eric.harris@poundstock-pc.gov.uk

Cllr. Pamela Idelson - pamela.idelson@poundstock-pc.gov.uk

Cllr. Tom O'Sullivan - tom.osullivan@poundstock-pc.gov.uk

Cllr. Graeme Swatton - graeme.swatton@poundstock-pc.gov.uk

Cllr. Liz White - liz.white@poundstock-pc.gov.uk

Cllr. John Worth - john.worth@poundstock-pc.gov.uk

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

Contact 07768 100560 Website: www.poundstock-pc.gov.uk

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 The Beach House, Widemouth.



Neighbourhood Development Plan Committee

Chairman Matthew Blows Contact: 07801 966945

Members: Sara Beckett, Rachael Roberts, Lyn Smith, Phyllis Ward

Cllrs. Stephen Blake and Michelle Carter.

Email: ndp-sg@poundstock-pc.gov.uk

Post: NDP, Trevoulter Barton, Poundstock, Bude, Cornwall EX23 0DH

CALLING ALL LOCAL PHOTOGRAPHERS!

We're excited to announce our upcoming **Poundstock Community Photo Competition**, open to anyone with a passion for capturing our local area. Whether you use a phone or a professional camera, we want to see your creativity.



There will be two age categories: **Under 21** and **21 and over**. First prize in both categories is a £25 gift voucher from our proud sponsor, **HBH Woolacotts, Bude**.

Selected entries will be showcased in future editions of *The Poundstock Packet* (print, online and on our Facebook page).

How to enter:

Send your photo (no more than 3MB) to poundstockpacket@gmail.com along with your name, age group, and title of the photo

The submission date for all entries is the 31st August 2026.

By submitting a photograph to this competition, you confirm that the image is your own original work and that you grant the organisers a non-exclusive, royalty-free licence to use, reproduce, display, and publish the photo in connection with the competition. This includes use in promotional materials, social media, exhibitions, and future publicity for the event. You retain full copyright to your image. The organisers agree to credit the photographer whenever reasonably possible.



WHAT WE KEEP - THE ART OF COLLECTING

This summer, The Burton at Bideford Art Gallery & Museum is celebrating the act of collecting – a shared impulse evident throughout human history, from the Stone Age to the modern day. Collectors and their collections are spotlighted in this exhibition which reveals the hidden objects and stories found in front rooms, home museums and storage spaces across the South West. There are some very interesting and unusual collections, all of them beautifully displayed in the downstairs gallery.

One of the collections featured is ***The Gallery of Rust***, that has its home in Poundstock.

Here, rusty things of all shapes and sizes from screws, nails, buckets and scythes through to an antique hand drawn plough and chandeliers are brought together. Sometimes some of the pieces are placed together to form 'sculptures'. Examples include a '*king crab barbecue*' which made up of bits of an old hibachi barbecue, lids and gate supports; another is '*matron Carrs*' made up of garden fork, rake, castors, a Carrs bakery tin and other bits. Both of these are currently on loan to the Burton Gallery.



I'm really not sure from where I got the idea to start collecting rust but one day, many, many years ago, I found, what to me, seemed a very interesting piece of rust on the beach at Whitstable in Kent. Since then I have found on beaches and in middens all sorts of rusty things, some easily identifiable as to what they were, other pieces no longer identifiable. I have been given lots of pieces by friends and acquaintances (tools, keys, saws, hinges, a milk churn – the list is endless). All of these weird and, to me, wonderful things are housed in my Gallery of Rust, but I now have so many pieces that the collection has spilled over into the garden.

The exhibition is open now until 19 July 2026, entrance is free.

If you would like to visit the The Gallery of Rust in Poundstock, or if you would like to donate anything rusty to be displayed in the gallery please contact me at pgs1817@gmail.com

Greg Smith

GETTING THAT
DRINK TO GO?

Cup Club Bude



Only £1 deposit!



DROP OFF / PICKUP AT
PARTICIPATING CAFES ACROSS BUDE!

THECIRCULARMINDSET.CO.UK/CUP-CLUB/



The West Country Cheese Co

Wedding cheese cakes and cheese gift boxes and hampers a speciality.

We're based in Marhamchurch and can deliver locally.

