

No. 138 - April / May 2026



# THE POUNDSTOCK PACKET

KERNOW BYS VYKEN!



Picture credit to Jayne Griffiths

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## NOTES FROM THE EDITORS

It's definitely Spring now, everything is green and the grass has had it's first cut of the year. I hope you're enjoying the sunshine, while it lasts! Inside this edition, you'll find a list of garden jobs to do over the next couple of months, including No Mow May which we do every year. It's incredible to see what wildflowers and insects arrive when the grass isn't cut for a while.

This edition is bursting with articles and we've increased the size of the Packet moving forward by 4 pages, so I hope you enjoy reading it. As ever, if you have any articles, photos, recipes or ideas, please let us know!

Have you had a chance to look at our new website yet? If you have any comments about what you'd like to see on it, please let us know. It's a work in progress, but new items are being added regularly, so please go and have a look. You can find us at [www.poundstockpacket.co.uk](http://www.poundstockpacket.co.uk)

Best wishes, Tania & Jayne

## 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 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.

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## GILDHOUSE EVENTS



The Poundstock Gildhouse is open every Wednesday 10.00am - 4.00pm from 8th April - 7th October. Committee members will be on hand to show people around and make tea/coffee.

## NEWS IN BRIEF

\* The annual Crackington Haven Outfit Riders Trial was well attended with many riders from near and far. Thank you for your patience with multiple bikes, quads and vans.



\* Can you help? Speedwatch are still looking for volunteers to help them for an hour a week, speed testing cars at Widemouth Bay. 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.

If you're able to spare an hour a week, please contact Rachel at [r.roberts12@btinternet.com](mailto:r.roberts12@btinternet.com).

\* The 5<sup>th</sup> Bude Literary Festival is on 13-17 May. This 5 day extravaganza is full of interesting talks, walks, workshops etc. Studded with names you might recognise.

For full details : [www.budelitfest.co.uk](http://www.budelitfest.co.uk) and brochures around town.

Pre-event tickets from website, Bude Library and on the door if available

# CHURCHES AND SERVICES FOR APRIL & MAY

## EASTER SERVICES

2 Apr Maundy Thursday	12.00 20.00	Walk of Witness HC and Watch	Triangle Bude BH
3 Apr Good Friday	11.00 12.30	Stations of the Cross Stations of the Cross	M W
4 Apr Saturday-Vigil	18.00 20.00	Easter Eve Vigil and Fire Easter Eve Vigil and Fire	WSM BH
5 Apr Easter Day	09.30 09.30 09.30 11.00	HC HC HC All Ages HC All Ages	BH P M WS

## OTHER SERVICES

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

**Poundstock** - 2<sup>nd</sup> and 4<sup>th</sup> Sunday

**Marhamchurch** – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Sunday

**Budehaven** – 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> Sunday

**Week St Mary** – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Sunday

**Whitstone** - 2<sup>nd</sup> and 4<sup>th</sup> 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 5<sup>th</sup> 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 11am

### ST PETER'S ROMAN CATHOLIC

Services every Saturday at 5pm and Wednesday 10am

### FAMILY CHURCH

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

## FROM THE RECTORY - 'OLD EDDIE'

Every Friday evening, when the sun starts to dip into the ocean, Old Ed comes strolling along the beach to his favourite pier. Clutched in his hand is a bucket of shrimp. Ed walks out to the end of the pier, where he almost has the world to himself. Standing there, Ed is alone with his thoughts....and his bucket of shrimp.

Before long, however, he is no longer alone. Up in the sky a thousand white dots come screeching and squawking. Before long, dozens of seagulls have enveloped him, their wings fluttering and flapping wildly. Ed stands there tossing shrimp to the hungry birds. As he does, he says with a smile, 'Thank you. Thank you.'

In a few short minutes the bucket is empty. But Ed doesn't leave. He stands there lost in thought. When he finally turns around and begins to walk back toward the beach, a few of the birds hop along the pier with him until he gets to the stairs, and then they, too, fly away. And old Ed quietly makes his way home.

To onlookers, Ed's just another old codger, lost in his own weird world, feeding the seagulls with a bucket full of shrimp. To them rituals can look either very strange or unimportant. Old folks often do strange things, at least in the eyes of young folk. Most of them would probably write Old Ed off.

They'd do well to know him better. His full name: Eddie Rickenbacker. He was a famous hero back in World War II. On one of his flying missions across the Pacific, he and his seven-member crew went down. Miraculously, all of the men survived, crawled out of their plane, and climbed into a life raft. Captain Rickenbacker and his crew floated for days on the rough waters of the Pacific. They fought the sun. They fought sharks. Most of all, they fought hunger. By the eighth day their rations ran out. No food. No water. They were hundreds of miles from land and no one knew where they were. They needed a miracle.

That afternoon they had a simple devotional service and prayed for a miracle. They tried to nap. Eddie leaned back and pulled his military cap over his nose. Suddenly, Eddie felt something land on the top of his cap. It was a seagull! He managed to grab it and wring its neck. He and his starving crew made a meal of it. Then they used the intestines for bait. With it, they caught fish, which gave them food and more bait.....and the cycle continued. With that simple survival technique, they were able to endure the rigors of the sea until they were rescued after 24 days at sea.

Eddie Rickenbacker lived many years beyond that ordeal, but he never forgot the sacrifice of that first lifesaving seagull. And he never stopped saying, 'Thank you.' That's why almost every Friday night he would walk to the end of the pier with a bucket full of shrimp and a heart full of gratitude. The Bible encourages us to, Give thanks in all circumstances....<sup>1</sup> Thessalonians 5:18 When we say thank you, we should do it like Eddie, in all circumstances and with a heart full of gratitude. (story from Max Lucado, In The Eye of the Storm, pp.221, 225- 226).

