

Jacobstow Journal



Providing news and information for the Parish of Jacobstow

www.jacobstowvillage.co.uk



Photo by Andy McClellenn

Issue 89 Aug/Sept 2025

Delivery free to every household in the Parish - otherwise £1.00

Editorial by Sarah

I'm sat at my desk wondering what to write about in my editorial. In true British style, if all else fails, talk about the weather!

Oh boy, have we had some weather lately. I was muttering to myself, and to anyone else who would listen, let's be honest, that "We haven't had any sort of summer" and "How are you supposed to plan anything when the weather is so changeable?" And then the heat wave struck.... .oh boy was it hot, and then the muttering turned into "This is too hot, how do people in Spain cope with this day after day?" I had to Google if you should have windows open when you draw the curtains... I think that was a no, but I'm still not sure, if you go down a rabbit hole on the internet you can get any answer you want. So, then I decided as the weather was so summery I would invite some friends over on the Monday night. I issued the invitations on the really hot Thursday and then spent the next few days watching my weather app on my phone swing from one thing to the other with more indecision than a squirrel trying to cross the road! Of course, as you can guess the weather changed for that night and cardigans were the fashion accessory of the evening...sigh! Whatever the weather I hope you enjoy the summer and this edition of the Journal.

Enquiries, Articles and Letters

email to:

jacobstowjournal@gmail.com

or in writing to the Editor: Sarah Smith

Almar, Jacobstow, EX23 0BN

Advertising Rates

The current Rate for 6 issues is £30 for a half-page advert.

Contact Sarah on 01840-230565, or via e-mail, for further information.

Editorial Team

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The deadline for adverts, letters or articles for the Oct/Nov edition will be 10th Sept. Please note this does not guarantee that the item will be published due to possible limitations on space.

Contributions received will be included at the Editorial Team's discretion.

The Journal is printed by Parish Magazine Printing. Contact Phil Tucker on 01288 341617

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Jacobstow Parish Council

Chairman: Mrs Charmaine Smith

Parish Clerk: Mrs D. Turner 01566-781269

Members: Mr Norman Osborne Mr John Shepherd Mr Andy Vogel
Mrs Ilona Franklyn Mrs Sarah Smith Mr Peter Chapman

The Parish Council meets in the Parish Hall on the 1st Tuesday of every month (except for August).

Meetings commence at 7.30 pm. Members of the public are welcome to attend but any items for inclusion on the Agenda should be submitted to the Parish Clerk at least 10 days before the meeting. There is an opportunity to raise questions at the beginning and end of the Council meeting but questions (and answers) raised at these times are not recorded in the Minutes.

Editor's Note The report on each month's Parish Council meeting is a summary prepared by the Parish Clerk. We have omitted certain minor items for brevity but a full version of the minutes is displayed on the Parish Hall notice board (after formal approval) at the following month's Parish Council meeting also the Agenda and Minutes of previous meetings are on the village website www.jacobstowvillage.co.uk

Summary of Minutes of Meeting held on 3rd June 2025

Cllr. Charmaine Smith chaired the monthly meeting with five Councillors, eight members of the public and the Clerk attending.

Minutes - *The minutes of the previous meeting had been emailed to all Councillors and were agreed and signed.*

Appeal Decision - *Application No PA23/09863 – Dovedale Cottage, Broad Langdon, Jacobstow Appeal dismissed.*

Accounts to pay:-

Chris Lloyd (Footpath Trimming) £710.00

Zurich Insurance (Annual Premium) £242.00

CIL money – *Form to complete regarding the CIL money received and spent.*

Correspondence – *Complaint received regarding vehicles parked at Eden Chapel making it really difficult to come out of the Eden Rd turning. Clerk to contact Oliver Jones asking if he could look into this matter and maybe have signage to help with this situation.*



Nicky Chopak, your County Councillor contact details -
Mobile: 07810 302061 **Email:** nickychopak@gmail.com.
Mail: The Post House, Tresmeer, Launceston, PL15 8QU

Council Minutes (continued)

Complaints were reported regarding Eden Chapel. An entrance has been taken out on the Eden Road. Parishioners are not happy as it is the wrong time of year and also very wide. It also needs better fencing as any animals straying on the road could get into the graveyard. Clerk to report this to the Environment Agency.

Summary of Minutes of Meeting held on 1st July, 2025

Cllr. Charmaine Smith chaired the Ordinary monthly meeting with five Councillors, County Cllr. Nicky Chopak and the Clerk attending.

