

No. 136 - December 2025 / January 2026



# **THE POUNDSTOCK PACKET**

KERNOW BYS VYKEN!



Picture credit to Jayne Griffiths

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## NOTES FROM THE EDITORS

Hello and welcome to our Winter / Christmas bumper edition! We've included a fun 4 page Christmas pull out for you, we really hope you like it.

If you haven't returned your survey from the previous edition, but still want to, please email it to us at [poundstockpacket@gmail.com](mailto:poundstockpacket@gmail.com) We were a bit disappointed that out of 575 surveys, we only received 11 back. You can read more about the survey results on page 11.

Have you had a chance to look at the new website yet? You can find us at [www.poundstockpacket.co.uk](http://www.poundstockpacket.co.uk) We'd love to know what you think of it.

We hope you all have a Merry Christmas and a Happy New Year, and we will see you next year!

Tania & Jayne

## CONTRIBUTIONS

We always welcome input from our readers. If you want to send us an article, photographs or local information, contact us at [poundstockpacket@gmail.com](mailto:poundstockpacket@gmail.com).

**The absolute deadline for our next edition is 15th January 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](mailto:advertpoundstockpacket@gmail.com) We do our best to deliver to everyone in the parish, but if you know of anyone who has been missed please let us know. For those who live elsewhere, copies are available at the Beach House and Wainhouse Country Stores, on our website ([www.poundstockpacket.co.uk](http://www.poundstockpacket.co.uk)) or by post; please contact us for details.

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# GILDHOUSE CRAFT FAIR & PUMPKIN FESTIVAL

On the weekend of 25th and 26th October, Poundstock Gildhouse held its annual Craft Fair and Pumpkin Festival.

There was a wide range of craft stalls selling everything from crochet to jams, wood turning, stained glass, art and jewellery. The church and Gildhouse were buzzing. Over the weekend, light lunches and delicious cakes were available.

We had a record number of imaginatively carved pumpkin entries. A big thanks to all who entered and to David (Judge) and Marie (who provided sweets to each child).

Pumpkin competition results:

Child: Best Carved Adwin Cobbledick

Child : Overall Delphie Ellis

Adult: Cassie Cannon

We raised an impressive £1619.97 to support the upkeep of the Gildhouse and St Winwaloe church. A big thank you to all the stallholders, volunteers and everyone who came and supported this event.



**Saturday 13th December**  
6.30 - 11 pm

**Pop-Up Pub**

**POUNDSTOCK GILDHOUSE**

**Bude Metric Brass**  
Live festive music (7.30 -9pm)

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**Carols by Candlelight**  
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**Sunday 14<sup>th</sup> December**  
**3.00pm**

St Winwaloe's Church, Poundstock  
**Mince pies & mulled wine**

Donations for St Petroc's



# CHURCHES AND SERVICES FOR DECEMBER & JANUARY

For the exact programme, please read the monthly “**Voices Together**” which has all the up to date details.

Friday 12 <sup>th</sup>	15.00 Carol Service-Widemouth Bay
	17.00 Christingle-Marhamchurch
Sunday 14 <sup>th</sup>	15.00 9 Lessons & Carols-Poundstock
	17.00 Christingle-Marhamchurch
Tuesday 16 <sup>th</sup>	16.30 Crib Service-Week St Mary
Sunday 21 <sup>st</sup>	16.00 9 Lessons & Carols with band
Christmas Eve	15.30-Crib Service-Budehaven
	17.00-Crib Service-Week St Mary
	21.30-Holy Communion-Marhamchurch
	21.30-Holy Communion-Week St Mary
	23.15-Holy Communion-Budehaven
Christmas Day	09.00-Holy Communion-Poundstock
	10.15-Holy Communion-WeekStMary
Sunday 28 <sup>th</sup> ,	09.30-Holy Communion - Holy Innocents, Marhamchurch
	09.30-Holy Communion-Poundstock
	09.30-Morning Prayer-Whitstone
	10.00-Morning Prayer-Week St Mary
	11.15-Holy Communion-Budehaven

## **Roman Catholic St Peter's, Bude**

Christmas Eve	16.30-Carols
	17.00-Mass
Christmas Day	10.00-Mass

## **Bude Methodist Church**

Christmas Eve	16.00-Family Nativity Service-Meet the donkey
Christmas Day	10.00-Family Service

## FROM THE RECTORY

### The Housewife

Tony Campolo writes that his friend and prominent radio preacher Steve Brown eloquently described a housewife who was washing dishes in the kitchen sink one day after the children had left for school. She looked at one particular plate. She stared at it for a long time and asked over and over again, “How many times have I washed this plate? How many times have I dried it? How many times will I wash it and dry it again?” She then set down the plate, took off her apron, packed a few of her belongings, and left.

That night she called home to tell her husband that she was all right, but that she just could not come home again. From time to time, over the next several weeks, she would call just to see how her husband and children were doing. But she would never tell them where she was, nor accede to the pleas from her family to return.

The husband hired a detective to search for her, and after picking up a few leads, the detective tracked her down. She was in another state, living in a small apartment over a luncheonette where she had a job as a waitress. Her husband set out immediately to bring her home. When he found the place she was staying, he knocked on the door of her upstairs apartment. She opened the door, saw him, and did not say a word. She went into her bedroom, packed her belongings, and silently followed him out to the car. Then, in silence, he drove her back home.

