

No. 140 - August / September 2026



THE POUNDSTOCK PACKET

KERNOW BYS VYKEN!



Photo credit to Jayne Griffiths

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NOTES FROM THE EDITORS

We have a bumper edition for you this time, crammed with interesting articles. Turn to page 7 for an inspiring story from the rectory. What really resonated with me is "Focus on the beauty and grace you bring to the world".

On page 7 there is an informative article on ash dieback, and when you may need to take action. Page 25 is a reminder of our photo competition – with such stunning weather this summer you must have some amazing photos stored on your phone, so please submit these to us.

Page 26 introduces our three part article on being prepared for emergencies – sensible practical advice for dealing what life may throw at our community.

Thank you to all our contributors, we couldn't put this together without you all. We hope you enjoy this edition as much as we enjoy collating it for you.

Jayne and Tania – Joint Editors

CONTRIBUTIONS

We always welcome input from our readers. If you want to send us an article, photographs or local information, contact us at poundstockpacket@gmail.com
The absolute deadline for our next edition is 15th September 2026.

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

ADVERTISING AND DISTRIBUTION

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

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Hear Ye! Poundstock Gildhouse

A Proclamation of Events for August & September

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

The Gildhouse will be open every Wednesday for visitors from 10.00am to 4.00pm, as usual, with tea, coffee and biscuits available (Donations appreciated)

AUGUST 2026

- Open to the public every Wednesday, 10.00 am to 4.00 pm. Free entry, with tea/coffee and a biscuit available.
- Saturday 8th August, 2.00pm. Mushroom workshop. See <https://atlanticfungi.com/pages/workshops> for details including times and prices.
- Sunday 16th August. The famous Poundstock Gildhouse Cream Tea. 2.30pm to 4.30pm. £5 per person.
- Friday 28th August. Pop-up Pub with music and Vic's Food Van will be on site.

SEPTEMBER 2026

- Open to the public every Wednesday, 10.00 am to 4.00 pm. Free entry, with tea/coffee and a biscuit available.
- Saturday 19th September, 2pm. Mushroom workshop. See <https://atlanticfungi.com/pages/workshops> for details including times and prices.
- Friday 25th September. Pop-up Pub with Open Mic night hosted by Ben Banford. Vic's food van will be on site.

UPCOMING EVENTS

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

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

* 24th and 25th October Annual Food and Craft Fayre with the Pumpkin Festival. Please contact Maria on 07428161323 or maria_stopher@yahoo.co.uk for more information or to book a food or craft table. Each 6ft x 3ft table is £30 for the 2 days.

* West Gallery music event with local choir

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

Contact us at poundstockpacket@gmail.com

CHURCHES AND SERVICES FOR AUGUST & SEPTEMBER

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

Poundstock - 2nd and 4th Sunday

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

Budehaven – 1st, 2nd and 4th Sunday

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

Whitstone - 2nd and 4th Sunday

Every Wednesday there is a Zoom Morning Prayer at 8.30am

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

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

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

METHODIST

Week St Mary 10.00am

Bude Central at 10.30am and streamed on YouTube

Marhamchurch at 10.00am

Whitstone at 11.00am

ST PETER'S ROMAN CATHOLIC

Services every Saturday at 5.00pm and Wednesday 10.00am

FAMILY CHURCH

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

WIDEMOUTH CAFE LICENCE APPLICATION

On 17th June, Cornwall Council's Licensing Act sub committee refused the licence application made by the owners of Widemouth Bay Cafe. The owners applied for a licence to sell alcohol between 11.00am and 11.00pm and if granted, they would also be able to play live or recorded music 8.00am - 11.00pm.

Over 50 residents made detailed representations to Cornwall Council highlighting the considerable dangers, risks and public nuisance problems that would be caused should the licence be granted. Several residents attended the hearing on line. Parish Council Chair Stephen Blake, Councillor Nicky Chopak, Piers Warne solicitor representing the Widemouth residents and individual residents addressed the hearing.

Although this application has been refused the cafe owners could make a different application in the future or make use of Temporary Event Notices.

FROM THE RECTORY

A water bearer in China had two large pots, each hung on the ends of a pole which he carried across his neck. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full.



For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house. Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, and I planted flower seeds on your side of the path, and every day while we walk back, you've watered them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

If you feel more like the broken pot, and you focus more on your flaws, why not try focusing on all the beauty and grace that you bring to this world. If as you read that last sentence you have just thought I don't, then write down three things every day that you have done to help others. Very soon you will begin to see how, like the broken water pot, you too can make a difference in this world. And remember as well, that the Bible says you are "**fearfully and wonderfully made.**" (**Psalm 139 verse 14**). And God doesn't make mistakes!