**Reverend David Saunders**

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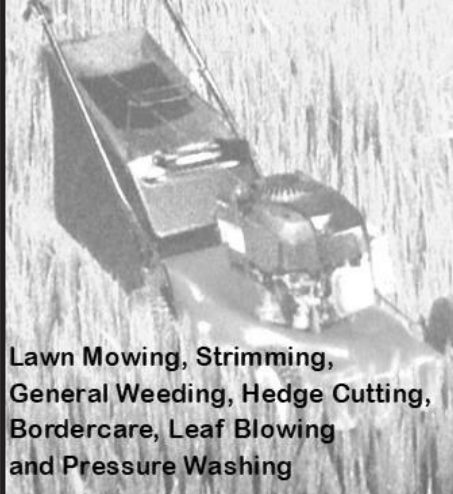
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# POUNDSTOCK QUIET GARDEN

The peace/quiet garden is a community-based space that embraces the ancient Celtic practice of contemplation and spiritual connection. It is open to all people of all faiths and none. It will provide a tranquil, contemplative community space for quiet and reflection for locals and visitors alike.



Artist view of a quiet garden

A community engagement meeting was held on the 28<sup>th</sup> February regarding the possible development of a peace/quiet garden at Poundstock. The land to be developed, which was donated to the church, lies adjacent to the church.

The meeting was successful, and interest was expressed in the design and building of the bridge across the stream for access. Funding has been sought for the bridge, and it was agreed that the project will be carried out in stages as funds become available.

The surrounding schools will be invited to design different aspects of the garden, from the herb garden, labyrinth, and ant farms, to flower beds, etc.

If you have a calling to be part of this exciting development please chat to Father David Saunders.



**13<sup>th</sup>-17<sup>th</sup> May 2026**

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# GREEN CLEANING - WHITE VINEGAR



## GREEN CLEANING: WHITE VINEGAR

In the last edition we gave you some information and ideas on how best to use bicarbonate of soda for your eco-friendly cleaning. In this edition, we are giving some useful ideas on how best to use white vinegar.

White vinegar is a versatile, non-toxic cleaner, prized for its ability to dissolve mineral deposits, cut through grease, and neutralise odours. For best results, use distilled white vinegar as it contains no colouring agents that could cause staining.

What's the difference between white vinegar and malt vinegar? Can you use malt vinegar for cleaning? While both contain acetic acid, white vinegar and malt vinegar differ significantly in their composition and suitability for cleaning.

### Key Differences

Feature	White Vinegar	Malt Vinegar (brown)
Origin	Fermented pure alcohol or grain starch	Fermented malt barley
Colour	Clear	Dark brown
Scent	Mild; disappears quickly	Strong, pungent and lingers
Acidity	Typically higher (up to 20% in cleaning types)	Lower (approx. 5%) and milder
Best use	Multi-purpose cleaning, laundry, descaling	Condiment e.g. for chips

### When it is safe to use:

- **Non-porous surfaces:** It is effective for descaling metal kettles, coffee pots, or showerheads.
- **Glass and windows:** When diluted (e.g., 1 part vinegar to 10 parts water), it can provide a streak-free shine if rinsed properly.
- **Invisible areas:** It works well for neutralising odours in kitchen or bathroom drains.
- **Rust removal:** It can help loosen rust from metal tools if soaked for 30–40 minutes.

### Top Cleaning Uses for Vinegar

<p><b>All-Purpose Surface Cleaner</b></p> <ul style="list-style-type: none"> <li>• Mix <b>1:1 vinegar and water</b> in a spray bottle.</li> <li>• Great for countertops (not stone), tables, appliances, and glass.</li> <li>• Add a few drops of dish soap for greasy spots.</li> </ul> <p>Do not use on natural stone or wood.</p>	<p><b>Limescale Remover (Kettles, Taps, Showerheads)</b></p> <ul style="list-style-type: none"> <li>• Soak showerheads in a bag of vinegar for a few hours or overnight.</li> <li>• For taps, drape a vinegar-soaked paper towel over the area for an hour.</li> <li>• For kettles: boil equal parts vinegar and water, let sit then rinse well.</li> </ul>
<p><b>Coffee Makers/Kettles:</b></p> <p>Run a cycle with half vinegar and half water to remove limescale buildup, then rinse with several water-only cycles to remove any residual taste.</p>	<p><b>Fridge &amp; Microwave Deodorizer</b></p> <ul style="list-style-type: none"> <li>• Wipe shelves with diluted vinegar.</li> <li>• Microwave a bowl of vinegar + water for 2–3 minutes and the steam will loosen the grime.</li> </ul>