Minutes *The minutes of the previous meeting had been emailed to all Councillors and were agreed and signed.*

Declarations - *There were no declarations in respect of this Agenda.*

Accounts to pay:- *All Points Accountancy £75.00 (Internal Audit).*

Proposed we pay Cllr. P Chapman Seconded Cllr. S Smith

Code of Conduct Training - *Code of Conduct Training will be held Online on Teams on 10th July, 25 from 10.00 – 12.00. Clerk to ask for the link for Councillors.*

20mph Consultation – *Consultation ongoing.*

Councillor matters –

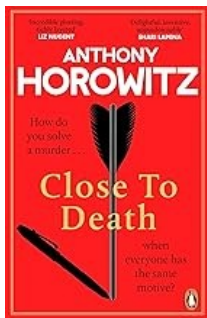
- a. It was reported that drains are blocked at Certificate Hill and at Trefrida Farm. Cllr. Chopak will investigate this.*
- b. Planter by the seat at the entrance to the village has gone missing. Cllr. Chapman to find out the cost of a Concrete planter.*

Councillors wish it to be known that the Benches to be installed at Goldfinch Close were not paid for from parishioners council tax money but from the CIL Fund which has to be used for village things otherwise it has to be repaid.

JOB VACANCY

Jacobstow Parish Council are seeking someone to take on the contract for keeping the Parish Footpaths in good order. This is a paid position. Please contact Doreen Turner on 01566 781269 to discuss terms.

Jacobstow Book Club

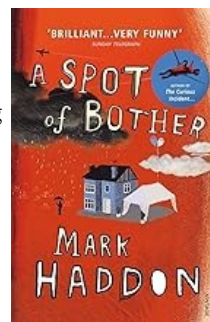


‘Close to Death’ by Anthony Horowitz

This murder mystery takes place in a gated close in the most desirable area of Richmond Upon Thames, where the residents of the six houses have lived peacefully and happily, as neighbours, until Giles Kenworthy moves in, with his wife and two unruly children. He annoys everyone with his loud parties and inconsiderate parking, so they decide to invite him to a meeting to challenge him about his behaviour. When he fails to turn up, they discuss what they ought to do about him. The next day he is found dead, murdered but which of them has done it? Inspector Hawthorne has to solve the case and kept us guessing to the end. We all loved it.

‘A Spot of Bother’ by Mark Haddon

This humorous novel involves a very dysfunctional family and follows George Hall, husband and father, who has retired and, at first, is enjoying his carefree life. His daughter is about to get married to Ray but neither George nor his wife really like him. His son, Jamie is having problems with his boyfriend and isn't sure about bringing him to the wedding, therefore 'coming out' to the extended family and friends. During all the bustle of the wedding preparations, George discovers he has a physical problem, which he thinks might be fatal and also has a problem with his wife. Everyone is too preoccupied to notice that George is beginning to emotionally and psychologically unravel.



No report from the Guiding Movement this issue but to join or for information, see contact details on our back page.



Jacobstow Neighbourhood Watch



Please note that there have been a spat of text messages claiming to be from the Department for Work and Pensions (DWP) about Winter Fuel Payments recently. These texts are a scam. These payments are made automatically to eligible individuals, so you do not need to apply or click on any links to receive the money. If you receive a suspicious text, report it to Action Fraud or forward it to 7726.

Any urgent information will be posted on the jacobstow village facebook page, don't worry if you do not use Facebook, go to the jacobstow village web page and follow the link from there

www.devonandcornwall-pcc.gov.uk



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CHURCH AND CHAPEL SERVICES



Jacobstow Parish Church

10th August 10.30 Morning Prayer

17th August 9.30 Holy Communion Warbstow Taken by Bishop of Truro Rt Revd David Williams

24th August Benefice Service 10.30 Boscastle Harbour followed by church Fete.

27th August Licensing Service at Tintagel Church 7pm for the new rector of the Benefice Revd Simon Faulks from the Oxford Diocese. For all services across Benefices please see monthly notice at church.

Bethel Methodist Church (Trelash/Warbstow)

Living Water Methodist Church (Canworthy Water)

3rd August 10.30 am Morning Worship

10th August 10.30 am Morning Worship 17th

August 10.30 am Morning Worship 24th August 10.30 am Morning

Worship 31st August 10.30 am Morning Worship



Coast Family Church

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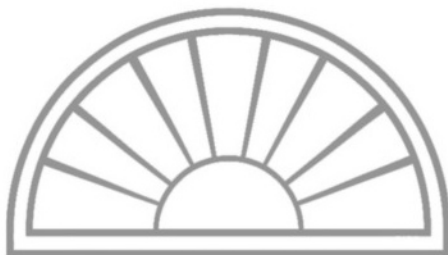
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CHURCH AND CHAPEL NEWS & EVENTS

Jacobstow Parish Hall Forthcoming Events

The parishes of the Boscastle group of Churches

You are invited to the Licensing by the Bishop of Truro and the Installation by the Archdeacon of Bodmin of The revd Simon Faulks

Wednesday 27th August at 7.00 pm in the church of St Materianna, Tintagel.

