

No. 134 - August / September 2025



THE POUNDSTOCK PACKET

KERNOW BYS VYKEN!



Photo credit to Sue Burrows

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

Contact us at poundstockpacket@gmail.com



THE 2 MINUTE FOUNDATION

SUMMER SESSIONS 2025

5TH-30TH AUGUST

ANYONE AND EVERYONE! WEDNESDAYS 1-3PM

Come and meet team 2 Minute at Crooklets Beach for 2 Minutes, or 2 hours! We will be set up on the beach and will be undertaking mini rockpool explorations, 2 Minute Beach Cleans, and quick crafting activities. Drop in and out as you please.



FAMILIES

EARLY YEARS TUESDAYS 9.30-11.30

Stories, sensory learning and singalongs help the little ones enjoy the beach while having a healthy dose of beach inspiration!

booking essential

OLDER FAMILIES TUESDAYS 12.30-2.30

Beach cleans, stories, low-tide walks and exploration are just a few of the activities that we will be taking part in! Best for Family groups with children over 4.

booking essential



YOUNG PEOPLE

5 - 11's (ISH!) WEDNESDAYS 9.30-11.30

We will be delving into rockpools, cleaning up our beaches and exploring the coves and creatures within them!

These are drop off sessions aimed at young people who want to learn how to protect their oceans and become 2 Minute Superheros!

booking essential

TEENS TUESDAYS 12.30-2.30PM

Meet up on the beach for fun, exploration and coastal inspired activities. Meet up with other likeminded teens and get involved with hands-on practical conservation.

booking essential



NOTES FROM THE EDITORS

Hello and welcome to the bumper Summer edition of the Poundstock Packet. Our cover photo this time is an apple variety found originally in Poundstock in 1906! You can find the article on Page 9. We also have a great activity sheet to help you make the most of the summer holidays and make loads of memories (see pages 26 & 27).

Exciting things are happening behind the scenes here at the Packet. Full information in the next edition but watch this space for a new website and a chance for you to tell us what you'd like us to do.

We're always looking for help with the Packet. If you can help in any way whatsoever, please contact us at poundstockpacket@gmail.com

Enjoy your Summer and stay safe.
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.

The absolute deadline for our next edition is 14th September 2025.

We do not necessarily endorse the views expressed by individual contributors and while we do our best to make sure all information is accurate, we can't accept any responsibility for errors. We reserve the right to edit items submitted and decide on what is suitable for publication. If you wish to copy or reuse any of our content, please contact the editor.

ADVERTISING AND DISTRIBUTION

Advertising in the Packet currently costs from £35 a year (six issues) depending on the size of ad you choose. This includes delivery direct to all the homes in the parish – currently over 550. For more information please contact Julie Pawley via advertpoundstockpacket@gmail.com We do our best to deliver to everyone in the parish, but if you know of anyone who has been missed please let us know. For those who live elsewhere, copies are available at the Beach House and Wainhouse Country Stores, on our website (poundstockpacket.org.uk) or by post; please contact us for details.

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GILDHOUSE JOHN DEERE TALK

There was a very interesting talk in the Gildhouse on 9th July about John Deere Tractors presented by Bert Stephens. He gave us the history of John Deere, a blacksmith who developed the first commercially successful, self-scouring steel plough in 1837, and founded the company that still bears his name. Bert also shared with us his background within the company over the last 40 years.

The company also make construction equipment, and are market leaders in precision farming. They develop and build their own satellite guidance systems etc which can make tractors self steer within 2mm whilst working in the fields.

The Gildhouse was full and all present made use of the Pop Up Pub.

The two pictures below are of the Waterloo boy the first tractor John Deere made and the 9rx which is the latest tractor just launched.



GILDHOUSE EVENTS AUGUST & SEPTEMBER

Friday 1st August 7.30pm Pop up Pub - Open Mic Night 15 minute slots, Music, Poetry, Spoken Word. (A free pint for braving the mic!) contact Ben on 07718 207170 for more details.

Sunday 17th August 2.30 -4.30pm Cream Teas.

Friday 22nd August 7.30 - 11.00pm Pop up Pub with Food Van.

Sat 13th September 7.30pm Fundraising Event - Curry and Pud Night with Pop Up Pub £20 per person.

Friday 26th September 7.30pm Pop Up Pub until 11.00pm.

Please contact Maria 07428161323



CHURCHES AND SERVICES FOR AUGUST AND SEPTEMBER 2025

Please check your current church times in “Voices Together” as subject to change

AUGUST			
3 Sunday	09.30 10.00 18.00	HC All EP	BH WSM M
6 Wed'day	08.30 10.00	MP HC	Zoom BH
10 Sunday	09.30 09.30 11.15 18.00	HC MP HC EP	M P W WSM
13 Wed'day	08.30 10.00	MP HC	Zoom WB
17 Sunday	11.15 18.00	HC EP	WSM M-Revel
20 Wed'day	08.30 10.00	MP HC	Zoom BH
24 Sunday	09.30 09.30 09.30 10.00 11.15	HC HC MP MP HC	M P W WSM BH
27 Wed'day	08.30 10.00	MP HC	Zoom WB
31 Sunday	10.30	Benefice	P

SEPTEMBER			
3 Wed'day	08.30 10.00	MP HC	Zoom BH
7 Sunday	09.30 10.00 18.00	HC All EP	BH WSM M
10 Wed'day	08.30 10.00	MP HC	Zoom WB
14 Sunday	09.30 09.30 11.15 18.00	HC MP HC EP	M P W WSM
17 Wed'day	08.30 10.00	MP HC	Zoom BH
21 Sunday	09.30 09.30 11.15	HC MP HC	BH M WSM
24 Wed'day	08.30 10.00	MP HC	Zoom WB
28 Sunday	09.30 09.30 09.30 10.00 11.15	HC HC MP MP HC	M P W WSM BH
1 Oct, Wed	08.30 10.00	MP HC	Zoom BH

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

FROM THE RECTORY

The walls of hospitals have heard more honest prayers than Churches, and they have witnessed far more sincere kisses than those in airports. It is in hospitals that you see a homophobe being saved by a gay doctor or a privileged Dr saving the life of a beggar. In intensive care you see a Jew taking care of a racist or a police officer and a prisoner in the same room receiving the same care. A wealthy patient waiting for a liver transplant ready to receive the organ from a poor donor.

