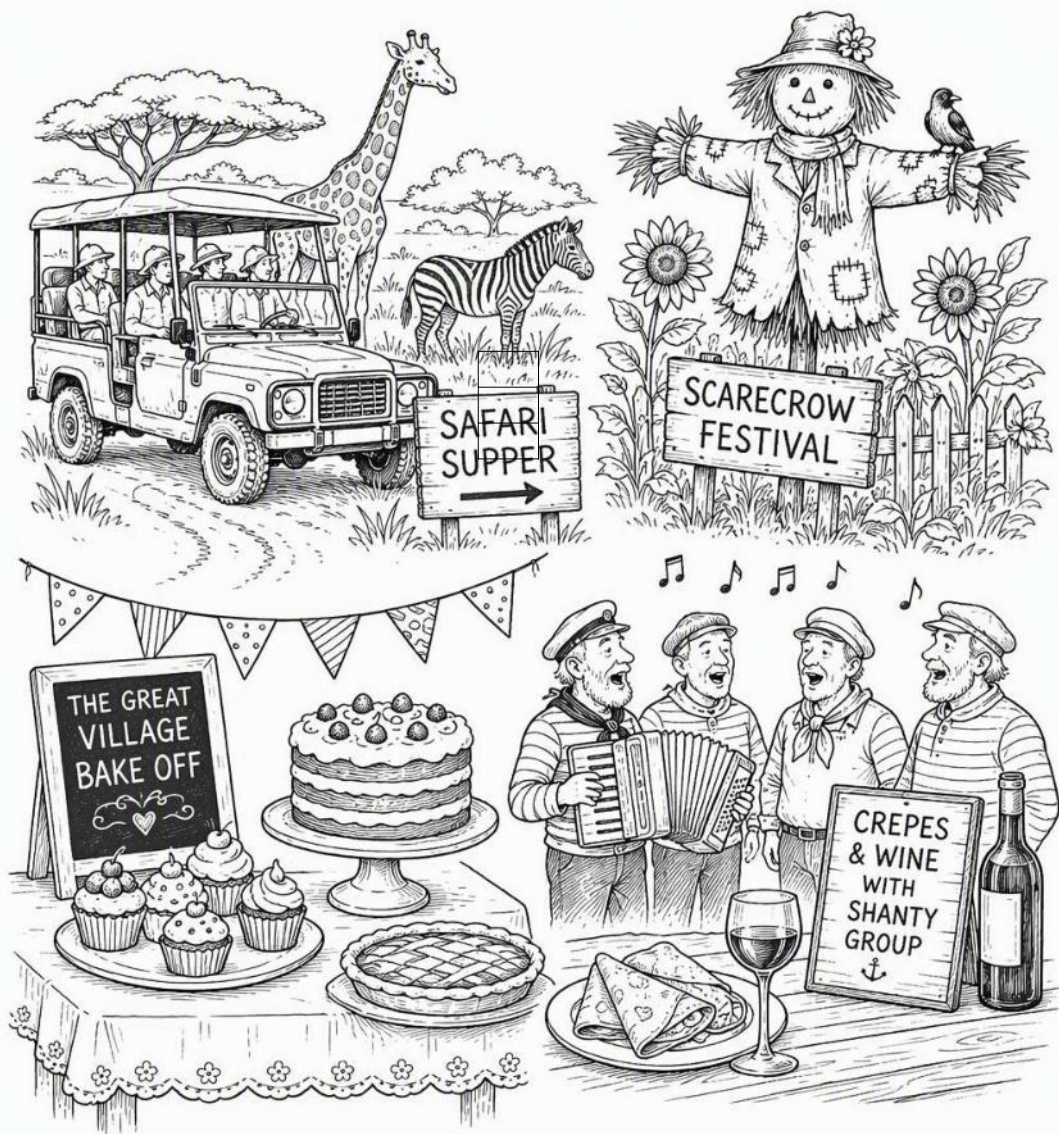


Week St Mary Magazine



August 2026

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Week St Mary Magazine

August 2026

Issue No 464

Cream Tea

Thank you to everyone who came to our cream tea on the 18th July. We made a wonderful £443 for the much needed Church Tower Restoration fund. The Tower is on the at risk register requiring urgent repairs. A special thank you to the ladies who made the scones and the loganberry and blackcurrant jam, truly delicious! Thank you Linda for manning the raffle and to everyone who donated a prize.

