

WEEK ST MARY DIRECTORY

Parish Council Chair:	Mr S May	WSM 341092
Parish Clerk:	Suzanne Cleave	07853-298595
Email:	wsmclerk@gmail.com	
Parish Hall Chairman:	Mrs Margaret Johns	07856-357424
Parish Hall Bookings:	Ms Brenda Jennings	01288-341429
	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	
<u>Doctor's Surgeries (Appointments)</u>		
	Ruby Country Medical Group (Stratton)	01288-352133
	Ruby Country Medical Group (Holsworthy & Hatherleigh)	01409-253692
	Neetside	01288-270580
<u>Buses:</u>	Plymouth City Bus (colour Red)	01752-662271
WSM Transport Rep	Louise Stephens	07831-404604
	(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)	
<u>Women's Institute:</u>		
President:	Mrs Sue Dickenson	WSM 341016
Secretary:	Mrs Roberta Jones	07788-548875
<u>National Child Line:</u>		0800 1111
<u>Diocesan Safeguarding Officer for Children and Vulnerable Adults</u>		
	Mrs Sue Dickenson	WSM 341016
<u>Mobile Library:</u>	The Square, Week St Mary 11:50am-12:10pm	
	Check calendar for monthly dates.	
<u>Football Club:</u>	Mr Antony Sachs	WSM 341090
<u>Parish Church:</u>	Contact Church Wardens on weekstmarychurch@gmail.com	
	Lesley Booker	WSM 34121
	Linda Cobbledick	WSM341468
<u>Methodist Church:</u>	Rev Steve Swann	01840-779339
	(Service times for both churches inside Magazine)	

Week St Mary Magazine



October 2023

A pandra tekterow ný a'gan bús yntredhon.

Booker Farm Services



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

**Farm and Environment
Office Services**

bookerfarmservices@gmail.com

01288 341027

Gregg Anston-Race Glass Art



Bowls/Vessels
Wall Art
Splashbacks
Commissions

**Visit our studio gallery in
Week St. Mary**

www.gregganstonrace.com

The Studio, Corys Cottage,
Week St. Mary, EX22 6UL
01288 341518



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 & Heating

Egloskerry

**GAS SAFE Registered LPG
REFCOM Registered**

Air Conditioning Installations
and Servicing,

Bathroom Installations,

Landlord Safety Certificates.

All Aspects of Plumbing.

Free Estimates.

Tel: 01566-785901

Mob: 07763-457578



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

**WEEK ST MARY PARISH COUNCIL MEMBERS
AND RESPONSIBILITIES**

Parish Council Chair:	Mr S May	WSM 341092
Vice Chair:	Mrs C Slade	WSM 341350
Finance:	Mr S Peters	WSM 341578
	Mr I Richardson	07379-29231
Parish Clerk:	Suzanne Cleave	07853-298595
Highways, Streetlights & Trees:	Mr T Hamlyn	07896-738521
Public Conveniences:	Parish Clerk	
Parish Greens:	Mr T Hamlyn	07896-738521
Parish Office:	Clerk	
Jacobstow Primary School:	Clerk	
Health & Adult Social Care	Mrs C Slade	WSM 341350
Playing Field	Mr T Hamlyn	07896-738521
	Mrs C Slade	WSM 341350
	Mrs M Johns	07856-357424
	Mr S Gubbin	07988-861613
	Mr T Hamlyn	07896-738521
Planning:	Mr S Peters	WSM 341578
	Mr I Richardson	07379-29231
Defibrillator	Mrs J Pearce	WSM 341525
	Mr R Bolt	07813-949832
	Miss R Shipton	07792-258665
	Ms L Stephens	07831-404604
Non Council members		
Footpaths & Back Lane		
(Public Rights of Way):	Mr P Dorren	WSM 341117

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
Magazine Design	Mr Terry Edwards	WSM 341083
Distribution & Holiday Let copies		
	Mr Michael & Mrs Shelley Collman	WSM 341649

Week St Mary Magazine

OCTOBER 2023

Issue No 430

Week St Mary Harvest Queen 2023



Week St Mary Revel started this year with the Harvest Queen's Procession to the Church, ably led by the musicians and dancers of Boscastle Border Morris in their brightly coloured tatters. They and the Revel Banner bearers formed an arch for the villagers to pass through on their way into the church. Reverend Mark James led our Harvest Queen, Pamela Morrison and her attendants, Annabelle Shipton and Maeve Motsch and Page Boy George Horrell into the crowning ceremony. The retiring Queen, Amelia Banks crowned Pamela during the ceremony assisted by her attendants, Keira Johns, Annabelle May and Cory Wickett. Mr Len Davies revealed that the Citizen of the Year is