Reverend David Saunders

DINOSAURS AT EDEN!

The Eden Project is hosting the **Dinosaurs Return event** until 6th September. The rainforest biome is transformed into a prehistoric world with 15 animatronic dinosaurs and flying reptiles to discover, including a towering 40-foot T-Rex — a must for dinosaur fans of all ages.

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GILDHOUSE EVENTS

The Pop Up pub on 26th June was well attended and good sing song was lead by Cousin Jack, a singing group based in Bude, Cornwall.

On 10th July a quiz was held at the Gildhouse. It was a fun night out where 7 teams battled to win! Over £200 was raised for the church Quiet Garden Project.





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ASH DIEBACK

Ash dieback continues to have a significant impact across Cornwall, Devon and the rest of the UK, and it's something I see first-hand almost every week while working as a tree surgeon.

The disease, caused by the fungus *Hymenoscyphus fraxineus*, affects common ash trees by attacking their leaves and branches, gradually weakening the tree over several years. Unfortunately, there is currently no cure. While some trees show a degree of natural tolerance, many will continue to decline and eventually become unsafe.

One of the most common questions I'm asked is, "How do I know if my ash tree has dieback?" There are several signs to look out for. During the growing season, infected trees often develop leaves that wilt, turn black or brown, and fall prematurely. As the disease progresses, branches begin to die back from the outer canopy, creating noticeable gaps. You may also see dark lesions where branches meet the main stem and, over time, new shoots developing lower down the trunk as the tree struggles to survive.



Current guidance is not to remove every ash tree showing signs of dieback. Trees with only minor symptoms may remain safe for many years and can continue to provide valuable habitat for wildlife. However, trees that are heavily affected, particularly those close to roads, footpaths, homes or public spaces, should be inspected by a suitably qualified arborist to determine whether management or removal is necessary.



From my own experience, one of the biggest changes we've seen in recent years is how quickly the wood becomes brittle as the disease progresses. Once an ash tree has lost around half of its foliage, the timber can become extremely unpredictable to climb safely. In many cases, this means the safest option is to dismantle the tree using a Mobile Elevating Work Platform (MEWP) rather than climbing it in the traditional way. This reduces the risk to the tree surgeon while allowing the tree to be dismantled in a controlled and safe manner.

Cont. overleaf

ASH DIEBACK CONT.

It's also worth remembering that not every dead or thinning ash tree is immediately dangerous. The location of the tree, the level of decay and who or what could be affected if branches were to fail all need to be considered before deciding on the most appropriate course of action.

If you have an ash tree on your property and you're unsure about its condition, don't ignore it. Early assessment can often help you plan ahead before the tree becomes an urgent safety concern.

As someone who has spent many years managing ash dieback throughout Cornwall and Devon, I've seen the effects of this disease on both our landscape and our communities. With sensible management, regular inspections and the right professional advice, we can continue to protect both public safety and the important role ash trees play in our countryside.

Written by Phil Brown - Director of Tree Fella Southwest and a qualified tree surgeon working throughout Cornwall and Devon.

THE POUNDSTOCK GILDHOUSE

We have recently become involved with the Poundstock Gildhouse. As a Chartered Building Surveyor with an interest in historic buildings, the building and its checkered history are fascinating to me.

The Poundstock Gildhouse website has a wealth of information and makes very interesting reading. It is testament to the passion of the locals that the Gildhouse has been through two full restorations.

The first restoration was completed in the early 20th Century after the Gildhouse fell into disrepair and was almost demolished after the last pauper inhabitants were moved to local workhouses around 1900. By 1907 the Gildhouse was back in business as a community resource for meetings and events. The second restoration followed bookings dropping off in favour of better equipped venues.

The Gildhouse went through an award winning programme of modernisation and updating between 2004 and 2007. As a Grade 1 listed building and, without question, the finest remaining Church House in Cornwall, the improvements had to be carried out with regard to the historic value of the property whilst bringing the facilities up to date.

The Gildhouse is always in need of volunteers to help with events and maintenance as well as funding, through bookings or donations, so please look at the website for more information. www.poundstockgildhouse.co.uk

Neil and Julie.

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BUDE TO WADEBRIDGE COASTAL BUS - THE 95

The 95 bus is a regular route between Bude and Wadebridge with connections beyond. It leaves Bude or Wadebridge at roughly 2 hour intervals which can be planned into a walk. I always suggest going by bus and walking back just in case.

I tested it out by catching a bus at Poundstock going towards Tintagel and walked the Coast Path back to Boscastle to then catch a bus back to Widemouth.

Travelling towards Bude is equally easy as towards Wadebridge.

You can download the Travel for Cornwall (TfC) App which gives full details of bus stops and times along the way.