Refreshments in the church after the service. RSVP Sue Viner

Sorry if I upset some people for reducing the number of bees around Church porch entrance. I thought it necessary for the safety & protection of people. During July we had two services with larger than normal attendances the section of the roof has to be stripped for a bee expert to remove all bees. This will now be looked into.

Brian Marshall

Church Draw Results

	1st	2nd	3rd
August	Mr R Brayley	Mrs W Smith	Mr J Penfound
September	Ms D Pratt	Mr J Osborne	Mrs R Brown

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Methodist Musings

Camelford and Week St Mary Methodist Circuit

Your Community needs You!

It has to be said that if you want to find somewhere to celebrate along with crowds of others, there's no better place to look than Cornwall. With everything from one day, to week long events there's something to enjoy as communities come together to celebrate, remember and enjoy a variety of carnivals, feast days and festivals, especially at this time of year.

As I write there are no doubt people busy with sewing machines and paint brushes, preparing for carnival floats, hoping that they might do well in the judging, Carnival Kings and Queens making sure their outfits and accessories are all in order, scarecrows being designed and dressed, and probably much baking and craft preparation for those entering competitions. Of course, we mustn't forget the many people who work tirelessly throughout the year, planning, raising funds, and preparing to ensure these events are successful and safe - thank to everyone who volunteers and gives so much of themselves in this way.

Carnivals, Festivals and Village Shows are annual events that many look forward to, an opportunity to celebrate all that it means to belong in our communities. In fact, belonging in community is something that satisfies a deep human need for many people. It's by being in community that we find a sense of purpose, belonging and self-worth. Coming together with others reassures us that we are valued and valuable and that without us our community would be incomplete. It's a bit like doing a jigsaw, If we discover there's a piece missing, not only is it frustrating, but the picture is not as the maker intended. It's the same with our communities, we all have something to contribute to the big picture, and without us it's not as it should be.

This is, indeed, something that Jesus was very keen to emphasise during his ministry as he not only told stories like The Good Samaritan and The Prodigal Son, but also as he cared for and valued those who wondered whether they had any worth or significance to other people and their communities.

In this day and age, when we hear so much about looking after our own mental health and prioritising our wellbeing, perhaps it's good to remember that each and every one of us is precious and valued by God, and without us the world, our communities and our relationships would be impoverished. Thank you for being you and may you bless others in all that you do.

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians Chapter 2, Verse 10

Julie Swann

Church & Community Worker

Camelford and Week St Mary Methodist Circuit

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Ben Maguire (Facebook extracts)

Who said change isn't possible? Soon after my election I called on South West Water's Chief Exec to go in the House of Commons. After years of mismanagement and sewage dumping Susan Davy has now resigned. We must now ensure the new leadership at South West Water works to bring bills down and FINALLY invests in vital sewage infrastructure.



So many North Cornwall communities have suffered greatly at the hands of South West Water from St Eval to Week St Mary and countless rivers and beaches. I hope today marks a new chapter and a cleaner future. We won't accept anything less!

Communities first, NOT developer profits.

I've now officially presented my 'Infrastructure First' Bill to Parliament, to make sure developers build GP surgeries, sewage infrastructure and community spaces before laying a single brick of housing.

Too many people in North Cornwall have been left high and dry by broken promises.



Today I met with GWR and Network Rail to discuss a number of pressing issues constituents have raised with me these last few months.

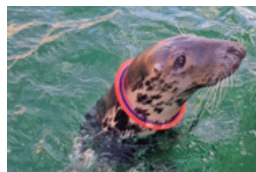
After months of pushing (and all of your signatures) I'm pleased to say we have a campaign win!

They've confirmed that Bodmin Parkway has been approved for upgrades under the national upgrades programme which must be finished by 2032 - so I'll be working hard to ensure Bodmin is first in line and completed as soon as possible.

My constituents, especially those with disabilities or pushchairs who are unable to access both platforms, simply cannot wait that long for the essential upgrades.

I'll keep you all updated with my progress.