It is in these moments, when the hospital touches the wounds of people, that different worlds intersect according to a divine design. In this communion of destinies we realise that alone, we are nothing. The absolute truth of people, most of the time, only reveals itself of pain or in the real threat of an irreversible loss. A hospital is a place where human beings remove their masks and show themselves as they truly are, in their purest essence.

This life will pass quickly, so do not waste it fighting with people. Do not criticise your body too much, complain excessively or lose sleep over bills. Make sure to hug your loved ones. Do not worry too much about keeping the house spotless. Material goods must be earned by each person. Do not dedicate yourself to accumulating an inheritance. You are waiting for far too much: Christmas, Friday, next year, when you have money, when love arrives, when everything is perfect.

Perfection does not exist, a human being cannot attain it, because we are simply not made to be fulfilled here. We are given an opportunity to learn, so make the most of this trial of life - and do it now. Respect yourself and others. Walk your own path and let go of the path others have chosen for you. Respect: do not comment judge or interfere. Live more intensely and leave the rest in the hands of the Creator.

Is this why the Bible says: Teach us to realise the brevity of life so that we may grow in wisdom?

Psalm 90 verse 123. New living translation.

Taken from Clifton Cathedrals Facebook post by **Reverend David Saunders**

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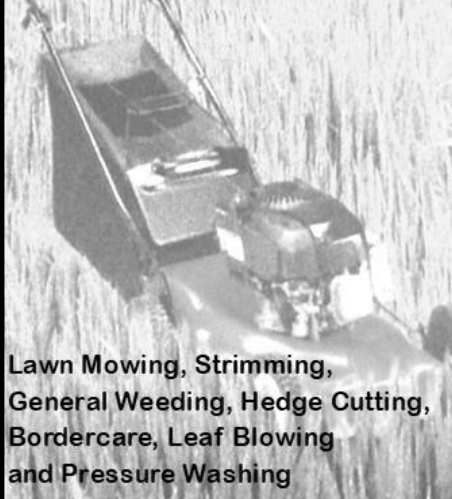
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POUNDSTOCK WHITPOT SWEET

A few years ago I discovered, from reading an old book, that an apple variety named the Whitpot Sweet was originally found in Poundstock in 1906. It wasn't listed with any of the suppliers, but I managed to secure a couple of twigs from a tree library and have been propagating my own from grafts. Last year on 'domestic' rootstocks and this year on commercial/large M25 rootstocks too.

I actually intend to offer one of these large ones to the village this winter (if they are interested) as the parish council may want one of their apple trees to come back home. I'm passionate about getting our most local variety grown again in this area and I'm raising a small number for sale.

The Whitpot Sweet is a dual purpose apple that is used as a cider apple as well as for the traditional 'Whitpot' which as far as I've managed to discover is basically a bread and butter pudding with slices of apple in between the layers.

The tree in my orchard in Stratton has a few apples on it, but it is only a sapling.

If you are interested in one of these grafted apples, contact: Philip Saunders, Chair, DASH email philipsaunders@yahoo.com



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BUDE CANCER SUPPORT GROUP



**Bude
Cancer
Support**

Bude Cancer Support is a local support group open to anyone affected by cancer, resident in or visiting the area, including those living with or recovering from the disease, their families, friends and carers. We live in one of the furthest locations from a hospital in the UK with a cancer support group. To answer the need, the Bude group was set up in 2022 becoming a charity in 2023 with financial help from Macmillan Cancer Support.

Open café sessions are held at the Parkhouse Centre, Bude from 1.30 to 3.30pm on the second and fourth Monday each month. Refreshments are provided and everyone is made very welcome in a friendly, informal environment.

Conversation is wide-ranging and topics of relevance are introduced by visiting professionals from time-to-time.

There is no pressure on anyone to discuss their personal situation, but advice and signposts to other services and support are readily available. It is helpful to know that others are having or had similar experiences.



In addition to the regular meetings, a variety of arts / craft workshops, restorative therapy sessions and events (involving local businesses and charities) are organised to promote both physical and mental health. These are an important part of recovery and coming to terms with the long-term effects of the disease. All the classes, workshops and cafes, including refreshments, are free of charge to attend.

For more information: hello@budecancersupport.org or visit our Facebook page at <https://www.facebook.com/budecancersupport>

Written by Steve Pawley

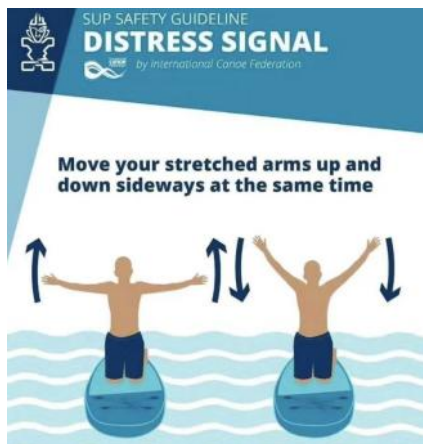
SUMMER BEACH SAFETY

Principally, Beach and Sea safety is common sense. If the beach is empty with no lifeguards, consider going to a safer beach that is manned—you can find beaches with lifeguards at <https://rnli.org/find-my-nearest/lifeguarded-beaches>

When on a beach :-

- Look at the beach safety warnings which are at the top most beaches.
- Swim in the designated areas.
- Don't take inflatables out on the North Coast of Cornwall.
- Know the signals for “Help” (see illustration).
- Know how to “float” to conserve energy and move out of a “rip” (see illustration).
- The sun and heat are not “Mediterranean” in England but sun screen is a must and stay hydrated.
- If you must go to that secluded empty beach be aware that tides do come in, so make sure there is an escape route.
- Please don't dig in the sand dunes. (a) they are there to protect the shore line and (b) they will/can collapse and bury.