From Nick Wendy and family.

Unwanted Clothes

Thank you so much to the person who left bags of clothes in church. We truly appreciate your generosity and thoughtfulness.

Unfortunately, we are unable to receive or process clothing donations at this time. We are grateful for your support and hope you'll understand. Please consider donating the items to another local charity that is currently able to accept them.

The Churchwardens.

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Diane Sheridan RN MCFHP, MAHP

WEEK ST MARY CHURCH SAFARI SUPPER

8TH
AUGUST

Food, fun and adventure for all ages!



Reception: Little Trees, 13 The Glebe



Starter: Denleigh, 5 The Glebe



Main Course: The Church



Dessert: Red Lion House



Coffee and Cheese: Tudor House

BOOKINGS MUST BE MADE TO
07967 684823

START TIME 6.30 OR 7 PM

ADULTS £20

PRIMARY £5

11-15 YRS £10

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Celebrations This Month

Braden Colwill	A Very Happy 7th Birthday on the 19th
Henry Fyfe	A Very Happy 11th Birthday on the 23rd
Stephen Smith	A Very Happy Birthday on the 24th
Lesley Booker	A Very Happy Birthday on the 26th
Louis Konawalik	A Very Happy 14th Birthday on the 28th

Any Birthdays or Anniversaries are always welcome.

THOUGHT FOR THE MONTH

A person who feels appreciated will always do more than expected.

Jeanette Turner

Crepes and Wine

Sunday 23rd August

2.30-5pm

In the Parish Hall

(Includes live Shanty music).



Mobile Library

Parking at The Square
from 11:50am to 12:10pm

- 19th Aug
- 16th Sept
- 14th Oct

Ruminations from the Rectory

The Tree

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!

Revd David Saunders

WEEK ST MARY BONAVENTURES WOMEN'S INSTITUTE

Glorious summer weather provided the perfect backdrop to our Summer Social Evening, kindly hosted by Sandy and Martin Smith at The Haybarn.

A delicious buffet and refreshments were prepared by the Entertainment Committee, with additional contributions from members. Everyone enjoyed socialising in the beautiful surroundings, and members and guests also took part in a raffle and a baby photo competition.



We now take a break for the summer with our next meeting being on Thursday 10th of September when Lucy Burrow the Wheat Weaver will be sharing her love of corn dollies and straw work with a chance to join in making a creation in straw. Visitors and new members are always welcome.



**WEEK ST MARY REVEL PRODUCE SHOW
SCHEDULE – WEDNESDAY 16TH SEPTEMBER**

<u>Carol and Mervyn Slade Cup</u>		
Produce		
Class No	Amount required	
1	3	Potatoes
2	3	Runner beans
3	1	Longest runner bean
4	3	Carrots
5	3	Beetroot
6	3	Courgettes
7	6	Cherry tomatoes
8	4	Tomatoes
9	1	Largest tomato
10	3	Onions
11	3	Shallots
12	3	Broad beans
13	1	Cucumber
14	1	Largest marrow
15	1	Bunch of herbs vase or jug
16	1	Largest Pumpkin
17	3	Leeks
18	3	Apples eating
19	3	Apples cooking
20	1	Largest cooking apple
21	3	Pears
<u>Linda Cobbledick Shield</u>		
Flowers		
22	1	Rose any size colour best fragrance
23	3	Dahlias
24	1	Single flower not rose
25	1	Potted plant indoor
26	1	Outdoor plant in container or pot
27	1	Geranium in pot
28	1	Begonia in pot
29	6	Sweet peas any colour
30	1	Arrangement of flowers in a small watering can
31	1	Flowers in a vase not exceeding 18"
<u>Childrens Class</u>		
32	1	Primary School – Painted Pebble Prize awarded
33	1	Secondary School – Painted Pebble Prize awarded