It's great to see [Cllr Rosie Moore Wadebridge East & St Minver](#) and [Chris Batters Lib Dem Councillor for Lanivet, Blisland & Bodmin St Lawrence](#) hitting the ground running by bringing this fantastic motion to Cornwall Council to discourage the sale of ring frisbees and ban their use on beaches in the Duchy.



I raised this issue in Parliament because ring frisbes can cause serious injuries, infections and death to Cornwall's seal population. I hope the Council pass this sensible measure!



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PICTURE PUZZLE PAGE



Welcome to your "tea break" puzzle page. This edition's winner is Steve Connolly. If you would like a chance to win a £10 voucher to spend at Wainhouse Stores, just solve the Picture Quiz and return the completed page to Sarah Smith, Almar Jacobstow EX23 0BN by 10th September 2025 Thank you to Wainhouse Stores for sponsoring this page.



Can you name the Blue Peter Presenters?



Last editions answers : Bude Landmarks 1. Nanny Moores Bridge 2. Sea Pool 3. Lock Gates 4. Tunnell
5. Barrell Rock 6. Storm Tower 7. Castle 8. Golf Course



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May Day this year was a day of temperature extremes. It started off quite cold first thing at 8°C and by early afternoon it was 27.2°C with low relative humidity. The previous day was also fairly warm for the time of year. Thereafter the easterlies (we have a lot of these of late) kept matters dry, quite mild during the day but there was a slight grass frost here in the valley on the 6th. Not everywhere would have experienced this, valley inversion. It remained dry with some days giving very low humidity until the 11th. An area of heavy rain showers were observed along the Channel off Plymouth very late on the 10th, then a thunderstorm was seen along the south of our area on the 11th, with moderate rain inland not however amounting to much.

The rest of May was noted as continuing with the dry to very dry theme, with only one really wet day on the 27th by which time some days were quite warm by early afternoon.

A total of 0.75", 19mm of rain was collected, as against my 10 year average of 2.24", 57mm. We do get the odd dry Mays, in recent years 2019 and 2020 were.

June did what Junes usually to do. The first couple of weeks were annoyingly wet, with a thunderstorm observed at extreme range of sensors late evening which had been quite a wet day generally. Conditions improved by the 15th, with it turning very warm to hot by the afternoons, I recorded 26°C here on the 19th, 28.5°C on the 20th, when some thundery showers were noted early and late, and the following day saw a number of thunderstorms during the day. There was a local one here at Canworthy late morning that was elevated. The dry conditions returned and persisted until the end of the month.

A total of 3.45", 87mm of rain was collected, against my 10 year average of 3.05", 77.5mm. So June was a bit on the wet side.

HIGH TIDES & SUNSETS - August September 2025

Date	Aug 2	Aug 9	Aug 16	Aug 23	Aug 30	Sept 6	Sept 13	Sept 20	Sept 27
AM	11:33	06:00	10:47	06:05	09:50	04:58	09:31	05:06	08:38
PM	23:58	18:17	23:21	18:20	22:08	17:15	22:01	17:22	20:53
Sunset	21:02	20:51	20:37	20:24	20:09	19:54	19:38	19:23	19:07

NB - Tides are based on Newquay +25 minutes)

LOCAL LIFEGUARD COVER

Beach Name Start Date End Date Late Season Cover

Black Rock 17/05/25 28/09/25

Crooklets 17/05/25 28/09/25

Northcott 19/07/25 07/09/25

plus October half term week

Sandymouth 17/05/25 28/09/25

Summerleaze 03/05/25 28/09/25

4 to 19 October weekends, plus
October half term week

Trebarwith 17/05/25 28/09/25

Widemouth 03/05/25 28/09/25

4 to 19 October weekends, plus
October half term week



For more info on other beaches go to www.cornwal.gov.uk

Beach Safety Tips

Always swim at a lifeguarded beach.

Swim between the red and yellow flags.

Never swim alone.

Know your beach safety flags.

Never use inflatables in strong winds or rough seas.

If you get into trouble, stick your hand in the air and shout for help.

If you see someone else in trouble, tell a lifeguard.



