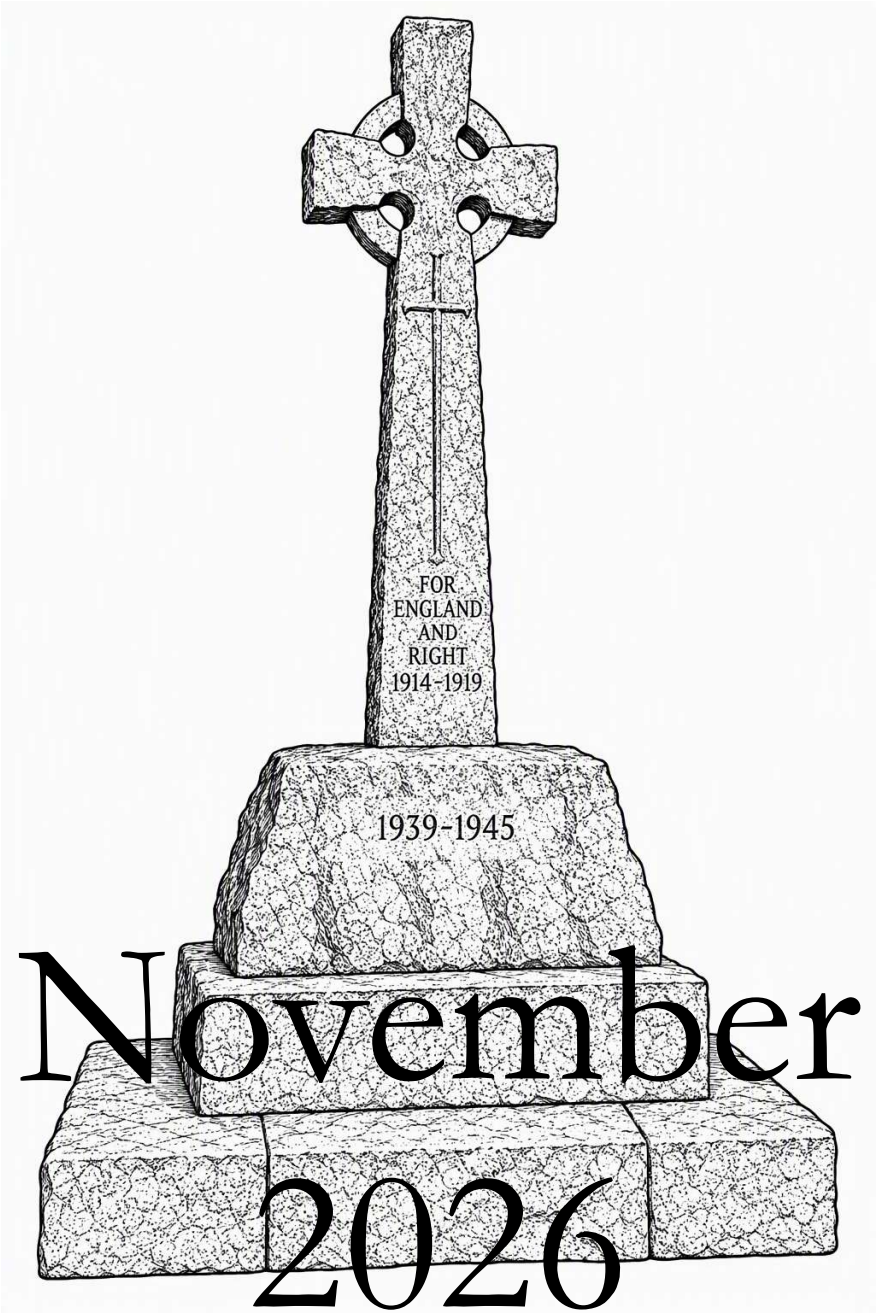
Week St Mary Magazine



November

2026

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

Twisted Splinter
Week St Mary, Cornwall

Contact Neil
07593808238

Find me on Facebook
to see examples of my work

twisted.splinter.woodwork

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

REFCOM®

gas safe REGISTER

The Countrymen

I would like to thank everyone who supported the concert in Church featuring The Countrymen.
It has been 8 years since they first appeared in Week St Mary and never fail to fill the church. This year they came hot foot from appearing in a Cornish celebration in Mineral Point, Wisconsin, America. So from their furthest concert to their closest. They have also performed a couple of months ago in The Netherlands, truly international. Thank you to everyone who helped in any way, especially Polmorla Pasties.
The funds this year are much needed as we plough our way through The Heritage Lottery application to secure funding for the complete renovation of the church tower. This is not an easy process and has already taken many hours of work which no one sees from a small team comprising the Churchwardens Lesley & Linda, Micheline, fundraising co ordinator for the project and Dr Rob Isherwood advising on heritage and much needed research.
Linda Cobbledick.

Church Tower

A small group is working hard to prepare an application to the Heritage Lottery Fund for help to restore the church tower. This is a huge project requiring a total of around half a million pounds in the end. All households will receive a letter in the early part of November asking for support, either now or in the future. Please take time to read and consider this letter as ultimately the support of the community is crucial to future grant applications. A big thank you too to those who have already been so generous.
Thank you

ARTHUR W. BRYANT
FUNERAL SERVICE

BUDE
01288 352282

HOLSWORTHY
01409 253000

CAMELFORD
01840 214891

LAUNCESTON
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

SCOTT HEALY
PLUMBING AND
PROPERTY SERVICES

07779 420828
scotthealyplumbing@gmail.com

- BATHROOM FITTING
- KITCHEN FITTING
- PROPERTY MAINTENANCE
- RENOVATIONS
- PROPERTY REFURBISHMENT
- TILING
- PAINTING
- PLASTERING
- AND MUCH MORE

City & Guilds



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

Sheridan Skin Health
benefit your skin

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: disheridan9@gmail.com
