

Jacobstow Journal

Providing news and information for the Parish of Jacobstow

Delivered free to every household in the Parish

Issue No. 19

October/November 2013



Editorial by Sarah

Well, there is a definite nip in the air and summer is coming to a close. As usual, we had our stream of family members taking up bed space in our spare bedroom (next time we move to the North Pole). I spent some time visiting tourist hot spots that I would normally avoid. I know we all gripe and moan about the tourists, emmets. or whatever you want to call them but honestly, having spent a day or two in their shoes, I am starting to feel a little bit sorry for them.

For starters, you have to accumulate the weight of a small child in loose change to cover the car parking costs (why, oh why can't we make it free parking, even if only for the 6 weeks, imagine the marketing field day we could have with that one!). When you have reached your destination of choice you are faced with the onslaught of people just literally trying to wrinkle the money out of your pocket and sometimes for not a very good service (very bad experience on a boat trip, still wake up screaming at that one!). I am not saying at all that this was my overall experience, but the occasional grump was remembered so much easier than all the overall friendly smiling service.

When you think about how much of our income is generated by tourism, maybe we should turf out the bad apples so that the only taste left in the mouth at the end of the day is the cream tea....JAM FIRST!!!

Editorial Team

Sarah Smith	Editor	01840-230565
Pat Cottell	Sub-Editor & Treasurer	01840-230455
Jo Afford	Admin	01566-781656
Sue Burrows	Tec.Support	01566 -781292

Enquiries, Articles and Letters

email to: jacobstowjournal@gmail.com

or in writing to the Editor:

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

Sarah Smith
Almar, Jacobstow
EX23 0BN

The deadline for adverts, letters or articles for the December/January edition will be 20th November. Please note this does not guarantee that the item will be published due to possible limitations on space.

Advertising Rates

The current Rate for 6 issues is £20 for a half-page advert. Contact Sarah on 01840-230565, or via e-mail, for further information.

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

The Editorial Team do not necessarily agree with the views expressed in the articles or Letters Page and accept no responsibility for transactions with advertisers. All information is believed to be correct at time of going to press. This publication is totally independent of the Jacobstow Parish Council. E&OE. © 2011

Jacobstow Parish Council

<u>Chairman:</u>	Mr. Norman Osborne	01840-230592
<u>Parish Clerk:</u>	Mrs D. Turner	01566-781269

<u>Members:</u>	Mrs Charmaine Smith	Mr Dennis Adey	Mr. Bob Reason
	Mrs Ilona Franklyn	Mr Ray Fox	Mr Peter Chapman

The Parish Council meets in the Parish Hall on the 3rd Tuesday of every month (except, for August). Meetings commence at 7.30 in Winter months and 8 pm in the Summer. 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.

Summary of Minutes of Meeting held on 17th September, 2013

Please note there was no Parish Council Meeting in August. 2013

Mr Osborne chaired the monthly meeting of the Parish Council with five Councillors, Cllr. Nicky Chopak and two members of the public attending. Apologies received from one Councillor.

Bude Cleaner Seas Project - A talk was given by Ian Saltern on Bude Cleaner Seas Project.

Cornwall Council - It was agreed to pay the amount of £143.34 to Cornwall Council for the Election costs.

Neighbourhood Planning - Cllr Nicky Chopak arranging a Cluster meeting in November to discuss Neighbourhood Planning.

Driving Safer for Longer - It was noted that Cornwall Council Road Safety are offering groups of drivers free workshops. These take the form of two hour presentations to assist older drivers in continuing to enjoy driving.

Community Emergency Plans - Cornwall Council are holding a number of meetings jointly with the Environment Agency where the benefits of producing a Community Emergency Plan will be discussed.

South West Water Future - Water Future Proposals and Choices 2015 – 2020 Information booklet given to Councillors to read.

Cornwall Council - Your Cornwall, Your Council, Your Budget. Finding local solutions to national cuts. Meeting in Bude Wed 2nd October, 2013 at the Falcon Hotel 6.30 – 8.0 pm

Planning Application – Mr & Mrs N & A Prinsep - Proposed two storey extension to existing dwelling at Kerley, Week St. Mary. Councillors support this application

Safe Parking - Wainhouse Corner

The parish Council raised concerns at the meeting on 17th September about the parking situation at Wainhouse Corner. Some vehicles are parking too close to the junction with the main A39 and others are parking half on and half off of the pavement making it unsafe for pedestrians who are having to walk in the road.

The highway code parts 243 states “DO NOT stop or park opposite or within 10 metres (32 feet) of a junction, except in an authorised parking space”.

Your Cornwall, Your Council

Your Budget

Local solutions for the Council's Budget 2014/18

You are invited to attend one of our public budget consultation meetings, at the Falcon Hotel, Wednesday 2nd October 6.30 - 9.00pm

Meet Cllr Alex Folkes - our Portfolio holder for Finance and Resources, along with a senior Council Finance Officer and your local Community Network Manager.

Hear about and discuss where you think we should make cuts to services, how we can make savings and what we should do to increase our income.

Our Budget Debate will be webcast live on our website www.cornwall.gov.uk on 10 October from 6.30pm, with the live chat facility.

530 Bude to Morwenstowe via Stratton Stibb & Kilk withdrawn

by Sarah Smith

Western Greyhound have announced that this bus service will be withdrawn from 2nd November. The statement on their website reads “Bus operators were advised by Cornwall Council in July that its budget for tendered bus services was under considerable pressure. We were told that savings of around half a million pounds in the bus budget had to be found within the current financial 2013-14 year.”.

Your parish council approached Western Greyhound some time ago to ask if the 595 service from Wadebridge to Bude could come through the village more than once a day, Western Greyhound then stopped that one bus per day and we now have no daily bus to Bude from the village, you have to walk up to Wainhouse Corner. I have checked the Western Greyhound timetable and it would seem we will have no service to Kilkhampton once the 530 is withdrawn. You can still get a bus to Stratton using the 599 service Bude to Exeter.

Bude Citizens Advice Bureau

Thank you to Doreen Turner for updating us on the contact details for Bude Citizens Advice Bureau .

The office is open on Mondays from 10am to 2pm for a “drop in” to make an appointment.

Their contact telephone number is 0844 4994188 and the address is Neetside, Ergue-Gaberic Way,



Driving safer for longer



Older drivers have a wealth of driving experience which means they are likely to be more tolerant and confident drivers. Our “Driving Safer for Longer” workshop aims to help them to continue to enjoy driving.

These workshops are completely free and there is no need to phone to book a place. Simply turn up on the day and enjoy the informative and useful two hour presentation and discussion.