Cont overleaf

## GREEN CLEAN - CONT.

<p><b>Toilet Cleaner</b></p> <p>Pour 1–2 cups into the bowl. Let it sit 30–60 minutes (or overnight). Scrub and flush.</p>	<p><b>Dishwasher</b></p> <p>Place a cup of vinegar in the bottom or in a bowl on the top rack and run an empty hot cycle to clear mineral deposits.</p>
<p><b>Streak-Free Window &amp; Mirror Cleaner</b></p> <p>Mix equal parts vinegar and water in a spray bottle. Wipe with a microfibre cloth or newspaper for a streak-free shine.</p>	<p><b>Laundry Booster</b></p> <p>Add ½–1 cup of vinegar to the rinse cycle. It removes odours, softens fabrics and helps remove detergent residue. It also helps brighten whites without using bleach.</p>
<p><b>Mold &amp; Mildew Control</b></p> <p>Spray undiluted vinegar on affected areas. Let it sit 1 hour before wiping. Works well in bathrooms.</p>	<p><b>Patio &amp; Paving Cleaner</b></p> <p>Spray directly onto moss, algae, or weeds. Leave for a few hours (sunny day works best). Scrub and rinse.</p> <p>⚠ May affect nearby plants — avoid overspray. Do not use on natural stone.</p>
<p><b>Natural Weed Killer</b></p> <p>Spray undiluted vinegar on weeds (dry, sunny day). Best for young weeds. Reapply if needed.</p>	<p><b>Outdoor Furniture Cleaner</b></p> <p>Mix equal parts vinegar and water. Removes mildew from plastic furniture.</p>
<p><b>Bin Deodorizer</b></p> <p>Rinse garbage bins with vinegar. Helps neutralise smells.</p>	<p><b>Brick &amp; Concrete Stain Remover</b></p> <p>Spot treat stains. Scrub and rinse. Good for light rust and mildew marks.</p>



### Important Safety and Damage Warnings

- **Never Mix with Bleach:** This combination creates toxic chlorine gas.
- **Avoid Natural Stone:** Do not use vinegar on granite, marble, quartz, or soapstone, as the acid will cause permanent etching.
- **Avoid Hardwood or unsealed wood:** Vinegar can strip protective finishes from wood floors and furniture, leading to warping or cloudiness.
- **Electronics:** Avoid using vinegar on device screens as it can damage anti-glare coatings.
- **Metals to Avoid:** Limit contact with aluminium, cast iron, and copper, as prolonged exposure can lead to corrosion.
- **Test on small areas first**
- **Store away from children and pets**



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# JACOBSTOW GUIDING NEWS



This months article has been written by the Guides, who would like to tell you about the Eco Award.

To start with, we all completed a quiz to understand more about our own Carbon footprint. We then completed 3 challenges - one at home, one for the community and one in our unit - and finally we decided to write about our adventures to inspire others.

We learned that we can recycle toothpaste tubes, then visited the Bude refill shop, where we learned how we can reuse old bottles. We also made a mess when we filled up our clean old containers with washing up liquid!



One evening, we made new bags out of old t-shirts, which was great fun. At Christmas we made paper chains out of old paper (Bingo tickets), and, together with decorations made with old wrapping paper, we decorated Jacobstow Parish hall for the Christmas lunch.

In March, we took part in the Big Plastic Count, which shows how much plastic we use in a week. This information is collected nationally, (a bit like the Great Garden Bird watch). Some of us struggled to find a challenge to complete at home because our families already try to use as little packaging as possible. This was nice problem to have!

Looking back over the Eco Award, we have enjoyed learning the fun ways that we can reuse our plastic and give it a second life. After doing this award we think it is important for all of us to understand how simple it can be to reuse plastic and respect the environment.

Thank you.

**Jane Mary and the 93rd Guides**

## **Jacobstow Girlguiding**

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## MAGICAL NORTH CORNWALL

There are some places so special, so infused with history, devotion, or folklore, they create their own magical presence. One of these special places is the little chapel at Holy Well in St Clether, just off the A395. Sitting there alone, in the peace and quiet of this lovely spot, I really do feel the ghosts of the past around me.

Some people believe that the past exists in a different time dimension, so that Julius Caesar or the dinosaurs have just as much existence as you and I, even if they aren't "now". They haven't vanished into nothingness. They are simply located elsewhere in time. This sense of the closeness of history can be quite powerful here in North Cornwall, where there is evidence all around us of past lives.

One of the oldest, dating back over 2500 years, is Warbstow Bury, a prehistoric hill fort just outside the village of Warbstow. It's one of Cornwall's largest and best-preserved Iron Age forts, and – like St Clether's little chapel – best explored alone to savour the outstanding views across our countryside and soak up the ancient atmosphere. There is a strange feature at the centre of the hill fort known as the Giant's Grave or, sometimes, King Arthur's Grave (of course - you are never far from folklore in Cornwall). The more mundane explanation for this large mound is that it was constructed in the Middle Ages and used for keeping rabbits.



St Nectan was born in 468 AD. He had 24 brothers and 24 sisters, they say, and decided to devote his life to prayer; there are several churches dedicated to his name in North Cornwall. It's claimed he lived as a hermit at St Nectan's Glen near Tintagel, which is home to a breathtaking waterfall at the head of an idyllic hidden wooded valley, only accessible by foot.

On a quiet day, off-season, with no other visitors, this is truly the place of spirits and fairies. Nectan owned a silver bell, which he rang during violent storms to save ships that would otherwise have been smashed on the rocks. According to legend, if the bell is heard today, bad luck will follow.

**Cont on page 28**



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Marhamchurch WI welcomed as our guest, Chloe, one of the tri-service safety officers in the south west.

This pioneering initiative was started 10 years ago in Cornwall designed to help to prevent a decline in the situations of people who need help from multiple agencies.

Chloe, a paramedic and retained fire fighter, saw the opening for the post of tri-safety officer for Holsworthy and was delighted to apply and be offered the jobs. Her job involves the combined services of health, fire and police.

Chloe cannot arrest people, although she does patrol with the police very like a community police officer. She cannot arrive at your door in an ambulance, but she can arrive as a first responder and wait with a patient for the ambulance, dealing with immediate dangers. Still a retained fire-fighter, Chloe does attend fires but the tri-safety job concentrates on prevention rather than cure.

