

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: nicky chopak@gmail.com

SITA Recycling Centre: 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

Buses: 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 Sue Dickenson
 Secretary: Mrs Roberta Jones 07788-548875

National Child Line: 0800 1111

Diocesan Safeguarding Officer for Children and Vulnerable Adults
 Rev David Saunders 07834-459672

Mobile Library: The Square, Week St Mary 11:50am-12:10pm
 Check calendar for monthly dates.

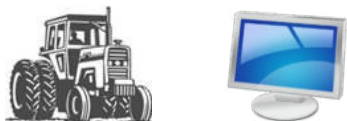
Football Club: Mr Antony Sachs WSM 341090

Parish Church: Rev David Saunders 07834-459672
rector@bude-coast-benefice.org

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



Booker Farm Services



**Agricultural & Plant Engineering,
Car Repairs,
Mobile Hydraulic Repairs,**

**Farm and Environment
Office Services**

bookerfarmservices@gmail.com

01288 341027

Twisted Splinter Woodwork

Bespoke, made to order items.
Repairs and restoration



Contact Neil
01288 341375
07593808238

Find me on Facebook
to see examples of my work

[twisted.splinter.woodwork](https://www.facebook.com/twisted.splinter.woodwork)

redsmart PRINTING

UNIT 2, WAYSIDE WORKSHOPS
KILKHAMPTON, BUDE EX23 9RB
with FREE deliveries and
collections in Bude & Stratton

TEL: 01288 358071 EMAIL: sales@redsmart.co.uk [redsmartprinting](https://www.facebook.com/redsmartprinting)

Cards Banners Flyers Labels

Letterheads • Brochures • Programmes • Calendars • Posters
Indoor & Outdoor Signage • Forms • Large Format • Canvases
NCR Pads • Desk Pads • Menus • Service Sheets *and more*

up to A0 printing for your plan, poster, photo and art files

FINE ART & PHOTOGRAPHIC GICLÉE PRINTING

IN-HOUSE, HIGH QUALITY COTTON BLEND CANVAS PRINTS	FINE ART PAPERS: Gloss Satin Matt Smooth Art Textured Art Lustre	IN-HOUSE MOUNTING & FRAMING
--	--	--

NEW We can convert your original art into a high quality digital file
ready for prints, canvases, cards and other items with our new
FINE ART FLATBED SCANNING SERVICE UP TO A2+

PERSONALISED PHOTO GIFTS:
Mugs, Coasters, Mouse Mats, Plaques,
Money Boxes, Bags, Photo Panels and more!

PERSONALISED WALL ART:
Shapes, Bespoke Families, Effects and more!

OTHER SERVICES:
Photocopying / File Printing / Scanning
Guillotining / Laminating / Binding
VHS to DVD & USB / Vinyl to CD
Bespoke Computer Systems & more

PHOTO EDITING and PAGE LAYOUT/LOGO DESIGN

Colin's Garage

**CLASSIC, MODERN &
RACE CAR REPAIRS**

SERVICING

MOT TESTING

Colin's Garage
Unit 5 Pethericks Mill
Bude, EX23 8TF

01288 354616

www.colinsgaragebude.co.uk

info@colinsgaragebude.co.uk

C J Blay Plumbing and Heating Egloskerry

GAS SAFE Registered LPG

OIL boiler servicing & repairs
REFCOM Registered

Air Conditioning Installations and
Servicing

Bathroom Installations,
Landlord Safety Certificates
All Aspects of Plumbing
Free Estimates

Tel: 01566 785901
Mob: 07763 457578



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: Highways, streetlights, trees, parish greens and footpaths:	Parish Clerk	07853-298595
Primary Schools:	Parish Clerk	07853-298595
	Tamsin Fay	07454-382450
	Anna Willoughby	
Playing Field:	Rachel Shipton	07792-258665
	Sam Gubbin	07988-861613
	Carol Slade	WSM 341350
	Margaret Johns	07856-357424
	Anna Willoughby	
Planning:	Ian Richardson	07379-292313
Community Area Partnership:	Tamsin Fay	07454-382450
Other Councillors:	Nick Couch	07949-026647
	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 e-mail	Mr Dick Sowerby	WSM 341348
	editor@weekstmaryvillage.co.uk	
Advertisements	Mr Dick Sowerby	WSM 341348