Rules of Entry 1 Entry per class 50p entrance each item

Points awarded 1st 4 points 2nd 3 points 3rd 2 points

Highly Commended 1 point

Brenda Crocker–White Best in Show Cup

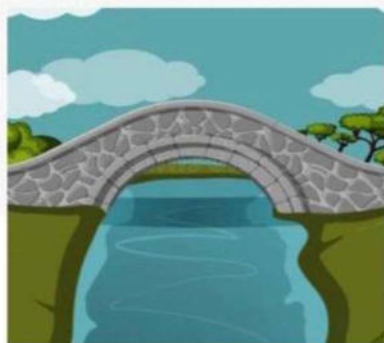
Doors open for produce

6.30pm until 8.00pm Tuesday and 10.00am until 12.30pm Wednesday

Hall reopens 6.00pm for viewing. Presentation of cups 6.30pm

T A M A R

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Saturday 22nd August

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7:30pm-11:30pm

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Adventure Church

We welcome all children (preferably at least 4 years old) and at least one parent or carer per family every Tuesday, 4.30pm at WSM Church, we have a story and adventurous or crafty activity (depending on the weather), a prayer and a shared meal - all for £1.50 per child.

Contact Lesley on **01288-341221** for details or join our Facebook Group week st mary adventure church for further details. We usually communicate through FB Messenger.



WEEK ST MARY PARISH HALL 100 CLUB

Parish Hall July 100 club winners.

1st - no 18, John Reynolds

2nd - no 10, Shelly Colman

3rd - no 65, Victoria Sowerby



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New members welcome.
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Margaret Johns 07856 357424



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Family Games Afternoon

Thursday 13th August

2.30-5pm.

In the Parish Hall

Drinks and refreshments

If any parent would like to help, please let Margaret know.

Scarecrow Festival

August 6-9th

Cream tea/Refreshments

2-5pm daily in the Parish Hall.

There isn't a theme to make it easier.

Scarecrows to be displayed outside your property with a donation box (proceeds to Parish Hall). I suggest that you take the box in at night.

Prizes for most popular Scarecrow and best child's Scarecrow.

Please book with Margaret on 07856357424 so that we can produce a map for viewers to follow. These will be available from the Parish Hall.

Enquiries to Margaret.

WEEK ST MARY PARISH HALL HIRE CHARGES

Commercial Hire £11 per hour

Commercial Hire (Concessionary rate for locals) £8.50 per hour

Local groups/organisations £7 per hour

Daytime social events £7 per hour

Evening social events (after 6pm) £8.50 per hour

Weddings/Funerals £11 per hour Use of kitchen £3 per hour

~~~~~

All hire charges include licenced bar run by the committee

Hire conditions apply

~~~~~

For further details and booking please contact

Brenda Jennnings 01288 341429

These charges remain the same as last year

POOR MAN'S PIECE FAMILY PICNIC

SUNDAY 16th AUGUST FROM 1230 hrs

Please join us at Poor Man's Piece on Sunday 16th August for a community picnic and activities.

Bring all you need for the family to eat and drink and blankets/chairs if you require them.

For the children there will be a Treasure Hunt in the afternoon and a chance to help with the sowing of wild flower seeds to increase the diversity of plants in the meadow.

There will be an opportunity to learn more about the 300+ year history of the field including a display of finds from a detectorist survey in 2023.

The field is located off the main square down a little track between Market Place and Tinghamscott. It will be signposted on the day. The track is short but a bit rough in places do please take care.

The event is free but the Trustees would welcome donations to go towards the upkeep of the field.

We look forward to seeing you.

Anna, Lesley, Linda & Stephen

Trustees, Poor Man's Piece – Registered Charity no 233750

CRIME REPORTING



**DEVON & CORNWALL
CONSTABULARY**

To report a crime telephone number **101**
or Email: 101@devonandcornwall.pnn.police.uk

To give anonymous information
Crimestoppers 0800 - 555111

Week St Mary Playgroup



Welcomes you

**10am - 12 every Tuesday
at Week St Mary Village Hall**

Come along and have some fun !



Join coffeepots baby and toddler group on
Facebook or email coffeepotswsm@gmail.com



Lunch Club



Week St Mary Church Lunch Club will meet again

In September

Regulars please book with Lesley 341221 asap

New members very welcome

Mon	Tue	Wed	Th	
August	Regular items appear as these symbols - PH is Parish Hall, MSR is Methodist School Room,			
	 Craft Group  Coffee Morning  Mobile Library			
	 Recycling & Food  General Waste & Food			
	3	4	5	6
		Craft Group 2:00pm MSR 		Chapel Coffee 10:30 to 12:00 Scarecrow Festival 2:00pm PH (Parish Hall)
10	11	12	13	
	Craft Group 2:00pm MSR 		Family Games 2:30 PH (Parish Hall)	
17	18	19	20	
	Craft Group 2:00pm MSR 		Chapel Coffee 10:30 to 12:00	
24)	25	26	27	
	Craft Group 2:00pm MSR 			