Following alerts from any one of these services, Chloe will visit and try to help with the specific needs of those who appear to need extra help. For example, e. fitting fire and carbon monoxide alarms, calling in medical practitioners, mental health teams or recording things the police could help with. She also has a good relationship with local GPS, who she may call to help with extra care for those in need.

As well as visiting people who need help, Chloe also attends community events, bringing with her a plethora of information about the help that is out there and passing on useful leaflets concerning available services who can help with all manner of problems.

Members were happy to learn of the success of the pioneering service, and hope that many more areas will become aware of its effectiveness. Chloe is at present the only tri-safety officer in Devon, but there are 14 in Cornwall.

The meeting was once again astounded at the care and energy shown by young people like Chloe, and thanked her for visiting and telling the meeting about the help her and fellow tri-safety officers offer the people of Cornwall.

Next month's meeting, on April 14th at 2.30pm Marhamchurch, will welcome a favourite guest Helen from King's Hill Florists. Visitors are always welcome.

## 2ND BUDE (JACOBSTOW) SCOUT GROUP

Since our last update, we have said a fond farewell to our Beaver leader, Josie Shepherd. After 29 Years involved in the Scouting group and becoming Beaver leader in 2017, she has retired from the group. Josie will be sadly missed. Josie was presented with an engraved vase at our Christmas evening.



We have welcomed 2 new Beaver leaders, Luke and Jess. This term, the Beavers have been working toward their experiment and team work badges. Also, the Beavers will be tilling seeds and watching them grow over the coming months.

Cubs are busy working on their international and artist badges. The paints have been out and the Cubs made some very special Mother's Day cards.

Scouts this term have been preparing for the annual district Scout 'Camel Run'. This is a walk during the evening/night with various task to complete along the way. The Scouts have been learning navigational skills. This year, Camelford Scouts are hosting the event and we have 13 Scouts taking part.

The end of this term will conclude with all 3 sections having an Easter celebration evening.

During April, the Scouts will have the opportunity to taking part in the annual Coast 2 Coast, walking roughly 35 miles. The following weekend the Cubs can take part in the 'Cub Challenge', walking some 15 miles.

Young people are more than welcome to come along to our weekly meetings & give Scouting a go.

Beavers: age 6-8 Wednesday at 5.30-6.30pm. Cubs: age 8-11 Monday at 6.30-8.00pm Scouts: age 11-14 Tuesday at 6.30-8.00pm

Cubs - Daphne Dowling 01288 352786 Scouts/Beavers - Robert Medland 07842 084971



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## LOCAL CONTACTS

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Stratton Hospital Minor Injuries Unit (Hours vary according to staff availability. Please phone before attending.)	01288 287700
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)	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 (Phone advice line, operates 10–4, Monday–Friday)	03444 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
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**—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](http://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](http://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](http://www.poundstockgildhouse.co.uk).

## REGULAR EVENTS

WI Week St Mary 2.30pm 2<sup>nd</sup> Tuesday Monthly

Camelford Garden Club 2.30pm-4.30pm 1<sup>st</sup> Wednesday Monthly Library

# DIARY DATES

**For Gildhouse events, see page 5**

## APRIL

3<sup>rd</sup> & 4<sup>th</sup> Antiques Fayre at Wadebridge Show Ground

4<sup>th</sup> 6.00pm, Rudi's Message, Parkhouse Bude

6<sup>th</sup> Bude Food Festival, The Castle Bude from 10.00 am

12<sup>th</sup> 7.30 – 10.00pm The Drat Pack, Falcon Hotel Bude

16<sup>th</sup> 7.00pm Off the Kerb Comedy Club, Falcon Hotel Bude

18<sup>th</sup> 7.00pm Orpheus & Tamar Valley Choir, Bude Methodist Church

19<sup>th</sup> Little Dinworthy Garden will be opening from 11am until 4pm for the NGS at Little Dinworthy, Bradworthy, Holsworthy, Devon, EX22 7QX.

25<sup>th</sup> 2.00 - 4.00pm Jumble Sale at Tresmer Village Hall

26<sup>th</sup> 7.00pm, Johnny Cowling, Week St Mary Church,

26<sup>th</sup> 7.30 – 10.00pm The Transatlantic Hot Club, Falcon Hotel Bude

30<sup>th</sup> 1.15pm, Black is the Colour of my Voice, Parkhouse Centre

30<sup>th</sup> 8.00pm, Black is the Colour of my Voice, Parkhouse Centre

## MAY

3<sup>rd</sup> and 10<sup>th</sup> Caudworthy Park will be open. Maxworthy, Launceston, PL15 8LZ

10<sup>th</sup> 7.30pm Dean Friedman, entertainer Parkhouse Centre

10<sup>th</sup> 7.30 – 10.00pm The Gold Coast Big Band, Falcon Hotel Bude

13<sup>th</sup>-17<sup>th</sup> Bude Literary Festival – see page 9 for poster

16<sup>th</sup> The Big Sheep – Scouting for Girls @ Pigstock Festival.

22<sup>nd</sup>-24<sup>th</sup> Kilkstock at London Inn, Kilkhampton

22<sup>nd</sup>-24<sup>th</sup> Waterloo Farm, North Petherwin, Kindred Spirits Festival, Land of the Giants (camping available)

23<sup>rd</sup> 7.30pm, Villagers, Crackington Insitute

23<sup>rd</sup> 11.00 - 1.00pm Marhamchurch Village Hall Plant Sale

24<sup>th</sup> 7.30 – 10.00pm North Coast Joymakers, Falcon Hotel Bude

Every Saturday - Stratton Car Boot at new site Bude Park and Ride A39, weather permitting!