Week St Mary Magazine

January 2026

Issue No 457

Week St Mary Church Christmas Market

The Church Christmas Market was held on November 22nd and as usual attracted many very clever local artists and Crafts people plus a large crowd of customers keen to browse the stalls, eat hotdogs and drink mulled wine. It was a lovely social occasion which proved successful for the vendors and contributed well towards church funds. Thank you to everyone who helped out during preparations and on the evening itself



Week St Mary Church Mulled Wine Evening

The annual Mulled Wine evening at Week St Mary was hosted by Stephen and Micheline Smith (although Stephen kindly isolated himself as he was suffering from the flu, sorry Stephen you missed a great evening). Micheline provided copious quantities of mulled wine and a fabulous spread of tasty nibbles. Thank you to Jeannette Turner on the raffle, to Micheline for all her hard work and to all who came to enjoy the evening. Commiserations to all those who couldn't come due to illness.

ARTHUR W. BRYANT FUNERAL SERVICE

BUDE HOLSWORTHY
01288 352282 01409 253000

CAMELFORD LAUNCESTON
01840 214891 01566 232426

**INDEPENDENT FAMILY
FUNERAL SERVICE**
MEMORIAL MASONRY
DIRECT CREMATION
PRE PAYMENT FUNERAL PLANS
**OUR FAMILY CARING FOR YOUR
FAMILY FOR OVER 50 YEARS**



AWBRYANT.CO.UK
CARING@AWBRYANT.CO.UK



Kevin Lewis

**Painter &
Decorator**

20 Years Experience
Internal & External Work
No Job Too Small
Free Quotations Available

3 Week Green
Week St Mary

Tel: 01288 341098



Timberlake,
Week St Mary

01288 - 341326

**FOR ALL OF YOUR
AGRICULTURAL ATV, UTV,
MACHINERY SALES & SERVICE NEEDS**

On-Site Shop/Sales Open:
8.00am-5.30pm Mon-Fri
& 8.00am-3.00pm Sat

Selling a wide range of tools, trailer
parts, vehicle batteries, WD40, Anti-
Freeze and other small maintenance
items.



Sheridan Skin Health
Don't let your skin suffer



Sheridan Foot Health
Give foot problems the boot

Covering North Cornwall

- Nail trimming
- Corn and callus removal
- Fungal nail
- Athlete's foot and verrucae treatments
- Diabetic foot care

• ADVANCED EPILATION

*Treatment used to remove moles, skin tags,
sebaceous cysts, warts and more...*

• EAR WAX MICROSUCTION

Suction removal of Ear Wax

Call: 07557 029429 to book

email: diane@sheridanfoothealth.co.uk

www.sheridanfoothealth.co.uk

[f/happyhealthyfeet](https://www.facebook.com/happyhealthyfeet)

Diane Sheridan RN MCFHP, MAFHP

Week St Mary Tech Support Café
Friday 16th January 2026 11am-12pm
WSM Methodist Church

Tech Support Café



Staying Safe Online

**Free Drop-In Tech Help and Advice for
Villagers. Including help with your mobile
phone, laptop, tablet, apps, setting up
accounts, online safety etc.**

Printer also available. DBS-checked.

Free tea and coffee.



Questions?

Contact Tamsin at Cobweb
Cottage, Week Green.
Tel 07454 382450



Sponsored by WSM Football Club

Forthcoming Events

- January 8th CPR & Defibrillator Training Session (PH) 7.00pm
- January 16th Tech Support Café 11:00 -12:00. (MSR)
- January 23rd Quiz Night 7:30pm (PH)
- February 14th Valentines Day Pop up Restaurant 7:00 (Church)
- April 26th Johnny Cowling in Concert (Church)

Week St Mary Adventure Church Christingle at St Anne's Home

On Tuesday 9th December, Week St Mary Adventure Church decamped to St Anne's Residential Home at Whitstone where they shared their Christingle service with the Residents and Staff. Revd David led a joyful service where no one got burnt and we all enjoyed a lovely tea provided by the home. Thank you very much.



Congratulations to all the Adventure Church children who were praised for their very good manners by the activities manager at the end of the evening.

We'll start the new term on Tuesday 13th January. All children over 4 years old are very welcome to join in from 4.30pm in the church. (Younger family members welcome if supervised).