www.sheridanfoothealth.co.uk
/happyhealthyfeet
Diane Sheridan RN MCFHP, MAFHP

WEEK ST MARY BONAVENTURES WOMEN'S INSTITUTE

Our next meeting will be on THURSDAY 12th NOVEMBER
7.00 for 7.30pm in the METHODIST CHAPEL SCHOOL ROOMS

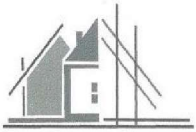
A member of the team from CORNWALL HOSPICE CARE will talk about their invaluable work - dedicated to providing a range of care and support for people with life-limiting conditions, ensuring that they get the care they need, when they need it, within their local community

Lady guests are very welcome to attend at a cost of £5 which includes entry into the monthly draw and refreshments

We look forward to seeing you all there!



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

Monday - Saturday
08:00 - 12:30 & 15:00 - 17:00
Sunday - 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

Celebrations This Month

Will Bacchus

A Very Happy 21st Birthday on the 4th

Lucas West

A Very Happy 11th Birthday on the 4th

Alisha Kay Johns

A Very Happy 26th Birthday on the 5th

Kian Cock

A Very Happy 23rd Birthday on the 5th

Ryan Sachs

A Very Happy 6th Birthday on the 5th

Roman Phillip Caesar-Parker

A Very Happy 8th Birthday on the 7th

Abigail Morrison

A Very Happy 16th Birthday on the 8th

Abigail Healy

A Very Happy 17th Birthday on the 9th

Rowan Freya Spettigue

A Very Happy 12th Birthday on the 21st

Any Birthdays or Anniversaries are always welcome.

THOUGHT FOR THE MONTH

The start is the most important part of your work

Jeanette Turner

Website developer wanted

Is there anyone in the village or nearby who would like to help Week St Mary Church to develop a website?
If you or anyone you know would be interested in this exciting project, please contact Lesley Booker lesleymbooker@gmail.com or phone 07967 684823.This would be a voluntary, expenses paid position in the first instance

Pet Service

Week St Mary Church held a Pet Service on the afternoon of 11th October. 10 pets were brought in (seven dogs and three tortoises) and everyone present enjoyed themselves, all staying for refreshments afterwards.

Thank you to Rev David for leading the service.









All Souls

Week St Mary Church will be holding a service for All Souls at 6.30 on 2nd November.

The service will include readings, reflective music and testimony with candles being lit as the names of those you wish to remember are read out.