Several hours later when the two of them were alone in their bedroom he finally spoke, and he asked her, “Why didn’t you come home before? Over the phone I begged you to return. Why didn’t you come?”

The wife answered, “I heard your words, but it wasn’t until you came for me that I realised how much you cared and how important I was to you.”

It can be said that though the prophets in the Old Testament section of the Bible may have tried to tell us about God’s love, we never really got the message until God showed up among us.

The Bible puts it like this, The Word, (Jesus) became human and lived among us. We saw his glory – the glory that belongs to the only Son of the Father – and he was full of grace and truth. John’s gospel, chapter 1 verse 14. He broke into history and became one of us, and as one of us, showed us His love.



**Reverend David Saunders**

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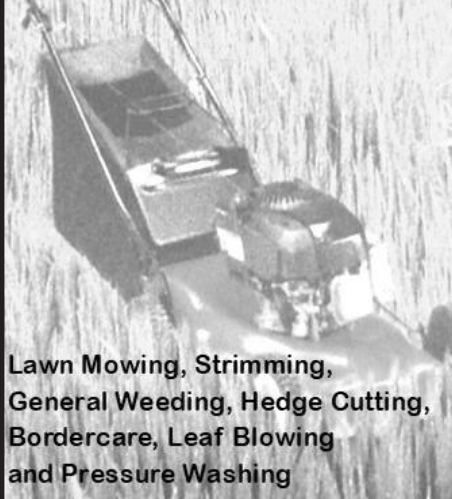
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## LOCAL FARMERS WIN NATIONAL AWARDS



Local farmers Jonathan and Judith Chapman of Hele Barton Farm have won not one, but two national awards judged by Farmers Weekly. Winning *Beef Farmer of the Year* is a prestigious title. With a herd of 210 beef cattle, Jonathan and Judith have developed a highly resilient business. Cows calve indoors in a tight seven-week block, and this year they have achieved a 100% calving rate.

Jonathan has made use of technology including Artificial Intelligence, and working with other farmers has developed the GoodBeef Index, which assesses production, eating quality and environmental credentials and scores individual animals out of 120.

Having diversified their business to include six holiday cottages and a small farm shop selling their beef, they are able to provide full traceability on their packs of beef meat by displaying QR codes that list the score for the source animal. They have worked out what consumers want and take time to chat with visitors to the farm shop and holiday cottages, to find out what people not involved in farming are thinking.

As a farm vet, Jonathan's herd health plan is robust, investing in vaccinations for known diseases such as blue tongue, and have set up an isolation unit in case of TB. Farmers Weekly say that Jonathan will be a guiding light as the industry transitions to an era without the Basic Payment Scheme.

In addition to this award, Jonathan also won the *Environmental Champion of the Year*. Beef farming gets a bad name among environmentalists, but Jonathan believes that productive farming and environmental stewardship go hand-in-hand.

Their farm integrates pasture, woodland and hedges to enhance species diversity. They have planted 10ha of winter bird plots to create habitat corridors. Vast areas of multispecies leys and red clover with minimal fertiliser and direct drilling have helped improve plant rooting depth, soil structure and drought tolerance, and resulted in a superb bodyweight of weaned calves.



Jonathan is ahead of the curve on carbon credits, having signed a five year deal with grazing technology firm Ruumi, which will reward them for sequestration gains and reduced fertiliser use.

[www.helebarton.co.uk](http://www.helebarton.co.uk)

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## NEWS IN BRIEF

### Can you help?

The Gildhouse are looking for a Treasurer and volunteers to help with the 1540 Feasting Hall. Can you help? If so please contact Jen on 01288 361525.

### Survey results

In the last edition of the Packet we included an insert for you to complete to give us feedback about the Packet. At the time of writing we have only received eleven completed surveys, out of 575 households, which is a disappointing response. If you would still like a say, please email us at [poundstockpacket@gmail.com](mailto:poundstockpacket@gmail.com)

Everyone who responded said that they read the adverts and would refer to these when looking for a local trade or service, which demonstrates that the advertising space is excellent value for money.

Even with a small number of responses, there were some good ideas for future articles including: Cornish recipes; Local walks and footpaths with maps; Wildlife and conservation; Local history; Residents letters/views; Regular kids page/puzzles; Volunteering stories and opportunities; Local Celebs and heroes.

We will aim to include more of these in future editions - but we need your help. If you have an interest, please write us a few paragraphs ideally with pictures. We can always assist with editing. We are always looking for local pictures particularly for the front cover, so please send us any of your local photos old and new.

### Remembrance Day

November 9th was Remembrance Sunday in the UK, a day of commemoration for all who have served and died in conflict. In Poundstock, a service was held at St Winwaloe Church and the congregation gathered in front of the War Memorial. Rev David said a few words and two wreaths were laid, followed by a minutes silence.

The congregation then progressed to the church in silence, where a short service of Remembrance was held. Paul Brooks read 'The Names' and Dr Morwood played the Last Post and Reveille. After the service, refreshments were served in the Gildhouse.