WHAT'S ON

August

Every Sunday throughout August - Visit The Canal Barge Workshop at Helebridge 2–5pm

9 Aug Quiz Night Poundstock Gildhouse 7.30pm, Pop-up Bar.

10 Aug Summer Food Festival at the Castle, Bude 10-5.

10 Aug NGS Open Garden - Heycroft, Trevannion Rd, Wadebridge PL27 7NZ 1-5pm
Adult £5 child free. Refreshments.

13 Aug & 27 Aug Circus Skills & Face Painting at the Castle, Bude 11am-4pm. Free & no booking.

Lots of activities at the Castle throughout the summer, Live Music, Talks, Art Exhibitions etc

Full details at: www.thecastlebude.co.uk

17 Aug Cream Tea at the Poundstock Gildhouse 2.30-5pm. £5, Tombola

Outdoor Theatre all 6.30 pm at Ebbingford Manor

6 Aug The Merry Wives of Windsor

13 Aug Robin Hood

16 Aug The most perilous comedie of Elizabeth I

17 Aug A Midsummer Night's Dream

27 Aug HMS Pinafore

26 – 29 Aug Bude Jazz Festival various locations, details www.budejazzfestival.info

September

Every Sunday throughout September - Visit The Canal Barge Workshop at Helebridge 2–5pm

13 Sep Fundraising Curry Night 7.30 – 11pm £20 incl dessert. Pop-up Pub.
Poundstock Gildhouse

28 Sep NGS Open Garden - Trebartha Estate Garden, North Hill, Launceston PL15
7PD 2-5pm

Adult £8 child free. Refreshments



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WEEK ST MARY BONAVENTURES W.I.



In May, we welcomed Sarah Harper who, having developed a sensitivity to chemicals in everyday life, taught herself to make simple, effective cleaning products, creams and bath products and then set up a small business in London. She and her family moved to Clovelly in 2011 and took on the name of The Clovelly Soap Company. Her husband became full-time chief soap maker in 2013 and they opened the little Soap Shop at the top of Clovelly's famous cobbled street in 2014.

The product range has since evolved to include natural plant wax candles, pure skin balms, home fragrance products and luxury bath treats, all formulated by Sarah using the finest sustainable oils, home grown herbs and locally foraged sea weeds. Therapeutic grade essential oils are used with simple, effective natural skincare ingredients to help avoid allergies. The products are now sold throughout the UK and worldwide. After her talk, members were able to make jam jar candles perfumed with lavender/lemon grass and orange/rosemary under Sarah's expert guidance.



Foraging for ingredients



Our speaker in June was Jane Hanscomb who is fascinated by the use of herbs and spices for cooking and medicinal purposes. Spices mainly come from the bark and roots of tropical plants whereas herbs are from the leaves and stems of plants from more temperate climates. Historically, spices were valuable commodities, hence the phrase "peppercorn rent" when peppercorns were used instead of money. Following a brief history of the uses for the different herbs and spices, members were able to smell and handle the plants that Jane had brought from her garden.

If you are interested in finding out more about the Week St Mary Bonaventures WI, contact Roberta Jones, Secretary, on 07788-548875.



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JACOBSTOW AMBLERS - Walk to St Neot's Well

This was a bit of a rogue walk when Sue and I decided to meet up on 1st May in Poundstock to visit the Holy Well. The weather was perfect as we made our way down the lane past the church and were



soon on the very muddy footpath. Before long we were at a gate on the right of the path with a sign entitled CONSERVATION WALKS. (See

photo) It reads: "Walkers can make a small diversion from the public footpath between Poundstock and the coast at Great Wanson to visit the beautiful and substantial St Neot's Well at Trekennard Farm." You go through the gate (close it after you please!) and walk diagonally uphill in the direction of the coast. At the brow of the hill you can see the hedgerow down below. Head straight downhill and you will see a bit of fence pole with a break and you can see the little path that runs gently down away from the direction of the coast into wooded area. A few minutes walk takes you to the beautiful St Neot's Well. Sue and I had a nice little sit down, drink and snack before returning home.



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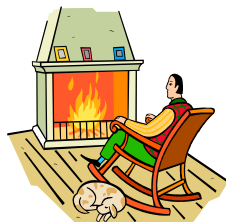


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LATE SUMMER GARDENING

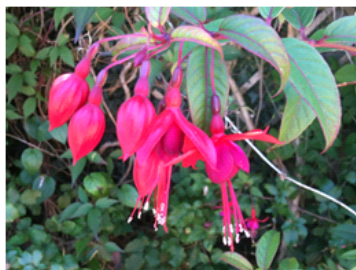


In hot, dry weather, short lawn mowings can be left on the lawn to help retain moisture or used as a mulch around struggling shrubs. Give plants a good watering every other day, preferably early morning or evening to reduce water useage and evaporation. Adding dressings to pots such as gravel, shells and decorative stones also helps.

