No. 141 - October / November 2026

THE POUNDSTOCK PACKET

KERNOW BYS VYKEN!



Photo by Under 21 Photography Competition winner
Freya Marsom

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Notes From The Editors

Welcome to our Autumn Packet, we hope you enjoy reading it. This one is my last as Editor as, after 14 editions, I'm stepping back and handing the reins over to Hettie Geering. Jayne is continuing as joint editor, so the magazine will be in very capable hands with them both.

I'm staying around, and will be sorting out the website and social media side of the Packet, so give me a bit of time to get those up and running properly.

This edition of the Packet has lots of useful information about keeping safe during the storm season, a round up of what's happened over the summer, spooky Halloween recipes and so much more.

If there is anything you'd like to see in future editions, please let us know. Just drop us an email and Hettie, Jayne and myself will be happy to help.

Take care, Tania

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

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Hear Ye! Poundstock Gildhouse

A Proclamation of Events for October & November

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 October and November.

OCTOBER 2026

- Open to the public Wednesday 7th 10.00 am to 4.00 pm. Free entry, with tea/coffee and a biscuit available.
- Saturday 24th 10am to 5pm and Sunday 25th 10.30 am to 4pm Craft Fair and Pumpkin Festival. A few tables are still available. Contact Maria on 07428161323 or maria_stopher@yahoo.co.uk for more information or to book a food or craft table. Each 6ft x 3ft table is £30 for the 2 days.

NOVEMBER 2026

- Sunday 8th 10am to 1pm. Remembrance service with refreshments in the Gildhouse.
- Friday 13th Quiz night. Contact Alan for further details and bookings on 07792381260.

Upcoming Events

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

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

West Gallery music event with local choir

Carols at the Gildhouse

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 OCTOBER & NOVEMBER

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

Sunday November 8th is Remembrance Sunday and Wednesday November 11th is Remembrance Day.

REMEMBRANCE DAY SERVICE and wreath laying 11.00am Poundstock Church

REMEMBRANCE PARADE from The Strand followed by wreath laying and SERVICE at Bude Methodist Church after 11.15am

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 10.00am

Bude Central at 10.30am and streamed on YouTube

Marhamchurch at 10.00am

Whitstone at 11.00am

ST PETER'S ROMAN CATHOLIC

Services every Saturday at 5pm and Wednesday 10.00am

FAMILY CHURCH

Meetings at Jacobstow Village Hall – 1st, 3rd and 5th Sunday at 10.00am

From the Rectory

There was a young woman who took great pride in the growth and care of the flowers in her flower garden. She had been raised by her grandmother who taught her to love and care for flowers as she herself had done. So, like her grandmother, her flower garden was second to none.

One day while looking through a flower catalogue she often ordered from, a picture of a plant immediately caught her eye. She had never seen blooms on a flower like that before. “I have to have it,” she said to herself, and she immediately ordered it.

When it arrived, she already had a place prepared to plant it. She planted it at the base of a stone wall at the back of her yard. It grew vigorously, with beautiful green leaves all over it, but there were no blooms. Day after day she continued to cultivate it, water it, feed it, and she even talked to it attempting to coax it to bloom. But it was to no avail.

One morning weeks later, as she stood before the vine, she contemplated how disappointed she was that her plant had not bloomed. She was giving considerable thought to cutting it down and planting something else in its place.

It was at this point that her elderly neighbour, whose garden joined hers, called over to her. “Thank you so much! You can’t imagine how much I have enjoyed the blooms of that vine you planted.”

The young woman walked through the gate into her neighbour’s yard, and sure enough, she saw that on the other side of the wall the vine was filled with blooms. There were indeed, the most beautiful blooms she had ever seen. The vine had crept through the crevices and it had not flowered on her side of the fence, it had flowered luxuriantly on the other side.

The Bible says this, *let us not become weary of doing good, for at the proper time, we will reap a harvest if we do not give up.* Galatians chapter 6 verse 9. Just because we cannot see the good result of our labour doesn’t mean that it’s bearing no fruit.

Author: Randy Reynolds.

Reverend David Saunders

New Defibrillator

Please be aware that there is now a Jay’s Aim public access defibrillator in the porch of St Winwaloe’s Church in Poundstock. For information about other local devices, please see page 43 where we have a list of them for you.

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Widemouth Bay Fete

I know some people couldn't make it due to the last-minute date change - the weather gods clearly didn't get the brief! However, we were blessed with a beautiful, sunny afternoon when it did take place.