Call us on 01288697936

www.westcountrycheese.co.uk

WALL PAINTINGS AT POUNDSTOCK CHURCH

The Old Cornwall Society have been hosting a series called Saints and Socials by Laura Miucci, featuring Medieval Wall Paintings in Cornish Churches. In our area, Morwenstow Church was visited a few months ago but Poundstock was visited in April.

There is an impressive wall as you enter the church on the 15th century north aisle, depicting Christ with implements around him referred to as St Sunday. You used to be able to see wounds and blood but they have faded beyond recognition. On the other side of the door there is a smaller design possibly the Seven Deadly Sins and a joining pattern over the doorway.



It is all very faded but there is a painting (1895) which shows more details. Also in the church there are very informative booklets.

NEW MEMORIAL BENCH

You may have noticed that there is a beautiful new wooden bench outside the church in a warm sunny patch.

It has been donated by the family of Graham and Liz Jones in their memory for friendship, good times shared and all they did for St Winwaloe's Church, Gildhouse and the Parish.





TipTop Foot Care

Professional and friendly foot care in the
comfort of your own home

Qualified podiatrist with 20 years experience

HCPC registration number: CH22510

- diabetic foot checks and treatment
- vascular checks
- callus and corns
- thickened and painful toenails
- toenail cutting
- ingrowing toenails

Hannah Cobbledick
Email: tiptopfootcare@gmail.com

Mobile: 07720952066

ADO & JACK

Shor-Lawns

Local Father & Son Lawn Care

*Family-run lawn care you can rely on.
We provide tidy, consistent lawn mowing
with a friendly, respectful service. Ideal for
tenants, homeowners & holiday lets looking
for regular weekly or fortnightly cuts.*

Call or Text (WhatsApp)

07485124478
or
07970048943

Tintagel Skip Hire Ltd

Waste Management

Trebarwith Road, Delabole PL33 9DE

Telephone: 01840 770 449

- ❖ Skip Hire
- ❖ Wheelie Bin Hire
- ❖ Waste Management
- ❖ Waste Collection Service
- ❖ Cardboard And Glass Collections
- ❖ Grab Hire

Contact us at poundstockpacket@gmail.com

29



THE CABIN

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

BEACH CAFÉ & SURF EQUIPMENT-HIRE & SALES

The 94th
St. Gennys Horticultural Show
31st July 2026
Opens 3:30pm
Crowning of the Carnival Queen 5:30pm



Save the date and get planting, stitching, knitting, baking and crafting for your entry to the show.

Schedules will be available in next month's Edition

On the day there will be:-
Tea, Coffee and Cake Stall,
Raffle,

Various Entertainments

It's not just flowers and vegetables, we have sections for cookery, arts and crafts, plus dedicated children's categories

Everyone Welcome!



VisitingAngels. 

QUALITY AT HOME CARE

North Devon & Cornwall

01288 270660

Caring, professional support to help you or your loved ones live safely and comfortably at home.

We can help with:

- Personal Care
- Meal Preparation
- Companionship
- Shopping support
- Respite Care
- End-of-Life support.
- And more.....



Our mission is to bring dignity, comfort and independence to those we support.

Covering:

Bude - Whitstone - Jacobstow - Week St
Mary - Marhamchurch - Morwenstow -
Holsworthy - Kilkhampton - Widemouth -
Crackington Haven and surrounding areas.

SPOTLIGHT ON TANIA CLEGG

Where were you born? Boston in Lincolnshire.

How are you involved with the Packet? I am joint editor. I pull everything together, do the jigsaw of putting the Packet together and send it to print.

What is your background/career? Originally pensions and insurance, but I became ill with M.E at 22 and wasn't able to work properly again until I was 30, when I became involved in publishing and books in Glastonbury. I've worked in many jobs but my favourite was on St Michael's Mount (this photo actually helped me get the job!)



What do you do now? I run my own business (Mor Cards) designing and making unusual 3d cards that are normally kept on display by people long after the event.

What are you normally doing on a Wednesday afternoon? Working most of the time. As a small business owner I'm accountant, designer, stock control person, packing department, social media and website person and chief tea maker.

What is your favourite place in Cornwall or Devon? Cape Cornwall in West Penwith.