Collect as much water as possible when it rains and re-use water from the house if needed. Also try to provide rainwater for birds, insects and wildlife.

Encourage tomatoes to ripen once they have set six or seven fruit trusses (four trusses for outdoor tomatoes) by removing the growing tip of the main stem a couple of leaves above the top truss. Remove some of the larger leaves to allow light to reach the tomatoes. Rambling roses can be pruned to remove dead or twiggy growth and after flowering, up to a third of the oldest stems can be cut to ground level.

In September, collect seed and seedheads and leave to dry, then store in paper bags or envelopes in a cool place. Move house plants to a brighter spot as the days shorten and reduce the frequency of watering to prepare them for winter. Start planting spring bulbs in pots and borders for some early colour next year. Keep harvesting produce regularly and deadheading bedding plants to keep them flowering into the autumn. If hanging baskets and pots are past their best, re-plant for a winter display, with a mixture of plants for foliage and colour.



Remove some leaves from pumpkin and squash plants to aid ripening and remove immature fruits to concentrate the plants' energy into the remainder. Raising the fruits off the ground using wood or slate will help prevent rotting. Start to mulch bare soil to protect it from any heavy rain and to retain nutrients. Keep a note of your best varieties and planting locations - it will soon be time to plan for next year and start all over again!

Julian Trick

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2nd Bude (Jacobstow) Scout Group



We are now nearing the end of another busy summer term, with all 3 groups participating in many different outdoor activities. During the bank holiday of 26th May, Scouts helped out at the 'Launceston steam & vintage Rally'. From running games to litter picking.

A weekend in June saw 4 Cubs take part in the annual 'Cub Challenge'. The Cubs spent a night camping at Sun around the local area. A massive

achievement for our Cubs.

Sunday 22nd June, 21 young members joined the North Cornwall Scout District Fun Day, at Camel Creek, alongside many other groups. A lovely day & for some of our members a very wet fun day.

Our AGM has been held & reports were read by the 3 Leaders, conveying all the activities/event that have been completed over the past year. All committee members have agreed to carry on for a further 12 months.

In July Beavers, Cubs & Scouts all took part in a sponsored bike ride at East Roose Farm, Trelash. Many miles were completed & although the final figure has not been calculated, all money raised will be going towards the groups/hut. We thank everyone who sponsored our young people. In just a few weeks, 9 of our Scouts are taking part in the 'Kernow Scouting Jamboree'. A week-long camp at St Stithians show ground, with member from all over the country. A super experience for our young members with a full week with varies activities & evening entertainment including disco's, live bands & cinema. I'm sure many wonderful memories will be made.

After the Jamboree the team will be having a well-deserved break for the remainder of the summer holidays before kicking off again in Sept.

We welcome new members:

Beavers – from age 6-8 years, Wednesday 5.30 – 6.30pm. Contact Josie Shepherd 07855 001284

Cubs – 8-11 years, Monday 6.30-8pm. Contact Daphne Dowling 01288 352786

Scouts – 11-14 years, Tuesday 6.30-8pm. Contact Robert Meldand 07842 084971

robert.medland1988@gmail.com



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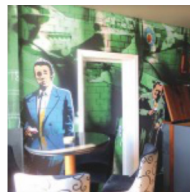
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Laura Crowder is a health coach who lives in our village. She focuses mainly upon helping people to make behavioural changes to improve their health with a particular focus on preventing and treating chronic illnesses as well as brain healthy lifestyles. She also works with people wanting to lose weight and am currently in the process of qualifying as a personal trainer. She also works as a facilitator for an MS charity and specialise in supporting people who are trying to make changes to their lifestyles. We are lucky that she has volunteered to write a regular column for the Journal.

Health and Wellbeing - Laura Crowder

Living in a rural community like ours can mean limited access to health services however, it can also promote health!

It's hard to avoid the headlines highlighting the problems facing the NHS however, one upside is that it has prompted extensive research into how to prevent some of the most common illnesses. For example, treating type 2 diabetes takes up 10% of the NHS budget but evidence shows that it is mostly preventable through lifestyle changes. Not only can 'lifestyle medicine' prevent type 2 diabetes and other chronic health conditions but making lifestyle changes can actually help people with type 2 diabetes go into remission.

Most people are aware that diet and exercise are linked to health but research shows that health is more holistic and that factors such as stress management, sleep, social connection, purpose (often linked to roles within work/family/community) and spirituality (both religious and non-religious) are also key. This is where village life - with the many events held in the village hall throughout the year as well as all the clubs and community groups featured in the Journal - can contribute to better health outcomes by fostering social connection and encouraging a sense of purpose.