Please be sensible, stay safe this summer and don't leave your common



sense at home.

For more tips about staying safe at the beach, visit www.cornwall.gov.uk/parks-leisure-and-culture/beaches-in-cornwall/beach-safety/



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ROB GRIFFITHS - OBITUARY

We are sad to report the death of Rob Griffiths aged 63, the husband of our joint-editor Jayne.

Rob and Jayne moved to Poundstock in 2022, having returned from Perth in Western Australia where they lived for 17 years. Moving to Cornwall had been a dream and they had both settled into the local community, and enjoyed renovating their house and garden in Vicarage Lane.

Rob was a keen golfer, and a member of Bowood Park Golf Club. He had just returned from a golfing trip in Thailand, after the long flight he laid down for a nap and tragically died in his sleep.

Rob was also a lifelong supporter of Chelsea Football Club, donations if desired to the Chelsea FC Foundation can be made at <https://robert-bryn-griffiths.muchloved.com>



WIDEMOUTH NET

Another huge ghost fishing net was washed up at Widemouth Bay on 16th July. From the initial reporting of the net, it was hauled up the beach and cut up in a day thanks to the efforts of Widemouth task force, Ado Shorland, Odyssey Innovation, Fathoms Free and many other amazing people. It was estimated to be a 100m net!

A huge catfish was found in the net. It was barely alive but was given TLC and returned to the sea safely after a very lucky escape..



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TIME FOR A WALK!

It was a lovely sunny day with a slight cooling breeze – just the day for a light amble. We started off at Poundstock church and took the footpath towards Wanson. The going was fairly damp, only one really bad marshy bit, even after all the sun and wind we've been having.

There was a lovely smell from hawthorn flowers and bluebells. The birds were singing their hearts out. It was good to be alive!

We took the path to the St Neot's Holy Well, admiring the amazing views around us. Down into the dip and through the gate and there was the stone building around the well. A lovely little door with old fashioned hinges was open and we had a drink of the clear ice cool water. Around the arch was an inscription and date but unfortunately our Latin was not up to scratch.

There was a seat on either side of the door with a fish motif on one side and a chi rho on the other all with ancient meanings.



We spent some time sitting on a stone bench in front of the courtyard absorbing the quiet and peace all around.

On our return we went pass the Gildhouse to vote at what must be the oldest Polling Station in the land and inspected St Winwaloe's Holy Well opposite. It was a very pleasant morning.

POUNDSTOCK PACKET COMMITTEE

At the AGM of the Poundstock Packet in March 2025, Jen Spettigue stood down as Chair after many years. The role has very kindly been taken on by Karen Probeta.

The other Committee members are:

Editors—Tania Clegg and Jayne Griffiths

Treasurer— Alan Green

Advertising—Julie Pawley

Minutes secretary—Jayne Griffiths

Distribution—Phyllis Ward.



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NEWS IN BRIEF

Bude Park and Ride

For those who don't fancy trying to park in town, try the new Park and Ride. It will start operating on **Saturday 19 July 2025** and run until **Saturday 30 August 2025**, with buses running **every 15 minutes** from **09:30 to 19:00, 7 days a week**.

Free parking will be available in the field situated between **Bude Business Park and the A39**. The entrance and exit will be off the A39. People will be signposted along the footpath in the field that runs parallel to the A39, and comes out on the layby on the northbound carriage way.

The bus will travel north along the A39, turn left at the roundabout and travel down the A3072 (Stratton Road), dropping off at The Strand, before returning to the Park and Ride via King's Hill. **Tickets will cost £2 return for adults, £1 return for children and £6 return for a family of up to 2 adults and 4 children.**

Tiscott Wood

The new reuse shop at Bude Household Waste and Recycling Centre is open! Kernow Reuse Shops save preloved items from the skips and sell them on at affordable prices. You'll find all sorts of treasures inside including toys, homeware, electricals, musical instruments, tools, sports equipment and furniture. You can also find Kernow Reuse Shops at Truro, St Austell, Launceston, Falmouth and United Downs.

Teaser for the next edition of the Poundstock Packet!

Big changes are happening behind the scenes at the Packet. In the next edition we will be asking you for your thoughts and opinions about what you like / dislike about the publication and what you'd like to see more or less of. Don't miss your chance to give an opinion!

We are also working hard on a brand new website to compliment the printed edition of the Packet and also a possible Facebook page. Watch this space!

And finally ...

On the front of every edition of the Packet are the words KERNOW BYS VYKEN! Who knows what they mean? The answer can be found at the bottom of page 40.

SPOTLIGHT ON JEN SPETTIGUE

In July, we had the pleasure of interviewing our out-going Chairperson, Jen Spettigue. Jen is one of the founding members of the Poundstock Packet.

Where were you born?

I was born at Otterham Mill

What is your connection to Poundstock

Our home farm neighboured Poundstock

What do you love about the local area and do you have any good tips about the local area?

I love the cliffs and the beach. If you want quiet, Millook is the place.

How are you involved with the Packet?

When we moved to Poundstock, there wasn't a magazine and St. Gennys had one, so I got funding and knocked on doors to ask people if they would deliver to their neighbours. When talking with Dudley at the chapel we started the Packet.

What are you normally doing on a Wednesday afternoon?

Nothing! Wednesdays are busy for the Gildhouse with the rota, open days and monthly talks

What is your favourite place in Cornwall or Devon?

Home! Next is the top of Penkenna

What do you do to relax?