CRIME REPORTING



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

To give anonymous information
Crimestoppers 0800 - 555111



Lego Café

The Week St Mary Lego Café has been active throughout the year, welcoming children from the village and surrounding area to build with our amazing collection of Lego. Also, many adults who come for a slap up cooked breakfast once a month.

We will be back on January 10th and February 7th (to avoid a clash with our Valentine's Day celebrations). All are Welcome.

MEET AND EAT

Next meeting Monday 5th January

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 Edwards WSM341083*

Everyone and we mean EVERYONE is most welcome



Lunch Club

The WSM Lunch Club meets once a month in the church and celebrated with a Christmas meal on 17th December.

We have room for a few more at our regular meetings which take place on the 14th January and 18th February, (and again 18th March) starting at 12pm. Bookings essential please to 01288 341221.

Celebrations This Month

Ronnie Samuel Walpole	A Very Happy 7th Birthday on the 1st Jan
Bob Booker	A Very Happy Birthday on the 12th Jan
Charlotte Sandercock	A Very Happy 16th Birthday on the 13th Jan
Reuben John Woolf	A Very Happy 7th Birthday on the 29th Jan

HUMANOID ROBOTICS ARE ON THE MARCH!

What is 2026 to bring to an already over laden world of smart phones, smart meters, smart cars, The development of computers, laptops, tablets and all-in-ones is now confined to history, So what maybe next? Well, how about anthropomorphic robotics!

Industry at large have used robotics on production lines for years and several million are currently in everyday use, but Elon Musk is developing what he believes will become a world beater in humanoid development.

Pleasingly, he is far behind a local Cornish company based in Falmouth who have produced a very credible and functional humanoid robot, designed by Engineered Arts and is considered by many to be the world's most advanced robot.



However, as robots can be programmed to do many things and with the advent of AI's ChatGPT can simulate any voice. Walking is the most difficult and has yet to be mastered, as the Russian attempt at anthropomorphic robot with artificial intelligence, and to their embarrassment, fell down after a couple of paces. So, robots are not quite ready to go on the march, but it's only a matter of time.



Seemingly prices currently discussed are between £10K and £15K but it is likely to be at least 5 years before a satisfactory walking robot is available to buy - so start saving!

However, Elon Musk believes in 20 years it will be possible to fully clone a human being and transpose that onto a robot. Now that is scary, image hundreds cloned Elon Musk robots, or Boris Johnson replacements or even worse, a whole government repeating error after error. In the words of the song "send in the clowns", or will it be robots!



In a move to make robots to look more human, a Chinese company "AheadForm" is trying to make heads that appear to have skin, lips and hair using a synthetic skin with a natural feel and look.

Honda's Asimo made its debut in 2000, But it was ditched three years ago (that too fell over) as the company is focusing on human-like robotics.

So, if anyone is worried robots will take over the world, don't be, trip them up and they will fall over! We all have weaknesses.

For computer help and repairs and free telephone advice call;



Brian Meadows 01288 381061

Nofix-Nofee Computer Repair Services



DSCARE
Professional & Certified
Home Care Services
Deanna Spiby
OUR SERVICES
Assisted living - Independent living
Dementia care - Respite care

07539-663189
deanna.spiby@hotmail.com
-care.co.uk
Search "DS Care"

Pilates Classes North Cornwall

Week St Mary Thurs 09.15 & 10.30
Also at:
Canworthy Water,
Warbstow, Higher Crackington
Launceston, Bodmin, St Kew
On Zoom Weds

What does Pilates do?

- Targets the deep core stabilising muscles
- Improves muscle tone, strength & joint mobility
- Improves posture, alignment & body awareness
- Corrects muscle imbalances & encourages pain-free movement
- Classes are progressive and operate on a

Martin Brooks 07812 959 879
www.northcornwallpilates.co.uk
martin@northcornwallpilates.co.uk

J PARKIN BUILDING CONTRACTOR
01288 341664 WK ST MARY
Kilburn, Week St Mary,
Holsworthy, Devon
EX22 6UR
Tel/Fax: 01288 - 341664
Mob: 07956 - 466624
email: jparkin664@btinternet.com
NEW BUILDS - EXTENSIONS

FREE ESTIMATES

**BARN CONVERSIONS
RENOVATIONS - PLASTERING
PATIOS - ROOFING
BLOCK WORK - BRICK WORK
STONE WORK**

**YOUR LOCAL
INSURANCE BROKER**

We Search The Market On A
Whole Range Of Products
Including Motor, Home, Business,
Liability, Travel & More!!