Our surroundings can also benefit our health. Walking or running in nature is not only good exercise but can reduce stress, boost focus, and improve mood. If you are unable to walk, sitting outside or by an open window, with a view of nature, has been shown to benefit overall health.



Did you know that the beautiful hedgerows that line the lanes can also positively impact our health?

As well as being great carbon stores reducing air pollution, the autumnal hedgerows are bursting with blackberries - a natural superfood rich in vitamins, minerals and antioxidants which make, among more traditional dishes like crumbles, delicious 'nice cream' (Blend a cup of

blackberries with 1-2 tbsp milk (plant based or dairy), 3 bananas sliced and frozen and some local honey to sweeten, before popping in the freezer for a few hours.) Nettles, also rich in antioxidants, make excellent teas and soups and sloes and elderberries contain antiviral and immune-supporting flavonoids. Simmering berries with spices such as ginger, cinnamon, turmeric and black pepper then straining and mixing with local honey creates an immune-boosting syrup that is perfect for warding off back-to-school bugs and winter colds.

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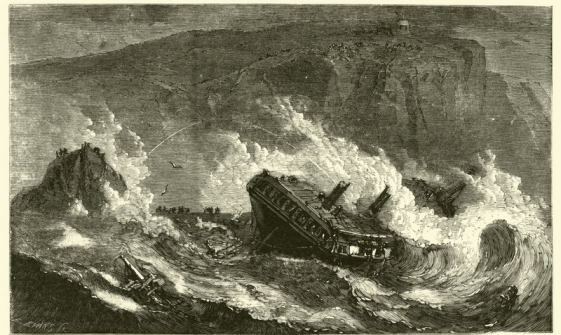
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01566 788970/07935315010

HISTORY PAGE

The Wreck of the Bencoolen at Bude Harbour

Cornwall, of course, is noted amongst other things for the number of shipwrecks around its coast and along its shores. Nobody is quite sure just how many vessels have come to grief but we do know of at least 5,700, with 2,400 on the south coast, 2,300 on the north and a further 1,000 around the Scillies. Our part of the coast has been no exception with a number of notable losses over the years. One of these, which you may well have heard of, was the

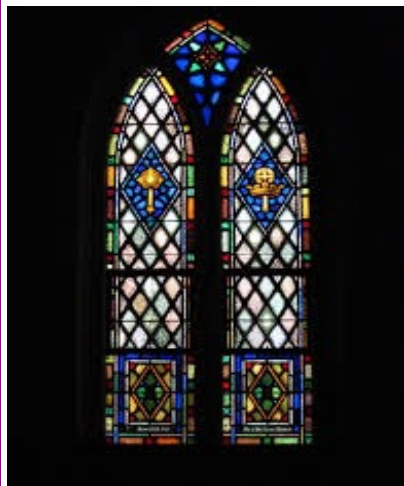


THE WRECK OF THE "BENCOLDEN" OFF BUD

Bencoolen which, in October 1862, was sailing with her crew of 31 from Liverpool to India carrying a load of machinery for the cotton mills there. On entering the Irish Sea the Bencoolen ran into a South West gale but the captain refused to turn back and, as they struggled on southwards, her mainsail was blown away and the mast collapsed. Eventually they were blown towards the Bristol Channel and the crew attempted to steer the vessel towards the harbour at Bude – while the captain got drunk in his cabin. Their efforts – and those of the Bude Coastguard and others trying to help from the shore – were largely unsuccessful with the Bencoolen grounding near the harbour entrance and starting to break up as the waves battered her. Some of the crew did succeed in putting together a makeshift raft which they launched towards the shore but several of them were swept off as it headed inwards and only six made it onto Summerleaze. The bodies of the first mate and 13 other crew members were later recovered and laid to rest in Bude churchyard with the Bencoolen's figurehead marking their grave. A sad ending despite the heroic actions of the crew and those on the shore trying to help them to safety. Other notable shipwrecks in this area include the Caledonia at Sharpnose Point near Morwenstow, the SS Belem at Menachurch Point near Northcott Mouth and the German motor torpedo boat, S89 near Crackington Haven. We can explore these in future journals.

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David's Random Ramblings



I have to confess, Dear Reader, that I have found the couple of months since I last confided in you somewhat tiring as I have been constantly assailed by the demands of a couple of long-term acquaintances. The first has been bombarding me with his views on an enormous range of subjects, insisting that his opinion is bound to be right. The second just keeps asking me – and everybody else that he meets - for some short term financial assistance. You probably also know them both quite well: Hugh Jeego and Len Dusaquid.