Bude - 8th October 2013 Room 1, Bude Stratton Town Council
The Parkhouse Centre, Bude EX23 8LD

Mobile Library (for enquiries phone 0800-032-2345)

A mobile library service stops at Wainhouse Corner every two weeks on a Monday from 11.05 to 11.20. It also stops at Canworthy Water every two weeks on a Wednesday from 10.20 to 10.40.

MENTION US PLEASE! If you respond to any of the advertisers shown in the Journal it would be very helpful to us if you mentioned that you saw their advert here in these pages. Thank you.



At WR Scaffolding, we are dedicated to providing a professional scaffolding service of the highest standard. Our skilled team combine years of experience with an expert approach to safety in all areas of scaffolding, from large-scale projects to smaller domestic jobs. No job is too big or too small. Our friendly, qualified team aim to make your job as stress-free as possible, so you do not have to worry about anything. We use the latest materials and equipment including fittings, tube, boards, pole ladders and trestles. Whether you have a small individual task and are in need of an uncomplicated scaffold tower, or a multi-national company needing commercial scaffolding on a much larger scale we can help.

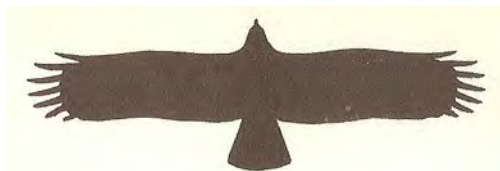
Penkenna Vean, Higher Crackington Haven, Bude EX23 0JY
Tel/Fax 01840 230312 Mobs: 07952 249645 & 07896 670811
www.w-rscaffolding.com



A warm welcome is assured from the Old Wainhouse Inn
 Children and dogs are welcome
 Enjoy everything from a hearty Breakfast, served from 10am
 to a Three Course Dinner.
 Fresh seasonal local produce is used wherever possible.
 Relax and enjoy local ales, fine wines and a log fire
 Sunday carvery served from 12 to 4pm.
 Try one our take away meals

The Old Wainhouse Inn
 AA ***
 Booking is advisable Tel: 01840 230711

BIRDS of PREY



Golden Eagle



Common Buzzard



Marsh Harrier



Peregrine Falcon



Goshawk

Here is a handy guide to identify birds of prey in your area.

Is it a Sparrowhawk or a Peregrine

[Sparrowhawks](#) have striking yellow eyes, short wings and a long tail. They are identifiable for their short sharp bursts of speed and are real sprinters. They often fly in a "beep beep glide" pattern.

[Peregrine falcons](#), however, have dark eyes, long wings and a short tail. They cruise with rapid steady wing beats and drop like a bullet onto prey. They are also characterised by their moustache: black marks that reach down below the eyes. They look as if they are wearing a mask.

Is it a Hobby or Kestrel?

[Kestrels](#) are the most common birds of prey in Europe and are often spotted hovering at roadsides. They will stop to eat their prey 99% of the time. The males have a grey head in contrast to their red-brown plumage but the females are browner.

[Hobbies](#), on the other hand, can't hover at all and eats on the wing, catching insects mid-flight. From below they look very similar to kestrels, so it is best to look out for their eating habits. Hobbies can also sometimes be spotted by their narrow sickle-shaped wings and darker plumage.

Is it a Buzzard or Red Kite?

[Buzzards](#) have a short rounded tail where red kites have a very long, forked tail which allows them to twist and turn in flight.

[Red kites](#) are the closest birds we have to a vulture in Britain and are distinguishable by their grey heads. Their wingspan is very large, from approximately 1.5-1.7m (5-5.5ft). (extract from BBC Nature)

Times of Church Services

Jacobstow Church

Church Services

October 6th	Evening	4.00p.m.
13th	Morning Prayer	9.30a.m
20th	Benifice	
27th	Communion	9.30a.m
November 3rd	Evening	4.00p.m.
10th	Morning Prayer	9.30a.m
17th	Benifice	

**Coast Church
Family Church**

Sunday Services 11 am
Jacobstow village hall
Come and Join us,
all are welcome.
Non denominational



Eden Chapel -

6th Oct - Communion with Sunday School

13th Oct - Messy United - Contact

Rev. Doreen for venue.

22nd Oct - Family Service

3rd Nov - Communion with Sunday School

10th Nov - Messy United - Contact

Rev. Doreen for venue.

17th Nov - Family service

See note on future events on page 9

All services 10.30
unless otherwise
stated.



Canworthy Water Chapel

All Sunday
Services 11am
Rev Doreen
01566 781854



Dimma Chapel

For full details Please contact
Audrey Wicket 01840 230268

Church Lottery Results

	1st	2nd	3rd
July	Mrs W Smith	Mrs J Cory	Mrs F Franklyn
August	Mr A Smith	Mr F Duke	M K Shelley
September	Mr J Lewis	Mrs P Lane	Mrs I Webster

Eden Chapel news

Since the last time of writing we have had a football match against Tresmeer youth club, there was a good turn out of players and supporters although I think Warbstow need a bit more practice before the next game.

At the last official youth club meeting at the hall before the summer we had a BBQ to celebrate all of the amazing things our members have done since September 2012.

During the holiday we had a trip to Roadford Lake Water Sports Centre to sail and embark on the high ropes course, both activities were under the watchful eye of one of Roadford's instructors, local man Luke Hoather. We all had a fantastic time and are looking forward to doing it again.

At our AGM, which was made up of volunteers, leaders and young leaders, we all have come to the decision to move the youth club's venue to Eden Chapel, near Wainhouse Corner. This decision has not been taken lightly but it was decided it was in the best interest of the members and club itself that this would be better, and also a good way of widening the catchment area to encourage more people through the door.

The young leaders are organising a sponsored bike ride for September to fundraise for our youth club and Cornwall's Air Ambulance Service. The ride is planned to be 34 miles in total along the Camel trail. Anyone wishing to sponsor our riders, we would encourage you to get in touch them please.



Future Events at Eden

Lighthouse Kids has started after the holidays

Every 2nd and 4th Wednesday of the month

Contact Rev. Doreen for details.

Warbstow Youth Club now moved to Eden Chapel

(See advert on page 37)

Walk for Cornwall2 which starts at the beginning of October

Barn Dance on 28th September at 7.00 pm with Les Burden, admission free but donations please.

Jacobstow Church & Eden Chapel Joint Lunch



Eden Chapel and Jacobstow Church members organised a delicious buffet Sunday lunch on Sunday 1st September at the Chapel. Around 50 people attended and the food was much appreciated with many diners going back for "seconds"!.