Thu	Fri	Sat	Sun
		1	2 <i>Church All Age Service</i> <i>10:00 (P21)</i> <i>Chapel Morning</i> <i>Worship.10:30 (P21)</i>
<i>ee Morning</i> <i>00 MSR</i> <i>estival</i> <i>(P15)</i> 	7 <i>Scarecrow Festival</i> <i>2:00pm PH (P15)</i> 	8 <i>Scarecrow Festival</i> <i>2:00pm PH (P15)</i> <i>Safari Supper (P5)</i>	9 <i>Church Evening Prayer</i> <i>18:00 (P21)</i> <i>Chapel Morning</i> <i>Worship.10:30 (P21)</i> <i>Scarecrow Festival</i> <i>2:00pm PH (P15)</i>
<i>es Afternoon</i> <i>(5)</i>	14 	15	16 <i>Church Holy</i> <i>Communion 11:15(P.21)</i> <i>Chapel 12.00 Worship</i> <i>Lunch (P.21)</i> <i>Poor Mans Piece Family</i> <i>Picnic 12:30 (P16)</i>
<i>ee Morning</i> <i>00 MSR</i> 	21 	22 <i>Tamar Rock & Roll</i> <i>7:30pm (P11)</i>	23 <i>Church, 10.00 Morning</i> <i>Prayer (P21)</i> <i>Chapel Café Church,</i> <i>18:30 (P21)</i> <i>Crepes and Wine 2:30pm</i> <i>PH (P7)</i>
	28 	29	30 <i>Church 10.30 Benefice</i> <i>Holy Communion</i> <i>Whitstone</i> <i>Chapel Morning</i> <i>Worship.10:30 (P21)</i>

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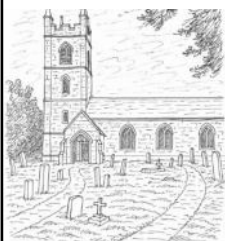
WEEK ST MARY CHAPEL



Chapel services for August 2026

- Sun 2nd 10.30 Morning Worship led by the worship team
- Sun 9th 10.30 Morning Worship led by the worship team
- Sun 16th 12.00 noon Worship Lunch, worship at tables
followed by a hot roast lunch. Book with Trina 341317.
- Sun 23rd 18.30 Café Church
- Sun 30th 10.30 Morning Worship led by the Worship Team.

We continue to produce weekly printed service sheets available via our website www.weekstmarymethodist.co.uk or from the notice board at the chapel.



Services at St Mary's Church

August 2026

- Sun 2nd 10.00 All Age Service
- Sun 9th 18.00 Evening Prayer
- Sun 16th 11.15 Holy Communion
- Sun 23rd 10.00 Morning Prayer
- Sun 30th 10.30 Benefice Holy Communion Whitstone

Every Wednesday @ 8:30am there will be a zoom service of Morning Prayer
Full details are available via achurchnearyou.com

CHILDRENS COMPETITION

Group 1 Under 5 **Group 2** Age 5 to 7 **Group 3** Age 8 to 10
Group 4 Age 11 to 16

Children's trophy will be awarded to the best entry out of all 4 groups in each category

Please accompany your entry with your name and age in a sealed envelope

DECORATE TWO CUPCAKES

PAINT A PEBBLE

Arrangements for participants and viewing

Please bring your entries to the Parish Hall from 10am – 12.30pm, with your name and contact number for each item in a sealed envelope. If you cannot manage this, please contact someone who can collect them for you. Judging will take place from 2pm. The Hall will remain closed at this time.

Doors re-open for viewing at 6pm and presentation of cups will take place at 6.30pm. Please remove your entries at 7pm

One entry, per person, per section

(20p per entry) (Children's entries FREE)

GREAT VILLAGE CAKE and PRESERVE COMPETITION

Wednesday 16th September

WSM Parish Hall

All categories Open to Everyone

1 point for each Category entered, extra points for placed entries. Highest overall total wins the cup.