Front Cover Translation: Oh what beauties we have amongst us



Mr Jeremy Ward and Rev James presented the sash and trophy to him. In his speech, Jeremy said that this village was a fine example of community co-operation and had a large number of young people compared to some other communities, There was a fine selection of Fancy

Dress entrants and the prize winners were as follows: under 5: 1st Elsie Prouse, 2nd Ronnie Walpole, 5-12: Lowenna Ship-ton Goode, 2nd, Ella Mitchell, 3rd Verity Bolt, Group Winners Rowan Spettigue and Delphie Ellis, The winner of Play Your Cards Right was Marie Grigg, The lambs were named Tigger and Eyore.



The Revel Fair was well attended and the Dog Show run by Angela O'Connor was very well supported. Tea was served in the grand marquee, which was provided by Alan Colwill and a number of popular games and competitions fitted inside as well. Boscastle Border Morris danced in the field to entertain and the bar was open all afternoon whilst a children's Bouncy Castle was provided by Launceston Bouncy Castles.



In the evening Tom Wickett produced a great barbecue and Devil Rain provided music in the marquee. A large crowd

FLOWTECH
Heating Services

Heating, Plumbing and Renewables

- Oil Boiler Servicing, Repairs & Installations
- General Plumbing/Hot Water Cylinders
- Heating Installations & Repairs
- Heat Pumps & Biomass
- Boiler Installation

01288-381530
flowtechheating@yahoo.co.uk
www.flowtechheating.co.uk

STEPHEN MARTIN
General Builder
Experienced Plasterer
House Painter
Fensa Registered
UPVC Windows,
Doors, Soffits &
Fascia Replacement.
Glass Unit Replacement

Contact me on
01288-341427
07969-118058
stephenmartin396@gmail.com

WBW
SOLICITORS

Providing legal services to individuals and businesses across the South West

Launceston Office: 01566 772451
www.wbw.co.uk

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

Forthcoming Events

Friday October 6th

Quiz Night Parish Hall see p29

Saturday October 28th

Children's Halloween Party, Parish Hall see p33

Friday November 10th

Murder Mystery Supper

Sunday November 12th

Remembrance Sunday Service Church

Saturday November 18th

Outdoor Market

Saturday November 25th

Robin Hood - A Right Pantomime
6:30pm

Sunday November 26th

Robin Hood - A Right Pantomime
3:00pm

Friday December 1st

BINGO, Parish Hall

Sunday December 3rd

Christmas Craft Fayre, Parish Hall

Friday December 8th

Mulled Wine Evening

Friday December 15th

Poetry & Puds

Sunday December 17th

10:30am Christmas Worship by Bright
Sparks with singing, drama and puppetry

Sunday December 17th

6:30pm Candlelit Carol Service at the
Chapel

Wednesday December 20th

7:30pm Stratton Young Farmers Club
Christmas Carol Service at the Chapel.

Sunday December 24th

Annual Crib Service

Week St Mary Church

Bring ONE puzzle
and swap for a
different one,
return at your
leisure!

Open daily

Also work on
our current
puzzle while
you rest!

**Jigsaw
Exchange**

**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

HATHA YOGA

IMPROVE:
Breathing
Strength
Balance
Flexibility


**Week St Mary
Parish Hall**
Monday evening
7pm - 8.30pm

COST: £6

LEARN :
to manage stress
& anxiety
sleep well

Contact Denyse Ritz for further details
Phone: 07714261227
Email: denyseritz56@gmail.com

Hirst Construction Limited



**Septic Tank
Emptying and Installation
Licensed Waste Carriers
Drainage Solutions
All Groundworks Undertaken
Aggregates, Sea Sand,
Plainings Delivered
Tractor/Dump Trailer Work
Wheeled Digger Excavators
From 1-20 tonne with Driver
Skips 15-40 yd Roll On Off
Tel: 07823 447446
info@hirstconstruction.co.uk**

**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
cobbedicks1234@tiscali.co.uk
www.csajcobbedickjoinery.co.uk
Follow us on Facebook



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



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

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


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

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.



C A M E O

Come And Meet Each Other

Meeting is Friday 20th October

@2:00pm at the home of Sue & Rob Isherwood
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

Sue Dickenson 01288-341016

Look forward to seeing you !