What do you do to relax? I build Lego, or at the moment I'm building off brand sets which include lights as well. It's incredibly relaxing and addictive!

Most memorable holiday? Sanibel island in Florida. The sand on the beaches is like icing sugar as it's made from crushed shells rather than rock. It's a barrier island which is a nature reserve and it's my happy place. The wildlife is just incredible.

Favourite tv show? I'm currently rewatching Schitt's Creek for about the 100th time.

Favourite book? I like all fantasy dragon type books and horror but my favourite books are the Harry Potter ones which get reread regularly.

Favourite music/band? I have a very eclectic taste in music and like most types, but my favourite band of all time is Pink Floyd (yes I know I sound very old!). My bucket list concert was a preview show in Brighton by David Gilmour a few years ago.

Do you have a life motto/give advice to others? If you can't say anything nice don't say anything at all. Some people have no idea how much a careless word or comment can affect a person.



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
- ✓ 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 · budeeyecentre.co.uk



The New Hearing Centre

Bude Eye Centre are pleased to now offer a hearing health care service with Sadie Brain.

- Free hearing check-ups and ear health examinations.
- Comprehensive hearing consultations and demonstrations.
- Exceptional ongoing aftercare with dedicated in-person local support.
- Repairs and servicing for most hearing aid makes and models.
- Comprehensive premium aftercare packages available for hearing aids purchased elsewhere (subject to makes and models).
- Tinnitus counselling and support.
- Advice and customised solutions for noise protection.

Sadie has 33 years experience, she works with the latest technology but delivers an old fashioned service!



Bude Eye Centre 01288 350041

BEN MAGUIRE MP

Over these last few weeks I've continued working on a number of our important local issues, including ongoing concerns raised with me by parents and pupils alike down at Launceston College. Following the announcement that the CEO of the school's trust (Athena Learning Trust) will be stepping down, I wanted to reassure constituents that I have been actively engaging with the Trust over several concerns around SEND provision, the school's culture, suspensions, and other issues. I have already met directly with the Education Secretary, about these matters, and another meeting is scheduled soon with senior Athena representatives and also Department for Education officials. While I welcome the news that the Trust is now seeking new leadership, it is vital that the concerns raised by families are not just tossed aside, but properly addressed with actual change.

There was also very positive economic news for Cornwall recently, with the official launch of the new £30 million 'Kernow Industrial Growth Fund'. Following months of cross-party work and meetings, it is fantastic to see this funding now being made available to support 'investment-ready' projects in Cornwall's industries like renewable energy, marine innovation, critical minerals and space. We have a long history of missing out on investment like this compared to many other regions, so I am determined that those businesses run by people here in Poundstock, and the rest of North Cornwall, benefit fully from this opportunity. I encourage any local businesses to fill out an expression of interest with Cornwall Council.

I also had the opportunity recently to visit Fitness 4 U Cornwall down in St Columb Major, joined by Leigh Frost (Leader of Cornwall Council) which is doing brilliant work teaching children and adults to swim, alongside providing aquatic therapy and rehabilitation services. Local facilities like this are incredibly important for our communities, particularly in rural areas like ours where access to specialist support can really be limited. However, like many organisations at the moment, they are under pressure from rising energy costs and increased National Insurance bills, meaning that I will now be pushing for possible funding options from Cornwall Council (and others) to help support their future.

In Parliament recently, I had the opportunity to raise the worsening humanitarian crisis in Sudan directly with the Foreign Secretary. Millions of people have now been displaced by the ongoing civil war, with famine and humanitarian need continuing to escalate. My constituents asked me to ensure that Sudan is not forgotten, so I'll continue to press the Government to work urgently with international allies to address the crisis on their behalf.

Finally, it was great to attend the first Bodmin Feast of the summer recently and see so many fantastic local food and drink businesses showcasing what Cornwall has to offer. Local events like these are really important for boosting Cornish businesses, and also bring out communities onto the street and be together.