Knitting

Most memorable holiday?

Australia. I have family there

Favourite film?

The Sound of Music. I love musicals

Favourite tv show?

Anything to do with farming and nature

Do you have a life motto?

You get nothing unless you work for it. That's what my parents told me.



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
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Parish council chair: Stephen Blake	- stephen.blake@poundstock-pc.gov.uk
Parish clerk: Lynn Pluess	0776 8100 560
Cornwall Councillor: Nicky Chopak	0781 030 2061
Cornwall Council	0300 1234 100
Bude Library	0300 1234 111
Library renewal line	0845 607 6119
Recycling centre/tip (Tiscott Wood)	0300 123 4141
Samaritans	116 123
National Childline	0800 1111
Police – non-emergency	101
Farming Community Network	0845 367 9990
Bude Food Bank	01288 448748
Citizens Advice	03 444 111 444
(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
Poundstock Skittles: Pam Gilhespy	01288 361570
Poundstock Ringers	01288 488758
Juliotter Garden Club	01566 781559
or 01840 261237	
Rebel Cinema	01288 361442

LOCAL ORGANISATIONS

LIBRARIES—Bude Library is currently open 10.00–5.00 Mondays, Wednesdays and Fridays, 10.00–1.00 Saturdays. Reserve books by phone (0300 1234 1111) or online at www.budelibrary.co.uk Poundstock's two pop-up libraries, in St Winwaloe's and Our Lady and St Anne's, are available when the churches are open (all day, every day). A wide choice of books can be borrowed or bought, with all proceeds going to charity.

POUNDSTOCK POST OFFICE—Based in the old shop at Cornish Coasts Caravan and Camping Park on the A39. Open Mondays and Thursdays, 9.00–1.00 (ask at the main shop).

THE FOLLOWING ARE ACCURATE TO THE BEST OF OUR KNOWLEDGE, BUT CHECK BEFORE YOU GO (CONTACT DETAILS BELOW).

SCOUTS AND GUIDES

Cubs: Monday 6.30–8.00 pm (01288 352786)

Scouts: Tuesday 6.30–8.00 pm (07842 084971)

Beavers: Wednesday 6.00–8.00 pm (07855 001284)

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

MARHAMCHURCH WI—Marhamchurch Methodist Hall, 7.30 pm, second Tuesday of the month

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

BUDE JAZZ CLUB—Live music and dancing Sundays 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 or ring 01237 471111.

POUNDSTOCK GILDHOUSE—You can hire the Gildhouse for events from meetings to parties and wedding. Call 01288 341537 or visit www.poundstockgildhouse.co.uk.

REGULAR EVENTS

WI Week St Mary 19.15 2nd Thursday Monthly

Camelford Garden Club 14.30-16.30 1st Wednesday Monthly Library

DIARY DATES

For events at the Poundstock Gildhouse, see page 5.

AUGUST

- 1st Pure Queen-Ebbingford Manor-7.00pm
- 2nd Widemouth Bay Summer Fete, Leverlake Rd-2.00-4.00pm
- 2nd Crackington Carnival
- 2nd Andrew Browning as George Michael-Ebbingford Manor, 7.00pm
- 3rd Al Fresco Folk Festival, Ebbingford Manor, 2.00-9.00pm
- 6th North Devon Show - Umberleigh Barton Farm
- 6th The Merry Wives of Windsor, Ebbingford Manor, 6.30pm
- 6th Flower Crowns Workshop, Castle 1.00-2.00pm
- 7-19th Dangerous Dave, The Falcon Hotel, 5.00pm
- 13th Robin Hood, Ebbingford Manor, 6.30pm
- 13th Camelford Show
- 14th Okehampton Show
- 16th Bude Carnival, 6.30pm - events during day in Rugby Field
- 16th Carnival Dance 7.30pm
- 17th A Midsummer Night's Dream, Ebbingford Manor, 6.30pm
- 16/17th Vicar of Morwenstowe 150 years celebrations
- 21st Much Ado About Nothing, Castle Lawn, 6.30pm
- 22nd The Big Bad Wolf, The Falcon Hotel, 5.00pm
- 23rd Pete Allen Jazz Band, The Falcon Hotel 8.00 – 11.00pm
- 23/24th Antique and Salvage Fair-Wadebridge Showground
- 23rd Village Boys Reunion, Bullers Arms 7.30pm
- 25th Bude Lifeboat Day
- 26th - 29th Bude Jazz Festival
- 27th HMS Pinafore, Ebbingford Manor, 6.30pm
- 28th Holsworthy Show
- 30th Pearl Exchange Summer Market, 11.00am – 3.00pm
- 30th Robin Hood Panto, Ivor Potter Hall 2.00-3.30pm
- 30th Greystone Quarry Open Day 10.00am -.3.00pm

SEPTEMBER

- 3rd The Piskie Trap 2.00-3.00pm-Castle.
- 9th Eastwood Stories 2.00-3.00pm Castle
- 12th /14th Celebrating 50 years of Wooda, Bude
- 19th Barbara Nice "Fun" Week St Mary Playing Field, 8.00pm
- 20th Joe Thomas, The Venue – 7.00pm
- 21st West Country All Stars, The Falcon Hotel 11.00am – 3.00pm

POUNDSTOCK PARISH COUNCIL

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<i>Vice-chair</i>	Michelle Carter	michelle.carter@poundstock-pc.gov.uk
<i>Councillors</i>	Max Faulkner	max.faulkner@poundstock-pc.gov.uk
	Steve Haynes	steve.haynes@poundstock-pc.gov.uk
	Eric Harris	eric.harris@poundstock-pc.gov.uk
	Pamela Idelson	pamela.idelson@poundstock-pc.gov.uk
	Tom O'Sullivan	tom.osullivan@poundstock-pc.gov.uk
	Graeme Swatton	graeme.swatton@poundstock-pc.gov.uk
<i>Parish clerk</i>	Lynn Pluess	clerk@poundstock-pc.gov.uk 07768 100 560

For details of how to apply to be co-opted to the Parish Council, please see the website or contact the Clerk

The parish council website carries agendas, full minutes and other documents, as well as information about the Neighbourhood Development Plan and the parish cemetery. At present, council meetings take place at 7 pm on first and third Wednesday of each month at The Beach House, Widemouth.