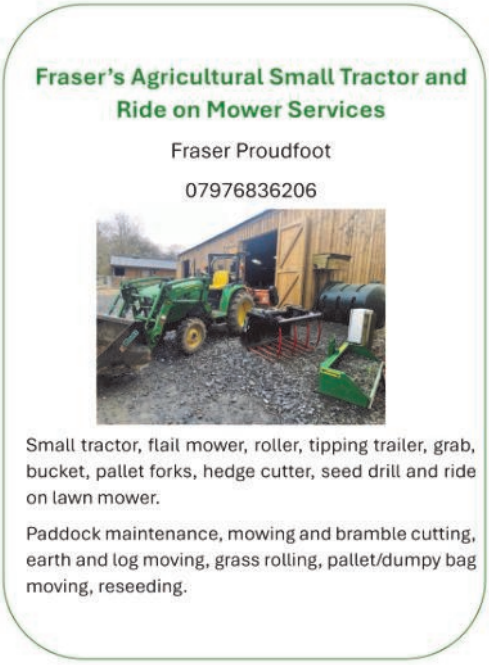
A massive thank you to everyone who came along, helped out, and donated. We would also like to say a big thank you to Widemouth Manor for their incredibly generous raffle prize. Thanks also to the Beach House Shop for donating clotted cream for the teas. And thanks also to Richard Dawson who donated all the proceeds from his beautiful cards.

Cue the drum roll... We raised a fantastic **£800**!

THANK YOU, one and all. Widemouth, you really are a wonderful community. From the total raised, £200 will be given to the church to help with their ongoing maintenance costs as a thank you for always letting us use their beautiful garden. The remaining £600 will be donated directly to the Air Ambulance.

We are already looking forward to next year's event, so please save bric a brac, grow some plants, find some delicious cake recipes and come along to make next year's event even more successful!





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Chocolate Mousse Graves

150 g dark chocolate
120 ml milk
250 g whipped cream

I use Toblerone Caramel Crunchy but any chocolate will do.

Chop chocolate. Heat milk in a pan, remove from heat and stir in chocolate until melted. Pour into a bowl and let cool for 60 minutes. Whip cream very stiff, then mix into the chocolate mixture. Spoon into small glasses and chill until serving.
Crush black Oreos (no cream) and use as soil. Garnish and enjoy!



Pumpkin Snack Platter

Carrots
Grapes
Blackberries
Mandarins
Cucumber
Yellow Cheddar
Nachos
Amounts vary depending on size.

Use a round plate or platter.
Start with the eyes (blackberries). Shape the mouth with cheese and fill with grapes. Garnish with mandarins and carrots, and arrange nachos around the edges to create a pumpkin shape. Add cucumber as the stem.



Spiderweb Mexican Dip

1 large tortilla wrap
1 can refried beans
Chunky salsa (tomato, onion, herbs)
Guacamole
Crème fraîche
Black olives

Warm refried beans from the can in a frying pan, then let them cool.
Place a large tortilla wrap on a plate and spread the cooled beans over it.
Drain salsa in a strainer to get rid of excess juice. Spread over bean mixture, leaving some of the bean layer showing around the edge.
Add guacamole.
Fill crème fraîche into a piping bag and pipe a spiderweb on top.
Make a spider from black olives.



Mummy Sausage Rolls

Sausages (Frankfurter)
Puff pastry
Egg (for brushing)
Mayonnaise
Ketchup
Candy eyes (optional)
Edible glue (optional)

Wrap sausages with thin strips of puff pastry, leaving a gap for the eyes. Brush with beaten egg and bake until golden. Let cool slightly.
Make eyes with small dots of mayonnaise and a tiny dot of ketchup. Alternatively, use candy eyes (they look great but are a bit harder) and attach them with edible glue.

Recipes and photos by Andrea Kuehnis

Farewell To The Beach House

Widemouth Bay said a sad farewell to the popular Beach House in September. Fortunately Beth and everyone have moved to The Weir, and are open 7 days a week for breakfast, lunch, afternoon tea and cake.

Beth says “we have already added some delicious new editions and now the silly season is over, we are working on looking at all our offerings to bring some new delicious, hearty, and wholesome new dishes onto our breakfast and lunch menu We aim to launch a lakeside bar & restaurant in the evenings and a delicious evening dinner menu (Fri & Sat for winter to get started) and Sunday lunch. We are plotting a launch weekend to celebrate the end of an era and a new beginning where everyone will be invited

Plus we are already busy organising Christmas parties, community Christmas lunches, Halloween and lots of other events from the lakeside live lounge, to community fundraisers such as Quizco. Follow socials and our website for more info coming very soon.

We thank the wonderful parish of Poundstock for all their love and support over the years and cannot wait to see you all at The Weir for more good times ahead”.

St. Genny’s Horticultural show



The Legion Hall hosted another fabulous annual exhibition on 31st July, showcasing 377 impressive exhibits from 64 talented entrants. Special thanks go to St Genny’s Parish Council for the venue, and to Trevor and Pauline for providing the adjacent fields.

Despite a tricky growing season, judges praised the spectacular standard of entries. Vegetable judge Margaret Carr noted, "The quality was amazing. The tomatoes, potatoes, and French beans all could have won, but for us, the onions shone."