Happy Memories, Memory Cafe

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

Meets at Week St Mary Church 2-4pm 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 Sue - 01288-341016

ADVENTURE CHURCH

Week St Mary Adventure Church meets every Tuesday
during Term time. We meet in and around Week St Mary
Church at 4:30pm and enjoy a bible or moral story and prayer
followed by fun and adventurous activity before enjoying a
shared meal. All welcome age 5-12, (One adult per family
must also attend please).

Lesley Booker 01288-341221

CRIME REPORTING



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

To give anonymous information
Crimestoppers 0800 - 555111



Week St Mary Walking Group

Meet on the 2nd and 4th Tuesday of
each month at 9:30am in The Square.
All are welcome.

For details contact
Stephen Smith on WSM 341689

danced the night away despite the increasing rain outside!



The Church and Chapel would like to thank all those who
helped in whatever way to make the event another huge
success and are very grateful to all the local businesses who
supported the day with donations of their sponsorship, goods
and services. Church and Chapel will share the proceeds as
usual and a donation has been given to the Parish Hall to-
wards their new boiler,
Lesley Booker 07967 684823





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@outlook.com](mailto:fb.groundworks@outlook.com)

R. D. Bolt Builder

House Repairs
Farm Construction
Painting & Decorating
Maintenance, Etc.

Hillside * Week St. Mary

Telephone:
Week St. Mary 341453

WEEK ST MARY PARISH HALL 100 CLUB



The **September** 100 club winners are:-

1st No 2 Karen Poole £25

2nd No 91 Martin Smith £20

3rd No 77 Mike Caesar-Gordon £10

Thank you for your support
Elaine Cartwright
07969-642061

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

OSTEOPATHY

Sport injuries
Back and neck pain
Joint stiffness
Headaches
Babies
Elderly
Pregnancy

Joanne Motsch
REGISTERED OSTEOPATH
Evelyn House
Week St Mary, Nr Bude
EX22 6UP
07795-607914
jo.motsch@yahoo.com



MEET AND EAT

Next Meeting will be November 6th

Tea & Coffee available in a warm space from 11:00,

Soup & Sweet from 12:00 noon 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 WSM341016
Linda Cobbledick WSM341468
Sue Dyer WSM341083



Everyone and we mean EVERYONE is most welcome

WEEK ST MARY CHAPEL



Chapel Services for **October 2023**

- Sun 1st 18:30 Café Church. Jeremy Ward, Things you may not know
- Sun 8th 12:00 Worship Lunch. A short service of Worship followed by hot roast dinner. Book with Len or Trina, 341513 or 341317
- Sun 15th 11:00 Let's meet, shared informal worship led by members.
- Sun 22nd 11:00 Morning Worship led by the Worship Team.
- Sun 29th 11:00 Holy Communion led by Julie Swann and 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

October 2023

- Sun 1st 10:00 Family Service
- Sun 8th 18:00 Evening Prayer
- Sun 15th 11:15 Holy Communion
- Sun 22nd 10:00 Morning Prayer
- Sun 29th 10:00 United Benefice Whitstone

Every Wednesday @ 09:30am there will be a Zoom service of Morning Prayer

WEEK ST MARY CHURCH
9 SEPT, 14 OCT

LEGO CAFE

Cooked Breakfast
from 9.30 (£2-5)

FREE Lego until
12pm

ALL WELCOME

We will be cooking breakfasts from 9:30-11:30. We have vast quantities of Lego for free building from all kinds of sets including Harry Potter, Technical and Star Wars plus a train set, vintage Lego items and two huge crates of Duplo for younger builders. Come and enjoy a morning off and bring the kids too if you can bear it.....

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



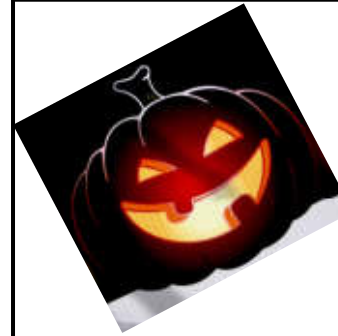
Custom Made Curtain & Blind Service,
Fabric by the Metre, Haberdashery,
DMC Threads

Full Fitting Service Available

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

HALLOWEEN PARTY

Saturday 28th October



3pm to 6pm



In the Parish Hall

Children up to 11 years

Admission £1

Fancy Dress Competition

Carved Pumpkin Competition

(bring already carved)



Games, Disco

Bring & Share Tea

EE to stop 3G network in 2024

I have mentioned this before, but it is worth reminding some users of older smart phones, or possibly not so smart phones! EE, now part of BT will close down the 3G network server in the new year and it will affect; Apple iPhone 4, iPhone 4S, Samsung Galaxy Ace and Galaxy S3 Mini, Doro 6520, 6521 and 6620, Nokia 30, Nokia C2-01, TCL Pixi 4 and many other lesser-known brands.