HODGSON
INSURANCE SERVICES
Chapter House, Burn View, Bude

CALL US TODAY: 01288 353999
www.hodgsoninsurance.co.uk
www.guesthouseinsurance.co.uk

Authorised and regulated by the Financial Conduct Authority

Ruminations from the Rectory

Three Vicars

The Devil appeared to three vicars and asked them this question. "If I gave you the power to change something in the past, what would you change?"

The first vicar answered with great Apostolic fervour saying, "I would like to prevent you from leading Adam and Eve to sin so that humanity doesn't have to be separated from God."

The second vicar was full of mercy and replied to the Devil, "I'd prevent you from straying from God in the first place."

The third vicar was the simplest, and instead of answering the tempter, he knelt down bowed his head and prayed. "Lord deliver me from the temptation of what might have been, and what was not."

The demon screaming and trembling with pain, fled. The first two vicars were surprised and they said to third one. "Brother why did you react like this?"

He answered them, "First we need to never talk to the enemy. Secondly no one in the world has the power to change the past, and finally, Satan's interest wasn't to prove our virtue, it was to trap us into our pasts so we couldn't walk in the present where God wants to work in our lives right now. Of all the demons in this world, the one that holds people back the most and prevents them from living out their purpose in Jesus is, what could have been, and what was not."

The Bible says, Forgetting what is behind, and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians chapter 3 verses 13-14

Story taken from Instagram. Highlight truth

Revd David

Crib Service on Christmas Eve

Week St Mary Church held its annual Crib Service on Christmas Eve. The Nativity tableau was assembled with twenty or so actors aged 5 months to 17 years, dressed in Nativity Costumes as the story of the Christmas Journeys was told.



Rev David Saunders and Mrs Saunders narrated the story and the baby Jesus was played this year by Eliza Shipton, Thank you to all the families who came to take part and to Linda Cobbledick, Sue Isherwood, Sue Booker and Lesley Booker who worked as wranglers for excited children and Bob Booker who played the Donkey. Thanks also to Micheline Smith, Judith Taylor and Abi Morrison who dressed the Crib with the Crib figures at the end of their Advent journeys, during which they visited 90 households in the village and wider parish.

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.

Sean Johns Plumbing & Heating



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

**8, Fulmar Road,
Bude, EX23 8FL**



**01288 - 355114
07734 - 087602**



**Curtain and
Upholstery fabrics
Wallpapers
Paints
Poles**

www.merchantandmakers.co.uk
01566 785763

Pop in and see us soon



R & N FUELS Ltd COAL MERCHANTS

LOCAL
DELIVERIES
ALL SOLID
FUELS
COMPETITIVE
PRICES
07811-973782



TREE FELLA SOUTHWEST LTD
TREES ARE OUR PASSION

- HIGHLY QUALIFIED
- INSURED
- DOMESTIC AND COMMERCIAL
- EXPERIENCED
- PROFESSIONAL
- TREE REMOVAL
- PRUNING
- PLANTING
- STUMP GRINDING
- STORM DAMAGED



CONTACT US TODAY ON:

0800 999 1704

INFO@TREEFELLASOUTHWEST.COM
WWW.TREEFELLASOUTHWEST.COM

Covering Devon & Cornwall



N BARRIBALL



**CONSTRUCTION
CARPENTRY & DECORATING**

Week St Mary

Mobile: 07449 171810

Email: nigel.barriball@btinternet.com

R Mears & Sons

**Chimney Sweeps &
Stove Installation**

Established over 30 years
Vac Brush.

Full CCTV investigations.

Pots, Cowlings

& Bird Protection fitted.

Chimneys Lined,

Solid Fuel Appliances,

Rayburns, Woodburners,

Stoves etc. serviced.

Fully insured.

Tel: 01840-261221

Tavistock 01822-664554

Mob: 07737-533392

www.sweepdevon.com

Week St Mary

Community Shop

**POST
OFFICE**

Spend a little less elsewhere and make a
BIG difference here ...