Heartfelt thanks go to all our expert volunteer judges across the flowers, cookery, dairy, needlework, children's, and honey classes. The day concluded triumphantly with a raffle, a performance by the St Genny’s Silver Band, and the crowning of the new 2026 Carnival Queen, as Rowan Spettigue was crowned by Hannah Tilley. Thank you to everyone who helped, baked, and supported this wonderful community day!

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Millook seal rescue



This 11kg male pup was reported to BDMLR 01825 765546 this morning by Emily Crocker after being found at Millook.

There was no sign of mum at all, and the pup had stranded on the high-tide line, lying on his right side. He had a few cuts and bites, possibly from another adult seal, with one particularly deep wound on his shoulder which warranted an uplift and a trip to Penbode for antibiotics.

Thank you to BDMLR for the coordination, Pas Medina for the assistance and treatment, and to the relay team who got the pup off to Cornwall Seal Sanctuary so quickly.

The Sanctuary have named him Gouda and apparently he's quite feisty, but settling in well. Great team effort all round.

Bude Carnival



Hello, my Name is Tehya Metters and I'm 7 years old. I attend Jacobstow school and live in Poundstock with my Mum, Dad and 2 brothers. I have 3 more siblings and 2 nieces but they live elsewhere.

I was so excited when i was chosen to be this years Bude carnival Fairy princess, I couldn't believe it, my parents said they weren't surprised as my nickname is Queenie.

On the day, I had lots of fun at the children's carnival before being crowned, along with my 2 attendants Wyllow and Elodie, both from Bude.

I really enjoyed being in our float waving at all the people and giving out sweets, but the best part was when I heard friends, family and other children from school calling my name - I felt like I was famous.

I can't wait to do as many carnivals as possible during my reign as Bude carnival royalty.

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Scarecrow Festival

Week St Mary celebrated their Scarecrow Festival in early August- what fun to see so many joining in and enjoying their Cream Teas in the Parish Hall! Remember- jam first! More photos will be available soon on our website.









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MARHAMCHURCH WI

Marhamchurch WI welcomed their guest speaker, Jen from The Plant Room on Belle Vue Lane, Bude. Jen runs workshops at the shop, passing on her skills in building terrariums and kokedamas. Terrariums are glass structures filled with moss and plants; they look wonderful and are easy to maintain if properly established. Kokedamas are a Japanese method of planting inside moss-covered mud balls, known as a "poor man's bonsai". Kokedama translates literally as "moss ball." The craft began some 400 years ago in Japan, when not everyone could afford expensive ceramic pots for their plants.

Jen uses two types of soil: 70% general compost and 30% bonsai compost. It is the bonsai soil that helps make the compost sticky and easier to form into a sphere. Explaining that it is basically like making a mud pie, Jen donned her gloves, gradually added water, and kneaded the mixture to form a ball. She then confidently threw the ball into the air, proving its stability and delighting the members. Once happy with the consistency, she split the ball in half and placed the root ball of the plant between the two halves before reforming it. The sphere was then wrapped with natural moss; purchased rather than foraged to protect the fragile environment where it grows. She then tied string around the ball, leaving a long piece free at the beginning to tie the whole thing together. Finally, the finished moss ball was placed on a shallow dish.



Jen used a peace lily for the demonstration, although lots of different plants can be used and kokedamas are suitable for both indoor and outdoor use. She suggested that bulbs and poinsettias make great displays. The finished kokedama can be placed on a dish or hung in a macramé plant holder, and can be made to any size. Jen made the whole process look very achievable with her clear instructions and demonstration. The workshops are both informative and great fun, so why not give making kokedamas a try? They are striking to look at and easy to maintain by spraying the moss and soaking the whole ball intermittently. Alongside her workshops, Jen sells beautiful houseplants and offers free advice. The demonstration kokedama was generously given as a raffle prize by Jen and was won by Hazel Bullen.

Next month's meeting will feature the Harvest Auction, and visitors are always welcome.

2nd Bude (Jacobstow) Scout Group

Here we are at the start of yet another Scouting term, and this one will see big changes within the Cub section. Daphne, our Cub Leader, who started with our Scout group in 1979, has retired. Daphne has played a massive role within Beavers, Cubs, and Scouts over the years. She will be dearly missed by us all, and we wish her a very happy retirement.

We have also said goodbye to Maria, who has assisted Daphne and Josie for many years, helped Rob during numerous Scout evenings, and participated in many walks and camps. Several of our Cubs are attending a North Cornwall District Cub Camp at Nine Ashes (Bodmin), and both Daphne and Maria have kindly agreed to help out over the weekend. I am sure the Cubs will have a fun-packed weekend! We are incredibly grateful to both Daphne and Maria for their time and dedication to our young people and the Scout group- you will both be missed!

We are pleased to welcome two new Cub Leaders, Katy and Claire. Both are looking forward to the challenge of running the section and getting to know our Cubs. Beavers and Scouts remain the same, with a fun-packed term ahead of us. October will see some of our Scouts heading off to the annual 'Winter Camp' at Nine Ashes (Bodmin). This is a weekend full of activities and evening entertainment that is always a big hit with the Scouts!