P&B Interior Design

Ready made curtains, voiles,
nets & cushions
Curtain tracks, poles and tie backs
all in stock

Huge selection of roller, vertical
& Venetian blinds

Suppliers of Velux blinds
Custom made curtain & blind
service available

Farrow and Ball paint
DMC threads and kits
Haberdashery & accessories
Gifts for all occasions

2 Lansdown Mews
Lansdown Road, Bude
01288 356303

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



WINDOW CLEANING

PURIFIED WATER FED POLE SYSTEM

Ed Bragg - North Cornwall

e.bragg@hotmail.co.uk 07535 938140

KERDROYA

Kerdroya is a major new piece of permanent public art – a 56m diameter labyrinth that celebrates the wonders of Cornish stone hedges, on Bodmin Moor. Visitors walk a single, meandering 750m path through stretches of artisan stonework that celebrate distinct hedging styles from across Kernow.

Kerdroya is the brainchild of artist Will Coleman. His idea of a Cornish Hedge labyrinth was the successful bid in 2019 for the 'Diamond Landscapes' commission celebrating the Cornwall national landscape and the humble Cornish hedge.

Cornish hedges are stone-faced banks with a rammed earth core, integral to Cornwall's landscape. Some date back over 4,000 years, making them among the oldest human-built structures still in use.

The labyrinth is an ancient symbol found across the Celtic world and in cultures worldwide, often celebrated as representing our life journeys, spiritual reflection, and connection to the Earth. At Kerdroya, the labyrinth also symbolizes Cornwall's ancient transnational connections and our deep relationship with this special place.

To date, more than 500m of Cornish hedges have been built, repaired, or restored, by a variety of hedgers in their unique style. More will be developed over the coming months and years. Kerdroya is at Colliford Lake, Bodmin Moor, and is free to visit.



For more information <https://goldentree.org.uk/kerdroya>

- FULL ARCHITECTURAL SERVICES
- SITE APPRAISALS
- PLANNING PERMISSIONS
- BUILDING REGULATIONS



PIPER
ARCHITECTURE

01409 253 363

info@piperarchitecture.co.uk

www.piperarchitecture.co.uk



O&R



Quality potatoes



Tired of lugging heavy potatoes home from the shops?
Why not have them delivered to your door - hassle free.

2.5kg up to 25kg bags available.

Guaranteed regular, reliable service

Email :healqualitypotatoes@gmail.com

Phone Olly 07876 708617 Roxy 07377324550
or find us on facebook



NIGHT SKY IN JUNE

I am sure that any of you who have looked to the west after Sunset, will have seen Venus shining brilliantly, and climbing higher every evening. It will reach its highest point in August before sinking back towards the horizon. Meanwhile Jupiter, which has been a constant companion to us during the winter months, is now moving westwards to sink behind the Sun, and eventually reappear in the dawn sky.

Jupiter's diameter is 11 times that of Earth and a tenth that of the Sun. The atmosphere consists of 76% hydrogen and 24% helium by mass, with a denser interior. The outer atmosphere is divided into a series of latitudinal bands, with turbulence and storms along their interacting boundaries; the most obvious result of this is the Great Red Spot, a giant storm that has been recorded since 1831.

Binoculars will reveal the daily dance of the 4 Galilean moons, which I will describe in next month's article, and a small telescope will be able to see the band and the Red spot, as the planet revolves in it's ten hour day.

Article by Tom Turnill Photo credit by NASA/STSCI (S.T.A.R.S)

JUBILEE CLUB

The Jubilee Club have organised a
Coach Trip

ROSEMOOR

On MONDAY 13th JULY

You are very welcome to join us

Pick up at Wainhouse

Please contact Diana 01840 261366 or
07546074409 for more details



Bude Cancer Support

A warm welcome open to anyone
affected by cancer and their family

Friendly café sessions 1.30 - 3.30
Parkhouse Centre, Bude
2nd and 4th Monday each month.

Restorative therapy activities to
promote physical and mental health
through yoga,cookery,arts & crafts

Professional advice and help is on
hand if required

Activities and refreshments are free

More information :
hello@budecancersupport.org
Tel: 07765 001 747

Registered Charity 1202697

EXCERPTS FROM PARISH COUNCIL MINUTES

Poundstock Parish Council - Ordinary Meeting 18 March 2026

Planning Matters

Crackington Cottage– change of use to unfettered dwelling (from C3 inc holiday let) no objection.

Seascape, Poundstock. Revised parking area and extension. No objection subject to the issues relating to the track being resolved.