As usual all are welcome whether regular church goers or not

Week St Mary Bonaventure WI

8th October 2026 (open meeting):

Guest Speakers Tom and Molly - FarmerTom's ice-cream.

Our guest speakers this month were Tom and Molly from Dunstable Farm, the makers of Farmer Tom's Ice cream.

Tom started Dunstable Farm Ice Cream 27 years ago after buying Thorn Farm Ice Cream and establishing a new factory at Dunstable Farm.

What began as a small local business has grown significantly, now supplying customers across a large area stretching from Gloucester to Salisbury, Bournemouth, Land's End and South Wales. The business has around 350 direct customers, supported by four wholesalers, and supplies Spar shops, farm shops, restaurants and pubs.

The company produces around 4,000 litres of ice cream a day and employs 10 full-time staff, increasing to around 25 during busy periods. Tom places great importance on his employees and believes flexibility has helped him retain staff for many years. The business has continued to develop through customer feedback, with recipes regularly adjusted to improve taste, texture and scoopability.

Dunstable Farm produces approximately 45 flavours, although Tom admits this can be challenging to manage. Clotted cream and vanilla is the most popular flavour, selling around twice as much as other varieties. The company also creates variations from core flavours, such as coffee latte, mocha and cappuccino.

Around five years ago, the business introduced plant-based ice cream, using coconut milk. This has become increasingly popular, particularly among customers looking for dairy-free and gluten-free options. The company produces vegan-friendly chocolate honeycomb pots and lemon and mango sorbets.

Sustainability and energy efficiency are important to the business. The factory uses 40kW of solar power, an 80kW wind turbine, heat-recovery systems and modern CO_2 freezer technology. Tom explained that rising energy costs have made efficiency increasingly important.

The business also operates two ice cream trailers for events, run by Tom's daughter Molly. Family remains important to Tom, who hopes his first grandchild, Violet, might one day become part of the business.

Interestingly, Tom's career in ice cream began after a cow kicked him and broke his leg. During his recovery, he decided to try making ice cream himself—and the rest is history.

Our members enthusiastically tasted various flavours of ice cream. All agreed they tasted delicious! Thank you, Tom and Molly for a very interesting evening.









Our next meeting is at 7.30pm on Thursday 12th November 2027 at the Chapel School Rooms when a member of the team at Cornwall Hospice Care will talk to us about their work.

REMEMBRANCE SERVICE

Sunday 8th November

10.45 In the Square

The Village Remembrance Service this year will be held in the Methodist Chapel meet 10.45 in the Square followed by a service in the chapel

AS A MARK OF RESPECT PLEASE CAN ALL VEHICLES BE REMOVED FROM THE AREA OF THE WAR MEMORIAL IN THE SQUARE BY 10.15 THANK YOU

Grease is the word in Week St Mary!

The sights and sounds of the 1950s came alive in Week St Mary as Bright Sparks Music and Drama Club delighted audiences with four performances of its latest production, *Grease the Musical*.

The young performers took to the stage at Week St Mary Methodist Church with *Grease Young@Part*, a specially adapted version of the much-loved musical, packed with familiar songs, energetic dancing and colourful characters.

The production formed part of a double bill, opening with *Rocking Back to the 50s*, a lively celebration of the music of the decade. Featuring songs made famous by artists including Elvis Presley, Bill Haley, Doris Day and the Everly Brothers, the first half gave audiences plenty of opportunities to sing along before the young cast transported them to Rydell High for the adventures of Danny, Sandy and their friends.

Bright Sparks is a volunteer-led music and drama club based in Week St Mary. With around 25 members aged between 7 and 14, the club provides opportunities for children and young people to develop their confidence, discover new talents and enjoy the experience of performing live on stage.

Staging a production of this scale is a considerable undertaking for a small rural community. Months of rehearsals and preparation culminated in four performances over two weekends, with a dedicated team of volunteers working behind the scenes on costumes, scenery, sound, lighting and all the other elements needed to bring the show together.