There are refreshment stops to be had along the way at Boscastle, Crackington and Widemouth.



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Despite the heat there were many members present for the July meeting. Marhamchurch WI had hoped to welcome Nina, the Barn Owl, but for welfare reasons due to the temperatures meant that she was unable to attend.

Frantic late night calls from president Shirley Youldon solved the problem and members were grateful to Lucy Warner from ChemoHero for attending.

Lucy began with a brief history of the charity which was started 12 years ago by 29 year old Lisa who had been diagnosed with breast cancer, experienced chemotherapy herself, and wished to do something to help fellow patients.

Lisa had noticed that while many patients were supported by their family, there were also many who were on their own. Using her own experiences and knowledge of things she had found useful, along with her husband Rob the ChemoHero charity began.

Lisa and Rob began packing and delivering boxes of useful items for cancer patients themselves, but soon they became the Box Of Kindness now given out by nurses on The Seamoor Unit at North Devon District Hospital. The boxes change as new ideas are given by both patients and relatives.

Lucy explained that following her untimely death Lisa had left notes with suggestions for both the unit and the boxes. The charity has donated electric fans to Seamoor unit which both cool and heat and they have a treat trolley at the unit with books, puzzles, earphones for iPads and various sweets and drinks and the Charity provides a part time counsellor.

A local business, Boden's in Barnstaple has given the charity storage space and space to pack the boxes. A huge help when everything is ordered in bulk to keep costs down and some 778 boxes were distributed last year.

Lucy is a Trustee at the charity and members thanked her for her visit and would like to thanks the other 9 trustees, all the volunteers, Rob and Most of all Lisa for her unselfish and caring attitude at a difficult time in her own life which helped begin a charity which has brought joy to many. So if you see a ChemoHero charity box or hear of an event their involved with please give generously.

There will be no meeting in August but in September Marhamchurch WI will welcome The Plant Room, Bude.

2ND BUDE (JACOBSTOW) SCOUT GROUP

Our Summer term will soon be drawing to a close but what a busy, fun packed term we are having.

Many members over all 3 groups enjoyed a day at the 'Milky Way adventure Park' joining members from all over the North Cornwall district. The sun was shining and a super fun day was had by all.



On Saturday 20th June, 9 Scouts took part in 'Budeopoly' a challenge must like the board game monopoly, where the Scouts have to navigate themselves around Bude and the surrounding area finding land marks to collect points. Our journey started at 10am walking from Bude over to Marhamchurch, through Cann Orchard to Stratton, up Stanford Hill, through Poughill, Flexbury, Crooklets for a much-needed ice cream stop. Back up into Bude, Summerleaze, the Breakwater and finally back at the Venue for 6.30pm. Some 17 miles was walked, despite sore feet and legs the Scouts spirits stayed high. Delighted to say our team came joint 1st in the Scout section, very proud of each and everyone.

On the last Sunday in June, we held a Tractor Rally in conjunction with **Chloe 4 Young Lives**. Again, a lovely sunny day with 39 tractors/vehicle's taking part. The route took the vehicles many miles around the local area finishing at the Scout hut for a BBQ. Ourselves and **Chloe 4 Young Lives** each made a £679.75 profit which was fantastic.

All 3 groups have been busy this term, with a majority of the evenings spent outside on nature walks, beach visits, camp fire cooking, all making the most of the light evenings. We have just had our AGM and all committee members are carrying on for another year.

We also announced at the AGM the retirement of our 2 Cub leaders, Daphne and Maria. As many of you will know Daphne as been part of the Scouting group for many, many years, since 1979.



Maria has played a key role in the Cub group for a number of years helping Daphne and Josie. Both will be sadly missed and to celebrate their time with the group, we have a duck race and BBQ evening planned.

We have been very lucky and Cubs will run as normal after the summer holidays, as 2 new leaders have been found and Daphne will support them through out the month of September.

LOCAL CONTACTS

NHS non-emergency helpline	111
Stratton Hospital Minor Injuries Unit (Hours vary according to staff availability. Please phone before attending.)	01288 287700
Doctors' surgeries: Neetside	01288 270580
Stratton	01288 352133
Boscastle	01840 250209
MP: Ben Maguire	ben.maguire.mp@parliament.uk
Parish council chair: Stephen Blake -	stephen.blake@poundstock-pc.gov.uk
Parish clerk: Lynn Pluess	0776 8100 560
Cornwall Councillor: Nicky Chopak	0781 030 2061
Cornwall Council	0300 1234 100
Bude Library	0300 1234 111
Library renewal line	0845 607 6119
Recycling centre/tip (Tiscott Wood)	0300 123 4141
Samaritans	116 123
National Childline	0800 1111
Police – non-emergency	101
Farming Community Network	0845 367 9990
Bude Food Bank	01288 448748
Citizens Advice (Phone advice line, operates 10–4, Monday–Friday)	03444 111 444
CCS helpline/Age UK Cornwall	01872 266383
Floodline	0845 988 1188
National Grid (power cuts)	0800 678 3105
Poundstock Church (Barry Smith)	01288 361716
Marhamchurch WI: Shirley Youldon	01288 354672
Juliotter Garden Club or 01840 261237	01566 781559
Rebel Cinema	01288 361442