However, my woes are as nothing compared with those of a lady that I know who applied for a job she saw advertised online, and for which she thought she well-qualified, to undertake some light house work. She's now stuck on Eddystone Rock for the next six months. Make sure that you always read the small print!



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EVENTS - In Parish Hall unless otherwise stated

Arts & Crafts Club - Day courses as arranged. Check your Journal or phone Jeanne Gimblett on 01840 230113 for details.

Monday Cubs 6.30-8.00 Scout Hut Brownies 6-7.30

Jive Club Parkhouse Centre, Bude

Tuesday Scouts 6.30-8.00 Scout Hut

Rainbows 5.45-7.00 Guides 7.00-8.45

Wed'day Beavers 5.30-6.30 Scout Hut

Sunday Coast Family Church 10.30

Last Monday monthly, 7.30 - Old Cornwall at Parkhouse Centre

1st Tuesday monthly: Parish Council meeting 7.30

2nd Tuesday monthly: 7.30 WI Marhamchurch

3rd Tuesday monthly: 7.30 Juliotter Garden Club, Marshgate

1st Wed': Camelford Garden Club 2-4pm monthly Camelford Library

2nd Thursday monthly: 7.15pm WI Week St Mary

LOCAL BUSES

Please Note If you are unfamiliar with the buses - check the times. If you want to walk one-way always catch a bus **FIRST!**

95/95B and 94 These are regular buses along the coast between Bude, Crackington, Camelford and beyond. - Get the App and times of arrival are accurate. I understand.

Transport for Cornwall - 08081962632 - www.transportforcornwall.co.uk

220 - Launceston, Tues;

371 - Launceston, Mon/Thurs;

372 - Holsworthy, Wed;

373 - Bude, Fri

These buses all pick up in Jacobstow and Wainhouse Corner 9.30ish reaching Holsworthy and Bude 10.10am and Launceston 10.30am

These buses include Warbstow, Canworthy Water, Week St Mary and other way points.

Travel Cornwall - 01726 861108- www.transportforcornwall.co.uk

Local Authority

Cornwall County Council 03001 234100
Bude "One Stop Shop" and Library also) 03001 234111
Library Renewal Hotline)
North Cornwall MP Ben Maguire 01208 640995
Nicky Chopak (County Councillor) 07810302061
Police Force Enquiry Centre 101
Crimestoppers (Anonymous) 0800 555111
Floodline 0845 9881188
Power Cut-Western Power Distribution 08006783105
Sita Recycling Centre, Tiscott Wood 01288 355131
Dog Warden (Environmental Health) 03001234212
Cats Protection, Holsworthy 0345 3712717
Citizens Advice Bureau-Advice Cornwall 03444994188

Healthcare

NHS, Non-emergency 111

Hospitals

Derriford, Plymouth 01752 202082
Treliske, Truro 01872 250000
Barnstaple 01271 322577
Bodmin, E Cornwall 01208 251300
Launceston Hospital 01566 761001
Launceston Minor Injuries 01566 761030
Stratton Hospital 01288 320100
Stratton Minor Injuries 01288 320101

Doctors' Surgeries

Bottreaux Surgery, Boscastle 01840 250209
Neetside, Bude 01288 270580
Medical Centre, Stratton 01288 352133
Drs Nash & Uglow, Camelford 01840 213894

Other Numbers

National Rail Enquiries 08457 484950
National Express coaches 08717818178
Farming Community Network 07002 326326
Rebel Cinema 01288 36`442
SAMARITANS 116123
Child Line 0800 1111
Women's Refuge 01872 225629

USEFUL CONTACT NUMBERS

Jacobstow Organisations

Jacobstow Infants School 01840 230337
Jacobstow Church, Mr Brian Marshall 01840 230526
Art Group, Jeane Gimblett 07706927197
Parish Hall Bookings, J Gimblett 07706927197
Beavers, Josie Shepherd 07855001284
Cub Groups, Mrs D Dowling 01288 352786
Scouts, Robert Medland 07842084971
Guides and Rainbows Mrs M Andrew 01840 230006
Brownies - Jane Bailey 07816394966
Wainhouse Post Office and Stores 01840 230554
Jacobstow Walks, Mary 01840 230656
Jubilee Club Diana - 01840261366 or Tina 01840 230182
Julliotter Garden Club, Pat Thorne 01840 261237
WI - Week St Mary, Roberta Jones 07788 548875
Marhamchurch, Shirley Youldon 01288 354672