Land East of Old Smithy, Treskinnick Cross. Construct self-build home No objection.

Land East of Springfields, Widemouth Bay. Construct one dwelling. Resolved to support.

St Michaels Combe Lane. Revised parking area and extension. No objection.

New Hall for Poundstock - Project costs are under review.

Contract for cleaning Public Toilets, Widemouth. Awarded to T.J. Davies being the only tender received.

Assistant Clerk role – after a six month trial it was agreed that Cllr Tom O'Sullivan will continue in this role indefinitely.

Viewing Point North Car Park – noted that Cornwall Council have voted to implement the proposed charges, with the first hour free before charges apply.

David Barton has been co-opted on to the Council and was welcomed to his first meeting.

Ordinary Meeting 15 April 2026

Public session - A resident raised concerns about Widemouth Bay Cafe's licensing application for alcohol and music. The Clerk agreed to raise the concerns with Nicky Chopak, Cornwall Councillor.

Glyphosate Weed Treatment - resolved to write to Cornwall Council strongly objecting to the use of chemical weed control.

New Hall - the application for a grant of £100,000 was unsuccessful. Charity Fundraising require full costings to progress a funding application.

Viewing Point North Car Park - resolved to write to Marhamchurch PC to invite informal discussions about the potential future of this site (owned by Cornwall Council).

The Chair reported his relief that the **Widemouth Bay Car Park** works will be a mesh system with reseeded, and not result in two acres of concrete.

Annual Parish Meeting 15 April 2026 - open to the public

PC Chair Stephen Blake, and Cllr Nicky Chopak both presented a report, full details available on the PC website and the Packet website www.poundstockpacket.co.uk

For the full Parish Council minutes and future agendas, visit poundstock-pc.gov.uk

ERGUE-GABERIC TWINNING VISIT

Bude and Stratton has been twinned with Ergue-Gaberic in Brittany since 1979. I have recently joined the twinning association and was happy to host two lovely ladies on their recent visit to Bude. All together 41 French people visited – ranging in age from ten years to over eighty. It was a packed weekend, with a visit to Dartington Glass Factory; a reception in the Parkhouse Centre; an evening meal with music and dance; and a tour of the canal and Ebbingford Manor.



At the lunchtime reception, Jasmine Here, the deputy mayor of Ergue-Gaberic spoke (in perfect English as well as French) about the strong ties our two towns have. We were joined by Bude-Stratton's Deputy Mayor Cllr Katie Aulsberry-Vockins, who also echoed the importance of maintaining the strong bond between us.

Ergue-Gaberic is in Brittany, in a region known as Cornouaille, which translates as Cornwall, so called by the settlement by migrant princes from Cornwall in the fifth century, who created an independent principality. Celtic Britons and the settlers in Brittany spoke a common language, which later evolved into Breton, Welsh and Cornish.

Ergué-Gaberic itself is a commune in the Finistère department of Brittany in northwestern France. In more recent history, Ergué-Gaberic has experienced the general development and changes typical of rural French communities, transitioning from an agricultural base to a more diversified economy. The commune is situated near the city of Quimper, a significant historical and cultural center in Finistère, and offers a glimpse into traditional Breton life, with its characteristic stone houses and rural landscapes.

On alternate years, each town hosts visitors from the twin town. In May 2027 it will be the turn of Ergue-Gaberic to host visitors from Bude-Stratton.

The twinning association meets regularly throughout the year for social and fund-raising events, and is always looking for new members. For more information contact Jackie Foster kerjacks@yahoo.co.uk

Article submitted by Jayne Griffiths

OGGY OGGY

The origins of Cornish pasties are lost in the mists of time and no-one knows for certain when or where they were first made, but pasties do go back at least as far as the Middle Ages. Over the years, wherever Cornishmen have travelled throughout the world, they have taken the recipe for the pasty with them, so that these days, variations can be found across the world.



The pasty is, and always will be associated with Cornwall. It holds a special place in Cornish culture and in the hearts of the Cornish people, and for many the pasty is our greatest symbol. When the Cornish Rugby team plays an important match, a giant Cornish pasty is symbolically hoisted over the bar before the start of the game, a tradition that dates back to 1908. The largest pasty ever, weighed 728 kg (1,604 lb) and was made by the Proper Cornish Food Company of Falmouth on 19th August 2010. The pasty had a traditional 'D' shape and was Cornish crimped. The ingredients used were potato, swede, onion, seasoning, and steak, all wrapped in pastry and glazed.