These phones will still be able to connect to the internet and Wi-Fi talking may still be available on some systems, otherwise it will mean upgrading to a 4G phone



Ad blockers will be banned for YouTube users

YouTube plans to restrict viewers who have ad blockers installed in their browsers to 3 video viewing unless the premium service is purchased. To avoid having a blank screen when attempting to watch videos users will be forced to disable ad blocker activity on the websites. Ad free viewing will cost £11.99 per month, otherwise you can expect to see ads every 5 to 8 minutes. YouTube explained, the money generated from these ads is used to pay for the platform, including fees for the creators of videos as well as revenue for Alphabet, its parent company.

You can visit the metaverse for less than a £1 subscription thanks to 'Netflix for VR'.

How to bypass Windows 11 TPM check with MediaCreationTool.bat

From this October, Microsoft will stop supporting Windows 10, patches and updates will no longer be downloaded, some would say "Thank Goodness" but it means the end is insight for Windows 10. The issue here is that systems built before 2017, Windows 11 will not be installed on it, the installer looks for a TPM V2 chip, which is not available on older computers. This means you'll need to buy a new system.... But, installing the MediaCreationTool.bat tool lets you bypass the TPM and other hardware requirements to install Windows 11, direct from Microsoft, on to your old machine.

The *MediaCreationTool.bat* can be downloaded from...

<https://github.com/AveYo/MediaCreationTool.bat>

Full instructions can be followed to make the upgrade easy and according to its programmers, if the install fails windows 10 will be reinstalled without loss of data!

But backup data first and users who continue to use Windows 10 should ensure their anti-virus is working correctly as Windows 10 will be increasingly vulnerable!



For help and advice telephone Brian Meadows on 01288 381061,

[Nofix-Nofee Computer Repair Services](#)

Week St Mary Bonaventures WI

Herbal Medicines: Back to Our Roots
Katrina Werren Medical Herbalist

In September, Week St Mary Bonaventures WI welcomed Katrina Werren to our monthly meeting. Katrina is a university qualified, medical herbalist who runs The Green Physic, which is a herbal medicine clinic based on her family farm in North Cornwall. At her clinic she can provide an orthodox medical diagnosis of conditions that are affecting a client's health and she provides treatments which are solely made from natural plants and herbs.

Plant based medicines have been used for hundreds of years and today many of our medicines are made from concentrated chemicals taken from the plant kingdom. Nowadays, we have largely lost the knowledge that our ancestors relied on for the relief of common ailments. However, although many people do find medicinal plants helpful, their use today is still controversial because there has been limited scientific research to prove their efficacy. Just like modern day medicine they can have side effects which is why it is wise to consult someone like Katrina who has spent years studying the subject.

Katrina grows and produces most of the medicines she uses from her organic, on site, herb garden. She illustrated her fascinating talk by showing us common plants like stinging nettles, viburnum, hawthorn and elder and told us how they are used for a wide range of different ailments. We also got to taste some delicious food containing nettles and traditional leathers made from hawthorn berries and we were able to try a warming herbal infusion of elder berries, blackberries and spices.

Members found her talk very interesting and wanted to know more about it, perhaps in further sessions in the future.

Our next meeting will be Thursday October 12th and we will be entertained by the WREN Trust. The Wren Trust was formed in 1983 and offices are at Okehampton. It is from this base that a team of skilled people have used folk arts to empower people from



ARTHUR W. BRYANT FUNERAL SERVICE

CAMELFORD BUDE HOLSWORTHY
01840 214891 01288 352282 01409 253000

INDEPENDENT FAMILY
FUNERAL SERVICE

MEMORIAL
MASONRY

OUR FAMILY CARING FOR YOUR
FAMILY FOR OVER 50 YEARS

PRE PAYMENT FUNERAL
PLANS

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



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.