Our annual Christmas fundraising evening is planned for Monday 7th December at the hut. More details will follow soon. If you know any young people who would like to come and try out Scouting, please contact the relevant leader from the list below. All young people are welcome to come along for a few weeks to see how they like it.

Cubs (age 8-11) = Mon 6.30pm – 8pm	Katy Paynter	07884 263771
Scouts (age 11-14) = Tue 6.30pm – 8pm	Rob Medland	07842 084971
Beavers (age 6-8) = Wed 5.30pm – 6.30pm	Luke Parker	07525 166717



Local Contacts

NHS non-emergency helpline		111
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(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		07768 100 560
Cornwall Councillor: Nicky Chopak		07810 302 061
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 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 111) 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 (age 8-11) = Mon 6.30pm – 8pm (Katy Paynter 07884 263771)
Scouts (age 11-14) = Tue 6.30pm – 8pm (Rob Medland 07842 084971)
Beavers (age 6-8) = Wed 5.30pm – 6.30pm (Luke Parker 07525 166717)
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 weddings. 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

OCTOBER

1-4th Preston Fest, Preston Gate Inn
3rd A Night of Cornish Music & Dance- Tresmeer Hall - 8pm
3rd Bude Quadrathon- Lower Wharf, Bude Canal - 7:30am
4th Morwenstow Harvest Festival Luncheon- Community Centre - 1pm
4th Roger Mark's Fiesta 5- The Falcon Hotel - 7:30pm
10th Peter Gill Big Band Dance- Parkhouse Centre
11th Divertimento Concert- Minstrels Music, Canworthy Water - 3pm
11th Cornish Nutcracker Endurance Cycle Hillclimb- Crooklets - 8am
16th Albert Lee and his Band- Parkhouse Centre - 7.30pm
17th Dave Kelly & Christine Collister Concert - Falcon Hotel- 8pm
17th Bassline and The Barrel Tappers- Bude Methodist Church -7pm
18th All Saints Dunterton River walk -10.30am
18th Jeremy Huggett Legacy Band- The Falcon Hotel - 7:30pm
22nd Words-Work Open Mic Spoken Word- House of Chaplin - 8pm
23rd Dom Joly, Trigger Happy TV 25th Ann. Tour- Parkhouse Centre - 8pm
24th Camelford Carnival - 5pm
24th The Hour before Nightfall- Crackington Institute - 7.30pm
24/25th Craft Fair and Pumpkin Festival- Gildhouse - 10am
25/26th **Clocks goes back an hour**
30th Up and Coming Comedians- The Falcon Hotel - 8pm

NOVEMBER

1st The Vintage Jazz Collective- The Falcon Hotel - 7:30pm
8th Sunday Remembrance Services - see page 6 for times
10th Launceston Carnival - 10:30am
11th One minute silence - 11am
13th Thunderbirds are Go! with Dee Anderson - Falcon Hotel- 6:30pm
13th Quiz- Gildhouse - 7pm
14th Christmas Fayre- Bude Methodist Hall - 11-3pm
15th Jollity Farm- The Falcon Hotel - 7:30pm
21st Bude Comedy Club- Parkhouse Centre - 8pm
21st Week St Mary's Christmas Market - 4 -8pm
21st Holsworthy Carnival
22nd How to Lay an Egg with a Horse Inside- Parkhouse Centre - 7.30pm
24-28th K.A.T.S. presents Dick Whittington- Grenville Rooms - 7.30pm
27th Joey the Lips (funky 10 piece band) Parkhouse Centre - 8pm
28th Craft Fayre- St Andrew's, Stratton
29th Craft Fayre- Chilsworthy Village Hall - 10-3pm
29th Bude Jazz Club Jollity Farm - The Falcon Hotel - 7.30pm
29th Trudgeons Trad Jazz Troubadours- The Falcon Hotel - 7:30pm

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 7.00pm on the third Wednesday of each month at the Gildhouse, Poundstock..



Neighbourhood Development Plan Committee

Chairman Matthew Blows Contact: 07801 966945

Members: Sara Beckett, Rachael Roberts, Phyllis Ward
Cllrs. Stephen Blake and Michelle Carter.

Email: ndp-sg@poundstock-pc.gov.uk
Post: NDP, Trevoulter Barton, Poundstock, Bude, Cornwall EX23 0DH

Photography Competition Winners

Thank you to everyone who entered our first Poundstock Packet Photography Competition! We had 19 entries and were blown away by the variety and quality of all of them.

HBH Woolacotts Director, Chris, was our amazing judge. HB Woolacotts sponsored the event and provided the prizes, and we really can't thank them enough for everything they have done.

These are our winning entries -
Under 21 - Freya Marsom's beautiful photo "A blooming beautiful village" .
Over 21 - Hilary Kenny's stunning photo "Sunset in the Sand".