Daily Essentials:

Bread * Milk * Eggs * Newspapers

- * Post Office Counter Services
- * Local Produce
- * Fruit & Veg, general provisions
- * National Lottery Tickets
- * Licensed to sell Alcohol
- * Dry Cleaning Service

Sunday	10:00 - 12:00	PO CLOSED
Monday	08:00 - 13:00 & 15:00 - 17:00	PO SHOP HRS
Tuesday	08:00 - 13:00 & 15:00 - 17:00	PO SHOP HRS
Wednesday	08:00 - 13:00 & 15:00 - 17:00	PO SHOP HRS
Thursday	08:00 - 13:00 & 15:00 - 17:00	PO SHOP HRS
Friday	08:00 - 13:00 & 15:00 - 17:00	PO SHOP HRS
Saturday	08:00 - 13:00 & 15:00 - 17:00	PO SHOP HRS
Bank Holiday Opening:	10:00 - 12:00	PO CLOSED

Tel: 01288-341230

P & B Interior Design

**Curtains - Fabric - Blinds - Nets
Farrow & Ball Paints/Wallpapers
Cushions - Giftware**

**Ready Made Curtains, Nets, Voiles,
Tracks, Poles in stock**



**Roller, Vertical, Venetian,
Roman & Velux Blinds**



**Custom Made Curtain & Blind Service,
Fabric by the Metre, Haberdashery,
DMC Threads**

Full Fitting Service Available

Call in and see us
**2, Landsdowne Mews,
Landsdowne Road,
Bude EX23 8BN
Tel: 01288 356303**

You are invited to:

*Happy Memories
Memory Cafe*

**Twice Monthly at
Week St Mary Church 2-4pm**

12 & 26 Jan, 9 & 23 Feb

**Companionship, chat,
reminiscences, activities for
training memory, advice, music,
games, arts & crafts,
refreshments**

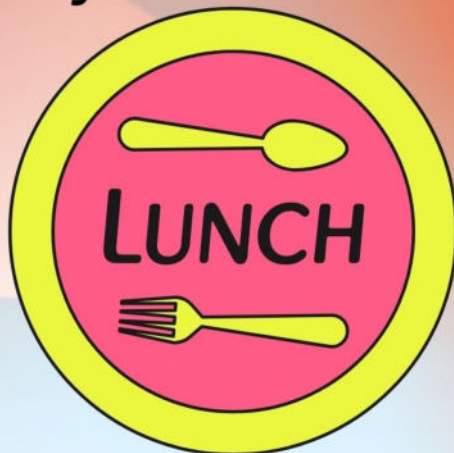
All welcome

More details 01288 341016



Week St Mary Church

LUNCH CLUB



Week St Mary Church invites you to a simple lunch with main course, sweet and good company at the church on Wednesday 14th January 12 pm

There is NO CHARGE
(Booking essential)

Please ring 01288 341221 if you would like to come
(Donations Welcome)

theWI
INSPIRING WOMEN

NHS
South Western
Ambulance Service
NHS Foundation Trust

A community event organised by
Week St Mary Bonaventures WI

CPR and Defibrillator Awareness Session

On THURSDAY 8th
JANUARY 2026 at 7.00pm

**2 HOURS OF YOUR TIME
COULD SAVE A LIFE**

In WEEK ST MARY PARISH HALL

EVERYONE WELCOME
Men, Women, Teens & Children

Free attendance

One Team
Compassionate
Innovative



Ground Works and Plant Hire

Foundations | Service Trenches
Drainage | Tracks | Driveways
Landscaping | Garden clearance

Walls | Patios | Fencing
**A range of Diggers with
operator hire**

Including Attachments such as
Flail mower / Hedge Trimmer
Attachment

Suitable to trim up Hedges and mulch
down long grass and thick brambles

Call Frank: 07482 236 084

Email: fb.groundworks@icloud.com



- Carpenter and general building.
- New builds.
- Extensions.
- Groundwork's & Digger with operator hire.
- Garden landscaping & patios.
- Roofing.
- All household maintenance.

Call Richard 07813 949832

WSM 341688

rboltbuildingservices@gmail.com

ACCOUNTING SERVICES

NEED HELP!?