Independently judged

Cake Competition

Chocolate Victoria Sponge - recipe provided
Quiche Lorraine - own recipe

Preserve Competition

Apple Chutney - own recipe
Mixed Fruit Jam - own recipe

2026 Extra Challenge

4 Sugared Pretzels - recipe provided

CHOCOLATE VICTORIA SPONGE

Ingredients

2 tablespoons cocoa, 3 tablespoons boiling water

225g (8oz) soft margarine

225g (8oz) caster sugar

4 eggs

225g (8oz) self-raising flour

2 teaspoons baking powder

Filling

50g (2 oz) soft margarine

175g (6oz) icing sugar, sifted

1 tablespoon milk

Coarsely grated chocolate to decorate

Pre-heat the oven 180°C/160°Fan/Gas 4. Grease and base line 2 x 20cm (8in) sandwich tins with greased greaseproof paper.

Blend the cocoa and water in a mixing bowl then leave to cool slightly. Measure all the remaining ingredients into the bowl and beat well until thoroughly blended. Divide the mixture evenly between the 2 tins and level the tops.

Bake in the oven for about 25 minutes or until well risen and the tops of the cakes spring back when lightly pressed with a finger. Leave to cool in the tins for a few moments then turn out, peel off the paper and finish cooling on a wire rack.

To make the butter cream, blend together the margarine, icing sugar and milk until smooth. Use half the butter cream to sandwich the cakes together. Spread the remaining butter cream on the top and decorate with the grated chocolate.

~~~~~

## **SUGARED PRETZELS**

115G (4½ oz) plain flour

65g (2½ oz) butter

23g (1 oz) caster sugar

1 egg beaten

a few drops of vanilla essence

### **To Finish**

Icing sugar for dredging

Pre-heat the oven to 200°C/180° Fan/Gas 6. Lightly grease 2 baking trays. Measure the flour into a large bowl, add the butter and rub in with the fingertips until the mixture resembles fine breadcrumbs. Stir in the sugar then the egg and vanilla essence and mix until the pastry comes together. Knead very gently on a lightly floured work surface until smooth, then wrap in cling film and chill for about 30 minutes or until firm enough to roll.

Divide the dough into pieces about the size of a walnut. Roll each piece into a thin sausage shape and then twist into the traditional pretzel shape, like a loose knot. Place on the prepared baking trays.

Bake in the pre-heated oven for about 8 minutes or until barely changing colour. Lift on to a wire rack and dredge thickly with icing sugar while still hot.

~~~~~

PRESERVES

APPLE CHUTNEY - Any Recipe

~~

MIXED FRUIT JAM - Any Recipe

~~



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MEET AND EAT

Next meeting September



Soup & Sweet from 12:00 noon and a

friendly chat in the Parish Hall

*Open to all ages newborn to 100+
come and enjoy some lively helpers & company,
a choice of soups and more importantly
a great choice of desserts.*



Sue Dickenson 01288 341016

Sue Edwards WSM341083

Everyone and we mean EVERYONE is most welcome



C A M E O

Come And Meet Each Other

**No Meeting In August
on Friday 18th September @2:30**

at Ranelagh home of Sue&Rob Dickenson

Everyone most welcome for tea, coffee, biscuit or cake and
an opportunity for a chat.

As ever, transport can easily be arranged but will
people please book with

Linda Cobbledick 01288 341468

Look forward to seeing you !

Sean Johns Plumbing & Heating



has recently moved out of the village but will continue to provide plumbing services to all customers old & new

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Week St Mary Church presents

THE COUNTRYMEN



FRIDAY 9TH OCTOBER

7.30PM

TICKETS £15 TO INCLUDE A PASTY SUPPER.

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TICKETS: ☎ 07833647405

✉ lincob@gmail.com





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Martin Brooks 07812 959 879

www.northcornwallpilates.co.uk

martin@northcornwallpilates.co.uk

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BUILDING CONTRACTOR

01288 341664

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No Website is safe anymore!

The amount of our personal data washing around the world via internet harvesting companies is making many operators very rich and it stems from a simple coded program used to track everything you do on the internet, and if you are old enough to read and write, then your details are used by some entity. without your knowledge, and the sad thing is we all allow it to happen, when in fact we could stop much of it from taking place!

Ask yourself, do you use social media, shop online, bank online or contact your GP surgery online, then you are being tracked, that is you are monitored and everything you do, view or speak is monitored, don't believe me? Then why does almost every website use at least one tracker per webpage, some use 3 or 4, others over a dozen and each of these activates one or more trace elements which will have links to 2 or 3 other website servers somewhere in the world.