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
Mob: 07960 380268



Individuals:

- Wills
- Probate
- Lasting Powers of Attorney
- Court of Protection
- Tenancy & Landlord Advice
- Disputes

Business:

- Starting a Business
- Buying/Selling a Business
- Developing Your Business
- Employment Advice
- Landlord Advice
- Disputes

initial hour-long consultation **FREE** of charge with no commitment

Professional-approachable-affordable



www.prolawservices.uk



01288255655



info@prolawservices.uk



Murder at St. Ethel's, Snoddington

We look forward to seeing you at this exciting event. A three-course meal will be served during the evening. To aid catering please let Linda have your meal choices when you book, also let her know of any food allergies that you may have. We will not be applying for a drinks licence so bring your own wine, beer or soft drinks and we will provide glasses.

Meal Options:

Starter: prawn cocktail or tomato soup (V) or melon (V) & parma ham (optional)

Main Course: beef bourguignon or bacon wrapped chicken or mushroom risotto (V) served with seasonal vegetables, potatoes or rice

Desert: Pavlova or fruit crumble

Remember numbers are limited so book early.

Tickets £25 each

Book with Linda WSM 341468

lincob@gmail.com

YARD SALE GREENAMOOD PARK WEEK ST MARY SATURDAY 14th OCTOBER

10.00am – 4.00pm

Proceeds to Week St Mary Parish Hall

Items to include Picket Fence, Free Standing Fan, Steel Sheet, Wire Mesh, Poultry Keeping Equipment, Household Goods, Bric a Brac, Cast Iron Mincers, Equestrian Paraphernalia, Miscellaneous Garden Equipment, Leaf Collector, Tools, Dimplex Heater etc.

There will be an additional sale of Fixtures and Fittings

Items to include Extractor Fans, Chain Feeders, Augers, Fuel Tanks, Tool Bench and Vice, 4'6" Solid Pine Bed. Buyer to remove all items at the conclusion of the sale.

Trade Stalls available

£5 per pitch, Bric a brac, Arts, Crafts etc

Enquiries and Booking

Margaret 07856 357424

Millie 07974 095842

**MURDER AT ST ETHEL'S,
SNODDINGTON**

**TO BE HELD IN
WEEK ST MARY CHURCH
10TH NOVEMBER 6.30 FOR 7PM**

MURDER
MYSTERY


LIMITED PLACES,
PLEASE BOOK WITH
LINDA ON
01288 341468
LINCOB@GMAIL.COM

Play detective and discover who's the
killer at St Ethel's parish dinner!

NOVEMBER 10 2023 | 6.30 FOR 7PM
TICKETS £25 EACH
3 COURSE DINNER

all backgrounds to make music and feel part of the community. Using Songs and Tunes, old and new, the Wren Trust works for a world where every voice is heard. Marilyn Tucker and Paul Wilson are skilled musicians in their own right and I am sure their talk will be both entertaining and enlightening.

If you would like any further details please give me a call on 07788-548875.



Bake Off Competition



**Verity Bolt
Group 2 Age 5-7**



**Odin Fry
Group2 Age 5-7
Judges Overall
Winners Trophy
Presented by
Sue Dickenson**

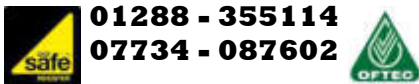


**Sean Johns
Plumbing &
Heating**



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

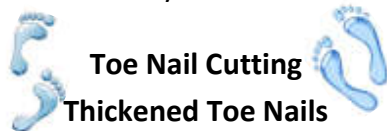


**R & N
FUELS Ltd**
COAL MERCHANTS

LOCAL
DELIVERIES
ALL SOLID
FUELS
COMPETITIVE
PRICES
01840 230111

Foot Health Practitioner

Treating the following in the comfort of your own home.



- Toe Nail Cutting
- Thickened Toe Nails
- Ingrowing Toe Nails
- Fungal Nails
- Athlete's Foot
- Corns & Calluses
- Verruca

Neurovascular Assessment

07570-883967

Lynn Goodwin
MAFHP MCFHP



QUIZ NIGHT
**Week St Mary
Parish Hall**

Friday 6th October

7.30pm

Teams of up to 6, £5 per person

Booking please ring

Margaret Johns

07856-357424

In aid of parish hall funds

Alex's sourdough pizza van will be in the car park if you wish to bring a pizza to the quiz. Pre-orders welcome

text 07967-000396 with your name, village, preferred time slot and your order, this will be confirmed by text.