LOCAL ORGANISATIONS

LIBRARIES—Bude Library is currently open 10.00–5.00 Mondays, Wednesdays and Fridays, 10.00–1.00 Saturdays. Reserve books by phone (0300 1234 1111) or online at www.budelibrary.co.uk 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

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Scouts: Tuesday 6.30–8.00 pm (07842 084971)

Beavers: Wednesday 5.30–6.30 pm (07855 001284)

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

MARHAMCHURCH WI—Marhamchurch Methodist Hall, 2.30 pm, second Tuesday of the month

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

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

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

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

REGULAR EVENTS

WI Week St Mary 2.30pm 2nd Tuesday Monthly

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

DIARY DATES

For Gildhouse events, see page 5

AUGUST

Until 2nd Sept - Steve Backshall at the Lost Gardens of Heligan

1st Is This The Way To ...Ebbingford Manor? Tony Christie 7.00pm

1st Crackington Carnival Procession 2.15pm

5th North Devon Show, EX37 9DX

28th July to 7th August St Endellion Summer Festival

7th Beetle Drive at St Michael's, Bude

7th - 9th Boconnoc Steam Rally, PL22 0RG

8th The Railway Children, The Castle Lawn, Bude 6.30pm

9th Wind in the Willows, Hartland Abbey, 4.00pm

9th Bude Summer Food Festival, The Castle Bude, 10.00am - 5.00pm

11th Peer Gynt comedy adaption Hartland Abbey, 6.30pm

12th Camelford Show, PL32 9YN from 8.00am

13th Antiques & Collectables Valuation, The Castle, Bude 10.00am - 12.00pm

15th Fete & stalls at Bude Rugby Club, 11.00 am - 3.00pm

15th Bude Carnival Parade starts from Rugby Club, 6.30pm

15th Tresmeer Village Show 2.30pm

16th Widdershins at The Falcon EX23 8SD, 6.30pm

18th King Arthur & the Holy Fail, Ebbingford Manor EX23 8LN 6.30pm

21st Midsummer Night's Dream, The Castle Lawn, Bude 6.30pm

22nd Peer Gynt on The Castle Lawn, Bude at 6.30pm

27th Holsworthy & Stratton Show, EX22 6JP

27-31st Cornwall Folk Festival, Wadebridge Showground

28th Twelfth Night at Ebbingford Manor at 6.30pm

29th Wild Tribe Pagan & Spiritual Fair, Bude Parkhouse 11.00am - 4.00pm

29-30th Antiques and Salvage, Wadebridge Showground

30th Gabrielle at Truro Cathedral

30th Widemouth Fete 2.00pm - 4.00pm

30th Waren James and his Lonesome Travellers, the Falcon, Bude 8.00pm

31st RNLI Bude Lifeboat Day, Bude Castle 11.00am - 4.00pm

SEPTEMBER

1st-4th Bude Jazz Week - see <https://www.budejazzfestival.info/> for more information

2nd Pirates of Penzance at Ebbingford Manor 6.30pm

3rd Health Test Evenings at Bude RFC EX23 8QG. 6.30pm - 9.00pm Booking essential £26

10th Tintagel Orpheus Choir, Tintagel Social Hall, 8.00pm

12-13th Lanlivery Vintage Rally & Country Fair, PL30 5AW

18th St Mawgan Steam & Vintage Rally, TR8 4ED

18th Guided Walk meet Bude TIC, 10.15am

26th Bude Concert Orchestra, Parkhouse Centre 7.30pm

POUNDSTOCK PARISH COUNCIL

www.poundstock-pc.gov.uk

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

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

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

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

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

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

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

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

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

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

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

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



Neighbourhood Development Plan Committee

Chairman Matthew Blows Contact: 07801 966945

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

Cllrs. Stephen Blake and Michelle Carter.

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

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

CALLING ALL LOCAL PHOTOGRAPHERS!

This is a reminder that we're running the **Poundstock Community Photo Competition**, open to anyone with a passion for capturing our local area. Whether you use a phone or a professional camera, we want to see your creativity.



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

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

How to enter:

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

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

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



ARE YOU PREPARED?