Hilary Kenny received her prize from Poundstock Packet Chair Jayne Griffiths. Hilary has turned her winning entry into a canvas.







HBH Woolacotts
Happy to Be Helpful!

Are You Prepared?

Following our introductory article on rural resilience in the Packet's last edition, this instalment details how we can prepare for natural disasters, emergencies or supply chain disruptions. The following health and safety advice takes guidance from local experts and the government's "Prepare" campaign.

How much water should we store?
Water is the most critical supply. The government recommends keeping **at least 2.5 to 3 litres per person per day** for drinking. 10 litres per person per day will make you more comfortable for all basic cooking and hygiene needs. You should store **enough water for at least three days**. Households with pets, babies or medical needs should store extra.

Tap water keeps well when stored correctly.
Use clean, food-grade containers, label them with the date, and refresh the supply every six months. Bottled water lasts longer if unopened. Store containers in a cool, dark place away from direct sunlight and chemicals.



15 litres of drinking water (3 x 5 litre bottles as shown here) is the minimum recommended to last three days for two adults.

Which foods should we store?
Stock up on **non-perishable foods** that don't need much cooking, but that you would eat normally. Again, plan for **at least 3 days of meals**. If the power goes out, the contents of the fridge become vulnerable quickly. The freezer, however, can keep food safe for up to 24–48 hours if the door remains closed.

Ready-to-eat tins (and a tin opener) are classic pantry items, but think about preparing healthy well-balanced meals.

For breakfast consider protein/cereal bars, oats, honey, dried fruit and UHT milk; For lunch, wraps, oatcakes or crackers store longer than bread and go well with toppings like tinned fish and pickles. For dinner, tinned soups, beans, and pastas, and classic desserts like rice pudding, require minimal prep. Snacks such as nuts, tinned fruit, and chocolate all keep well outside the fridge.



Cont. on page 28

GETTING THAT DRINK TO GO?

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Are You Prepared? Continued

Managing sanitation
If water supplies are contaminated by events like floods, avoid using tap water for washing hands, doing dishes, or preparing food until official clearance is given. Hand hygiene is essential during any disruption. Keep a supply of **alcohol-based hand sanitiser**, **wet wipes, and soap**. If water is scarce, prioritise handwashing before eating and after using the toilet. Use disinfectant wipes for cleaning surfaces.

If mains water is unavailable, toilets can still be flushed manually using stored water or water collected from safe outdoor sources, such as a water butt. Pouring a bucket of water directly into the bowl creates enough force to flush. If water is extremely limited, emergency planners advise lining the toilet with heavy-duty plastic bags to do your business into (!) and using absorbent materials such as cat litter. Waste should be double-bagged and disposed of when normal services resume.

Be prepared! Join us over the next two editions as we share more tips on how to prepare for extreme weather, staying connected and supporting the community.

Article written by Victoria G Enger

Hops



It's harvest time… time to harvest hops… and put hops in beer.

Why put hops in beer? Well, sometimes they are put in early before fermentation has started, and sometimes they are put in after fermentation. Fermentation is the mixing of grains of barley with water; the grains sprout and the tender shoots have lots of different sugars in them. Next, this whole yukky malty mess is killed by heating, allowed to cool and then yeast and water are added. The yeast changes some of the sugars into alcohol. And the result is beer.

The hops can add three tastes: bitterness, aroma and flavour, and without the hops, most beers would be sickly sweet.

Hops are in most beers including lager …. reassuringly expensive.

The traditional pint of beer is awfully English, but to sit outside a French café in Paris on a hot day with *un demi* is pretty close to bliss.

Article by Christopher Asbury

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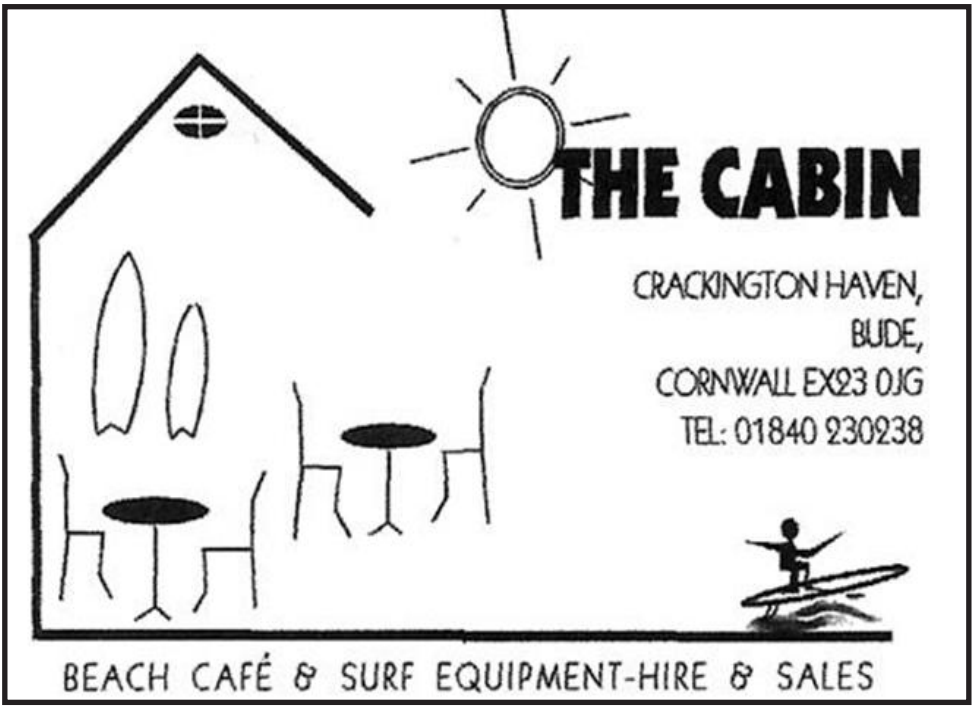
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Bude - Whitstone - Jacobstow - Week St Mary - Marhamchucrh - Morwenstow - Holsworthy -Kilkhampton - -Widemouth - Crackington Haven and surrounding areas.