**WEEK ST MARY PARISH HALL
HIRE CHARGES**

Commercial Hire £10 per hour
Commercial Hire (Concessionary rate for locals)
£7.50 per hour
Local groups/organisations £6 per hour
Daytime social events £6 per hour
Evening social events (after 6pm) £7.50 per hour
Weddings/Funerals £10 per hour
Use of kitchen £2 per hour

~~~~~

All hire charges include licensed bar run by the committee

Hire conditions apply

~~~~~

For further details and booking please contact
Brenda Jennings 01288-341429

BACK LANE

Week St Mary Parish Council is looking for someone to
strim and tidy Back Lane on an ad-hoc basis.

For more information, please contact the clerk at
wsmclerk@gmail.com
or call 07853 298595

Thought for the Month

Insomnia sharpens your math's skills,
because you spend all night calculating
how much sleep you'll get if you're able to
fall asleep right now!!!!

Jeanette Turner



**Amber Prouse
Group 2 Age 5-7**



**Annabelle & Lowenna
Shipton-Goode
Group 3 Age 8-10
Group 2 Age 5-7**



**Maeva Motsch
Group 4 11-14**



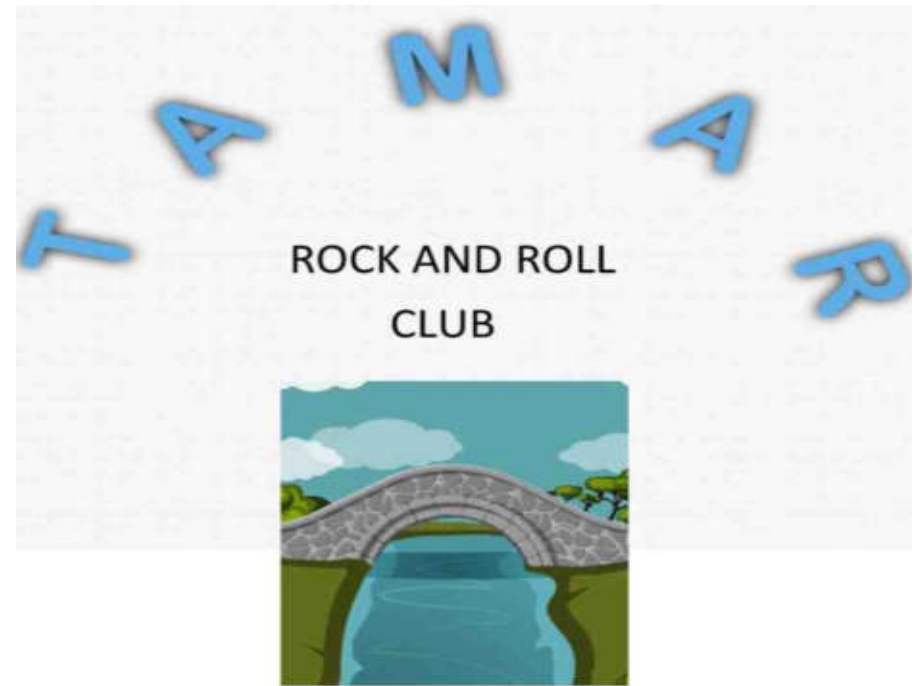
**Rowan Spettigue
Group 3 Age 8-10**



**Kay Parry
Receiving from
Sue Dickenson
The Overall Winners
Bake Off Trophy**



**Judith Taylor
Receiving the
Jeanette Turner
Best in Show Plaque**



TAMAR ROCK AND ROLL CLUB

We are a brand-new rock and roll club holding monthly dances at Bridgerule village hall.

Upcoming Events

28th October - Big Bald Bopper

25th November - DJ The Bear

31st December - Record Hop New Years Eve

27th January 2024 live band - Play It Cool

Everyone is welcome even if you can't jive or rock and roll, come and enjoy the music!

There is no bar, but you are welcome to bring your own drinks, there will be free tea and coffee available & a raffle.

For more information please contact Jackie on 07533-353388

Email freewayalbus@mail.com

Find us on Facebook @Tamar rockandroll



DSCARE

Professional & Certified
Home Care Services

Deanna Spiby

OUR SERVICES

Assisted living - Independent living
Dementia care - Respite care

07539-663189

deanna@ds-care.co.uk

ds-care.co.uk

Search "DS Care"

**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

J PARKIN
BUILDING CONTRACTOR

01288 341664

Kilburn, Week St Mary,
Holsworthy, Devon
EX22 6UR

Tel/Fax: 01288 - 341664
Mob: 07956 - 466624
email: jparkin664@btinternet.com

**FREE
ESTIMATES**

**NEW BUILDS - EXTENSIONS
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!!

H 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



**Rachel Shipton
Receiving the
Mervyn & Carol Slade
Cup**



**Linda Cobbledick
Receiving the
Flower Cup**

Many congratulations to the worthy winners and very many thanks to all competitors including those who arranged, judged and organised the event.