**QUALIFIED ACCOUNTING
TECHNICIAN**

**TAX RETURNS, BOOK KEEPING,
PAYROLL, V.A.T,
ANNUAL ACCOUNTING
PREPARATION
FOR SOLE TRADERS &
SMALL BUSINESSES**

SIAN COURTNEY M.A.A.T

07792 569128

thebridgeys@hotmail.com

Whitstone Community Primary School

Nursery and Reception Places
available in our
Early Years Foundation Stage
for Children aged 3+

"Children in the EYFS learn by playing
and exploring, being active and
through creative and critical thinking"

"Older and Younger pupils learn and
play happily together"

"Staff and pupils say that the school
feels like a family"



01288-341241



school@whitstone.cornwall.sch.uk

WEEK ST MARY PARISH HALL 100 CLUB



The **December**100 club winners are:

December 100 club

1st, £75 - no 100, Millie Dennis

2nd, £50 - no 67, Francis Rowe

3rd, £25 - no 59, Millie Dennis

4th, £20 - no 68, Derek Orchard

5th, £10 - no 92, Owen Heard

Parish Hall Christmas draw winners

1st, £75 - Sue Edwards

2nd, £50 - Kekazza Stripp

3rd, £25 shop voucher - Stephen Barriball

4th - Jeff Roberts

5th - Aidan Slade

6th - Ray (Treetops)

7th - Bryer Smeeth

8th - Aidan Slade

Plus 18 other winners.

A big thank you for all of the donations for the hampers!!

The committee thank all for the support they have received
throughout the year and wish EVERYONE A VERY HAPPY
CHRISTMAS AND PEACEFUL NEW YEAR!!

Membership is £15 per number.

New Members Welcome!

Thanks You For your Support

Margaret Johns

07856 357424

THOUGHT FOR THE MONTH

Be nice to people on your way up because you will meet them on your
way down.

Jeanette Turner

 **TipTop Foot Care**

Professional and friendly foot care in the comfort of your own home

Qualified podiatrist with 20 years experience

HCPC registration number: CH22510

- *diabetic foot checks and treatment
- *vascular checks
- *callus and corns
- *thickened and painful toenails
- *toenail cutting
- *ingrowing toenails

Hannah Cobbledick
Email: tiptopfootcare@gmail.com

Mobile: 07720952066



**YOUR LOCAL
LEGAL EXPERTS IN
LAUNCESTON**

Our Services

Property | Wills | Trusts & Probate
LPAs | Disputes | Employment
Family | Company & Commercial
Financial Planning

01566 772451
lawyer@wbw.co.uk
www.wbw.co.uk

A+E Fuel Supplies

Bottled Gas and Logs

Your Local Supplier for over 30 years

Call us: 01288 356026

Free Local Delivery



Free Local Delivery

A+E FUEL SUPPLIES

Bottled Gas + Logs

Your Local Supplier for over 30 years

Call us: 01288 356026

Nofix-Nofee

Low Cost Computer Repair Service

- * Free Estimates and Advice
- * No Call out Charge
- * Virus Infection Resolve
- * System Restore
- * New System Installation
- * Refurbished Laptops & PCs
- * Free Adware/PC Doctor Software
- * Hourly Rate & Fixed Fee
- * Onsite Fix & Repairs



Computer Repairs from only **£25**

Tel: 01288 381061
Mobile: 07534 804101
mail@nofix-nofee.net

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, where 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.



Happy Memories, Memory Café

For people with memory problems, big or small, old or new,
all ages welcome.

Meets at Week St Mary Church 2:30-4pm on the
second and fourth Monday of every month.

Company, games, chat, memory training, exercises, nostalgia, music,
practical help and signposting support through Disability Cornwall.

Want more Information?

Talk to Lesley 01288-341221



Your local Builders Merchants

Kings Hill Industrial Estate, Bude EX23 8QN
01288 357020

Open to the Trade and Public

Mon–Fri 7.30–5pm, Sat 8–12 noon

For all your building and DIY needs

We stock everything from sand, aggregate and cement to power tools, paints and balustrades.

Come and visit our showrooms where we are happy to design your dream kitchen and bathroom.

Come and see what we have to offer!

DENISE WELLINGTON FUNERAL SERVICES

COMPASSIONATE,
CARING, TRUSTED
& PROFESSIONAL

Memorials
Pre-Paid Funeral Plans

24 Hour Contact
01288 359277



denisewellingtonfunerals.co.uk
enquiries@denisewellingtonfunerals.co.uk

Happy Memories Memory Café

Happy Memories memory Café is open to everyone of any age who may be experiencing memory difficulties. Friends and carers are also very welcome. This is not solely for those with serious difficulties but also for anyone who feels their memory can sometimes be unreliable.