The children were especially helpful ferrying cups of tea and clearing away the dirty plates.



Organic Meat

at below shop prices

Cottage Farm, Jacobstow



A sustainable organic farm powered by renewable energy

fresh Red Ruby Beef – ‘the best beef I have ever eaten’ Hugh.F-W
hung for 21 days, all cuts from fillet to mince in 10, 15 & 30kg boxes

fresh Wiltshire Horn Lamb – ‘the sheep for organic farms’

hung for 7 days, whole & half lamb boxes, cut to your requirements

Sustainable Farmer of the Year finalist, Highly Commended at Cornwall Sustainability Awards

National Delivery

Free to EX22/23 & PL15/32/33/34/35

For a brochure tel 01840 230548 or
Email cottage.farm@tiscali.co.uk

More information at

www.TransitionNC.org, local food
section



**Boscars
Private Hire
Taxi
07790983911**

County Councillors report - Nicky Chopak

I was informed the other day I had been a Councillor for 100 days – well it has been the busiest time I have had for a long time and has entailed a huge/vertical learning curve. Added to which I have met some really interesting people along with some residents who have needed help from Cornwall Council . Then to become involved with the Parish Councils in my area, this has shown there are some really committed people living in Jacobstow wanting to make a difference about the area in which you live – I am just one part of that.



Since I last wrote, I have attended many Parish Council meetings, getting involved with the issues surrounding renewable energy, many other planning issues, which until recently, I didn't realise had so much impact on a rural areas. Added to the budgetary constraints of Cornwall Council, leading to such things as the potential closure of public toilets, some really hard decisions are going to have to be made and I would urge you to attend the public consultations being made in October where Cornwall Council's budget is going to be discussed (details on page 4) Please make sure your voice is heard.

Marhamchurch was in the headlines recently with the refusal of planning permission for a housing development in the Bullers Arms Car park, this had shown that villages can work together to try and achieve the best outcome for them – this is what localism is all about. North Tamerton also very kindly invited me to a community event discussing a proposal to get a community renewable energy project off the ground – what can your village do? Widemouth Bay traders have joined together to raise the issues of camping overnight and 'fly by night' traders and Week St Mary are coming together to discuss specific highway issues. Whitstone have some of the same issues and because of this I am arranging a 'Cluster' meeting shortly so that many of these Parish Councils can join together and discuss some of the many similar problems facing us in North Cornwall.

Please do not hesitate to contact me as your Cornwall Councillor;
nchopak@cornwall.gov.uk or ring on 07810302061

CANWORTHY WATER BOOK CLUB

THE ISLAND by Victoria Hislop

An enjoyable story about a village near an island leper colony and the effects on some families when the mother gets leprosy. Based around an actual leper colony off the coast of Crete.

We all enjoyed it and commented on the written English, to be expected as Victoria Hislop was a English graduate.

The LIGHT of DAY by Graham Swift

The story centred around a murder. However the book was felt to be unsatisfying and not enjoyed by some members.



Wainhouse Country Store

Post Office

Banking services including
Foreign Currency-Euros on demand and Electric Key charging

Country Store

Local cheese and cream, fresh bread and cakes
Barnecutts pasties freshly baked on the premises,
Bacon and fresh meats
Fruit and vegetables, fresh flowers
Newspapers and Magazines



Off Licence

Tel 01840 230554

National and Healthcare lottery now available

Josie's Boarding Kennels

Trefrida Farm, Jacobstow

Purpose built heated kennels

Licensed and insured

Daytime to long term boarding available

Viewing welcome

Tel: 01840 230330

Mobile: 07855001284





Bob's Gardening Spot



October is the time to harvest your summer vegetables before the first frost. Take down supports for climbing beans and peas. Clear away dead plants and put them in the compost. Start to dig over the vegetable plot. You can plant bare rooted fruit trees, bushes and canes before the ground gets too cold.

You should be planting Pansies, Violas, Primulas and good old daffodils for a lovely spring show when the weather turns milder. Lawns need attention now, scarifying, aerating and a good autumn feed will be worth the effort next year.

Perennial weeds need treating or removing if possible. Any non hardy plants should be put under cover or covered in a deep mulch to keep off the frost.

I always try to collect any burnable material and keep it for bonfire night to put the ash around my fruit trees, feeding them for next year. Any questions or queries you think I might be able to help with just

drop me a line at the Journal Happy gardening Bob



SWIM SAFE BUDE

All summer there have been excellent short courses centred around swimming safely and what to do if you get into trouble with waves or the current.

As a special bonus there was a “goody” bag with button badge, leaflets a Swim Safe hat and a wet shirt.

Bude Sea Pool still wants members and donations. It costs between £30,000 and £50,000 to keep it open.

To become a member go to their web site: BudeSeaPool.org.uk or to Seventh Wave Gallery on Belle Vue, Bude

To donate by phone: TEXT BUDE01 £2/£5/£10 to 70070



NEATE FEET

MOBILE FOOT HEALTH PRACTITIONERS

07870 508867 Mob



Toenail clipping, callus removal
Paddings and dressings. Verrucaes



Everything you need to keep
your feet in tip top condition

Reflexology also available

Members of the alliance of private sector chiropodists

W SANDERS AND SONS LTD
WAINHOUSE CORNER GARAGE
MOTOR REPAIRS, SERVICING, TYRES
AND EXHAUSTS
MOT TESTING CLASS IV & VII
24 HR ACCIDENT RECOVERY



WAINHOUSE CORNER
TEL 01840 230708 FAX 01840 230731



Bude Cleaner Seas Project

Cleaner Seas is a national pilot project being delivered in Bude by Volunteer Cornwall on behalf of the Environment Agency. By engaging with the local community, the project hopes to address those factors which are contributing to poor bathing water quality at Bude's beaches. Tighter standards regarding the quality of bathing water come into effect in 2015. At the same time, there will be a requirement to provide the public with more information about bathing water quality to help people make informed choices about where to enter the sea.

By working with the whole community – tourism businesses, farmers, visitors, Town and Parish Councils and, of course, volunteers, the project aims to ensure that bathing water at Bude reaches (or even exceeds) the required standard by 2015.

By providing information through a range of media, events and presentations, the project will help the Bude community to become better aware of the implications of poor bathing water quality and the actions it can take to bring about improvements. In particular, tourism businesses and farms will be supported to undertake initiatives which will lead to improvements in water quality.