Hilary Daniel, who leads Bright Sparks, said: “This was an ambitious production for such a young cast but they pulled it off with confidence and verve. The four performances, enjoyed by large, enthusiastic audiences, were real community and family events with local artists leading *Rocking Back To The 50s* and a myriad of people giving up their time and working so hard to make it happen. We are very grateful to everyone who enables Bright Sparks to continue to thrive.”

The production was another example of what can be achieved through the enthusiasm and commitment of young people, the dedication of volunteers and the support of the local community.

Bright Sparks continues to offer children and young people in and around Week St Mary the opportunity to experience the enjoyment, friendship and sense of achievement that comes from making music and theatre together.

Jeremy Ward

.





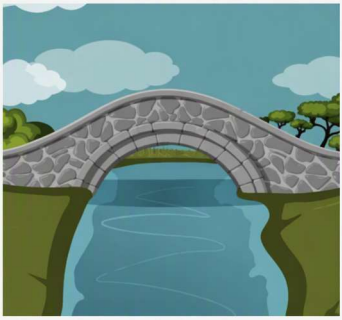
Teen Angel and Her Angels perform Beauty School Drop Out



T Birds and Pink Ladies on the School Steps

TAMAR

ROCK AND ROLL CLUB



BRYLLCREEM

Supporting DJ Woodpecker

Saturday 21st November

7:30pm-11:30pm

£10 on the door or £8 paid in advance

NO BAR BUT B.Y.O. DRINKS WELCOME

Free tea/ coffee.

DIXIE DARLING clothes stall

Bridgerule village hall EX22 7DZ

More info text Jackie on 07533353388

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

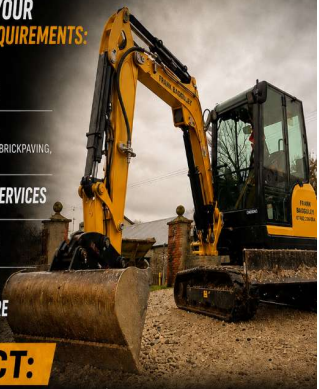
These charges remain the same as last year

FB GROUNDWORKS

CPCS LICENSED

COVERING ALL YOUR GROUNDWORK REQUIREMENTS:

- FOUNDATIONS
- DRIVEWAYS – TARMACING, BLOCK/BRICKPAVING, GRAVEL
- DRAINAGE & SERVICES
- LANDSCAPING
- MACHINERY & OPERATOR HIRE



CONTACT:

07482 236 084
fb.groundworks@icloud.com
https://fbgroundworks.co.uk/

RELIABLE. PROFESSIONAL. BUILT ON EXPERIENCE.

QUALITY WORKMANSHIP | RELIABLE SERVICE | COMPETITIVE PRICES

R.BOLT

BUILDING SERVICES

- 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"

Ofsted Good Provider

01288-341241

Explorers

school@whitstone.cornwall.sch.uk

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 October 100 club winners.



1st, no 31- Nick Couch
2nd, no 47- Daisy Dennis
3rd, no 81- Sandy Smith

Membership £15 per number
New members welcome.
Thanks You For your Support
Margaret Johns 07856 357424

Mon	Tue	Wed	Th
# *November*	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		
2 *Meet and Eat 12:00 (P28)* *10:00 All Souls 18.30 (P23)*	*3* *Adventure Church 4:30pm (P17)* *Craft Group 2:00pm MSR* 	4	*5*
9 *Happy Memories 2:30pm (P9)*	*10* *Adventure Church 4:30pm (P17)* *Craft Group 2:00pm MSR* 	*11* 	*12* *Chapel Coffe* *10:30 to 12:* *WI 19:00 (P*
16	*17* *Adventure Church 4:30pm (P17)* *Craft Group 2:00pm MSR* 	*18* *Lunch Club 12:00 (P26)*	*19*
23 *Happy Memories 2:30pm (P9)*	*24* *Adventure Church 4:30pm (P17)* *Craft Group 2:00pm MSR* 	*25*	*26* *Chapel Coffe* *10:30 to 12:*