Celebrations this Month



Isobel Martyn

A Very Happy 14th Birthday on the 1st

Abbie Hannaford

A Very Happy 18th Birthday on the 5th

Delphie Ellis

A Very Happy 9th Birthday on the 10th

Chloe Martyn

A Very Happy 16th Birthday on the 13th

Val & Trevor Hamlyn

A Very Happy Golden Wedding

Anniversary on the 20th

Pamela Morrison

A Very Happy 15th Birthday on the 21st

Linda Cobbledick

A Very Happy 70th Birthday on the 25th

Brooke Hannaford

A Very Happy 15th Birthday on the 26th

Jean Martin

A Very Happy Birthday on the 27th

David Martin

A Very Happy 75th Birthday on the 29th

Any Birthdays or Anniversaries always welcome.

Adventure Church

Adventure Church meetings started again at the beginning of September with a visit from Mark's Ark to learn about conservation and to handle some of Mark's animals.

We meet in the church at 4:30pm on Tuesdays in term time, all are welcome, most suitable for ages from 4-12.

01288 341221



14 Accounts
Balances August 30, 2023

Current account	£ 3,335.12
Reserve account	£27,762.40

14a To approve accounts for payment including:

14b To note income

15 Next meeting: 5th October
The Next meeting will be on Thursday 5th October
 Suzanne Cleave - 07853-298595 wsmclerk@gmail.com

GOLDEN WEDDING

Congratulations to
Val and Trev Hamlyn on their
Golden Wedding Anniversary
on the 20th October



Happy Memories Memory Cafe
 Happy Memories Memory Cafe had a trip out to Rectory Farm Tea Rooms in September. A fine afternoon and a great tea were enjoyed by all. We meet fortnightly on a Monday afternoon - 9th and 23rd October this month.



Week St Mary Dog Show 2023
Best In Show
Bella Waldron with Duck



Week St Mary Dog Show Results 2023

Class	Entries
Any Variety Puppy 4-12mths	7
Any Variety Sporting	16
Any Variety Non-Sporting	14
Any Variety veteran – 7yrs and older	9
Any breed of puppy under 6 mths	8
Best condition	18
Child handler under 12yrs of age	8
Prettiest bitch	11
Handsomest dog	11
Dog with the waggiest tail	7
Best long haired	3
Best short haired	6
Best rescue dog or bitch	6
Fancy dress	3
The one the judge would like to take home	17
Best in Show	
Best Puppy	

Judge




















	<p>The following decisions were noted: PA23/04350 – Proposed replacement porch and erection of stone building. Whits End Farm, Marhamchurch. Approved</p> <p>PA23/04488 – Change of use, conversion and extension of disused agricultural barn to 1 x dwelling. Bowdah Barn, Week St Mary. Approved</p>
8c	<p>Planning - to note The following was noted: PA23/06771 – Works to trees within Conservation Area – pollarding of T1 Goat Willow. Seaview Farm, Week St Mary. (This will be decided under delegated authority).</p>
9	<p>Portfolio Reports:</p> <ul style="list-style-type: none"> • Playground Cllr Slade thanked Cllr Hamlyn for going above and beyond with his work at the playing field this month. • Highways, Footpaths & Greens
10	<p>Correspondence including (all relevant emails forwarded):</p>
11	<p>Community Infrastructure Levy (CIL) and Community Benefit Fund (CBF) applications None.</p>
12	<p>Agenda items</p> <ol style="list-style-type: none"> 1 Asset register <i>To discuss the council's asset register</i> 2 CALC planning training sessions <i>To note forthcoming CALC planning training sessions</i> 3 Savings account <i>To consider opening a savings account for Reserve Account funds</i>
13	<p>Any other business</p>