## NIGHT SKY IN DECEMBER

Mars will be lost in the glare of the setting Sun, while Saturn will be rising in the South East, followed by Jupiter in the East. He will be prominent throughout the night, following the constellation of Orion. As you face him, look for Betelgeux, the reddish star in his top right shoulder.

At roughly 10 million years old, Betelgeux is much younger than our nearly 5-billion-year-old Sun. But while it is much younger, it is also much more massive and will burn through its materials faster, and will therefore have a shorter lifespan than a star like our Sun.

In the Autumn of 2019, Betelgeux started to drastically dip in brightness. Within months, the star had dimmed by about 60% in an event now known as the Great Dimming. Scientists found that Betelgeux "blew its top" (a type of event known as a surface mass ejection). Once in space, this material cooled into a dust cloud that temporarily blocked the light from the star.

Betelgeux will, *eventually*, go supernova. However, scientists expect this isn't likely to happen for about another 100,000 years, at which point Betelgeux will become either a neutron star or black hole.

My thanks to Chelsea Gohd, NASA's Jet Propulsion Laboratory **Bill Turnill**

## MARHAMCHURCH ACADEMY

As we approach the Advent season at Marhamchurch C of E Academy, it is a joyful time, it's also an opportunity to nurture calm, reflection, and meaningful learning. We aim to create space for a deeper understanding of the Christmas story as they learn about the true meaning of Christmas in RE lessons. We ask big questions such as - Why do Christians believe that Jesus is the Messiah?

Our focus Christmas value is FRIENDSHIP and we have been doing lots of work around being a good friend and supporting others when they need a friend. Elsewhere in the curriculum, the children have been developing their 'stop motion' filming techniques, using small world toys to create short mini films, learning about what an archaeologist does and the amazing finds in different areas of the world and, in History, looking at different modes of transport across the ages and how this has changed the road network in Cornwall.

Our Christmas play this year is called '*A Christmas Story*' and we are getting ready to perform to parents and carers in December. Also for the season, we are constructing a 'grotto' in our outdoor classroom for a special visitor! The children are also designing a tree for our local Christmas tree festival in St Marwennes and our school choir will be singing to the local community too!



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**Bude Choral Society**

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Bude Methodist Church

**Christmas Carols**

19<sup>th</sup> December 6pm

Bude Choral Society with Marhamchurch C of E Academy

**WIDEMOUTH RESIDENTS**

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ROAST TURKEY WITH STUFFING, PIGS IN BLANKETS, ROAST POTATOES AND SEASONAL VEG  
DUCK WITH FONDANT POTATOES, CHERRY ARED WINE SAUCE  
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## BUDE MEMORY CAFE

Bude Memory Café is a friendly, relaxed meeting place where people living with memory loss and their carers/family/friends can enjoy an entertaining afternoon. We offer a safe space to make new friends, to socialise, to build connections and to share information and experiences.



We are a volunteer-led community group, independently run but part of the Cornwall Memory Café Network. We were originally set up in 2010 as a place where carers could bring the person they care for and enjoy a sociable afternoon together, maybe making some new friends along the way. There is no charge for the cafés and we rely totally on grants, donations and fundraising activities. We meet in Rooms 2/3 at the Parkhouse Centre and our cafes are on the first and third Friday of every month, from 2.00 pm to 4.00 pm.

### **What to expect**

Each café starts with entertainment of some sort or an engaging activity. We have a long list of singers and musicians we can call on, both local amateurs and professionals, who sing a range of familiar songs; people are welcome to get up and dance if the mood takes them. Music has been found to trigger memories, enhance wellbeing, stimulate the brain and support deeper emotional connections – and that applies to all of us, not just those with memory loss.

Although most weeks we try to include music, we do occasionally have activities, such as playing games (both big and small), using resources to stimulate memories (such as the M & S box we hire which has clothes from the 60's and 70s; or tossing pancakes on Shrove Tuesday), creative activities and music making. We try to have an outing once a year – last year we had a cream tea at the Golf Club and we had a coach trip to the Bodmin Steam Railway, thanks to the very generous fundraising done by Bude Golf Club. This year we have had a cream tea at The Falcon.

### **Everything stops for tea at 3!**

We have tea/coffee and cake, followed by a raffle and time to chat.

We believe it is important for carers to have an opportunity to meet with other carers and to share experiences or just offer support or practical advice. Some of our volunteers have been carers themselves and wear 'Friendly Ear' badges to help identify them; they are on hand if anyone would like to talk to them. None of our volunteers are experts but we aim to offer support and can suggest where further help might be found.

Everyone is welcome so come and along and see whether the Memory Café is for you.



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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
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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
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CCS helpline/Age UK Cornwall	01872 266383
Floodline	0845 988 1188
National Grid (power cuts)	0800 678 3105
Poundstock Church (Barry Smith)	01288 361716
Marhamchurch WI: Shirley Youldon	01288 354672
Juliotter Garden Club	01566 781559
or 01840 261237	
Rebel Cinema	01288 361442

## LOCAL ORGANISATIONS

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

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

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

### SCOUTS AND GUIDES

Cubs: Monday 6.30–8.00 pm (01288 352786)

Scouts: Tuesday 6.30–8.00 pm (07842 084971)

Beavers: Wednesday 5.30–6.30 pm (07855 001284)

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

**MARHAMCHURCH WI**—Marhamchurch Methodist Hall, 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](http://www.budejazzclub.co.uk) 01288 361491.