If you would like more detailed information about the project, or wish to find out about future volunteer opportunities, please contact:

Ian Saltern

Community Development Manager – Bude

Mobile: 07968 706101 E-mail: ians@volunteercornwall.org.uk

Dereck A Smith

**Quality assured Painting
and Decorating**

2 South Park

Jacobstow, Bude

Tel: 01840 230631 (Home)

07811235761 (Mobile)

thepainterandmrs@btinternet.com



Wendy Hodgson

S.A.C. DIP. FHPT/S.A.C. Dip. FHPP

Foot Health Practitioner



the foundations of life

Professional treatment in a well-equipped clinic
or in the comfort of your home by appointment

Sterilised Equipment

Professional Service for Registered Care/Nursing Homes

Confidentiality assured

Evening or Weekend Appointments

For the treatment of all foot-related problems:

Call Wendy on 01840 230216 or 07910 309936

Medlands, Jacobstow, Bude, Cornwall EX23 0BL

wendyhodgson2010@hotmail.com

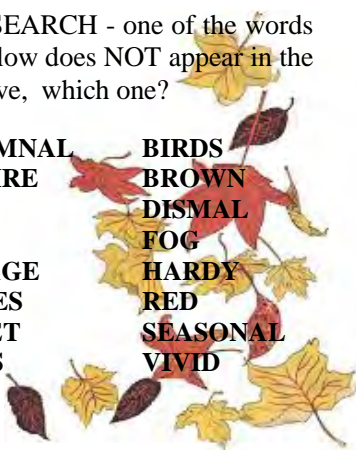
PUZZLE PAGE

Welcome to your “tea break” puzzle page, a winning entry for the last edition, from Rachel Wren was pulled from the hat, she wins a **£20 voucher for Wainhouse stores**. If you would like a chance to win this editions voucher, just solve the puzzles and return the completed page to Sarah Smith, Almar Jacobstow EX23 0BN by 20th November 2013
Thank you to Wainhouse Stores and Mrs V Davies for sponsoring this page.

A	U	T	U	M	N	A	L	S
V	Y	X	F	C	W	L	E	E
H	I	R	O	O	O	E	R	A
A	D	V	L	L	R	A	I	S
R	E	L	I	D	B	V	F	O
D	E	S	A	D	I	E	N	N
Y	F	O	G	P	R	S	O	A
T	R	E	E	S	D	E	B	L
U	V	L	A	M	S	I	D	Q

WORDSEARCH - one of the words listed below does NOT appear in the grid above, which one?

AUTUMNAL	BIRDS
BONFIRE	BROWN
COLD	DISMAL
FEED	FOG
FOLIAGE	HARDY
LEAVES	RED
RUSSET	SEASONAL
TREES	VIVID



Can you name the classic album covers?

1



2



3



4



5



6



Capital Cities -Can you name the capital cities for the following countries?

- | | | | | | |
|----------|-----------|------------|-------------|------------|-----------|
| 1. China | 2. France | 3. America | 4 Australia | 5. Germany | 6. Sweden |
| 7. Japan | 8. Mexico | 9. Ireland | 10 Dubia | 11. Spain | 12.Italy |

Last edition answers Word search missing word Myrtle Holiday Money 1.China 2. Honduras 3. Iceland 4. Mexico 5. Norway 6. Poland 7.Russia 8. Vietnam 9. Botswana 10.Cambodia 11.Croatia 12.Ethiopia
Famous Companies 1.Goodyear 2.Sony Ericsson 3.Olay 4.Harley Davidson 5.Porsche 6. Citroen

JACOBSTOW

The president , Mrs. Pat Lane, welcomed members after their summer break.

Unfortunately the evening supper planned for Saturday 21st has been cancelled due to lack of support.

The original planned speaker was unable to attend but

Mr. Barry Cole was able to step in at the last moment and gave a very interesting account of his training as a paramedic in order to be an ambulance driver. He had to attend a hospital in Ealing where he was living at the time, watch operations and learn about the life saving drugs he was expected to administer and how to use the sophisticated equipment in the ambulance.

A collection was made in aid of the Padstow Lifeboat of which he was a keen supporter .

The competition, a poem about safer driving, was won by Mrs Sheila Moutrie.

The W.I. always welcomes new members and if you are interested in joining why not come along to a meeting at Jacobstow or contact the president Mrs Pat Lane 01840 230743

DIMMA CHAPEL

Dimma Chapel held their Harvest Festival Service and lunch on Sunday 21st September. As usual this was well supported and the lunch was excellent, cold meats, salads and delicious desserts, even junket an old favourite!

Dimma is like the Tardis as from the outside it looks compact but inside it is surprisingly spacious, well decorated and spick and span. It is run by a loyal group of locals whose hard work and dedication is evident. The front door and lettering above has been repainted this summer and is looking very smart.

An excellent Service and lunch and looking forward to next year!



Householders in Cornwall are urged to register now to vote in European Parliamentary elections next year



Cornwall Council is calling on local people to register now to make sure they can have their say and vote in the European Parliamentary elections taking place in May 2014.

The Council is required to produce a new and accurate list of voters each year which then stays in force for the following twelve months. This process usually takes place in the Autumn but is being held later than usual this year following a decision by the Government.

Electoral registration forms are being posted out on 1 October to all 258,000 households in Cornwall. This list of voters will then be used as the basis for the European Parliamentary elections in May 2014.

"The new electoral register will be published on 17 February 2014 and only people

who are on the register will be able to vote" explained Denise Holwill, Cornwall's Electoral Services Manager. **"It is vital that people complete and return the form as soon as possible so their names can be included on the register and tax payers money can be spent most efficiently."**

The forms contain the details of all the people who are currently registered to vote at that address. If none of the details on the form have changed, the householder can either sign the form and return it in the pre paid envelope provided or register electronically by:

- Phone
- Registering online via a website
- Sending a text message

Further details, including the security code that householders need to quote to register electronically, are given on the form. Registering electronically is not only the quickest and easiest method, but also the cheapest, thereby helping the Council to save taxpayers' money.

If any details on the form have changed, people should cross through the names of anyone who no longer lives at the address, amend any mistakes or add the names of anyone new who is eligible to vote. They then need to sign the form and return it – either in the pre paid envelope or by dropping it into any Council office or one stop shop.

Denise and her team hope that as many people as possible will complete and return their forms as soon as they receive them. Otherwise a reminder will have to be sent out in early November to any households who have not yet replied – which will cost the Council additional money.

In addition a team of over 100 canvassers will then visit any households who have still not registered in December and January (except from 23 December to 1 January) to help people fill in their form.