These days the mass-produced pasty has risen to become big business, and the factory-made article can be found in supermarkets and railway stations throughout the country. Most bear no resemblance to a real pasty though! A true Cornish pasty should be made in small batches by independent bakeries or – best of all - homemade in the traditional way, and you will only experience the mouth-watering taste of a true Cornish pasty if you buy it in the county where it was created.

The pasty originally evolved to meet the needs of tin miners – a hearty meal wrapped in a pastry casing made for a very practical meal down in the dark and damp tunnels of the mine. Today there is still a great deal of debate among pasty-makers about exactly how a genuine pasty should be made. Short pastry or rough puff? Should the pasty be crimped across the top, or at the side? History suggests that the crimp should be formed at the side, because the pasty has always been eaten by hand, and the side crimp is the most convenient way of holding onto your lunch while you take a big bite.

There are, fortunately, some facts that can be agreed upon by all pasty-lovers. The meat should be chopped, not minced; the vegetables should always be sliced, and the ingredients (which do not include carrots) must never be cooked before they are wrapped in the pastry. Each pasty must be baked completely from raw. It is this fact that makes the Cornish Pasty.

Article by Pat Thorne

CLAIRE & SIMON
NEATE FEET

CLAIRE & SIMON
NEATE FEET

For all your foot health needs...

Professional foot care in the comfort
of your own home.

- Toenail Clipping
- Verrucae Treatment
- Ingrowing Toenails
- Reflexology
- Painful Corns Removed
- Painful Callus Reduction
- Paddings & Dressings

Everything you require to keep your
feet pain free!

Claire & Simon Neate Dip CFHP
Qualified Foot Health Practitioners

Call us now on:

07968 232344

07870 508867



Making
feet feel
better!



R-WALL

Insulating Concrete Formwork

www.r-wall.co.uk

A new revolutionary UK designed ICF system, building high performance energy
efficient homes with exceptional longevity.



A low carbon non-modular ICF which utilises high strength energy efficient XPS insulation,
increasing construction speed, design versatility, formwork strength and thermal efficiency
with achievable U-Values as low as 0.09W/(m²K)!

info@r-wall.co.uk

Tel: 01288 377337



Handmade, personalised cards
So special, you'll never take them down

www.morcards.co.uk
[morcardsbytonia.etsy.com](https://www.etsy.com/shop/morcardsbytonia)



FREE ADVERTISING FOR LOCAL EVENTS

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 absolute deadline for the next edition is 15th July 2026—contact Tania or Jayne at poundstockpacket@gmail.com

DEFIBRILLATORS IN THE PARISH

Black Rock Cafe: 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.

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

TREE FELLA

SOUTHWEST

PROFESSIONAL TREE CARE
YOU CAN RELY ON

NPTC qualified and fully insured tree surgeon providing a friendly, reliable and professional service across **Bude** and the surrounding areas.



OUR SERVICES



TREE
REMOVAL



TREE
PRUNING



STUMP
GRINDING



HEDGE
CUTTING



SITE CLEARANCE
& MANAGEMENT



FULLY INSURED
& RELIABLE

NPTC
QUALIFIED
WORKFORCE
SETTING STANDARDS



Bude
BASED

LOCAL SERVICE,
LOCAL PEOPLE



07840 028182

info@treefellasouthwest.com



Find us on
Facebook

*Keeping Bude
Looking beautiful*





READY MIXED CONCRETE

We supply for delivery and collection:

Ready mixed concrete

Liquid floor screeds

Dry screed

Sand & Aggregates

QUALITY

ASSURED

8-wheeled, 6-wheeled conveyor
and 4-wheeled mini mix trucks available

For quotes, bookings and more information, please
call us on 01288 362111 (option 2) or email us at
rmc@macplant-ltd.co.uk



BSI
ACCREDITED
BS EN 206
BS 8500

Mac Crete
Bridgerule Industrial Estate
Holsworthy
EX22 7EB



www.macplant-ltd.co.uk