Trackers can be considered as elaborate cookies. Banks use cookies to quality your authenticity as do other institutions. Trackers are used by Harvesting companies to steal, poach, lift and record what you do, what you have, and who you communicate with. They can be constructed to masquerade as an innocent service provider, but under the cloak of helpfulness, they still remain a thief.

I use a simple extension on all my browsers and have installed the same on many of my customers computers. There are two I use, one is Ghostery and the other is Badger, both are free extension and can be simply downloaded and attached to any browser, so when viewing online you do it with a high degree of protection from thieves, hackers, scammers and the scum who want to profit from you! Anti-Virus programmes don't do this, so don't think you are already protected.



A few weeks ago, I, like hundreds of other residents in the area experienced a total outage in our BT/EE telephone and broadband service, this for some lasted 48 hours others not as long, but what was jointly experienced was the total isolation experienced without the all-necessary internet service we are all expected to use these days.

That meant no landline, no internet connection and although some had a mobile signal, when a few hundred people begin to use their mobile phones simultaneously, the signal drops out and for some their mobile phones were completely unusable.

OK, so it only lasted a few hours, but what if there was a catastrophic failure and the region was more populated, or major banking services or utility suppliers or distribution centres were affected and not for a few hours, but a few days or weeks? The way our service providers are set up that could happen all too easily.

...and what backup services are there in place if that should happen... absolutely NONE!

I am truly not a doom monger, but these things do need to be taken into consideration.

Free telephone advice call Brian Meadows 01288 381061

NoFix-NoFee Computer Repair Services

Forthcoming Events

August 6-9th - Scarecrow Festival (Parish Hall)

August 8th - Safari Supper

August 23rd - Crepes and Wine (Parish Hall)

September 11th - Bingo (Parish Hall)

September 19th - REVEL

September 21st - Harvest Service & Supper

October 4th - Pie and Mash (Parish Hall)

October 9th -The Countrymen (Church)

October 10 6.30pm - Grease The Musical by Brights Sparks

October 11 3pm - Grease The Musical by Brights Sparks

October 17 6.30pm - Grease The Musical by Brights Sparks

October 18 3pm - Grease The Musical by Brights Sparks

October 24th - Halloween Party (Parish Hall)

November 2nd - Service for All Souls

November 8th - Turkey Lunch (Parish Hall)

November 21st - Christmas Market

December 4th - Mulled Wine

December 11th - Christmas Bingo/Draw(Parish Hall)

December 13th - Advent Carols with Wine 4pm

December 19th-21st - Christmas Tree Festival. (Parish Hall)

COMMUNITY MONEY ADVICE LAUNCESTON

During 2025 the Cornwall PEOPLE IN MIND outreach project has enabled Community Money Advice Launceston to visit and meet local residents of some of the most rural villages and hamlets within North East Cornwall, including Week St Mary. This has enabled our team to become engaged with some of the least advantaged locally. The elderly especially, including those who may be experiencing difficulties within their finances, particularly with their utilities, local taxes and benefit structure.

The FREE services which CMAL offer in these areas has been particularly welcome among those who find it so difficult to keep abreast with the newer methods in technology. With nationally 1 in 7 people being unable to communicate effectively with the internet/email/online banking system, it is little wonder why our team is fully stretched to help. We have a policy of helping every genuine request for help. One of the main lessons we have learnt from our visits is that many local people were unaware of us, or the areas in which we can help, and especially the direct contact we have with some agencies, like SouthWest Water or Cornwall Council about council tax problem

The major areas of immediate concern to many of our clients currently are:

PENSION CREDIT WINTER FUEL PAYMENT BLUE BADGES PIP renewal

If you are worried or feel the forms to fill are too complicated. DO NOT WAIT.

If you feel you would like to contact outside our visit dates, then make an initial contact by phone on 01566 777407 or 07762 092 830 and leave a message on our answerphone if our office is closed. For those who prefer email then our contact is office@launcestonmoney.co.uk . In the last year more than 800 residents in North Cornwall have had our help. Many in Week St Mary and the surrounding hamlets.