Poundstock Neighbourhood Plan Committee

Chairman: Matthew Blows

Secretary: Lyn Smith

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

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

We are nearing the end of another busy summer term, with all 3 groups participating in many different outdoor activities. During the bank holiday of 26th May, Scouts helped out at the 'Launceston Steam & Vintage Rally', doing everything from running games to litter picking.

A weekend in June saw 4 Cubs take part in the annual 'Cub Challenge'. The Cubs spent a night camping at 'Sticker' and walked over 17 miles during the Sat and Sun around the local area. A massive achievement for our Cubs.



Sunday 22nd June, 21 young members joined the North Cornwall Scout District Fun Day, at Camel Creek, alongside many other groups. A lovely day and for some of our members a very wet, fun day.

Our AGM has been held and reports were read by the 3 Leaders, conveying all the activities / event that have been completed over the past year. All committee members have agreed to carry on for a further 12 months.



In July, Beavers, Cubs and Scouts all took part in a sponsored bike ride at East Roose Farm, Trelash. Many miles were completed and although the final figure has not been calculated, all money raised will be going towards the groups / hut. We thank everyone who sponsored our young people.

In just a few weeks, 9 of our Scouts will be taking part in the 'Kernow Scouting Jamboree'. A week-long camp at St Stithians show ground, with members from all over the country. A super experience for our young members with a full week with various activities and evening entertainment including discos, live bands and cinema. I'm sure many wonderful memories will be made.

After the Jamboree the team will be having a well-deserved break for the remainder of the summer holidays before kicking off again in September.

We welcome new members:

Beavers – from age 6-8 years, Wednesday 5.30 – 6.30pm. Contact Josie Shepherd 07855 001284

Cubs – 8-11 years, Monday 6.30-8pm. Contact Daphne Dowling 01288 352786

Scouts – 11-14 years, Tuesday 6.30-8pm. Contact Robert Meldand 07842 084971 robert.medland1988@gmail.com

Thank you, Jill.

MAKING SUMMER MEMORIES

On the opposite page (27), you will find a blank “Summer Activity List”. The idea is to sit down with your children and work out a plan of action together to fill the summer days. They can be free activities and you don’t have to spend any money making memories with your children. Maybe you could have one main activity that costs some money, eg summer holiday or a trip to leisure centre and the rest of the activities are filled with fun but free events eg making dens.

We have included some ideas for you below. You can use one template for the whole of the school holidays, or copy it and create a weekly list. Don’t forget you can also add some chores on here eg 10 minutes of reading per day, do the washing up daily etc. Enjoy!

SUMMER

LET'S MAKE MEMORIES

Places to go

- Beach
- Woodland walk
- Geocaching
- Library

Games to play

- Rounders
- Outdoor olympics
- Monopoly
- Hide and Seek

People to see

- Uncle Sam
- Playdate with Mia
- Sleepover with bestie
- Picnic with George

Experiments to do / Things to make

Make slime	Make pizza	Lego building	Homemade playdough
Decorate Cupcakes	30 mins colouring a day	Fingerprint flowers	

☐ Make a den in house

☐ Body boarding

☐ Camp in garden

☐ BBQ with 'smores

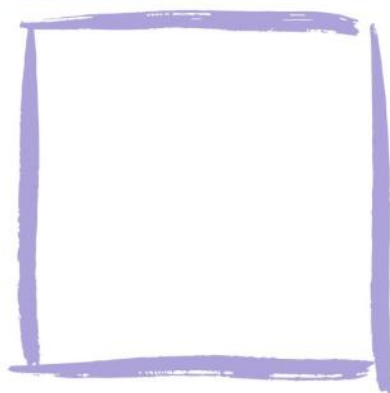
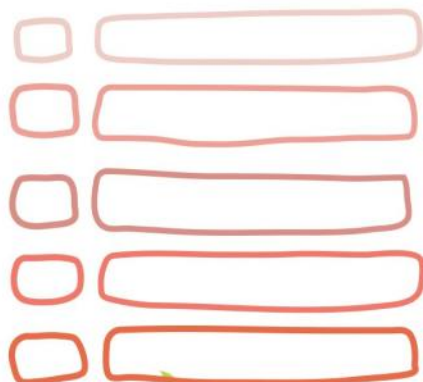
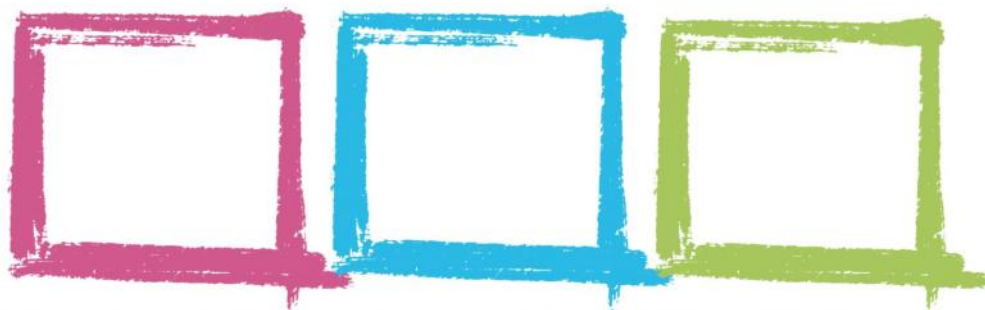
☐ Nature scavenger hunt

**Movies to watch/
books to read**

- Film - The Goonies
- TV - Young Sheldon
- Book - something by David Walliams
- Book - Charlie & the Chocolate Factory

SUMMER

LET'S MAKE MEMORIES



St Gennys Silver Band

Are seeking new players,
experienced or otherwise.