nu	Fri	Sat	Sun
			1 *Church All Age Service 10:00 All Souls 18.30 (P23)* *Chapel Morning Worship.10:30 (P23)*
	6 	*7*	*8* *Act of Remembrance at the War Memorial followed by a combined service in the Chapel. 10:45 (P23)&(P11)*
ee Morning *00 MSR* *5) MSR* 	*13* 	*14* *Lego Cafe 9:30-12:00 (P9)*	*15* *Church 11:15 Holy Communion (P23)* *Chapel 10.30 Informal Worship.(P23)* *Turkey Lunch 12:30 PH (P21)*
	20 *CAMEO 2:30 (P28)* 	*21* *Christmas Market @church. 16:00-20:00(P5)* *Tamar Rock & Roll (P15)*	*22* *Church, 10.00 Morning Prayer (P23)* *Chapel Cafe Church, 18:30 (P23)*
ee Morning *00 MSR* 	*27* *Music ~Quiz - Old Orchard 19:30 (P24)* 	28	*29* *Church Benefice Communion at Poundstock 10:30 (P23)* *Chapel Morning Worship.10:30 (P23)*

KJ BROMELL

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 powertools, 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

Dementia Friends
An Alzheimer's Society Initiative

Golden Charter
Smart Planning for Later Life

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

DB WALLING

Cornish Stone Wall Specialists

- 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
AGRICULTURAL & 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.

Turkey lunch

In the Parish Hall

Sunday 15th November

at 12.30pm

Adults- £12

Child- £6

Dessert- £3.50

Book with Margaret on 07856357424

Grand Christmas draw

will be made at bingo on Friday the 11th of December. Draw tickets will be on sale in the shop and from committee members from the 1st of November.

There'll be a box in the shop for gifts of hamper prizes, which would be much appreciated.

Christmas tree festival

in the parish hall on 19th, 20th and 21st of December.

The theme this year is the 12 days of christmas.

You can choose to do just one day if you wish.

It is open to all organisations and any family who would like to do a tree.

Enquiries to Margaret on 07856357424.

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

Visiting Angels.
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 - Marhamchucrh - Morwenstow - Holsworthy -Kilkhampton - -Widemouth - Crackington Haven and surrounding areas.

JACK THE VAC CHIMNEY SWEEPING SERVICES



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
✉ jackcgoldsmith@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

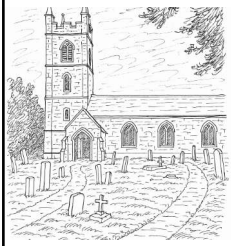
Week St Mary Chapel



Chapel services for November 2026

Sun 1st	**10.30**	**Morning Worship led by the worship team**
Sun 8th	**10.45**	**Act of Remembrance at the War Memorial followed By a combined service in the Chapel**
Sun 15th	**10.30**	**Let's Meet, shared informal worship led by members**
Sun 22nd	**18.30**	**Café Church**
Sun 29th	**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

November 2026

Sun 1st	**10.00**	**All Age Service**
Mon 2nd	**18.30**	**All Souls**
Sun 8th	**10.45**	**Act of Remembrance at the War Memorial followed by a combined service in the Chapel**
Sun 18th	**11.15**	**Holy Communion**
Sun 22nd	**10.00**	**Morning Prayer**
Sun 29th	**10.30**	**Benefice Communion at Poundstock**

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

Full details are available via achurchnearyou.com


BY POPULAR DEMAND, THE OLD ORCHARD INN, WSM, PRESENTS..
GRAND RAFFLE FT. RUBY COUNTY BUTCHERS
7:30 PM START (DOORS 6PM)
BURGER & CHIPS OR HALLOUMI BURGER & CHIPS £6!
DJ TRISTAN'S MUSIC QUIZ FRI 27th NOV
ALL PROCEEDS TO WSM YOUTH FOOTBALL CLUB
LIMITED TABLES BOOK NOW! £5 PP MAX 6 TO A TEAM CONTACT TAMSIN 07454 382450

Ruminations from the Rectory

Bullet proof faith

During world War 2 bibles were made with a steel cover, designed to stop bullets dead in their tracks, they called it the Heart Shield bible.

Families sent these to soldiers. The steel cover protected their physical hearts and the words inside fortified their spirits. Many of these Bibles came home with bullet holes and life changing stories.