There is a new Gardening Group at Berries Community Cafe, EX23 8QE  
Saturday 10.00-2.00pm

**\*\* If you have an event you'd like publicised that isn't in the printed edition, please email Tania at [poundstockpacket@gmail.com](mailto:poundstockpacket@gmail.com) and I'll add it to our website.\*\***

# POUNDSTOCK PARISH COUNCIL

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

Chair Stephen Blake - [stephen.blake@poundstock-pc.gov.uk](mailto:stephen.blake@poundstock-pc.gov.uk)  
Vice-chair Michelle Carter - [michelle.carter@poundstock-pc.gov.uk](mailto:michelle.carter@poundstock-pc.gov.uk)  
Cllr. Eric Harris - [eric.harris@poundstock-pc.gov.uk](mailto:eric.harris@poundstock-pc.gov.uk)  
Cllr. Pamela Idelson - [pamela.idelson@poundstock-pc.gov.uk](mailto:pamela.idelson@poundstock-pc.gov.uk)  
Cllr. Tom O'Sullivan - [tom.osullivan@poundstock-pc.gov.uk](mailto:tom.osullivan@poundstock-pc.gov.uk)  
Cllr. Graeme Swatton - [graeme.swatton@poundstock-pc.gov.uk](mailto:graeme.swatton@poundstock-pc.gov.uk)  
Cllr. Liz White - [liz.white@poundstock-pc.gov.uk](mailto:liz.white@poundstock-pc.gov.uk)  
Cllr. John Worth - [john.worth@poundstock-pc.gov.uk](mailto:john.worth@poundstock-pc.gov.uk)  
Parish Clerk Lynn Pluess - [clerk@poundstock-pc.gov.uk](mailto:clerk@poundstock-pc.gov.uk)

Contact 07768 100560 Website: [www.poundstock-pc.gov.uk](http://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](mailto:ndp-sg@poundstock-pc.gov.uk)

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

## DAWN AND SUNSET CHORUS

The other day I downloaded an app which identifies birds by their song. Sitting quietly in the glow of the setting sun, the bird song was loud and beautiful. In just 5 minutes the app identified 9 different species of birds, including Greenfinch, Blue Tit, Blackbird, Robin and Redpoll. Many more birds than I could actually see. This winter I have been putting out bird feeders with seeds and nuts, plus suet balls and mealworms. It gives me great joy to look out of the kitchen window and see all the different birds enjoying, and sometimes fighting over, their breakfast. My favourites are the long tailed tits, they tend to come in a flock and flit around with their rose pink chests and long black and white tails.



Did you know that birds don't store the calcium needed to lay their eggs? A blue tit lays 120% of her body weight in eggs. The shell actually comes from a temporary bone she grows in her legs called the Medullary Bone. Each day she dissolves this bone to make an eggshell, and she has to eat calcium to rebuild the bone for the next day. Birds naturally find sources of calcium such as snail shells, but we can help by supplementing their diet with calcium rich foods such as calci-worms, and

you can also bake used egg shells (to get rid of salmonella) and crush them up to a fine dust.

As birds start to raise their fledglings, it's important to think carefully about the food you put in the feeders. Small food such as peanut granules, suet pellets and soaked mealworms are ideal. Whole peanuts should not be given at this time, if they are fed to the young bird they will choke on them. As summer approaches, always ensure there is a fresh supply of water for birds.

The RSPB birdwatch has found that garden birds are in severe decline – the song thrush for example has reduced in population by 50% since 1979. Loss of habitat and intensive farming techniques are thought to be the reasons for this devastating loss. We can do whatever we can to encourage birds into our gardens with the right food, nesting boxes and corners of the garden left to encourage wildlife, and hopefully we can enjoy the dawn chorus in the future.

**Jayne Griffiths**

# SOUND WAVES

Sound Waves South West Music and Music Therapy Trust (SWSW) is an independent charity founded in 2000 by Judyth Gwynne. It became a Charitable Incorporated Organisation (CIO registered no: 1167138) in 2016. Its activities began in the Bude area and now extend throughout rural North Cornwall and into Devon.



## The aims of SWSW are:

1. To provide funding for Music Therapy for children in conventional and Special Schools in North Cornwall. We currently support over 20 children in four local schools, working closely with the Cornwall Music Service Trust, who actually employ the therapists. We are currently working towards increasing the number of children we support.
2. To provide free loans of orchestral instruments to children receiving tuition in the SWSW catchment area which covers North Cornwall and stretches into parts of Devon. We have over 200 instruments in our inventory ranging from Violins, Cellos, and Violas, through Flutes and Clarinets to Classical guitars.
3. To run professional music Workshops in local schools giving children the opportunity to experience culturally diverse music. This year we brought down a group call Toscana Strings, who together with a classically trained ballet dancer, performed to over 1500 infant and primary school students in twelve local schools.

To encourage young musicians by offering an Annual Award for Musical Achievement, which was won this year by a multi-talented student who sings, plays trumpet, piano and percussion

SWSW relies totally on charitable support and we are very grateful to the national funding bodies who support us and all the local organisations and individuals that arrange fund-raising events on our behalf.

## But we need some help!

We are seeking someone passionate about social media to join us—either as a trustee or just as a volunteer—to help optimise our social media presence. We would also welcome someone would provide some external eyes on our Compliance. Neither of roles will be arduous, as the Trustees carry out the core of the Charity's tasks but your expertise will help us reach more families, more supporters, and more donors in order to help us continue and grow our vital work.