Spotlight on Sue Burrows

Where were you born? Redruth

What is your connection to Poundstock? I live here

What is your background/career? I started out Gardening and then turned to office work, then nursing

What do you do now? I'm retired

What do you love about the local area and do you have any good tips about the local area? I have always loved the sea and turning the corner at Widemouth Manor and seeing the panorama of the coastline with the sun catching the rolling surf. Who could want for more?

How are you involved with the Packet? Having helped out with Jacobstow Journal I began to help when the Packet was desperate

What are you normally doing on a Wednesday afternoon? On Wednesday I relax having been volunteering at The Castle Bude in the morning

What do you do to relax? I like to read, garden and walk

Most memorable holiday? Going on a cruise around the Marquesas on a ship delivering supplies to the islanders

Favourite film? Soul Music from Terry Pratchett's book

Favourite tv show? Drop the Dead Donkey

Favourite book? Finding the Mother Tree by Suzanne Simard

Favourite music/band? rock and blues

What person has influenced your life? My mother

Do you have a life motto/ give advice to others? Have a go!



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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

Dear Poundstock: We recently achieved a major win for our constituency. Following our intense campaign, Wain Homes officially withdrew its application to renege on over £350,000 of promised infrastructure funding. This is money intended for education, healthcare and transport, and I campaigned hard against the developer's attempt to get out of its 'Section 106' obligations. I raised this directly with the Housing Minister in Parliament and working alongside Lib Dem council colleagues and residents, we won this round - but the fight against North Cornwall's infrastructure emergency continues. I am currently bringing forward legislation to ensure infrastructure is always built *first*.

I was also proud to stand with local farmers at the #BackBritishFarming event. After campaigning hard against the proposed Family Farm Tax, I was delighted by the Government's major U-turn. Since then, I have continued pushing DEFRA for financial support regarding the devastating impact of Bluetongue. Supporting our farmers is vital for our food security and way of life. I regularly meet farmers across North Cornwall to hear what matters most to them - and Buying British, and supporting these local farmers, really helps protect our food security and ensures their way of life can continue here for generations to come.

In other news, I have launched the North Cornwall Community Champions awards to celebrate dedicated, talented and selfless people who do so much to make our towns and villages better here in the constituency. There are countless unsung heroes across our communities who give their time and energy to help others, and I want to make sure they receive the recognition they deserve. I'm working with local charities and community organisations to make sure these awards shine a light on those who contribute so much. If you know a selfless volunteer or dedicated neighbour who deserves recognition, please nominate them at tinyURL.com/NCchampion.

Looking ahead, I have secured talks with the Prime Minister to negotiate Cornwall's devolution deal. I will be pushing hard to give Cornwall greater control over infrastructure levies so new developments actually deliver for our communities. Finally, I have backed a joint Liberal Democrat letter calling for sanctions and a trade ban following Israel's illegal E1 settlement plan. Many of you have raised this on the doorstep, and I will continue urging the Government to take decisive action.

Anyone with questions, queries, or campaigns for me is welcome to contact me at ben.maguire.mp@parliament.uk

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Kernow Weather Team

You only have to live in Cornwall for a short while, to appreciate the weather here is far from predictable. This year we have experienced the damaging Storm Goretti, the wettest start to the year, and the driest, hottest summer on record.



Helping Cornish locals understand and prepare for the weather is Kernow Weather Team (KWT), founded by Dave Clarke (pictured) and his wife Hannah in 2017. The idea was simple: to create a dedicated weather team just for Kernow. Fast-forward to today, and they now have an incredible team of nine volunteers helping read and reply to comments, over 110,000 followers on FaceBook and 23 million reach via the internet.

Dave is a fully qualified meteorologist, with formal training and years of hands-on experience analysing weather systems, forecasts, radar, satellite data and atmospheric behaviour.