**Week St. Mary Parish Council
held on Thursday, August 3rd 2023**

- 1 **Public question time** (15 minutes allowed for this)
A member of the public asked if there was any update on Treetops. Cllr Chopak said she had spoken to the officer before the summer. As the enquiries had taken so long, new reports have to be done. No update.
- 2 **To receive County Councillor Nicky Chopak's report on matters arising**
- 3 **To note councillors present**
Cllrs C Slade (chair), S Peters, T Hamlyn, R Shipton, L Stephens and M Johns. Also Cllr Nicky Chopak; S Cleave, clerk, and one member of the public.
- 4 **To receive apologies for absence with reasons**
Cllr S May – work; Cllr S Gubbin – work; Cllr R Bolt – work; Cllr I Richardson – holiday.
- 5 **To receive Declarations of Interest and approve Dispensations**
None.
- 6 **To approve the minutes of:**
Councillors approved the minutes of the meeting held on Thursday, August 3, 2023.
- 7 **To receive clerk's report on matters arising**
- 8 **Planning**
Any late applications received will be discussed under this section
- 8a **To discuss and make a consultee comment on application:**
None.
- 8b **Decisions**

Week St Mary Dog Show Results 2023

1st	2nd	3rd
Bella Waldron with Duck	Jenny with Jago	Gail Burrough with Ulie
Brook Hannaford with Elisa	Anna with Lottie	Wendy Couch with Leya
Bella Waldron with Polly	Rod Parish with Odin	Sue Reynolds with Ember
Amelia Grant with Fergus	Robert Carter with Lady	Jay Green with Bailey
Ally Packham with Peggy	Lilly West with Buddy	Aarron Hawkin with Ozzy
Stuart Palmer with Bessy	Roxy Turner with Jenny	Brook Hannaford with Elisa
Ruby Endine with Finn	Zara Mills with Milly	Tasmin Wickett with Tilly
Max Palmer with Midge	Emma Soby with Lottie	Brook Hannaford with Elisa
Rod Parish with Odin	Deana Spiby with Marley	Lilly West with Buddy
Dawn Roulston with Tiger	Rob Carter with Benson	Deana Spiby with Marley
Sue Reynolds with Ember	Lucy Satchell with Frank	Carly Cobbledick with Ezra
Brook Hannaford with Elisa	Rod Parish with Odin	Zara Mills with Millie
Nathaniel Ingram with Pickles & BooBoo	Jenny Needham with Jen Jen	Dawn Roulston with Billie & Tiger
Sue Reynolds with Koda	Bella Hockin with Ozzie	Carly Cobbledick with Ezra
Ally Packham with Peggy	Brook Hannaford with Elisa	Roxy Turner with Jenny
Bella Waldron with Duck	See page 17	
Ally Packham with Peggy		
Fiona Gardner		

Mon	Tue	Wed	Thu	Fri	Sat	Sun
October 2023	Regular items appear as these symbols on the calendar - PH is Parish Hall, MSR is Methodist School Room, WSMPG is the Play Group, WSMWG is the Walking Group  COFFEE MORNING  MOBILE LIBRARY  MEETING  RECYCLING DAY  RUBBISH DAY  Craft Group MSR					<i>1 Family Service @10:00 see p34 Café Church see p34</i>
<i>2 Meet & Eat see p35 <u>No Meet next in November</u></i>	<i>3 WSMPG see p37 Adventure Church see p36</i> 	<i>4</i> 	<i>5 Parish Council Meet see p24</i>	<i>6 QUIZ NIGHT see p29</i>	<i>7</i>	<i>8 Evening Prayer @18:00 see p34 Worship Lunch see p34</i>
<i>9 HMMC see p24 & 36</i>	<i>10 WSMPG see p37 WSMWG see p36 Adventure Church see p36</i> 	<i>11 DAY OF THE GIRL</i>  	<i>12 Coffee Morning MSR 10:00 to 12:00 noon - WI Meet see p9</i> 	<i>13 NO BRA DAY</i>	<i>14 Lego Café see p7 Yard Sale see p31</i>	<i>15 Holy Communion @11:15 see p34</i>
<i>16</i>	<i>17 WSMPG see p37 Adventure Church see p36</i> 	<i>18</i>  	<i>19</i>	<i>20 CAMEO see p37</i>	<i>21</i>	<i>22 Morning Prayer @10:00 see p34</i>
<i>23 HMMC see p24 & 36</i>	<i>24 WSMPG see p37 WSMWG see p36 Adventure Church see p36</i> 	<i>25</i>  	<i>26 Coffee Morning MSR 10:00 to 12:00 noon</i> 	<i>27 BLACK CAT DAY</i>	<i>28 Tamar Rock & Roll see p27 Halloween Party see p33</i>	<i>29 United Benefice Whitstone @ 10:00 see p34 BST ends 02:00</i>
<i>30 HALLOWEEN →</i>	<i>31 WSMPG see p37 Adventure Church see p36</i> 