If you are interested in making a difference through music? Visit [www.soundwaves-sw.co.uk](http://www.soundwaves-sw.co.uk) for further details and how to contact us to learn more.

**Alan Whittle**  
**Chair, Sound Waves South West**

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## MAGICAL NORTH CORNWALL CONT.

About a mile further down St Nectan's Glen, is a pair of remarkable rock carvings set into the side of Rocky Valley. These carvings are small mazes known as finger labyrinths just over an inch in diameter. Some claim that these carvings are maps of the maze that lead to the top of Glastonbury Tor, and it's said that the Witches Sabbath is practised here.

All that remains of Penhallam Manor near Week St Mary is a series of low, grass and moss covered stones which somehow are more quietly evocative than perhaps a perfectly preserved building might be. The footings are all that remain of the thirteenth-century house constructed by the de Cardinham family, but it seems to have been lived in for a very short time. Andrew de Cardinham died in about 1256 without a male heir, and his possessions were split equally between his daughters. By 1270 Penhallam had descended through the female line to the Champernowne family, and by the early 14th century it had been passed to tenants. Local people would then have helped themselves to the building materials, quickly reducing the deserted shell to its foundations. Sit for a while on a quiet day and picture the busy life of a medieval family with the noisy chatter of children, the banging of pots from the kitchen, the squawking chickens and the rattle of horses on the wooden drawbridge. Yes, perhaps the past is only a dimension away, just beyond the curtain of your imagination.

Pat Thorne



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## SPOTLIGHT ON JAYNE GRIFFITHS

*Where were you born?* Eastleigh in Hampshire.

*What is your connection to Poundstock?* I am joint editor, I write articles and now Chair the Packet Committee.

*What do you love about the local area?* I love the sea in all its moods – calm and reflecting the blue sky; grey-green in a storm; and lit up by a beautiful Bude sunset.



*What is your background/career?* I started in Social Housing at 18 years old, that was an eye-opening introduction to the difficulties some people have to endure. I then moved into Human Resources, and latterly was a coach and HR consultant.

*What do you do now?* I am happily retired now, and busier than ever.

*What are you normally doing on a Wednesday afternoon?* I go to a French conversation group in Newquay – we have the most obscure conversations, mostly in French with a bit of Franglais thrown in.

*What do you do to relax?* I love to walk my dog Monty, I enjoy painting and love my weekly art class at Cann Orchard. Also yoga, and when I am at home I love to crochet and knit.

*Most memorable holiday?* I have been so lucky to have wonderful holidays, and also to live in Perth, Australia for 17 years. Probably the most memorable holiday was a trip to the Kimberley region in Australia, staying in a roof-top tent and admiring the wildlife including many fresh-water crocodiles (from a safe distance).

*Favourite book?* So many favourites. A long time fave is Wuthering Heights which I have re-read many times. The most recent book I have read is Hamnet (before seeing the film). I am fascinated by history so that was a great read.

*Favourite tv show?* My taste is quite eclectic, Crime dramas such as Line of Duty and real life crime documentaries. But I also enjoy a period drama such as Bridgerton. And my guilty pleasure is Married at First Sight!

*Favourite band* Again quite eclectic, including Take That, Robbie Williams, Imagine Dragons, most of the eighties bands.

*What person has impacted your life and how?* My husband who sadly passed away in 2025. We were together for 37 years and he was literally my rock and soul mate. Together we did so many things that I would never have done on my own, including emigrating to Australia and re-locating here in Poundstock.

*Who do you look up to?* Anyone that is dealt a difficult hand and still gets up each day with a smile on their face.

*Do you have a life motto?* Live every day to the full, tomorrow isn't promised.

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## BEN MAGUIRE MP

Dear Poundstock,

I spoke up in Parliament recently for our farming community during the Finance Bill debate, raising concerns relayed to me by many constituents about the Government's changes to Agricultural Property Relief and their impact on Cornwall's family farms. While Ministers have indeed U-turned on their original plans for the Family Farm Tax, we Liberal Democrats proposed a sensible safeguard to the Bill, to ensure farmers are not caught out by rapidly rising land values in future. Our amendment would have required the Government to assess uprating the APR threshold every year, so that relief keeps pace with land prices. Unfortunately, the Government voted against this proposal, meaning farmers have now been left completely at the mercy of land prices. I'll continue pressing in the House to make sure our farmers are properly supported.



I've also been raising serious concerns about the rising cost of heating oil in the wake of Trump's illegal war on Iran, which affects a huge number of households across our communities. Almost 27,000 homes (about 53% of all households) here in North Cornwall are off the mains gas grid, and therefore rely on heating oil and LPG. This leaves so many families now really exposed to sudden global price shocks. Many constituents have already contacted me and my team, worried about how they will now afford to heat their homes. That is why I've urgently called on the Chancellor to scrap VAT on heating oil for an initial three month period, and cap the ridiculous rises we've seen, to help households manage these increased costs. The Government MUST now step in and provide urgent support, while also investing in measures to help rural homes become cheaper to heat in the long-term, and prevent this from happening again.

I also raised an issue in Parliament which was brought to me by a constituent up in Boscastle, during my last 'Brew with Ben' event, relating to battery backup systems during storms and power outages (which is something that affects many of you all living around Poundstock, too). Many constituents here rely on these systems to maintain internet access when electricity fails during storms etc., yet they often last for only a short period and do not always guarantee that people can stay connected. This can leave residents (especially those who are elderly or vulnerable) effectively cut off from the outside world, and unable to access emergency services or vital information. I was proud to raise this in a parliamentary debate, and ensure that Ministers consider the resilience of telecommunications infrastructure in Cornwall and other rural areas as a priority.