Anyone does not receive a form is asked to contact the Council's electoral registration team on

0300 123 1115.

www.cornwall.gov.uk








October- events in the local area

Book Bus
C/W Canworthy
WC Wainhouse

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Pilates 3-4 Brownies 5.00	2 Council Budget Meeting. Falcon hotel 6.30-9.00pm C/W 	3 Coffee Morning 10.30 - n oon	4 Youth club Eden Chapel 7.00-9.00	5
6	7 Jubilee club trip details on page 29 HARVEST SUPPER 7.00	8 Pilates 3-4 Brownies 5.00	9	10 W I 7.30	11 Youth club Eden Chapel 7.00-9.00	12
13	14 Arts & Crafts Parish Hall 2.00pm W/C	15 Brownies 5.00 Parish council 7.30	16 C/W 	17 Coffee Morning 10.30 - noon	18 Youth club Eden Chapel 7.00-9.00	19
20 -	21	22 Brownies 5.00	23	24	25 Youth club Eden Chapel 7.00-9.00	26
27  CLOCKS GO BACK	28 Arts & Crafts 2.00 - 4.00 W/C 	29 Brownies 5.00	30 C/W 	31 Halloween 		

NOTE. Activities are in Parish Hall unless stated otherwise.

November - events in the local area

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Youth club Eden Chapel 7.00-9.00	2
3	4	5 I 	6	7	8 Youth club Eden Chapel 7.00-9.00	9
10 	11 Arts & Crafts Parish Hall 2.00pm w/c 	12 Brownies 5.00	13 C/W 	14 Coffee Morning 10.30 - noon W I 7.30pm	15 Youth club Eden Chapel 7.00-9.00	16
17	18	19 Brownies 5.00 Parish Council 7.30	20	21	22 Youth club Flower arranging demonstration 7.30pm	23
24	25 Jubilee Club trip details on page 29 Arts & Crafts 2.00pm w/c 	26 Brownies 5.00	27 C/W 	28 Coffee Morning 10.30 - noon	29 Youth club Eden Chapel 7.00-9.00	30  ST ANDREWS DAY

NOTE. Events in Parish Hall unless stated.

Rainbows & Brownies 5 - 6pm,



WEBBERS ESTATE AGENTS

Continuing to support the Jacobstow Journal



Pencuke, St Gennys,
£399,950



Crackington Haven
£250,000



Jacobstow
£249,950



Crackington Haven
£215,000



Bridgerule
£210,000



Bude
£110,000

Just a small selection of property we have on offer call us on 01288 353661

ROB HOADLEY

AGRICULTURAL CONTRACTOR

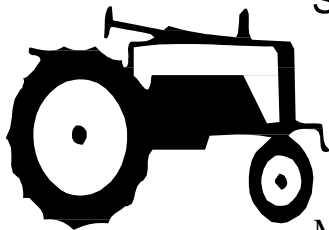
Specialising in Smallholding Work

* Hedge Cutting

* Small Hay Bailing

* Topping

* General Tractor Work



Tel: 01840 230353

Mobile: 07908 112814

Bude Walk & Talk

This is a Walking for Health Accredited Scheme

About us

We are a friendly group of health walkers who enjoy gentle exercise and companionship in the Bude/Stratton area. Newcomers are always welcome.

We're privileged to live in a stunning corner of Cornwall so come and experience it by joining our walks. Our scheme is run by trained, locally based volunteer walk leaders, in association with Stroll Back the Years in Cornwall.

Our walks

All our regular walks begin at 10.30am on Wednesdays (except where indicated on our programme), rain or shine. We have a variety of walks with different starting points around the Bude/Stratton area. For further information contact Chris Wood on 01209 310062 or email chris.wood@cornwall.nhs.uk



Date	Walk	Meeting / Starting Point	Level
02/10/13	Planekeeper's Path	Stratton Car Park	3
09/10/13	Efford Down (extended)	Bude Tourist Information Centre Car Park	2/3
16/10/13	Stratton Walk (Circular)	Stratton Car Park	2
23/10/13	Hele Community Wood	Hele Bridge Car Park	2
30/10/13	Maer Lake Route	Crooklets Car Park	2
LEVEL 1	LEVEL 2	LEVEL 3	
Approx 45 - 60 mins	Approx 1 – 1¼ hour	Approx 1 – 1½ hour	2
Up to 1½ miles	miles	– 3+ miles	



Ti.lleys coach hire

We offer an efficient, reliable service
29 to 57 seater coaches available

Please

contact us

for a comprehensive quote

Outings, functions and events

Tel: 01840 230244

-b- e.-.- - - - - -b--b-

* * * * *

**Nipholts Brothers
R&NFUELS**

Local delivedes

AIJ solid fitels

Competitive plices

01840230111 (Coli11)

01840 250568 (Roger)

* * * * *

WOT A WINNER

Michelle Osborne inherited a small flock of 14 Grey Faced Dartmoor sheep from her father 20 years ago. The flock name is Corland Park (flock in **Cornish**)



These sheep are very docile and easy to handle. In fact if you leave a gate open they know they are not allowed to move!

They are bred for their wool, which is long and very strong. 10 Kg can be sheared from a ram for which about £1.50 per kilo would be paid. It would not be comfy next to your skin as it would be very “scratchy”. It is

extremely durable and excellent for carpets.

These days, as the dairy side of this farm has increased, the Osborne’s breed for the pure bred stock market and food chain. They lamb in February and as the lambs are slow to mature probably aren’t “ready” until the following February.

The Osbornes have had an excellent year showing their sheep. They usually take about 10 sheep to each show. Starting with the Royal Cornwall Show followed by Honiton Show, Okehampton and finally Yealmpton Show where they won Champion Ram.

JACOBSTOW JOURNAL ANNUAL CAR BOOT SALE



Once again, Sarah, Sue and Jo set off to Bude for the car boot sale to raise funds for the Journal. We started in very inclement weather but then the sun came out and we had a



good afternoon.

Many thanks to all the people who donated their unwanted goods and especially to Sue for yet again supplying her trailer and, more importantly, her Gazebo to keep out the rain.



R Mears & Sons Chimney Sweeps

Established over 30 years

Vac Brush. Full CCTV investigations.
Pots, Cowlings & Bird Protection fitted.
Solid Fuel Appliances, Rayburns,
Woodburners, Stoves etc serviced.
Fully Insured.

Tel: 01840 261221
Mob: 07737 533392
www.sweepcornwall.com



Wheeled Diggers/Swing Shovels/Mini Diggers
Rock Breakers/Dump Trailers/Tractors for hire with operator.