But KWT isn't just about qualifications, it's about how they use them. They:

Combine professional meteorological knowledge with local Cornish experience.
Analyse live radar, satellite imagery, pressure charts and model data.
Explain why weather is happening, not just what will happen.
They don't copy and paste forecasts. Every update is personally analysed, interpreted, and written by them.

They also aim to give early heads-ups when severe weather looks likely, sometimes well before official warnings are issued (Storm Goretti being a prime example).



Looking back to January 2026, Storm Goretti was upgraded from a yellow warning to red – which is very rare. The radar view of the Storm was incredible. By following KWT, residents in Cornwall could see how the storm was progressing in real time – including that very eerie "calm before the storm". The storm Goretti post got 4.6 million views on its own.

One comment sums up the impact KWT have: "It feels like you're holding my hand when the weather gets bad."

Cont. on page 37





O&R



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Kernow Weather Team Cont.

KWT publish daily: the weather forecast, tide times, live radar & satellite imagery, clear explanations of weather behaviour, advance warnings when things could turn nasty. That means early starts, late nights and sometimes staying up all night during severe weather.

KWT is more than forecasts, it's a community, and that sums up exactly why they do this. They are self-funding. Over the years, they've tried government and local funding routes and been turned down many times. Even meetings with MPs didn't get them very far. That's why they're incredibly grateful for Donations, Sponsors, Shares, comments, and encouragement.

Thanks to recent donations, they can now access even better weather data, improving accuracy and detail even further. KWT's fame has spread and they've appeared on: UK TV, European news, USA, Japan & Australia TV and numerous radio stations. And of course… The weather cats – Gus and Smudge, who mostly enjoy watching the weather from behind the curtains.

If you are interested in the weather and have ideas of what else Kernow Weather Team can provide, they would love to hear from you, either on FaceBook or via the website www.kernowweatherteam.com or via email kwtweather2@gmail.com

Obituary for Hilda Walter

Hilda Walter passed away peacefully on Friday 28th August 2026, at her home, aged 101 years. She was the Beloved wife of the late Robert 'Bob', much loved Mum, Nan, Great Nan & Great-Great Nan.

In 1987, Hilda and Bob moved to Widemouth, which they loved. She was very proud of Widemouth church and served as church warden and also treasurer there. She was still doing the church accounts up almost until she was 100 years old.

In 1992 she was chosen by Bishop Michael Ball to be a Lay Canon of Truro Cathedral until 1996, and then she was a lay canon emeritus for the rest of her life.



Hilda also spent many hours researching for her monthly page in the Voices Together magazine for the Bude Coast & Country Benefice.

The funeral was held on 28th September, but donations may be given if desired for St Petroc's Society by retiring collection or c/o Mr. P. Walter, Church Cottage, Poundstock.

Poundstock Parish Council - Ordinary Meeting 15 July 2026

Planning Matters
Kennacott Court Holiday Lodge – Cottages. Remove the exiting holiday-use occupancy restrictions at various cottages. Resolved: To recommend the planning applications be refused, primarily due to weakening the tourist economy and adding extra demand for already stretched infrastructure.
Sarum, Marine Drive. Replacement residential dwelling. Resolved: expressed concern about the size of the proposed dwelling and loss of privacy to neighbours, also concern about further demands on sewage infrastructure.
Chairs Report: The chair reported that speed camera signs have been installed on Marine Drive. The mesh on the new car park has settled, further infilling will be required to bring it to a level surface.
South West Water. Resolved that the Council supports the Dowr Glan Campaign by declaring a Vote of No Confidence in South West Water.

Ordinary Meeting 19 August 2026

Planning Matters.
Pomona, Poundstock. Repair and adaptation of farmhouse into a residential dwelling plus listed building consent. Resolved: No objection.
New Hall for Poundstock The Building Regulations stage is expected to be completed by Sept/Oct 2026, with the preparation of the tender pack scheduled for December 2026, and work on site expected to commence by April 2027.
Public Toilets: Resolved to obtain quotes for replacing roof timbers affected by woodworm, and to instruct Paul Libretto to replace the lintel above the baby-changing room window.
Car Park Levy – noted that the current levy will remain at 20p per transaction for 2026/7, and Cornwall Council's contribution of £9,800 is guaranteed.
Remembrance Sunday 2026 – Agreed to ask Reverend David Saunders to conduct a service at the War Memorial at 11:00 am, followed by a church service.
Gerry's Ice Cream trailer: Resolved to agree in principle to the siting on Parish Council land in Widemouth Bay.
Cllr Nicky Chopak reports: the dog warden will be making more regular visits to Widemouth Bay. The new car park will be closed October 2026 for reseeding and planting, and the boulders in the old car park will be removed for the time being.

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

The Deep Roots of Kernow

Cornwall is far more than dramatic coastlines and cream teas. This peninsula- almost an island, with the Tamar rising less than half a mile from the sea at Morwenstow- has always felt distinctly different from our neighbours in Devon. The people here share a unique culture stretching back thousands of years.