**BUDE BRIDGE CLUB**—Tuesday and Friday evenings, Wednesday afternoons, in the Parkhouse Centre. Details from [www.bridgewebs.com/Bude](http://www.bridgewebs.com/Bude)

**POUNDSTOCK GILDHOUSE**—You can hire the Gildhouse for events from meetings to parties and wedding. Call 07768 753699 or visit [www.poundstockgildhouse.co.uk](http://www.poundstockgildhouse.co.uk).

### REGULAR EVENTS

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

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





# christmas fun!



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X U I N E R C F I S W N C E N  
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Y B R L R S H P A C K E T L S  
Q T K J C C T F J J J P R A L  
R K S L Y A O O U A Q I U W O  
B N T P S L T Z C C P E C N R  
C T P K J D L N S K T S C I A  
X A R T O R N O A Q Y N W W C  
H J T E M M Y S H S N C O T F  
D X K E E F B M U S L O O S D

advent carols elves happychristmas  
holly mincepies nativity packet  
poundstock presents reindeer  
santaclaus snow  
stwinwaloe tree

# CHRISTMAS GIFT IDEAS FOR ADULTS

## For givers on a budget

- Homemade jam or chutney
- Homemade fudge or chocolate
- Voucher for time, eg babysitting over a weekend, 2 hours cleaning, 30 minute dog walk
- Personalised football shirt keyring
- Gift voucher and day out in the January sales
- Afternoon tea at home
- Food hamper

## Secret Santa approx £10 - £20

- Christmas mug filled with chocolates, eg lindt balls
- Mini bottle of prosecco
- Book or book token with bar of chocolate or hot chocolate
- Christmas candle and a chocolate orange
- Voucher for local coffee shop
- Pamper pack, eg face mask, foot mask etc
- Clip on book light

## For those difficult to buy for people

- Experience days, eg balloon flight or indoor sky diving
- Spa day or weekend
- Weekend or night away
- Tickets to a theatre show
- Magnetic wristband for DIYers
- Cashmere gloves
- Adult lego set
- RHS or National Trust subscription
- Reading pillow / adult cuddle cushion
- Flower subscription

## Personalised gift ideas (need to order quick!)

- Football shirt keyring
- Personalised Quality Street tin or Toblerone or Marmite
- Wall calendar
- Doormat, eg "Welcome to the Smith's"
- Photo bauble
- "Curries from Around the World, personalised gift"
- Journal
- Road sign
- Personalised Lego Brick Photo Block Puzzle



# CHRISTMAS GIFT IDEAS FOR KIDS

## Ages 4-11

- ProjeX Arcade Game Projector. £40. Age 8+ (age 6+ with supervision)
- Magna tiles. £15+. Age 3+
- Zip string rope launcher outdoor fidget toy £30 age 6+
- Wobble/Balance Board £10-£20. Ages 18m-6yrs
- National Geographic kits, games, books - have a look online
- 3Doodler Essential 3D Starter Pen Set £40, cheaper brands available. Age 6+

## Stocking Fillers ~ £10 ish

- Minecraft magnetic cubes - £10+. Age 3+
- Beyblades - £10+. Age 8+
- Kinetic sand - £10+. Age 3+
- Hair perfume for teens - Sundae brand £10+
- New Hunger Games book £10
- Make your own bubble tea set £10+
- Funky plasters £5
- Bath crayons £4+ (age 12m+)
- Whoopee cushion £4
- Blu-tac £2, post it notes £4

## Ages 12+

- Skincare brands for teens (incl boys) - CeraVe, The Ordinary, Nip + Fab, Byoma
- Make up brands for teens - Elf, Primark dupes, search deals at Sephora or give Sephora voucher
- Fairy lights £10+
- Mini projector £40+
- See adult page for other ideas, eg personalised gifts, gift voucher for local coffee shop

## Any age/Family

- Rubik's Pulse Cube £25, age 8+
- Exit the Game - escape room games - £15+. Haunted Rollercoaster is recommended (1-4 players), age 10+
- Sensory sock £20
- The Traitors Card Game £15 (4-8 players), age 8+
- Hamper of favourite snacks
- Rolled ice cream maker - £15+

All prices quoted, at time of writing



## Did you know?

Iceland has 13 mischievous "Santas" called the Yule Lads who visit children for 13 nights leading up to Christmas, starting on December 12th.

Candy Canes: Invented in 1670, the original purpose was for a choir master to keep children quiet during church services by handing them out as straight, sugar-stick candies.

Christmas was illegal: In 1647, Oliver Cromwell banned Christmas celebrations, and Oklahoma was the last U.S. state to make it a legal holiday in 1907.

Track Santa on Christmas Eve at:  
[www.noradsanta.org](http://www.noradsanta.org)

What is every parent's favourite Christmas song?  
Silent Night!