MIKE HAINES
Plant CPCS reg'd

bk

Mataranka, Warbstow
Launceston
Cornwall PL15 8RP

Phone/Fax 01566 781384
Mobile 07831 539822

Groundworks, Site excavations,
Drainage, septic tank installations
Tarmacing, Landscaping,
Ponds and Lakes
Specialising in Concreting
Small or very large areas

Streetworks and VVRAS approved

WEEK St MARY = Wind Turbines

News was leaked that there would be a Press Release re the huge windmills that Good Energy was proposing to build.



Good Energy were rather taken back when they arrived to find a large group of irate people waiting to put their point of view. First we were told that the Public Meeting started at 12 noon and no one was allowed in until then, but after several people sidled into the

hall, everyone was allowed in!

The maps were STILL inaccurate and confusingly no roads were marked to give the illusion of no inhabitants.

It is unfortunate that the planning for the North Petherwin solar farm has been passed as it infers that the Week St Mary one will go through.



***The Long Bar
at the Market***

MUSIC in the MARKET 2013

This was a successful weekend with an excellent Friday night Cabaret and a wild Saturday night with dancing to local bands.

£14,000 was raised and divided between Cornwall Air Ambulance Trust, Heartswell Camelford and Bude branch of Cancer Research.

Well done Ricky Cobbledick

Arts & Craft Group

The group will be beginning again on Monday 14th October in the Parish Hall at 2.00pm. (See dates on the Journal Dairy)

Members bring their on going craft work and there will be demonstrations including card making, pottery and willow craft.

For further information contact Jeanne on 230113 or Judy on 230900

CALISTA

Mobile Hair and Nails

*Cutting, Colouring, Blow Drying, Setting,
Perming, Gents Cuts, Kids Cuts And Hair up.*

*Manicures, Luxury Manicures, Overlays, Acrylic
and Gel Extensions.*

*Specialist In Wedding To
Make An Appointment*

Call Vicky On: 07854 165791



Lots of fun for dogs and
owners using positive
training methods

*Located near
Bude, Cornwall*

New classes starting soon

Puppy Training
Pet Obedience
Beginners Agility

Private Lessons also available

Please call for more information and
to book your place on: **07971783597**

Jubilee Club



TWO TRIPS PLANNED FOR THE COMING MONTHS

MONDAY 7TH OCTOBER (BOOK BY 30/9/13)

TWO & HALF HOUR CRUISE FROM EXMOUTH INCLUDING A PLOUGHMANS LUNCH AND VISIT TO THE TOWN CENTRE.

MONDAY 25TH NOVEMBER

SHOPPING TO EXETER

(STOCK UP FOR CHRISTMAS!)

TILLEYS 9.10AM THE ESTATE 9.30AM

Bookings with

Olive 01566 781373

Bev 01566 781761

Eve 01566 781452

A mind is like a parachute - it doesn't work if it isn't open - Frank Zappa
Courage is being scared to death, but saddling up anyway - John Wayne
If you obey all the rules you miss all the fun - Katharine Hepburn

COMPLETION OF THEIR CIRCUMNAVIGATION OF THE WORLD



Congratulations to Fiona and Jason Harvey from Canworthy Water who have sailed around the world in a 45' ketch. They left 7 years ago with a toddler and arrived back to Plymouth with 2 schoolchildren!



They were welcomed back by a solitary Cornish Flag and came into Plymouth with the flags from all the different nations they had visited.

To read some of their adventures go to www.jasonandfiona.com.

What's on?

some upcoming activities in our area

4th October	Bude farmers market Lower wharf, every Friday until 25th October
12th October	National Trust "Mouth to Mouth" 10k run meet at Sandymouth 11am £10-14 includes parking fee
13th October	Bude Music Society - various events at St Martins church or Minstrels Music Centre Canworthy Water 3pm £12.00
13th October	National Gardens Scheme - Trebartha Launceston £4.00
19th October	National Gardens Scheme - Chapel Farm House, Beaworthy £3.50
21st October	Cornwall Wildlife Trust talk on Winter Habitats for garden wildlife Parkhouse Centre £3.00 per person
26th October	Moor Foreshore Craft & Gift Fayre 10am Parkhouse
26/27 October	Pumpkin Festival, Craft & Food Fair, Poundstock Guildhouse 10-5 Saturday 12-4 Sunday
2nd Nov	Bude Methodist church Vintage Fair 10am-4pm
17th Nov	Bude Music Society - various events at St Martins church or Minstrels Music Centre Canworthy Water 3pm £12.00
18th Nov	Cornwall Wildlife Trust talk on wild flowers and ferns of North Cornwall Parkhouse Centre £3.00 per person
23rd Nov	Moor Foreshore craft & gift fayre Parkhouse centre 10-4

TRESMEER AGRICULTURAL SHOW 2013

This year's Show was really excellent with just under £1000 raised.

A huge display of vintage cars and tractors kept the men happy. There were many dog and human competitions. Lots of interesting stalls made the day complete.



COMMUNITY NOTICE BOARD

Announcements, appeals and forthcoming events

Coffee Mornings in the Village take place every other Thursday (Recycling week) Don't forget to bring along your puzzles or books to swap - Transport can be arranged, for further details phone 01840 230262

Have you any friends or relations who live away and would like a posted edition of the Journal? The annual cost of £5.00 for 6 editions includes postage and packing. To order please contact any staff member of the Journal.



**DONT
FORGET
THE
CLOCKS
GO**

**BACK ON SUNDAY
27TH OCTOBER**



**Harvest Supper
Jacobstow village hall
Monday 7th October 7pm
...all welcome!**

Christmas Flower
Demonstration by
Elaine Reynolds

Parish Hall 7.30pm.
Raffle (prizes are the flower
arrangments)

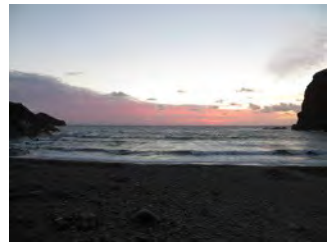
Dont forget the Parish notice
boards outside the village hall and
Wainhouse Stores for up to date
information. You can also use
these to promote any community
activity you want people to know
about

We are now able to offer the service of
delivering flyers with the Jacobstow
Journal. Please contact Sarah Smith

Did you know that you can hire Jacobstow Parish Hall for parties
and Meetings?
For further details speak to any Committee Member or ring the
Secretary on 01840 230173

WEATHERWISE by Monitor

July was very much what it should be this year. Traditionally considered to be the only true summer month, it was fairly dry, with a dull start which quickly became very warm. Plenty of days got to 25°C, 27°C was recorded on the



19th and very little rain was collected, a total at Canworthy Water of 0.9" being collected for the whole month. Little weather of note, some cool mornings (7°C at sunrise on the 7th) and the only really wet day was on the 25th. Sea Breeze was limited to only a few afternoons and the only significant weather (the 27th) kept well to the east of us.