Your Parish Church NEEDS YOU

For nearly four centuries, our Grade I listed church tower has stood as a proud landmark, rising 100 feet above the landscape and watching over our community since 1643. Its history is woven into the story of this place — a symbol of heritage, faith, and continuity.

Today, however, this remarkable structure has been placed on the Heritage at Risk Register. Time and weather have taken their toll, and without urgent action the tower's future is uncertain.

A full renovation is now required to preserve and protect it for future generations. The work is extensive, with an estimated cost of £400,000.

We are asking for your help. Every donation, large or small, will bring us closer to restoring this historic tower and ensuring it continues to stand tall for centuries to come. If this landmark means something to you, please consider supporting the restoration fund. Together, we can safeguard this piece of history and keep our tower standing proudly over the community once again.

Week St Mary Church Tower:

<https://www.crowdfunder.co.uk/p/week-st-mary-church-tower>.

The Churchwardens.



WEEK ST MARY PARISH COUNCIL MEMBERS AND RESPONSIBILITIES

Parish Council Chair:	Carol Slade	WSM 341350
Vice Chair:	Ian Richardson	07379-292313
Parish Clerk:	Suzanne Cleave	07853-298595
Finance	Ian Richardson	07379-292313
Public Conveniences:	Parish Clerk	07853-298595
Highways, streetlights, trees, parish greens and footpaths:	Parish Clerk	07853-298595
Primary Schools:	Tamsin Fay	07454-382450
Playing Field:	Rachel Shipton	07792-258665
	Sam Gubbin	07988-861613
	Carol Slade	WSM 341350
	Margaret Johns	07856-357424
Planning:	Ian Richardson	07379-292313
Community Area Partnership:	Tamsin Fay	07454-382450
Other Councillors:	Stuart May	WSM 341092
	Jeremy Ward	
Non Council Members:		
Debrillator:	Wendy Couch	
	Jane Pearce	WSM 341525
War Memorial:	Sarah Wickett	

MAGAZINE ENTRY DATES

The last date for entries to the Magazine is **22nd of the month**
Please get your copy to the editor or the shop, preferably on disc or as
e-mail. Handwritten pieces are fine too but if you use a computer,
please help by producing paperless words!!

MAGAZINE MEMBERS

Magazine Editor	Mr Dick Sowerby	WSM 341348
e-mail	editor@weekstmaryvillage.co.uk	
Advertisements	Mr Dick Sowerby	WSM 341348

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WEEK ST MARY DIRECTORY

Parish Council Chair:	Mrs C Slade	WSM 341350
Parish Clerk:	Suzanne Cleave	07853-298595
Email:	clerk@weekstmaryparish.gov.uk	
Parish Hall Chairman:	Mrs Margaret Johns	07856-357424
Parish Hall Bookings:	Ms Brenda Jennings	01288-341429
Email:	dippyfish@btinternet.com	
County Councillor:	Nicky Chopak	07810-302061
Email:	nickychopak@gmail.com	

<u>SITA Recycling Centre:</u>	Tiscott Wood	01288-355131
	9:00am - 4:00pm	
	7 days a week except	
	Christmas Day, Boxing Day and New Years Day	

Doctor's Surgeries (Appointments)

Stratton Medical Centre (Stratton)	01288-352133
Ruby Country Medical Group (Holsworthy)	01409-253692
Neetside	01288-270580

<u>Buses:</u>	Plymouth City Bus (colour Red)	
WSM Transport Rep		01752-662271
(Launceston Mon & Thurs 09:38am Ret 12:50pm from TESCO		
Launceston Tue 09:38am Ret 12:30pm from TESCO		
Holsworthy Wed 09:38am Ret 13:07pm - Bude Friday 09:38am Ret 13:01pm)		

Women's Institute:

President:	Mrs Christine Heard	WSM 341328
Secretary:	Mrs Sue Collins	07539-379469

<u>National Child Line:</u>	0800 1111
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Diocesan Safeguarding Officer for Children and Vulnerable Adults

Rev David Saunders	07834-459672
The Square, Week St Mary 11:50am-12:10pm	
Check calendar for monthly dates.	

Mobile Library:

<u>Football Club:</u>	Mr Antony Sachs	WSM 341090
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<u>Parish Church:</u>	Rev David Saunders	07834-459672
	rector@bude-coast-benefice.org	

<u>Methodist Church:</u>	Rev Steve Swann	01840-779339
(Service times for both churches inside Magazine)		