We all have these moments of uncertainty and concern and the Happy Memories memory café aims to help with companionship and fun activities that everyone can enjoy. There is no stigma to joining a memory café.

We meet at 2.30pm in the church and aim to finish by 4.30. We hold activities and talks, which are designed to aid those with Memory loss and Dementia and welcome a wide range of people of all ages. We always finish with tea and cakes of course!

We have people attending from the surrounding area as well as our own village. We meet once a fortnight on January 12th and 26th and then February 9th and 23rd. March will also be 9th and 23rd.



We are supported by the Cornwall Memory Café network. Why not come along?

DB WALLING



- Dry stone wall repairs
- Retaining dry stone walls
- Stone work with mortared joints
- Earth stone hedging
- Landscaping
- General construction & ground works
- Garden features

FREE QUOTES

Call Dan on
07968 996191



www.dbwalling.co.uk

WALLING | LANDSCAPING | CONSTRUCTION



KEV JOHNS AGRICUL- TURAL & PLANT CONTRACTORS LTD 07786-227391



Tree Shear – Cuts, Hold's, Remove's, up to 12' tree's, limbs, bushes, Hedge clearing/River banks / Lowering High Hedge's etc.

Fast, Efficient, Safe.

(No chain saws/No other staff needed)
Drainage - Drain Jetting/ Tracks / Ponds/ Concreting/ Equestrian Arenas.

All other Swing Shovel work undertaken.

Ploughing- Sub-Soiling / Power-Harrowing / Cambridge Rolling / Re-seeding & Over-Seeding with 6m Air Seeder

Rear Discharge Muck Spreading

Tanker with or without shallow disk injector Dump Trailers / Loader Work/ Mowing/ Tedding.

BYSTANDERS CAN BE LIFESAVERS

CAN YOU ADMINISTER CPR?

DO YOU KNOW HOW TO USE A DEFIBRILLATOR?



2 VITAL SKILLS THAT COULD SAVE THE LIFE OF A FAMILY MEMBER, FRIEND OR NEIGHBOUR

Living in an isolated village many miles from major hospitals, and with over 70% of cardiac arrests occurring at home and about half being witnessed by a bystander, why not start the year with a resolution to learn these important skills which could save a life! Quick intervention can be the difference between life and death.

In the UK there are over 30,000 out-of-hospital cardiac arrests annually, 12 people under 35 die each week from cardiac arrest and it could simply happen to **ANYONE** of us at **ANY TIME**. As we now have 2 defibrillators in Week St Mary we have the tools so now we need the knowledge of how to use them!

Join us on:



Thursday 8th January



7.00pm



Week St Mary Parish Hall

for a talk focussing on CPR and how to use a DEFIBRILLATOR by ANDREW COLLINS, a Community Engagement & Training Officer from the NHS South Western Ambulance Service. The Bude Community First Responders team will also be in attendance

EVERYONE - men, women, teens and children - is welcome and encouraged to attend this **FREE** Community Event.

Donations for a charity that supports Community First Responders would be appreciated

2 HOURS OF YOUR TIME COULD SAVE A LIFE

We look forward to seeing you there!



This is a **COMMUNITY EVENT** event organised by
Week St Mary Bonaventures Women's Institute
FOR the Community

Week St Mary Parish Hall

Quiz Night (with Lee)

Friday 23rd January

7.30pm

Book your table with Margaret on 07856357424

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

Advance Warning Valentines Day Pop up Restaurant

This will be held on 14th February at 7.00 pm in the church with a licensed bar and three course meal. Details to follow – all enquiries including advance bookings to 01288 341467.

Week St Mary Lego Cafe



Happy New Year

see you again

10th January

AT WSM CHURCH

(Breakfast served till 11.30)



Open 9.30-12



C A M E O

Come And Meet Each Other

Meeting is Friday 16th January
@ 2pm Lindas's House

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 !