What do you get when you cross a snowman with a vampire?  
Frostbite!



# colouring fun!



## WHAT KIND OF PHOTOS DO ELVES TAKE?

*Elflies!*



## WHAT KIND OF MOTORCYCLE DOES SANTA RIDE?

*A Holly Davidson!*





# DIARY DATES

## DECEMBER

- 2<sup>nd</sup> – Christmas fair, John Smith School, Camelford. 4.00 – 6.30pm
- 5<sup>th</sup> – Soup and a sweet, Crackington Institute. 12.00 – 2.00pm
- 5<sup>th</sup> – An enchanted Castle Christmas, Bude Castle. 4.30 – 6.00pm
- 6<sup>th</sup> – Market at Bude Castle. 11.00 – 4.00pm
- 6<sup>th</sup> – Bude Methodist Church, Craft Fair. 10.00am – 12.00
- 6<sup>th</sup> & 7<sup>th</sup> – An Enchanted Castle Christmas, Bude Castle. 11.00 – 4.00pm
- 6<sup>th</sup> – Wreath making, Stratton (07881 465985) £15.00. 10.00am – 12.00
- 7<sup>th</sup> – Johnny Cowling sings Gospel, Lanteglos Church. 7.00pm
- 8<sup>th</sup> – Christmas fundraising event, Jacobstow Scout Hut. 6.30pm
- 11<sup>th</sup> – Wreath making, Bray Hall, Marhamchurch. 7.00 – 9.00pm
- 12<sup>th</sup> – 31<sup>st</sup> Allain, Queen's Theatre, Barnstaple
- 13<sup>th</sup> – Craft Fair, Pearl Exchange, Bude. 11.00am
- 13<sup>th</sup> – Pop up pub with Bude Metric Brass & Vic's Food Van. Poundstock Gildhouse. 7.30pm
- 14<sup>th</sup> – Carols by candlelight, St Winwaloe's Church. 3.00pm
- 19<sup>th</sup> – Christmas carols at Bude Methodist Church. 6.00pm
- Until 30<sup>th</sup> December RHS, Rosemoor "Glow"
- Highway 39 Cafe is closed 22<sup>nd</sup> December till 2<sup>nd</sup> January

How about a course for a Christmas present? DASH members get a discount.  
To apply, contact [training@devonsmallholders.co.uk](mailto:training@devonsmallholders.co.uk)

- 11<sup>th</sup> January Intro to Soap Making at Clovelly £60
- 24<sup>th</sup> January Intro Smoking & Curing Foods at Hartland £50
- 31<sup>st</sup> January Intro to Cheese Making at Shebbear - £95

# POUNDSTOCK PARISH COUNCIL

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

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

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

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

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



## Neighbourhood Development Plan Committee

Chairman Matthew Blows Contact: 07801 966945

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

Email: [ndp-sg@poundstock-pc.gov.uk](mailto:ndp-sg@poundstock-pc.gov.uk)

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



Now the daylight hours are shorter, our meetings have moved into the hut, with the occasional evening still being outside. The Scouts will be completing a walk and have cycled the 'Granite Way' with 1<sup>st</sup> Launceston Scouts. Beavers are working towards their creative activity and my skills challenge badges. Cubs are busy earning their home help and local knowledge badges & Scouts are working towards their creative challenge and adventure badges.

On Sat 4<sup>th</sup> Oct, Wainhouse Pub kindly hosted an auction evening in aid of the Scouting group. It was a super fun evening with so many wonderful auction items. Sincere thanks to Wainhouse Pub for hosting, to everyone who

kindly donated to the auction and to each and everyone who supported the evening. A grand total of £510 was raised. Part of this money has already been spent on 2 new tents, and we are looking to upgrade our camp cooking equipment, so the remainder will be put towards this.

Over the weekend of 10<sup>th</sup>/11<sup>th</sup>/12<sup>th</sup> Oct, 8 Scouts took part in the annual 'winter camp'. 2-nights camping at Nine Ashes, Bodmin. A fully organised weekend full of adventure, activities, craft and not forgetting the silent disco.

Beavers, Cubs and Scouts took part in the Remembrance Sunday parade at St Genny's Church. Members proudly carried the 3 sections flags.

Christmas decorations will soon be adorning the hut ready for our annual Christmas fundraising evening on Mon 8<sup>th</sup> Dec at 6.30pm in the Scout hut. The evening will include refreshments, raffle and games. Everyone is so very welcome to join us.

Beavers, Cubs & Scouts will complete this term with a Christmas party and we will look forward to welcoming our young members back in Jan of 2026.

Thank you to everyone who has supported the Scouting group over the past 12 months.



## SPOTLIGHT ON ... ALAN GREEN

Alan has been Treasurer of the Poundstock Packet since 2020 and has decided to hand over the reins to someone else. He is also Treasurer of the Poundstock Church, the Gildhouse, and Juliotter Garden Club.

The Editors and Committee would like to sincerely thank Alan for his contribution to the Packet and the community.



**Where were you born?** Caterham, Surrey

**What is your connection to Poundstock?** Local to where I live, Trengune

**What is your background/career?** I went into computer programming at the age of 18 in preference to university working for a national insurance company, Friends Provident. I eventually progressed to associate director of Investment Systems for Fidelity International Investments. I eventually joined Domestic & General Insurance in Wimbledon where I managed a team of 40.