Severe storms, power outages, flooding, and disruption to telecommunications are all scenarios that we in Poundstock and the surrounding area have experienced just this past year. Rural communities like ours are usually the first to feel the effects of such disasters and disruptions and the last to see services fully restored. So what can we do to be more prepared?

Over the coming editions of the Poundstock Packet, we'll be exploring practical, affordable ways every household can become more resilient, using tips from local experts and the latest advice from the UK government "Prepare" taskforce. We'll be looking at preparedness for natural disasters but also the heightened risks associated with hostile states who may attempt to disrupt the national power grid, communications or food and fuel supply networks. Here's what we will be exploring:

Part One: Water, Sanitation and Food

We'll look at the essentials of staying healthy when normal services are disrupted. How much water should you store? What foods keep well without refrigeration? How can households safely manage sanitation during extended power or water outages?

Part Two: Preparing for Extreme Weather

From heatwaves and storms to floods and even snow, we'll discuss ways to heat or cool your home, reduce risks around your property, prepare emergency kits, and learn what you should have in your car for unforeseen emergencies.

Part Three: Staying Connected and Supporting Our Community

Resilience is about people as much as supplies. We'll explore how we can stay informed when communications fail, the importance of local networks, checking on vulnerable neighbours, and how communities working together recover faster than individuals working alone.

Being prepared doesn't require expensive equipment or elaborate survival plans. In fact, being a "prepper" has lost the stigma associated with a "lone-wolf" male, armed and waiting it out for the coming apocalypse. The typical profile of a "prepper" is more likely to be a mother who thinks ahead about the needs of those who depend upon her.

Unforeseen events like COVID-19 showed us all that crises can hit in ways we might not expect and that we all need to be resilient. Kai Etchell, Manager of The Preppers Shop in Newquay, shared how the most effective preparation strategy means having that "little bit extra" as back up.

Cont on page 28

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ARE YOU PREPARED? CONTINUED

Being prepared is about giving yourself and your family more options. It also means strengthening the connections within our community, because neighbours are often the first responders long before outside help arrives. Knowing you have a plan to help yourself and others reduces stress, allows you to make better decisions under pressure, and helps emergency services focus on those who need immediate assistance.

None of us can prevent natural disasters or unexpected disruptions. What we can do is reduce their impact through planning, preparation and cooperation. Every household that becomes a little more prepared also makes our whole community stronger.

We hope you'll join us over the next three editions as we share practical ideas, useful checklists, and local tips to help ensure that when the unexpected happens, Poundstock is ready!

HORSE FLIES

Horse flies are terribly important, even if the females bite and drink your blood. They pollinate flowers and have really clever thermometers which tell them where a warm-blooded mammal is.

And now, this is the last nice thing I can say about them: they are food for swallows, swifts, wagtails, flycatchers, warblers, dragonflies and frogs, and they aren't safe if they carry on flying at dusk because bats love them.



But I have to admit that they are a pain. They bite me everywhere when I am strimming near Millook Water, so I cover up in clothes that make me fall over with heatstroke. And I'm told they bite horses in order to justify their name.

Do the sprays really work? A name like Deet which stands for something awfully complicated ending in -toluamide does not inspire much confidence: a rolled-up newspaper is simpler and more effective.

But here is one of the clever things that we humans have found out: horse flies veer away from zebras, and there is some evidence that the stripey stripes give horse flies the heeby-geebies. So, some people have put zebra stripey coats on horses and lo and behold, horse flies veer away. Not entirely reliable, but better than nothing.

By Christopher Asbury



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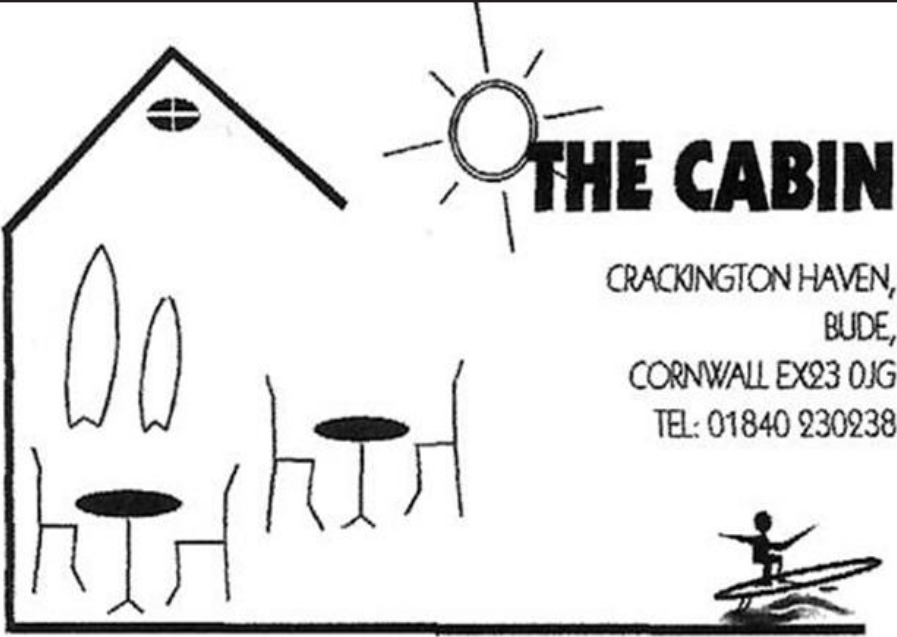
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SPOTLIGHT ON JULIE PAWLEY