We have instruments to loan,
and free tuition.

We meet on at 7pm Wednesday night
at The Legion Hall, St Gennys.

We're a small friendly band,
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Or find me on Facebook at David Fawcett.

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2nd Bude Jacobstow

Scouts, Cubs and Beavers Group

scouts.org.uk/join
#SkillsForLife

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Want to learn how to build fires and other survival skills?
Do you enjoy crafts and making friends?
Would you like to join a group that promotes outdoor learning??

If you answered,
Yes, to the above
then maybe you'd
like to try out
Beavers, Cubs or
Scouts??
Come and give it a
go and see if you
like it!



Image caption: Lorem ipsum

SCOUTS

From age 11 - 14

Meet at the Scout
hut every Tuesday
from 6.30-8pm

Contact

Rob Medland

07842 084971

BEAVERS

From age 6-8

Meet at the scout
hut every Wednesday
from 5.30-6.30pm

Contact:

Josie Shepherd

07855 001284

cubs

From age 8-11

Meet at the scout
hut every Monday
from 6.30-8pm

Contact:

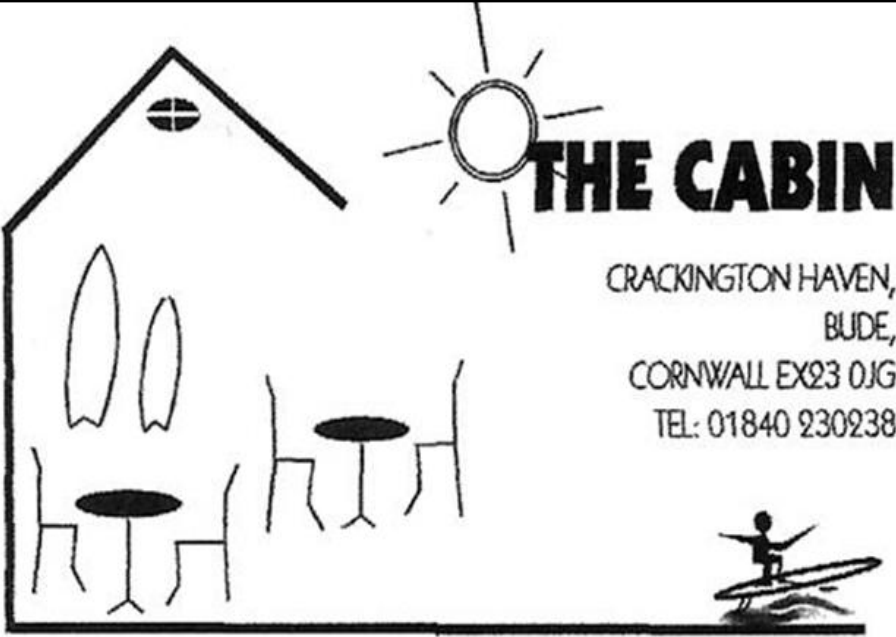
Daphne Dowling

01288 352786



Our new scout hut
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for a new
adventure.

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VOLUNTEERS NEEDED

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.

FIVE YEARS OF THE PEARL EXCHANGE: A LEGACY OF HOPE AND CREATIVITY



Can you believe it's been nearly five years since The Pearl Exchange opened its doors in Bude? What began as a deeply personal response to tragedy has grown into a vital part of our local community, supporting over 1,300 young adults across North Cornwall and Devon with creativity, connection, and care.

The Pearl Exchange was founded in 2019 by Rose and Johnny Bamford after the heartbreaking loss of their daughter, Pearl, at just 19. Having supported Pearl through her mental health struggles, they saw firsthand how little support existed for her generation, and how isolating and overwhelming life could be for young people in our rural region. Determined to make a difference, they created a space where young adults could access the support and inspiration they deserve.

Since then, The Pearl Exchange has blossomed into a thriving creative hub. Open five days a week, it offers free workshops, events, co-working space, and wellbeing support for people aged 18–35. From pottery to poetry, life drawing to open mic nights — the space buzzes with activity, energy and care. In addition to this we offer 9 free sessions of one to one counselling for those in need of targeted support.



One participant shared: *“The Pearl Exchange has enabled me to socialise with people my own age, comfortably for the first time in my life. I can be myself without fear of judgement. This has sky-rocketed my confidence — I feel happy in my own skin for the first time ever.”*

But the need is ever growing, and to meet it, The Pearl Exchange needs your help. That's why they've launched *String of Pearls*, a community of generous monthly donors who help keep the doors open and the activities running.

Each donation, no matter how small, makes a difference. Together, the *String of Pearls* helps ensure this unique space continues to offer hope, connection and opportunity to the young people who need it most, not just now, but well into the future.

If you'd like to become part of this inspiring story, you can join the *String of Pearls* online by scanning the QR Code here or at <https://thepearlexchange.org.uk/support-us/>

Or contact us at info@thepearlexchange.org.uk





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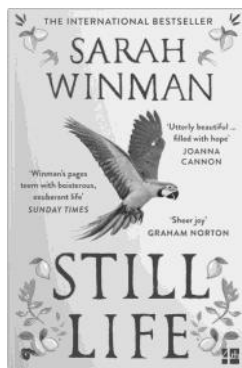
e.bragg@hotmail.co.uk 07535 938140

BOOK REVIEW BY WIDDY READERS

"Still Life" by Sarah Winman was, to start with, a bit difficult to get into. I think this was, in part, due to the fact that there were few punctuation marks; commas, speech marks, inverted commas etc.

However, once into it I couldn't put it down. It began in Italy 1944 and dived in and out of the decades after. The post war decades followed 2 main characters; Ulysses Temper (a young British soldier) and Evelyn Skinner (a 64 year old art historian).