Long before anyone was called "Cornish," ancient communities thrived here. If you have visited Boscawen-un or Lanyon Quoit, you have seen the marks left by Neolithic and Bronze Age societies. Over three thousand years ago, Cornish tin was traded across the channel for Mediterranean olive oil and wine. Later, the Celts brought a heritage linking Cornwall to Brittany, Wales, and Galicia. For centuries, Kernow had its own kings and a roster of Celtic saints like Petroc and Piran whose names still grace road signs from Penzance to Bodmin.

As Anglo-Saxon power crept westward, Cornwall lost its political independence. By the 16th century, English squeezed out the native tongue. The Prayer Book Rebellion of 1549 was a fierce response to the English government imposing a new liturgy in a language most Cornish people did not speak.

Centuries later, Cornwall transformed into a global mining powerhouse. When the industry declined, thousands of families emigrated to Australia, South Africa, Mexico, and New Zealand- wherever rock was drilled and ore hauled. They took their traditions, surnames, and pride with them, creating what historians now call the Cornish Diaspora.

By the early 20th century, Cornish had all but disappeared, with Mousehole's Dolly Pentreath famously cited as the last native speaker. Yet that was not the end. Following Henry Jenner's 1904 handbook, a passionate revival blossomed.

By the 1980s, language classes, bilingual signs, and Celtic music festivals flourished. In 2002, Cornish was officially recognised by the UK under the European Charter for Regional or Minority Languages.

Today, beneath the veneer of surf shops and holiday rentals, Cornwall's Celtic soul remains beautifully intact. It lives on in the place names, the songs, the pasty you buy, and the flag proudly waved on St Piran’s Day.

Article written by Pat Thorne





These two adorable doggies have been enjoying the summer weather in Bude. Thank you for the anonymous knitter who produces such wonderful creations for the Crescent Post Box. They put a smile on everyone's faces.

Emergency Phone Numbers

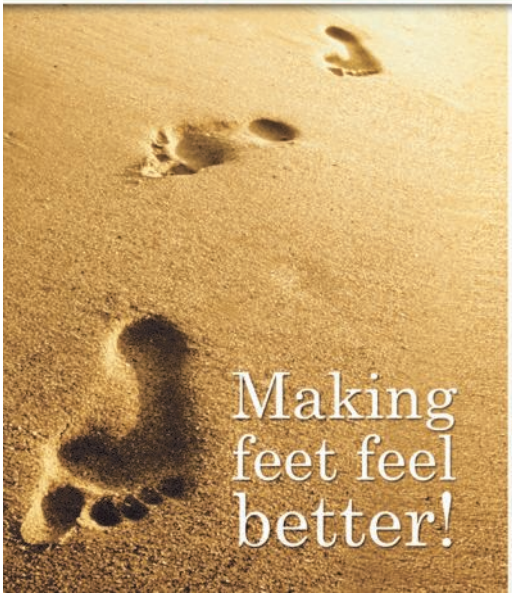
It's always a good idea to be prepared for unexpected power cuts, adverse weather and emergencies. Make sure you have torches charged up, have a power bank ready and charged for your mobile phone and make sure you know who to call in an emergency.

Fallen branches / trees on a road or Cornwall Council land - 0300 1234 222
Emergency highway issues - 0300 1234 222
Power line issues - overhead cable down or pole damaged - 0800 316 3105
National Grid to report a power cut - 0800 6783105
South West Water to report a leak - 0800 230 0561
Flooding / drainage issues on a public road - 0300 1234 222
Environment Agency Floodline - 0345 988 1188
Gas emergencies in the West and Wales - 0800 111 999

For the police, fire service or medical emergencies, call 999.

- For non-emergencies, call the police on 101.
- Use NHS 111 if you need urgent but not life-threatening health advice, or when your GP surgery is closed, and you cannot wait until it re-opens. Visit http://111.nhs.uk or call 111

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Our absolute deadline for the next edition is 15th November 2026—contact Hettie 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.

Poundstock: in the porch of St Winwaloe's Church in Poundstock.



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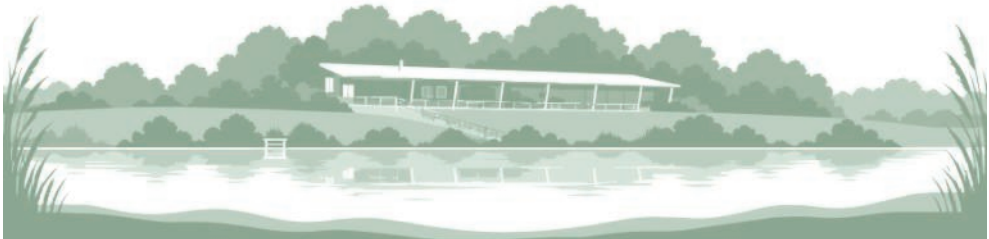
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