Where were you born? Bristol.

What is your connection to Poundstock? I have lived in Poundstock since moving from Devon in 2009.

What is your background / career? For the most part, hospitality, airline and police, but have done many other interesting jobs / volunteering over the years.

What do you do now? I am retired, but am busier than ever with my animals (donkeys, goats, chickens, ducks and cat).

How are you involved with the Packet? As Advertising Coordinator, I am responsible for liaising with all our advertisers.

What are you normally doing on a Wednesday afternoon? Exercising for Mobility class in Bude.

What do you do to relax? Restorative yoga, playing guitar & ukulele and singing.

Do you have any special skills/party tricks? Jack of many trades (or should that be Jill?), master of none!! Although my husband and I did manage to build our home a few years ago.

Most memorable holiday? Has to be New Zealand - we cruised across the Pacific in 2015 and spent 3 weeks touring New Zealand. Trip of a lifetime.

Favourite film? Don't have one, probably because my life is too busy to watch films!

Favourite tv show? I enjoy old re-runs of Heartbeat, Midsomer Murders & Doc Martin among others

Favourite music/band? Bowie, Queen and many others from 50's, 60's & 70's..

What person has influenced your life and how? My husband - my life was always very hectic and rushed when I met him. He has taught me to be calmer and slow down (a bit!)

Do you have a life motto/give advice to others? Be kind to others, but don't forget to be good to yourself.





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



Bude Eye Centre 01288 350041

BEN MAGUIRE MP

Dear Poundstock: Recently I celebrated two years since I was elected as your Member of Parliament, and it has been an incredible privilege to serve my constituents so far. Looking back over the past two years, we've achieved so much together. There is of course still so much more to do, but I remain as determined as ever to put North Cornwall's needs right at the forefront of debates in Parliament, and keep fighting for the issues that matter most to local people here.

One issue I raised in Parliament on behalf of constituents recently was the need for much tougher action against animal cruelty. I called on the Government to introduce a complete ownership ban for people convicted of the most serious acts of animal abuse, because I truly believe anyone capable of deliberately torturing or seriously harming an animal should never, ever be trusted with animal ownership again. I also argued that stronger sentencing powers are needed to ensure those responsible face punishments that truly reflect the severity of their crimes.

I've also continued my campaign to protect North Cornwall's volunteer coastguards, which is an issue many of you have got in touch about and urged me to keep pushing on. I challenged Ministers over the Maritime and Coastguard Agency's plans to overhaul the way volunteers are compensated. The current payment is modest (£11 an hour) but it helps volunteers who already make considerable personal and financial sacrifices to remain available for emergency call-outs. I pressed the Government on whether Ministers had actually consulted coastguards before making these proposals, whether a full impact assessment will now be carried out, and whether alternative approaches could be adopted that protect recruitment and retention. Volunteers perform an essential service for North Cornwall, and need the support and respect they deserve.

Closer to home, I visited Camelford alongside Cornwall Councillor Mark Burnett to discuss the proposed extension of the Camel Trail. This exciting project has the potential to bring many more visitors into the town, increase footfall for local shops and cafés, and provide a significant boost to Camelford's high street.

I also tabled a Parliamentary motion recently that called on FIFA to protect the integrity of football following reports of political interference in disciplinary decisions involving the United States national team. I also highlighted the growing problem of excessive ticket prices, because football should remain accessible to ordinary supporters rather than becoming something only a privileged few can afford.

The past two years have reminded me how much can be achieved by working with residents, community groups, local Councillors (like Cllr. Nicky Chopak here in Poundstock!), small businesses, and organisations across our constituency. Every campaign and every improvement here begins with people speaking up. Anyone with questions, queries, or campaigns for me is welcome to contact me at ben.maguire.mp@parliament.uk

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WEEVER FISH & OTHER THINGS TO AVOID IN THE SEA

Weever fish are a hazard on beaches in the UK, particularly in the South West. They are only around 14 cm long but they pack a punch with a black dorsal fin which pierces the skin of an unlucky paddler, and releases a toxin which can be extremely painful.