A journey of forbidden loves, behaviours misunderstood and deep, deep friendship across class systems, countries and political belief. A good dose of prejudice thrown in for the key characters to overcome made this a wonderful read as characters unfolded and grew before your eyes. Historically accurate and interesting art analysis did not detract from the flow at all.



Written by Widdy Readers book club

WHY DON'T YOU BUZZ OFF?

'You honestly say you like wasps?'

'Yeah, wasps are cute, and they pollinate as much as bees.'

'But bees are cuter. And if the bees die out we'd all die out.'

'It's the same with wasps. It's just that bees get a better press. Go into any bookshop and the shelves are buzzing with books on bees. None on wasps.'

'Bees make honey.'

'So do wasps.'

'Bees have organised systems of queen, worker and so on.'

'So do wasps.'

'Bees don't sting you unless you anger or frighten them.'

'It's the same with wasps.'

'Alright. Does anything eat wasps?'

'About 130 types of bird eat wasps including willow warblers, swallows, blackbirds and starlings. Plenty of mammals like eating wasps: badgers, weasels, foxes, mice and bats. Frogs, toads and lizards enjoy wasps too.'

'Ok Give me one good thing wasps do.'

'Wasps are one of Nature's pesticides. A thousand wasps will kill three thousand caterpillars a day.... Caterpillars that eat our grain which makes our bread.'

'Ouch!'



Written by Christopher Asbury

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SOMETHING LIKE A COLOUR SCHEME

I don't have a herbaceous border that looks as if it was planted by Gertrude Jekyll or Vita Sackville-West. My garden unashamedly contains plants and ideas from all over the place. The space I have filled reflects me, and my mad impulse buys.

The native plant lobby might complain that heavy use of exotics is potentially damaging to the ecosystem, but all the plants in my garden are now survivors and whatever people may say, the garden is full of birds and bees, butterflies and frogs.

The end of the garden is dominated by the burgundy leaves of physocarpus, highlighted by the yellow leaves of dogwoods which do double duty in the winter months by displaying their scarlet branches. Behind them, the ghostly white jacquemontii birches. So while it's not the most classic colour scheme, I find myself coming back to it again and again: gold and bronze, burgundy and lemon. I put the purple-leaved hazel with a golden elder, or spiky dark plum berberis underplanted with golden marjoram and fancy that this repeated combination gives some sort of unity to my scheme. I do try flowers of course.

Further colour has been injected this season with the bright orange of day lilies and crocosmia, but they do say that it's the foliage that underpins the garden, in the way that the string section underpins an orchestra. One of the lessons my garden has taught me is that you don't necessarily have to be completely in love with everything you plant – although that frequently ends up being the case.

I often hear people say that they don't like grasses, or topiary, or conifers. But sometimes, you need to think outside your prejudices in order to provide contrast and texture, not to mention a bit of colour. Just as in the theatre, there are star performers and a supporting cast—although in my case the supporting cast has actually taken over and I depend more and more on the foliage, shrubs and bulbs.

When I first came here, I detested the seaside bungalow image of mophead hydrangeas but I adore them now and am an avid collector of their wide variety. At this stage in the season they are almost the sole providers of colour in my garden, save for the scarlet hips on the faded roses and a brilliant display from annual cosmos.



What I think I'm saying here is that just as life is something that happens when you were planning something else, in the end, it's not really about the design you wanted or the colour scheme you had in your head, or the plants that just didn't take to you. In the end if it makes you feel better just to sit in, walk around, or simply be in the garden that you created, that really is all that matters.

Written by Pat Thorne (www.juliottergarden.club)

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iWALK CORNWALL

You may have heard of iWalk Cornwall - circular walks with GPS way points (full of information about interesting landmarks on the walk). The app is free to download then walks are each available for £3.39, the income from which pays towards the costs of creating and continually maintaining the content of each walk.

They now have a new Mystery App which you can find at <https://www.iwalkcornwall.co.uk/mysteries/> It is also available from the App Store for an additional £14.99 per walk which gives you a story, puzzles and clues on the correct way to go.

The mystery walks are an outdoor escape room combined with a mystery tour, and a fun social activity to do with family or a friend. It is a self-guided activity done using a mobile app, which can be purchased directly via the mystery walks app and can be done whenever it suits you.

For each one, there is a story with an overall mystery to solve. To do this, you solve puzzles to unlock each direction of a walking route. Locally there is a Bude and a Boscastle based one at the moment and reported to be great!

BUDE CONCERT ORCHESTRA

LAST NIGHT OF THE PROMS

SATURDAY 27th SEPTEMBER 2025

PARKHOUSE CENTRE BUDE 7.30pm

**Vocalists: Jenny Johnson, Mark Rosser
and Jeremy Ward**

Sailors' Hornpipe, Jerusalem, Rule Britannia, Land of Hope and Glory

HMS Pinafore Overture (Sullivan)

Romance in G Beethoven (Amy Sharp-violin) Gabriel's Oboe (Morricone)

O Mio Babbino Caro (Puccini)

Jazz Suite Waltz No.2 (Shostakovich)

£10.00 on the door. Light Refreshments



26 ~ 29 AUGUST 2025

**WELCOME TO THE 36TH
BUDE JAZZ FESTIVAL**

*Bude Jazz Festival committee are
pleased to announce that
Tickets are now on sale!*

EXCERPTS FROM PARISH COUNCIL MINUTES

Poundstock Parish Council – Summary of Minutes May/June/July 2025

AGM 14 May 2025

Cllr Stephen Blake was elected as Chair and Cllr Michelle Carter as Vice-Chair. Councillors were assigned portfolios and appointed to steering groups and outside bodies (see the minutes for details).