**Cont on page 37.**

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## FROM THE OLD COMPOSTER

Gardening is a pastime which helps keep us fit and healthy in both mind and body. Wildlife gardening also lets us enjoy and connect to nature, bringing with it a host of benefits including a sense of well-being and improved mental resilience.

Something we can do, almost immediately, to help our gardens become more wildlife-friendly is take part in **No Mow May**. This encourages us to lock up our mowers for the month and let the grass grow and wildflowers bloom to provide pollen, nectar and shelter for insects and other wildlife. You can 'no mow' your whole lawn or just part of it. Even the smallest wild patch can provide vital food needed by pollinating insects such as hoverflies bees and butterflies, connecting us with nature and giving nature the best start to summer. A healthy lawn with some longer grass and wildflowers helps to tackle pollution, benefits wildlife and can even lock away carbon below the ground. The smallest grassy patches can add up and deliver enormous gains for nature, people and the climate. **No Mow May** participants have reported almost 100 species of pollinators on their lawns including 25 types of moth and butterfly, and 24 types of bee.



### Jobs for April

- Sow hardy annuals and native wildflowers to fill gaps in borders.
- Deadhead spring bulbs like tulips but allow the foliage to die back before cutting.
- Keep a lookout for aphids appearing on roses, and deal with them quickly with an organic pesticide or warm soapy water before they get a chance to become an infestation.
- Add aquatic plants like irises and water lilies to ponds.
- Make sure your greenhouse is clean and mould-free, and open vents on warm days to promote good air circulation.
- There's still time to sow tender annuals like cosmos, nicotiana and marigolds in pots and modules, ready for planting out once the frosts are past for a fabulous summer display.
- As the soil starts to warm up, now is a good time to plant perennials for beautiful colour that will come back year after year.
- Sow sweet peas outdoors, and plant out winter-sown sweet pea seedlings.
- Tie climbing roses and clematis in to supports.

**Cont on Page 40**

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## BEN MAGUIRE CONT.

I was proud to vote against the Government's Courts and Tribunals Bill, because I seriously believe it risks undermining one of the cornerstones of our legal system: the right to trial by jury. Jury trials play a vital role in delivering fair justice in our country, and any reforms must be approached with great caution. I sincerely believe that reducing the number of jury trials would do little to tackle the Crown Court backlog, and could ultimately undermine public confidence in the entire system instead. Vulnerable victims are particularly concerned about judge-only trials.

Finally, it was a pleasure to visit St Breward Community Primary School to see their wonderful 'Nurture Tribe' programme in action. It gives children at the school the chance to connect with nature, build confidence, and learn practical outdoor skills that support their wellbeing and development. After the visit I travelled back up to Westminster for a series of votes on amendments to the Children's Wellbeing and Schools Bill, continuing work to ensure that young people receive the support and opportunities they deserve.

That's all for now - but as always, if you have any issues you would like to raise with me or my team, please do get in touch. Until next time, take care!

**Ben Maguire MP** | [ben.maguire.mp@parliament.uk](mailto:ben.maguire.mp@parliament.uk)

### JUBILEE CLUB

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# EXCERPTS FROM PARISH COUNCIL MINUTES

## Summary of Minutes January & February

### Ordinary Meeting 13 January 2026

#### **Planning Matters**

**Sear Reach, Widemouth** – demolish two houses and garage and replace with one self-build home. After lengthy discussion - no objection.

**Sedum House, Poundstock.** Remove shed, LPG and fence and install garden room. No objection

#### **New Hall for Poundstock (see Chair's Update)**

**Sewage Concerns Widemouth.** The clerk will write to Cornwall Council expressing concerns about sewage capacity constraints and request that no further residential planning consents are agreed until the matter is resolved.

### Ordinary Meeting 29 January 2026

#### **Planning Matters**

**Pengallic, Poundstock.** Demolish storage building and erect a replacement. No objection.

**Community Hall – funding.** An expression of interest will be made to the Community Infrastructure Levy fund in the sum of £100,000 towards the Project. **2026/27 precept (the element of Council Tax levied on behalf of the Parish Council).** This has been set at £54,341. *Editors note: the 2025/26 precept was £39,185, representing 38% increase.*

### Ordinary Meeting 18 February 2026

**Correspondence:** the Chair noted that the Council's accounts had been challenged by the same resident for four consecutive years. The external auditors have confirmed that there are no matters needing attention and support the Council's financial management arrangements. The Chair noted that the additional external audit work has cost approximately £3,000 – funds that may otherwise have been available to support alternative priorities.

#### **Planning Matters**

**Ty Gwyn, Long Park Drive, Widemouth Bay.** Extension and alteration works. No objection.

**Outdoor Adventure Ltd.** Change of use from holiday accommodation to single private dwelling. No objection.

**Widemouth Fields Holiday Park** – extension of park. Resolved to object due to lack of clarity whether the units are for holiday or permanent use.

**Land East of Swelle Cottages** – permission in principle for up to 9 dwellings. Resolved to object due to over-intensive development.

**Cllr Chopak report.** Noted that the Bude Park and Ride trial may be expanded to include Widemouth Bay in 2026.

*For the full Parish Council minutes and future agendas, visit [poundstock-pc.gov.uk](http://poundstock-pc.gov.uk)*

# COUNCIL UPDATES - FROM THE CHAIR

## **Progress on the new community hall**

The work for a new community hall for Poundstock progresses and in February Poundstock Parish Council completed on the purchase of the field at Bangors Cross which will provide the site for the new hall as well as a considerable outside space for the enjoyment of residents.