I remember being on holiday at Trebarwith Strand when my cousin got stung, it looked to be an extremely painful experience and made us all very wary of splashing in the shallows.

The best way to avoid being stung is to wear beach shoes or wet-suit boots.

Weever fish bury themselves in the sand and lie in wait for prey such as small fish and prawns. They are identified by a yellowish body, a “grumpy” mouth and eyes that sit on top of its head, and that black dorsal fin.

If you are unlucky enough to tread on one, you will feel a sharp sting and need to get treatment as soon as possible, before the venom takes hold. The recommended treatment is to submerge the affected part in hot (not boiling) water – as hot as you can comfortably stand. Keep the affected part in the hot water for 15 to 30 minutes. This breaks down the proteins in the toxin, which will gradually reduce the pain. If you are on a lifeguarded beach, go to the lifeguard station and they will be able to help.

As well as weever fish, this year’s heat waves and warm waters have brought in many more jellyfish than usual. In early July an unprecedented sixteen wheelbarrows of jellyfish washed into the Bude sea pool. Most of these were moon jellyfish which don’t sting, but there were also a few blue and barrel jellyfish which can give a mild sting. The advice for dealing with a jellyfish sting is to rinse with seawater (NOT freshwater) and to remove any visible tentacles with tweezers or the edge of a plastic card (not your bare hands). Then soak the sting in hot water for at least 20 to 30 minutes as heat helps break down the jellyfish venom.

None of this should put you off entering our beautiful waters around Bude. Wishing everyone a wonderful summer. Have fun and keep safe.



Article submitted by Jayne Griffiths

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NIGHT SKY IN AUGUST

Venus will be disappearing in the western Sunset but The Milky Way will make up for it, as well as the Pleiades and Hyades pointing towards the reappearance of Orion, Our night Constellation. The bright star in the South East is Capella

The Perseid meteor shower can also be seen in the night sky during August, and is a highlight of many meteor hunters' calendars due to its high hourly rate and bright meteors.

In 2026 the Perseid meteor shower is active until **24 August**. The shower will peak overnight on **12-13 August**.

NASA's latest major comet discovery is **3I/ATLAS**, the third confirmed interstellar object to pass through our solar system. Discovered on July 1, 2025, by the NASA-funded ATLAS survey, data from the James Webb Space Telescope indicates it is between 10 and 12 billion years old, making it potentially older than our solar system.

Article by Tom Turnill With thanks to NASA and the Times

JUBILEE CLUB

The Jubilee Club have organised a

Coach Trip to TEIGNMOUTH

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EXCERPTS FROM PARISH COUNCIL MINUTES

Poundstock Parish Council - Ordinary Meeting 20 May 2026

Stephen Blake was unanimously elected as Chair and Michelle Carter unanimously elected as Vice-Chair for the year.

Planning Matters – None

(Note the PC website includes a list of all Poundstock Planning Applications.)

New hall for Poundstock

Cllr Blake reported that progress is being made to achieve cost reductions for the construction of the new community hall.

Widemouth Toilets

Agreed that a rental and servicing agreement be entered into for the provision of nappy disposal unit. Also the new showers are functioning well and favourable comments have been received from users.

View Point North Car Park

The council is investigating registering the site as an Asset of Community Value.

Widemouth Bay Café Licensing Hearing

The Chair was delegated to be the allocated speaker at the licencing hearing.

Ordinary Meeting 17 June 2026

External Audit of Parish Accounts

The external review has been completed at a cost of £2550. The Chair noted that additional fees arose due to the fourth objection to the annual review by the same parishioner. Members noted that as in previous years, the External Audit found no fault with the Council's accounts. The Chair expressed concern regarding the financial impact of responding to such objections.

Widemouth Bay Car Park Levy

Concern that Cornwall Council's email does not accord with the PC's understanding. The Chair will follow up with Cornwall Council.

Planning Matters

Downs Barton – pre-application advice for improvements – Noted
Kennacot House - to remove restrictions for holiday use only - Noted

New Hall for Poundstock

The Chair gave an update. The project is being considered as two phases:

1. Construction of the Hall 2. Landscaping of the surrounding area. Total cost is approximately £1.7 million. Members considered cost-saving measures.