Planning matters: Trevissick Poundstock – alterations and improvements – no objections

Land North of Coppathorne, Poundstock – proposed garage and storage building – resolved to strongly object

Land East of The Firs – Vicarage Lane – The PC wishes to reaffirm its objections and recommends that the matter be submitted to the Planning Committee

New Hall for Poundstock The Chair agreed to circulate any planning conditions for comment, and subject to no objections being raised, to give the PC's agreement to the conditions.

Ordinary Meeting 4 June 2025

Cornwall Hero Awards – it was resolved to nominate the plumber who repaired the toilets free of charge following an act of vandalism.

Planning Matters Land West of Stone Park – change of use from barn to dwelling – no objections

New Hall Agreed: to accept the engagement letter with Laurence Associates Architects; to research professional grant application agencies; to enter into formal negotiations with the landowner.

Hele Valley Trail Resolved to award £500 to the Hele Valley Trail project and to express the PC's support.

Appointment of Officer Resolved to appoint Cllr Tom O'Sullivan as Assistant to the Clerk for a 6 month trial period.

Ordinary Meeting 18 June 2025

20 MPH Speed Limits – Consultation with Cornwall Council

Discussion about the proposed limits, whilst acknowledging the need to reduce speed around Marine Drive and Treskinnick Cross, Cllrs questioned whether the proposals were based on local knowledge or a desk-based assessment.

Planning Matters St Victor, Long Park Drive, Widemouth Bay – retrospective planning for a garden shed – No objections but conditions to use only for intended purpose.

PARISH COUNCIL MINUTES—CONT.

Ocean View Coast Rd, Bude – demolition and replacement dwelling – no objections

Extraordinary Meeting 25 June 2025

Annual Governance and Accountability Return 2024/5

Resolved to approve all documents.

Ordinary Meeting 2 July 2025

Planning Matters Higher Tregole Bungalow, Poundstock. New agricultural/ tractor store. No objections subject to condition that is used solely for the purpose described and not used or converted to use as a separate dwelling in the future.

Platt Meadow, Widemouth Bay. Lawful Development Certificate for the use of buildings for grazing/stabling for livestock. Objection on the grounds of incorrect information and a clear intent to develop in an inappropriate location.

New Hall: Resolved to engage Charity Fundraising Ltd to seek grant funding. Further discussions in relation to the hall were deemed to be of a confidential nature and were discussed in closed session.

Widemouth Toilets: discussion about the coin mechanism for the showers not working, one option is to make the showers free to use. The cost of water and electricity in the RNLI building have escalated, it was resolved to investigate bringing these utilities under the PC control.

Hele Valley Trail: grant funding opportunities will be explored with Cornwall Cllrs.

Upgrading the Defibrillator at Leverlake Rd- agreed to upgrade at a cost of £186

Cllr Nicky Chopak Report – Cornwall Council has a new cabinet and portfolio holders, and has reversed decisions made by the previous administration, i.e. to transfer council car parks to private ownership, and to sell Newquay airport.

20 MPH Consultation – Chair reports that although Widemouth Bay does not meet the criteria for 20 MPH speed limits, grant funding is being sought for further speed reduction measures.

Call for Sites for social housing – agreed to appoint a consultant to progress this project, estimated 10 hours work at a cost of £823.

Co-option of Councillor – resolved to co-opt Liz White to Poundstock Parish Council.

This is a summary of Council meetings. For full details please see the Parish Council website poundstock-pc.gov.uk

Marhamchurch WI were lucky to have Scott, one of Bude First Responders as their guest speaker for June.

What a wonderful job they are doing and thanks go to all the first responders working to support the south west ambulance and NHS.

They are all volunteers who choose to give their time to both saving lives and raising the funds needed to do that. Only the uniforms they wear are supplied by the NHS everything else-including the cars are bought through fund raising. If you can please donate and help them help all of us in the area.



Pictured is WI member Rose Pooley who volunteered to help demonstrate the chair used to help patients who have fallen and are unable to get up.

POP-UP GALLERY CERAMICS & SCULPTURE

Pineapple House,
Poundstock
EX23 0DZ

13TH & 14TH
SEPTEMBER
10am - 4pm

Discover a stunning collection
of handcrafted ceramics and sculptures
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Reid Pottery Zoffers Ceramics Spiral Ceramics



Answer: KERNOW BYS VYKEN translates into Cornwall forever!



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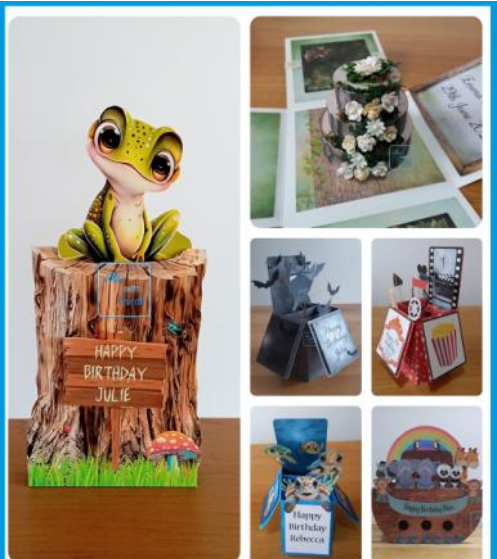
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FREE ADVERTISING FOR LOCAL EVENTS

The Packet will always advertise local community and charity events free of charge. But we don't 'just know' what's happening – you have to tell us! Our absolute deadline for the next edition is 14th September—contact Tania or Jayne at poundstockpacket@gmail.com

DEFIBRILLATORS IN THE PARISH

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

Widemouth Bay: next to the Summerhouse (by the church, Leverlake Road); near the top of Long Park Drive by the entrance to Pencarra and Bellair, just below the junction with Edith Walk; at the back of the public toilets just above Widemouth beach. The RNLI lifeguards also have a defibrillator, available at their hut above the beach when they are on duty.

Treskinnick Cross: just off the A39, in the old phone box.

DB
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