In addition, all the conditions for the planning permission granted last year have been met and the architects are now working on the technical drawings that will allow construction to be put out to tender.

## **Widemouth Bay car park changes**

As part of the Making Space for Sand project Cornwall Council is improving the upper car park (south end) at Widemouth Bay and closing off most of the lower car park. This will allow the sand to accumulate and form a natural dune to protect the road and houses behind from the sea and of violent storms.

The upper car park is being smoothed out to create more useable space and a mesh system will be employed to provide more stable parking.

Once the works are completed, the whole area will be seeded with a combination of coastal grasses and wildflowers to restore the current natural appearance.

This work has only been authorised following a detailed survey to ensure valuable plants and wildlife will be protected. Public areas have also been maintained to ensure the car park can continue to be enjoyed as an outdoor space as before.

The project is weather dependent but it is hoped that work will begin shortly with completion planned for the end of June. Please note, the car park is owned by Cornwall County Council and Poundstock Parish Council is not involved in any way.

## **Widemouth Bay public toilets improvements**

Further substantial work is being carried out on the toilets in the Widemouth Bay car park which will include a completely refurbished baby changing room, new showers for surfers and bathers, improvements to the cleaners' room and structural repairs to the wall where the old meter box was located. The roof is also being surveyed and a report will be prepared outlining what work is required. Once all this is done the toilets will be completely redecorated.

**Mrs. Lynn Pluess Clerk Poundstock Parish Council**

## FROM THE OLD COMPOSTER CONT.

- Sow tomatoes, squashes and courgettes indoors.
- Plant second early potatoes in early April and main crop potatoes towards the end of the month.
- Plant onions and shallots, and cover them with fleece for the first month to stop birds pulling up the young plants.
- Under plant slower veg crops with faster ones such as radishes to make good use of the space in your plot.
- Prune spring-flowering shrubs like forsythia once they've finished flowering, to keep them neat and to encourage flowering for next year.

### Jobs for May

- Harden off indoor-grown young plants for a week or two before planting them out, popping them outside during the day and bringing them back in at night.
- Feed and water houseplants regularly, and transplant any pot-bound plants into larger containers.
- Be water wise – water plants early in the morning or in the evening, and install at least one rainwater butt.
- Check for nests before trimming shrubs – remember that it's illegal to disturb nesting birds.
- Wait until tulip, daffodil and bluebell foliage has died back before cutting. You can also lift and divide spring bulbs and replant them elsewhere for next season, and give your summer bulbs room to flourish.
- Water container plants regularly and feed fortnightly. Flowering plants will appreciate a high-potash feed once they start to bloom. Organic high-potash fertilizers, ideal for boosting fruit, flower, and root development (e.g., potatoes, tomatoes), include natural mineral sources like Sulphate of Potash (50% K<sub>2</sub>O) wood ash, kelp meal, and potash-rich composts like comfrey. These organic options improve plant disease resistance. Protect your plants with slug traps (or go on a slug hunt in the evenings).
- Earth up your early potatoes to maximise the yield.
- Sow salad crops every couple of weeks to get a continuous supply going.
- Sow courgettes, runner beans and french beans directly in the ground, or if the weather inclines to be cold plant in pots ready to plant out next month,
- Sow herb seeds such as basil indoors in pots and coriander seeds outdoors.
- Start hardening off tomato plants ready for planting outdoors in June.



**Happy Gardening, The Old Composter**

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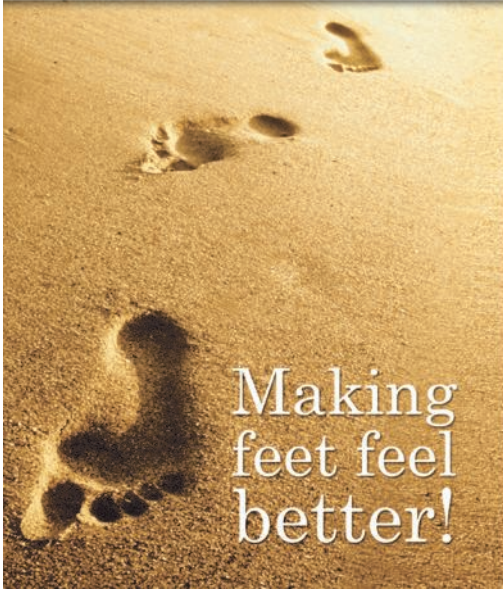
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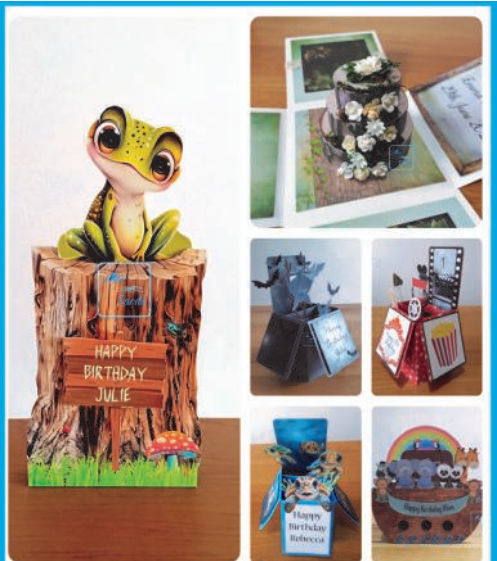
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## DEFIBRILLATORS IN THE PARISH

**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.

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