Other Matters

- The Leader of Cornwall Council recently visited and was informed about the ongoing concerns with issues of wastewater and sewage at Widemouth Bay.
 - Cllr Chopak reported on proposed changes to planning consultation where Parish Councils will no longer be consulted on routine householder applications. Cornwall Council is seeking to retain parish councils as consultees.
 - Traffic calming Marine Drive – this has been deferred for this financial year, the Chair will write to Cornwall Council to request this is reconsidered.
- For the full minutes and future agendas, visit poundstock-pc.gov.uk*

CORNISH ANTHEMS

The Song of the Western Men, also known as *Trelawny*, was written by Rev Robert Stephen Hawker with music composed by Louisa T. Clare. He assumed that the Trelawny mentioned in the lines of the chorus (which he did not write) was Sir Jonathan Trelawny, the Bishop of Bristol, who had been imprisoned in the Tower of London by King James II in 1688. However, it is more likely that it referred to Sir John Trelawny, a Cornish Royalist leader who had been imprisoned by parliament in 1628. Although the song suggests “twenty thousand Cornish men” would march on London, the people of Cornwall did not actually march to rescue Trelawny. Sir John was imprisoned in the Tower of London for three weeks, then tried and acquitted.

Hawker was in his early twenties and a newly-married undergraduate at Oxford when he wrote *The Song of the Western Men* in 1825, while staying with his wife, Charlotte, in a cottage in Morwenstow parish. The song is a regular favourite sung at Cornish rugby union matches and most Cornish gatherings. In some schools in Cornwall, the children sing it at events such as St Piran's Day on 5 March, and the song is widely recognised as Cornwall's unofficial anthem.

Cornwall My Home, composed by Harry Glasson, is a much more modern anthem. Born in 1951 in Cornwall, Harry left school at 15, and joined The Royal Navy, going to sea for the first time two days after his 16th birthday, barely more than a boy. In a woodwork class at school, he hand-crafted his first guitar and he took it with him to sea, a fond memory of the home he had left behind.

This was the place that he really began to fall in love with music, poetry and the effect words could have. Writing mostly poetry while at sea, it wasn't until he returned to Cornwall that he began to explore folk music and began playing in pubs and clubs. He said he loved songs that told stories so started to write his own about Cornwall.

Perhaps his most iconic song, *Cornwall My Home*, which he wrote in 1997 for the Cape Cornwall Singers. This has been performed thousands of times by different singers and groups, for St Piran's Day, at the Minack Theatre, Falmouth Shanty Festival, and in pubs and venues across Cornwall. He said everyone thinks it has been around forever: *I've had people say 'my grandfather used to sing that to me when I was a kid' but I don't think so somehow.* After being affected with throat cancer in 2009, he stopped singing gigs, but still writes songs from his home in Goldsithney. He says his song is for everybody who loves Cornwall. So there you are – two songs for those of us who love Cornwall; the rousing *Trelawny* and the emotionally moving *Cornwall My Home*. I've sung *Trelawny* with great pleasure for many years, but these days I sing Harry Glasson's dedication to the county I love with pride and commitment. You see, although I wasn't born here, this my home and here I will die.

Article written by Pat Thorne

PROPER CHEESE SCONES

A very nice lady stopped to talk to me in Marshgate Stores recently and asked for the recipe for my cheese scones – she said she'd only made them once and they were absolutely scrumptious, but that she had since lost the instructions. Well, I can't resist a request like that, so here is the list of ingredients and method again. The first thing to grasp is that a cheese scone is not simply a plain scone with cheese grated on the top. No. A cheese scone contains cheese, and I say: lots of it. There are many recipes, all of them good, and some of them excellent, but this one of mine is sensational, even if I do say it myself. These scones will turn a simple bowl of soup into a feast; they will brighten up a dull winter's day. Try them!

200g plain flour

50g unsalted butter

200g cheddar diced

1 large egg

About four tablespoons plain yoghurt

2 teaspoons dry mustard powder

¼ teaspoon cayenne pepper

2 teaspoons baking powder

½teaspoon fine salt

1 teaspoon brown sugar

1 fat clove garlic very finely mashed



Heat the oven to 210C/190fan/410F gas and line a baking tray with non-stick paper (I like to use a small deep roasting tin which is just the right size to hold the mixture). Place the dry ingredients in a bowl and add the garlic and butter. Rub everything together until the butter has almost disappeared then toss the little cheese cubes through. Beat the egg with the yoghurt and stir this in to make a soft dough which you might have to bring together with your hands. Pat this out onto a slightly floured surface to about 4cm thick. Now you can either use a conventional cutter to stamp out six perfectly round scones about 8-10cm wide, or do as I do and tidy the edges to form a rectangle, place in the roasting tin and then mark into six equal squares. Bake for 20 – 25 minutes until golden brown on the top and the melted cheese is beginning to ooze. Leave in the tray to cool slightly before eating. Glorious or what?

Recipe by Pat Thorne

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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 September 2026—contact Tania or Jayne at poundstockpacket@gmail.com

DEFIBRILLATORS IN THE PARISH

Black Rock Cafe: on the side of the car park hut as you drive through into the car park.

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

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

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