One such Bible belonged to Chase Taktor, it was given to him in 1942 and tells a story of protection: while its steel cover shows no bullet marks, its pages reveal another kind of shield – underlined verses and margin notes marking battles fought in the heart.

The Hebrew word we translate as heart in the bible is 'lev'. This word refers not just to your emotions, but to your mind, your thoughts, your understanding, and your will.

A verse from the book of Proverbs in the Bible says, "Above all else, guard your heart." Its talking about protecting your entire inner life. When Deuteronomy chapter 6 verse 6 says, 'God's word should be on your hearts', its calling us to let divine wisdom penetrate every thought.

Think about that, a steel cover guards against bullets, but truth guards against fear. Metal shields the body, but wisdom shields the soul. Every day your heart needs guarding from, thoughts that wound, words that pierce, fear that paralyzes, doubt that weakens. What would change if you guarded your thoughts as carefully as this Bible once guarded soldiers' lives?

Start your bulletproof faith today. Choose one verse from the Bible, write it down, and let it guard your thoughts for the next 24 hours. Rinse and repeat daily.

Guard your heart, above all else, for it determines the course of your life. Proverbs chapter 4 verse 23

Revd David Saunders

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

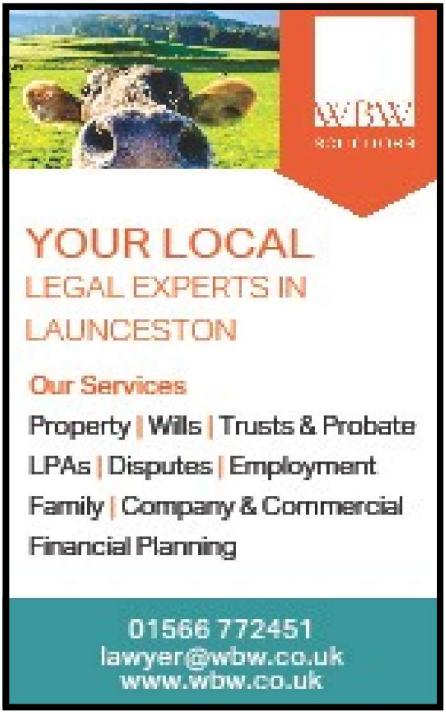
Lunch Club

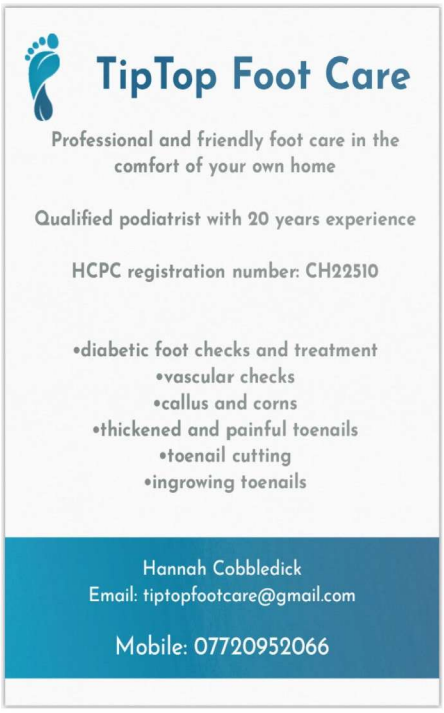
Week St Mary Church Lunch Club will meet again

On 18th November 12pm

Regulars please book with Lesley 341221 asap

New members very welcome


WBW
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


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


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


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
CALOR
A+E
FUEL SUPPLIES
Bottled Gas + Logs
Your Local Supplier for over 30 years
Call us: 01288 356026

MEET AND EAT

Next meeting 2nd November



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 01288 341083

Everyone and we mean EVERYONE is most welcome



C A M E O

Come And Meet Each Other

on 20 Nov and 18 Dec @2:30

11 Ashbury Grove

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 !