**What do you do now?** I should be retired but I do help maintain a couple of gardens part time, gardening being a favourite hobby of mine.

**What are you normally doing on a Wednesday afternoon?** Not a lot if I can help it unless I am on duty at the Gildhouse on the public open days.

**What is your favourite place in Cornwall or Devon?** Bodmin Moor

**What do you do to relax?** Walk on Bodmin Moor and watch all forms of motorsport especially motorcycles. Music quizzes

**Favourite film?** Probably the first Star Wars Trilogy

**Favourite band?** Electric Light Orchestra (ELO). Saw them at their very first gig at the Greyhound in Croydon, early seventies

**Best concert?** Finally getting to the Proms at the Albert Hall - Beethoven's 9th

**Favourite local pub/cafe/restaurant?** St Kew Inn

**What person has impacted your life and how?** My father, he always knew how to do the practical things in life and he instilled in me my love of gardening.





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Crackington Haven and surrounding areas.

# APPLES

## When Roasted Crabs Hiss in the Bowl...

There is a song in Shakespeare's Loves Labours Lost called 'Winter'.

When icicles hang by the wall  
And Dick the shepherd blows his nail  
And Tom bears logs into the hall  
And milk comes frozen home in pail,  
When blood is nipp'd and ways be foul,  
Then nightly sings the staring owl,  
Tu-whit;  
Tu-who, a merry note,  
While greasy Joan doth keel the pot.

When all aloud the wind doth blow  
And coughing drowns the parson's saw  
And birds sit brooding in the snow  
And Marian's nose looks red and raw,  
When roasted crabs hiss in the bowl,  
Then nightly sings the staring owl,  
Tu-whit;  
Tu-who, a merry note,  
While greasy Joan doth keel the pot.



The roasted crabs mentioned are apples, seen here on this Crab Apple Tree!

Apples originally come from the Kyrgyzstan mountains close to China - there's a good quiz question! Apples then came to Europe where they went through artificial selection to develop into varieties like the Cox (my favourite).

Today there are loads of varieties such as Gala, Pink Lady and Braeburn. Fresh and juicy but maybe lacking in the original taste. Apples are a wonderful fruit; you can store them freeze them or cook them. Eating apples do a great tarte aux pommes: there's an idea for Christmas.



**Article submitted by Christopher Asbury**



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## BEN MAGUIRE MP

Hello to you all in Poundstock and the surrounding areas. I've had an incredibly busy and productive few weeks, and was proud to stand up in the House of Commons to press Ministers on several issues that matter deeply to our communities - and I'm pleased to share progress on a number of key campaigns.

I've secured a meeting with Treasury Ministers to discuss Cornwall's future funding, ahead of the Shared Prosperity Fund expiring in March and the Budget in just a few weeks time. This meeting will be absolutely crucial for Cornwall's funding, and I'll be using it to press hard for a proper long-term replacement that reflects the needs and potential of our region. Alongside Andrew George MP and Cornwall Council Leader Leigh Frost, I wrote to the Chancellor calling for urgent clarity. We highlighted how the SPF has supported some fantastic local businesses and organisations, from Cleaner Seas Group in Bude, to WATT Power in St Columb Major, and countless others. Cornwall is a region with huge potential, and the funding we receive here should absolutely recognise that.

These last few weeks saw a major step forward in the campaign to rethink the Government's proposed Family Farm Tax. I hosted a summit in Parliament with farmers from right across Cornwall, who came to Westminster to speak up about the impact this policy would have on them. These are family-run farms, many passed down for generations, and they're already under enormous pressure. Shortly before the summit, I stood up in the House of Commons to urge the Chancellor to consider evidence-based alternatives, like a clawback scheme (backed by the NFU), or raising the APR threshold to £5 million. Both options could raise more money for the Treasury, but with fewer disastrous consequences for the smaller family farms. I want to thank all the farmers who made the journey up to Westminster - they're the backbone of our rural economy, and I'll keep fighting.

While in Parliament recently, I was also delighted to welcome another North Cornwall success story, Tarquin's Gin, which is now officially being served on the Terrace. As MP for this area, I'll always champion local businesses and producers on the national stage whenever I can, just as I did earlier this year with Bluntrock Brewery (who also had their ales on tap in one of the bars). These businesses showcase some of the very best of what Cornwall has to offer, so I always jump at any chance I get to show them off. It's safe to say both went down very well!

Alongside this, I've contacted the Minister for Creative Industries, Media and Arts recently, after raising concerns about museum funding. Local museums like Bodmin Keep and the Charles Causley Museum in Launceston do incredible work to preserve Cornwall's rich history, but too often they're excluded from national funding. With a new round of funding due in January, Cornwall's brilliant small museums deserve a fair shot. This includes Bodmin Keep - Cornwall's Army Museum - which is fighting to reopen its doors in the face of millions of pounds of urgent upgrade work.

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# MORS BAGS

Have you been gifted a Morsbag? They are always given free as a thank you for not using a plastic bag.