WEEK ST MARY CHAPEL



Chapel services for January 2026

Sun 4th	11.00	Combined Circuit Covenant Service at Delabole led by Rev Darren Middleton.
Sun 11th	10.30	Morning Worship led by the Worship Team.
Sun 18th	10.30	Let's Meet, shared informal worship led by members.
Sun 25th	18.30	Café Church

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

January 2026

Sun 4th	10.00	All Age Worship
Sun 11th	18.00	Evening Prayer
Sun 18th	11.15	Holy Communion
Sun 25th	10.00	Morning Prayer

Every Wednesday @ 8:30am there will be a zoom service of Morning Prayer

Full details are available via achurchnearyou.com

CLAIRE & SIMON
NEATE FEET

Foot Care Practitioners

Foot care in the comfort of your own home.

Toenail Clipping
Ingrowing Toenails
Painful Corns Removed
Paddings & Dressings
Verrucae Treatment
Painful Callus Reduction

Everything you require to keep your feet pain free!

Claire & Simon Neate dipfhp
Qualified Foot Health Practitioners

Call:
07968 232344 / 07870 508867




VisitingAngels.
QUALITY AT HOME CARE

North Devon & Cornwall
01288 270660

Caring, professional support to help you or your loved ones live safely and comfortably at home.

We can help with:

- Personal Care
- Meal Preparation
- Companionship
- Shopping support
- Respite Care
- End-of-Life support.
- And more.....



Our mission is to bring dignity, comfort and independence to those we support.

Covering:
Bude - Whitstone - Jacobstow - Week St Mary - Marhamchurch - Morwenstow - Holsworthy - Kilhampton - Widemouth - Crackington Haven and surrounding areas.

JACK THE VAC CHIMNEY SWEEPING SERVICES




✓ PROFESSIONAL
✓ 100% SATISFACTION
✓ FULLY INSURED
✓ BEST PRICE

COVERING LAUNCESTON AND SURROUNDING AREAS OF DEVON AND CORNWALL

☎ 07510 473 741
01566 249345
✉ jackgoldsmith@outlook.com

CS & AJ Cobbledick
CARPENTER AND JOINER
Quality Joinery

Made to measure hardwood or softwood, double glazed windows, doors, staircases, gates etc



Whirlwind, Stratton Road,
Bude EX23 8AQ
01288-356783
07986-996707
cobbledicks1234@tiscali.co.uk
www.csajcobbledickjoinery.co.uk
Follow us on Facebook

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

Week St Mary Church Lunch Club

Lunch Club

Week St Mary Church Lunch Club will meet again
on Wednesday 14th January at 12.00 noon

Regulars please book with Lesley 341221 asap
New members very welcome from January - we have room for up to 6 more

Mon	Tue	Wed	Thu	Fri	Sat	Sun
January	Regular items appear as these symbols on the calendar - PH is Parish Hall, MSR is Methodist School Room, WSMPG is the Play Group,  COFFEE MORNING  MEETING  Rubbish & Food Waste Day  Recycling & Food Waste Day  Craft Group MSR  MOBILE LIBRARY		1	2	3	4 Service All age worship 10.00am (P.21) Chapel Combined Service at Delabole (P.21) 
5 Meet and Eat 12:00 (P6)	6 Adventure Church 4:30pm (P13)	7 Parish Council Meeting 7.30pm MSR 	8 CPR & Defibrillator Training Session PH 7.00pm Chapel Coffee Morning 10:30 to 12:00 MSR 	9 	10 Lego Café 9:30—12 (P16)	11 Chapel Worship 10:30 (P.21) Church Evening Prayer 18:00 (P21)
12 Memory Café 2:30pm (P.13)	13 Adventure Church 4:30pm (P13) 	14 Lunch Club 12:00 (P17)	15	16 Tech Support Café 11:00 -12:00. MSR (P33) CAMEO 2:30pm– 4pm (P16) 	17	18 Church Holy Communion 11:15(P21) Chapel Let's Meet, shared informal worship 10:30 (P21)
19	20 Adventure Church 4:30pm (P13) 	21	22 Chapel Coffee Morning 10:30 to 12:00 MSR 	23 Quiz Night 7:30 PH (P15) 	24 Tamar Rock & Roll	25 Church Morning Prayer 10:00am (P.21) Chapel, Café Church. 18:30 (P.21)
26 Memory Café 2:30pm (P.13)	27 Adventure Church 4:30pm (P13) 	28	29	30 	31	