August threw up a few surprises, however, very moist tropical air moved into the region on the 2nd, producing a prolonged and quite extensive thunderstorm late afternoon persisting for a few hours. The following day produced a line of showers which were slow moving generally, then on the 5th it fell down, with 1.6" of rain being collected up to early afternoon, most of which fell in the morning period. Temperatures were average for the month, with 26°C on the 29th. The total rainfall for the month was 3.85", quite a significant amount.

The Tropical Atlantic remains fairly quiet at present, a number of small-scale events of little interest.

All this aside, I noted that the sea temperatures off our coasts are quite high, 20°C being reached on some days. It's wonderful what a little sunshine will do!

HIGH TIDES October and November

Date	4 Oct	11 Oct	18 Oct	25 Oct	1 Nov	8 Nov	15 Nov	22 Nov	29 Nov
AM	5.22	10.08	5.17	9.24	3.09	8.06	3.11	7.25	1.37
PM	17.36	22.42	17.36	21.50	15.26	20.34	15.32	19.46	14.00

Recipe of the Month by Marion Reason

Alfresco Lamb



Ingredients

I leg of lamb - boned - scored on both sides
Juice of 1 lemon
4 cloves garlic chopped
1 tbs thyme - chopped
1 tbs sage - chopped
1 tbs dried marjoram
salt & black pepper
 $\frac{1}{4}$ - $\frac{1}{2}$ bottle dutch original ale

Method

Lay the lamb out flat in a shallow dish, mix all the other ingredients together, pour over the lamb and marinade overnight or at least 5 hours.

Put a pan in a hot oven to heat. Heat a griddle or frying pan and when really hot take the lamb from the marinade and sear both sides.

Transfer to the pan in the heated oven and cook for about 30-40 minutes or to taste.

Sprinkle with gremolata - optional- 2 cloves garlic finely chopped, 2 heaped teaspoons lemon zest 2 tablespoons chopped parsley, mix together.

This really works as part of a help yourself meal, you could also barbecue instead of oven cooking.

KID'S PAGE

Colour the picture below and count the number of ghosts ??????



Remember, Remember the 5th of November and
be safe
Follow the Firework Code



What does Tweety Bird say on
Halloween?
Twick or Tweet

H
A
L
L
O
W
E
E
N

Play
Apple Bobbing
Shallow tray of water filled with
apples
Children try and get apples without
using their hands
Followed by
Ghost faces
Shallow tray filled with flour with
tasty treats (this works well with wet
faces!!!)



The Gardeners' Hymn by Rose Pope

All things bright and beautiful, All creatures great and small
All things wise and wonderful, The Lord God made them all.

But what he forgot to mention, Though gardeners know its true,
Is when he made the goodies, He made the baddies too.

All things spray and swatable, Disasters great and small,
All things paraquatable, The Lord God made them all.



The greenfly on the roses, The maggots in the peas,
Manure that fills our noses, He also gave us these.



The fungus on the goosegogs, The clubroot on the greens
The slugs that eat your lettuce, And chew the aubergines.

The drought that kills the fuchsia, The frost that nips the buds
The rain that drowns the seedlings, The blight that hits the spuds.

The midges and mosquitos, The nettles and the weeds,
The pigeons in the green stuff, The sparrows on the seeds.

The fly that gets the carrots, The wasp that eats the plums,
How black in the gardeners outlook, Though green may be his thumbs.

But still we gardeners labour, Midst vegetables and flowers
And pray what hits our neighbours, May somehow bypass ours.



“Pub is the hub” comes to the Wainhouse Inn



Established since 2001, Pub is The Hub operates as a ‘not-for-profit’ organisation dedicated to offering advice and support to licensees, rural pubs and community services.

Initiated by HRH the Prince of Wales, it facilitates projects by encouraging and helping licensees and communities to connect and share their experiences and work together to support and sustain their local services.

The Wainhouse Inn has been granted funding under this scheme and is hoping to be up and running in the next month. A Wi-Fi linked computer will be available for everyone to use and you will be able to use the pub as a drop off and pick up point for library books.

This is not intended to replace the regular visits from the book bus but to enhance the service. In the future you will be able to order books from the library in Bude and get them dropped off to the Wainhouse by the book bus. Watch this space for more news or just drop into the pub for an update.

We have been sent the quarterly report from our new Police and Crime commissioner, Tony Hogg. Exerts have been reproduced below, but the full report can be viewed at www.devonandcornwall-pcc.gov.uk

It is now eight months since I became Police and Crime Commissioner and from day one it has been my intention to find new ways to communicate with the public.

I want to keep all our communities informed about what I am doing so they have more say in policing priorities and this quarterly newsletter is one way I can do just that.

Every quarter it will look at what I have been doing around the peninsula and ahead to what I am planning to achieve.

I hope you will find this report useful and I welcome any feedback on what you might like to see featured in it.

The newsletter is designed to be viewed electronically. If you, or someone you know, would like printed versions of any linked documents, such as the Police and Crime Plan, please contact my office on 01392 225555



Office of the Police
and Crime Commissioner

Get to know Tony Hogg

Tony Hogg was announced as the police and crime commissioner for Devon and Cornwall last November.

Married to Chrissie, Tony lives in Helston, Cornwall. Together they have two sons, Simon and Max and two grandchildren.

Educated at Cheltenham College until the age of 18 Tony then joined the Royal Navy and attended the Britannia Royal Naval College in Dartmouth.

Tony enjoys sailing (being a qualified instructor and RYA yachtmaster), skiing, photography and time with his family. Tony is president of the Falmouth branch of the Royal Naval Association and until recently was a trustee of the Cornwall Community Foundation.

Tony is committed to carrying out his role impartially. In addition to taking the **Declaration of the Acceptance of Office** (a requirement for all Police and Crime Commissioners), he has also signed a **Code of Conduct**. He has also signed the required **Official Secrets Act**. You can read more about the **conduct of the Commissioner** on the website <http://www.devonandcornwall-pcc.gov.uk>

Volunteers
welcome!
games

Meet + Chat

Music
Duke of Edinburgh
Award 14-25yrs

'COUTM

O\J.h't\3S

CLua

Nintendo wii

Crafts

1st two sessions
free than
£1 per session

EDEN CHAPEL

Adventure
Service
challenge
8-14yrs

HEADON CROSS Jacobstow

Tuck shop

FRIDAYS 7-9 PM
STARTING 6th SEPT

YEAR 5 + 6 - With ^{ADULT} SUPPORT

YEAR 7+ - Without

Ring: Alison Hoalker 01566 781418

email: ahoalker@ gmail.com

WR Construction Ltd.