Claire Morsman (hence the name) some years ago decided to make reusable bags as she was fed up seeing plastic bags float past her house-boat like urban jelly fish. Along with the help of her now-husband a web site was set up. She appeared on Morning TV sewing bags. The idea has spread - not only in the UK but world wide. King Charles has been seen making a bag from donated fabric from Clarence House.



Solo sewers and Pods have been created. Morsbags have inspired people to create useful meaningful bags from pre loved fabric, helping prevent it from going into land fill.

Morsbags-Bude Baggers Facebook page was set up in 2014. To date 42,624 bags have been made and set free!

Big thanks go to ... People who donate clean re-usable fabric ( duvet covers, light weight curtains) Which can be dropped off at Bude Library or Tourist Information Centre . The United Reform church is allowing us to meet each month to sew, share out fabric, cut out, chat, drink tea and eat cake! Blanchminster charity along with donations which has enabled us to have bespoke labels made which cost us 5p each.

We welcome more sewers or if you want to sort fabric or cutting out at our monthly meeting please come along. Please email for more info.

budemorsbags@gmail.com

We'd love to welcome you.



## Bude Cancer Support

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

Friendly café sessions 1.30 - 3.30  
Parkhouse Centre, Bude  
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# MAN DOWN

It's no secret that men often find it hard to talk about their feelings, and not everyone has a supportive network to turn to. Man Down Bude offers a very informal, safe and relaxed environment for men of all ages 18+ who are struggling with any kind of mental health issues.



Their sessions are designed to be as inclusive as possible with no judgement, only support and understanding from people who can be there to listen and support you.

- ☐ Sessions are free to attend – nothing to book – just turn up.
- ☐ Confidential and non-judgmental peer support.
- ☐ Share or just listen – it's up to you.
- ☐ No pressure, no obligation.

Man Down has been running now for over six years, originally evolving from a group in the Falmouth area, to now 20 plus groups all over Cornwall, and in the last couple of years spread across Devon, Wiltshire and a few other places, around the country. There is even a Scottish group in Inverness!

Regular attendee and now co-facilitator James reflects on his experience. "I've been attending the Bude sessions now for nearly 5 years, and I've been helping facilitate the group now for 4 or so years. Firstly, we are strictly confidential, and anything discussed in group meeting is not divulged to anyone outside of the group so attendees can feel safe. Secondly and just as important we aim not to judge people, just give support, keep our opinions to ourselves and feed back with understanding and empathy. Meetings are free to attend, Tea coffee and biscuits are also provided."

"It is a great joy and privilege to help facilitate (along with two others) and be part of our Bude group. The group has grown over the past years, we now get between about 12-15 fellas regularly coming along. We are a very friendly gang of chaps, we're supportive to one-another, over time have formed friendships with one-another, and as well as lots of group respect and understanding of one another's issues, we also have plenty of gentle banter and laughs!!!"

"We also meet every Wednesday morning for coffee and breakfast, for an hour, at one of our local cafes. The Wednesday morning meet up is a less formal affair, generally just a friendly social, however we obviously also maintain confidentiality and non-judgement."

Man Down Bude meets fortnightly 7 – 9pm on a Thursday at Poughill Village Hall. There are also meetings in Camelford, Holsworthy, Wadebridge and Bideford. Visit the website for up-to-date information on meeting times and locations. [www.mandown.org](http://www.mandown.org)

# EXCERPTS FROM PARISH COUNCIL MINUTES

## Poundstock Parish Council – Summary of Minutes

### Ordinary Meeting 3 September 2025

#### **Planning Matters**

**East Helscott Farm** – install anaerobic digestion facility. Resolved to object on the grounds of highways safety; noise nuisance; environmental risks and financial viability.

**Higher Tregole Bungalow, Poundstock.** Change of use to residential, construct 5-bay garage with self-contained holiday let, erect two storey extension and erect single storey extension. No objections

**Southfield, Vicarage Lane, Poundstock.** Extension and alterations. No objections.

#### **New Hall for Poundstock**

Further quotes were approved to conduct a topographical survey and the preparation of elemental costs.

**Traffic Safety** at Meadowlands Layby on the A39. Resolved to write to Highways relaying residents' concerns.

### Ordinary Meeting 17 September

#### **Planning Matters**

**Helscott, Poundstock.** Change of use from holiday barns to unfettered dwelling houses. No objections

#### **Hele Valley Trail**

It was reported that the £38,000 match funding required for the project has now been raised enabling the project to proceed.

#### **Widemouth Car Park – future running**

It was confirmed that Cornwall Council has reinstated the £15,000 levy which was withdrawn in 2024. Cornwall Council has invited the Parish Council to submit a formal proposal for managing the car park in the future. The PC agreed to submit a formal response.

#### **New Hall for Poundstock**

This was discussed in closed session due to the confidential or special nature of the business to be discussed.

### Ordinary Meeting 15 October

#### **Planning Matters**

**Land South of Mount Pleasant Cottage, Poundstock.** Single custom build dwelling and solar array. No objections.

#### **Closed session**

The public were excluded and instructed to withdraw for discussions on correspondence from the Information Commissioner's Office and an update on new hall for Poundstock.