MERCHANTS & MAKERS

Curtain and
Upholstery fabrics
Wallpapers
Paints
Poles

www.merchantandmakers.co.uk
01566 785763

Pop in and see us soon



Sean Johns Plumbing & Heating

Sean Johns
Plumbing and 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**

Gas Safe Register

OFTEC



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

5 ★ REVIEWS

R & N FUELS Ltd

COAL MERCHANTS

LOCAL
DELIVERIES
ALL SOLID
FUELS
COMPETITIVE
PRICES
07811-973782

DS MICROSUCTION

EAR WAX REMOVAL

At DS MICROSUCTION, we provide safe, gentle, and effective ear wax removal. Specialising in Microsuction & Water Irrigation techniques. All within the comfort of your home.

Why Choose Us?

- Immediate Relief
- Clinic & Mobile Appointments
- Expert Care
- out of hours service
- Trained Specialist
- childrens service available

EAR CARE SERVICES

Location

COVERING BUDE, LAUNCESTON, HOLSWORTHY AND SURROUNDING AREAS

Contact Us

07539663189

www.dsmicrosuction.com

dsmicrosuctionbude@gmail.com



Pilates Classes

pilates 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

JPARKIN BUILDING CONTRACTOR

WK ST MARY

01288 341664

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

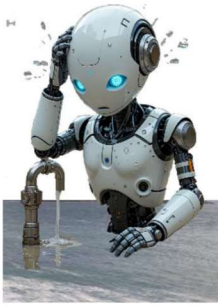
An AI revolution or a simple take over

There has been much said about AI in recent weeks and most of it has come from the creators of the original programs. There are those who don't believe what is being said as true, others are now worried that AI will destroy humanity. That may be true in time, but that will only come after years of enslavement humans will experience during the next 100 years or so!!!!!

Think about this, the majority of people, children included, use a smart phone, billions of users rely on their smart phone to help them manage their affairs, children are using it in conjunction with their education and a growing number spend most of their day addicted to their phones, iPad or tablets.

Many under the age of 18 and some older, are so controlled by the need to be associated with social media, that it becomes easy for a predator or controller to encourage them to do whatever they are instructed to, no matter how accurate, untruthful, dangerous or destructive it may be.

This and future generations will come to rely on AI for all their needs, the two primary requirements are food and water and if not available, pestilence and starvation occur, AI doesn't need these to survive.



As a country, we are on the brink of such a catastrophe, yet politicians seem to be blind to that fact. Many believe AI will resolve the problem, but AI can't grow crops or harvest water.

AI will replace the majority of clerical or office jobs, that is evident even today. There is one very feeble attempt at using AI with one local service provider. It can't replace plumbers, electricians, builders and farmers, at least not yet, but that may change in the next few years.

Tech revolutions have historically taken 10 years of development to be perfected; we are in the 4th to 5th year of AI development and it has already proven difficult to control, the world's top technicians have all expressed the need for additional controls whilst our heads of state "rearrange the furniture in Westminster"

One is right to be concerned, but not for ourselves, worry more for our children and grandchildren for it is they who will bear the brunt of this impending revolution.

This not a warning or prophecy it should be "make a concerted effort and get children to understand what the future may hold". Ask any youngster fresh out of university "what are their job prospects?" Academia may well have been the goal for many a few years ago, but AI has won that match, thousands of administrators are beginning to learn or will soon experience that.

For help and telephone advice call Brian Meadows 01299 381061

Nofix-Nofee Computer Services

Forthcoming Events

November 2nd - Service for All Souls

November 15th - 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)

DEVON & CORNWALL CONSTABULARY

CRIME REPORTING

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

To give anonymous information
Crimestoppers 0800 - 555111

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

all councillor contact email addresses can be found at www.weekstmaryparish.gov.uk

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
	Rachel Shipton	07792-258665
Playing Field:	Rachel Shipton	07792-258665
	Stuart May	WSM 341092
	Carol Slade	WSM 341350
	Margaret Johns	07856-357424
	Deb Johns	
Planning:	Ian Richardson	07379-292313
Community Area Partnership:	Tamsin Fay	07454-382450
	Kim Andrews	
Grants	Jeremy Ward	
	Rachel Shipton	07792-258665
	Tamsin Fay	07454-382450
	Carol Slade	WSM 341350
	Ian Richardson	07379-292313
Non Council Members:		
Debrillator:	Wendy Couch	
	Jane Pearce	WSM 341525
War Memorial:	Sarah Wicket	

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

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

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

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	

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

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)