Expert Building & Maintenance Contractors for Cornwall and the South West



With over 20 years of experience in the building industry WR Construction has built its success on high standards and exceptional customer satisfaction.

Employing expert staff and using reliable construction methods we have a proven record of quality that you can trust. We know your home is asset which is why we offers the most up-to-date quality at the most We are NHBC

your most valuable provide a service that options abnd highest competitive cost.

registered and have 12 permanent staff; who are all highly qualified in their trades. We pride ourselves on being professional and turning out a very high quality build.

Penkenna Vean, Higher Crackington Haven, Bude EX23 0JY

Tel/Fax 01840 230312 Mobs: 07790 154537 07952 249645 & 07765 227463



Jive Club in Warbstow with lessons

Thursdays 7.30 pm to 10pm.

Warbstow Community Centre. Main lesson starts at 7.45pm. £3.00 per person including lessons

Lots of time to practice and receive individual help from us. Let us know if you would like to come. Or, if you just want a chat about what to expect please ring on (01566) 781 587 (Please don't forget to leave your name and contact phone number), or email adrianandlouise2@btinternet.com

We also teach at the Bude Jive and Rock n Roll club on Mondays at the Parkhouse

Centre. We offer private lessons, party/event fun lessons and give dance demonstrations at shows.

Ring or email us to discuss your needs. We look forward to hearing from you and seeing you jiving Adrian and Louise Stevens

BUS TIMETABLES

208 Warbstow – Canworthy Water – Bude – Launceston - Holsworthy

Mondays, Wednesdays, Thursdays and Fridays only
(except Public Holidays)

Webbers Coaches 01208 74711

	MTh	W	F
Warbstow Cross	0935	0935	0935
Canworthy Water	0940	0940	0940
Week St Mary	1000	1000	1000
Whitstone	--	1008	1008
Titson	--	--	1015
Marhamchurch	--	--	1020
Bude Strand	--	--	1030
North Tamerton	1015	1015	--
Boyton	1025	--	--
Launceston Westgate		1040	--
Launceston Tesco		1050	--
Holsworthy	--	1030	--

		MTh	W	F
Holsworthy	--	1300		--
Launceston	Tesco	1250	--	--
Launceston	Westgate	1300	--	--
Boyton		1315	--	--
North Tamerton		1325	1315	--
Bude Strand	-----			1300
Marhamchurch	--	--	--	1310
Titson	-----			1315
Whitstone	--	1322	1322	
Week St Mary		1340	1330	1330
Canworthy Water		1400	1350	1350
Warbstow Cross		1405	1355	1355

220 Higher Crackington – Launceston

(Partial listing of stops only)

Tuesdays only (except Public Holidays)

Webbers Coaches 01208 74711

Higher Crackington	0910
Wainhouse Corner	0925
Jacobstow	0930
Week St Mary	0945
Canworthy Water	1005
Warbstow Cross	1010
Canworthy Water	1015
Launceston Westgate	1040
Launceston Tesco	1050

Launceston Tesco	1230
Launceston Westgate	1230
Canworthy Water	1255
Warbstow Cross	1300
Canworthy Water	1305
Week St Mary	1325
Jacobstow	1340
Wainhouse Corner	1345
Higher Crackington	1400

595 Boscastle – Bude

(Partial listing of stops only)

(a = Schooldays only) (h = School holidays)

Western Greyhound 01637 871871

Monday to Saturday

	h			a			h			a		
Boscastle	0805	1035	1205	1435	1455	1605	1655	1855				
Crackington Haven	--	1047	--	1447	1507	--	--	--				
Wainhouse Corner	0817	1055	1217	1455	1515	1617	1707	1907				
Treskinnick Cross	0820	1059	1221	1459	1519	1621	1711	1911				
Widemouth Bay	0825	1103	1225	1503	--	1625	1715	1915				
Budehaven School	--	--	--	--	1525	--	--	--				
Bude Strand	0832	1110	1232	1510	1530	1632	1722	1922				

No Sunday Service

Bude – Boscastle

(Partial listing of stops only)

	a			h			h			a		
Bude Strand	0710	0715	0840	1115	1240	1515	1530	1725				
Widemouth Bay	0716	0721	0846	1121	1246	1521	1536	1731				
Treskinnick Cross	0722	0727	0852	1127	1252	1527	1542	1737				
Wainhouse Corner	0727	0732	0857	1132	1257	1532	1547	1742				
Crackington Haven	--	--	0905	--	1305	--	1555	--				
Boscastle	0745	0750	0920	1150	1320	1550	1605	1755				

Useful Contact Numbers

Local Authority

Cornwall County Council	03001 234100
Bude "One Stop Shop"	03001 234111
Cornwall Library Service	03001 234111
North Cornwall MP Dan Rogerson	01566 777123
Nicky Chopak (County Councillor)	07810302061
Police-Local Beat Manager Nick Jessop	01288 357502
Police Force Enquiry Centre	08452 777444
Crimestoppers (Anonymous)	0800 555111
Floodline	0845 9881188
Sita Recycling Centre, Tiscott Wood	01288 355131
Dog Warden	01208 893407
Cats Protection Mary Chudleigh	01566 773814
Citizens advice Bureau	0844 4994188

Healthcare

NHS Direct	0845 4647
------------	-----------

Hospitals

Derriford, Plymouth	0845 1558155
Treliske, Truro	01872 250000
Barnstaple	01271 322577
Bodmin	01208 251300
Launceston	01566 765650
Stratton	01288287700

Doctors Surgerv's

Boscastle	01840 250209
Neetside, Bude	0844 8151358
Medical Centre, Stratton	01288 352133
Camelford	01840-213894

Jacobstow Organisations

Infants School	01840 230337
Women's Institute Mrs P Lane	01840 230743
Jacobstow church Mrs R Fox	01840 230153
Art Group	01840 230113
Parish Hall Bookings Mr R Reason	01840 230173
Scout and Cub Groups Mrs D Dowling	01288 352786
Guides and Brownies Mrs G Skinner	01566 781234
Wainhouse Post Office and Stores	01840 230554

Other Numbers

National Rail Enquiries	08457 484950
-------------------------	--------------