# NEIGHBOURHOOD DEVELOPMENT PLAN

Over the past few years, Poundstock Parish Council has overseen the preparation of a Neighbourhood Development Plan (NDP) for the Parish. To take this forward the Council established a Steering Group, who have undertaken consultations, questionnaires and gathered background evidence, particularly the Local Landscape Character Assessment. The draft NDP was subject to a public consultation in October and November 2025.

A neighbourhood plan is a way of helping local communities to guide and influence the future development and growth of the area in which they live and work. It is a way of giving a local community the chance to create a vision and planning policies for the use and development of land in their parish or neighbourhood. Once an NDP is adopted, planning decisions in the parish must be made in accordance with it unless material considerations dictate otherwise.

The draft Poundstock NDP contains a vision for the Parish, as well as objectives and policies that address concerns raised by you. In particular, the plan seeks to ensure that any new housing development that takes place in the Parish conserves and enhances the predominantly rural landscape and does not extend into the open countryside. In addition, where possible new housing should meet local housing needs, including those for affordable housing.

The plan also proposes a policy that all new-build houses are purchased as principal residences (i.e where the residents spend the majority of their time). Other policies in the plan seek to address the design and impact of development within the surrounding landscape, including the protection of night skies and sensitive coastal areas. The plan also proposes a policy to support appropriate small-scale employment development within the Parish.

The plan will, if necessary, be amended to reflect recent consultation responses. It is envisaged that the plan will be submitted to Cornwall Council and that a local referendum seeking to adopt the plan will be held next year.

The plan and related documents can be found on the Parish website at <https://www.poundstock-pc.gov.uk/neighbourhood-plan>. The Neighbourhood Plan Steering Group can be contacted at [NDP-SG@poundstock-pc.gov.uk](mailto:NDP-SG@poundstock-pc.gov.uk)

If you would like to be kept up to date with the NDP as it progresses through to adoption, please email your contact details to the email address above.

Matthew Blows – Neighbourhood Plan Committee Chair

Marhamchurch WI welcomed Kate Doran as their guest speaker for October. Kate is founder of the wonderful Flotsam Flo which repurposes a whole lot of paraphernalia that would normally be thrown into land-fill. She takes wetsuits, banners, inflatables and life jackets and makes wonderful purses, backpacks and holdalls. No two pieces are the same but all are beautifully designed and sewn.



Kate attributes much of her success to the family ethic often versed by her Granny "There's no such a thing as can't" and another "make do and mend. Her other Granny also had a major impact on Kate, teaching her to use a sewing machine and letting her practice sewing straight lines on old tea towels.

Kate loves horses, and loved to draw them, so she thought to do fine art at Uni. In the end she decided on Graphic Design which introduced her to creative arts. Returning to Cornwall, Mum had a hand in persuading Kate to teach which she enjoyed for 10 years.

Here Kate's life took some dramatic turns. Whilst cycling in Illogan, Kate experienced severe head pain but carried on home, eventually ending up in A&E with a bleed on the brain. Much to her disgust this meant leaving Cornwall for Derriford Hospital. This was a brain haemorrhage with Kate being one of the lucky thirty percent who not only recovered but has been left with few problems.

Kate was asked by a friend who had seen some of her sketches to draw her horse and her talent and word of mouth has kept her busy. Her bag-making began when she moved back home, and then became overwhelmed with storing supplies until Biffa gave her a space to work from and Flotsam Flo flourished.

One of her bags has appeared on a poster in the London Underground, she has had a stand at the Royal Cornwall Show and as well as speaking at local WI's is soon to speak at Surrey's Federation meeting.

Kate's talk is a brilliant example of 'Inspiring Women' and members look forward to hearing more from Kate as she concentrates on her artistic talents. Kate arrived with a selection of prints and bags which members were more than happy to purchase. Check out Kate's Website -[www.flotsamflo.co.uk](http://www.flotsamflo.co.uk)- and if you get the chance to hear her speak or to view her art don't turn it down!

Next month's Guest Speaker is Robert Bond who will be talking about his life in broadcasting. Visitors always welcome.



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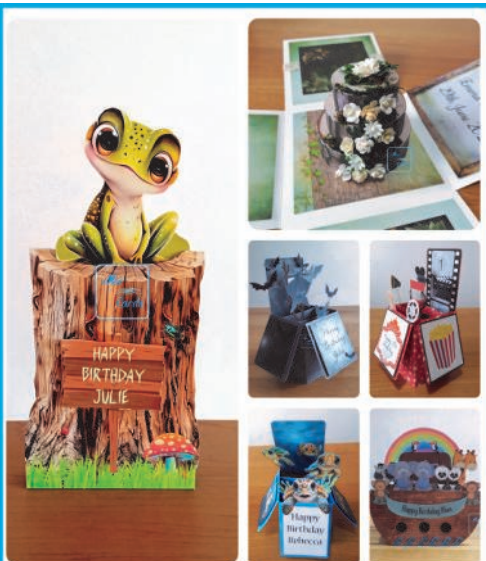
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## FREE ADVERTISING FOR LOCAL EVENTS

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 15th January 2026—contact Tania or Jayne at [poundstockpacket@gmail.com](mailto: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.

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