



# Solway Buzz

A Funny Bzzzzzzzzz Bee  
by Maddie Wise from Holme St Cuthbert School

www.solwaybuzz.co.uk

Feb/March 2024

local news - for you - by you - about you - free to you

**FREE PAPER**

Issue 216

## RNLI Award for Forty Years of Volunteering for Jim Blake



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## Davina Sim is a British Heart Hero for Raising Over £60,000



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Go Gardeners Grow!



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Eve enjoys a parkrun



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Leah is looking good again!



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All dressed up for Nativity



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Golf Juniors Winners





# Young Carers at Soundwave

Report by: Julie Crellin

Being a young carer can be incredibly rewarding but it can also be incredibly tiring and many young carers can find it difficult to juggle their caring responsibilities with school, social life and some leisure time.

This constant juggling can lead to increased stress, anxiety and low mood so it is very important they take some time to look after themselves.

Children's Mental Health Week is taking place 5-11 February and the theme this year is "My Voice Matters".

My Voice Matters is about empowering children and young people by providing them with the

tools they need to express themselves. When we feel empowered, this can have a positive impact on our wellbeing. Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem.

At Carer Support West Cumbria we offer regular 1:1 support, social activities and trips to allow young carers to express how they feel about their caring role, both with our support workers and other carers.

If you are a parent, guardian or young carer who needs some support to find your voice get in touch with us at [general@carersupportwestcumbria.co.uk](mailto:general@carersupportwestcumbria.co.uk) or call 01900 821976.



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# The History of Mothering Sunday

From an article by: Brenda Smith submitted by Jennifer Bailey

It is not possible to say how far back in the mists of time that a day in praise of Mother was first celebrated in the country.

Some believe it was begun in thankfulness for Mother Earth, and may have originated with the Druids. However, some-time in the Middle Ages it became associated with the Christian Church, by which time Mothers of families were included.

Families would travel miles to attend a service in the Cathedral which was their Mother Church. If too far from the Cathedral, then their Parish Church had to do.

Mothering Sunday was certainly observed in the days of Robert Herrick (1591-1634), who wrote in one of his poems; "They who go a-mothering find violets in the lane".

In those far-distant days, girls and boys often went out to service or were apprentices in villages some distance from their homes. There were few days when they could visit their families, but Mothering Sunday, in the middle of Lent, was one of them. We are told that they walked home through the lanes picking violets and other wild flowers as a present for their mothers. This may be the earliest reason for violets being a symbol of Mothering Sunday.

In America, at the beginning of the last century, a movement was begun to put aside one day each year in thankfulness for devoted mothers, to be observed on the second Sunday in May. This had no religious significance. This idea came to the notice of my aunt, Constance Penswick Smith, who had long been interested in old English customs, one of them being Mothering Sunday. She therefore thoroughly researched documents from all over the country and found that in parts of Yorkshire, Worcestershire

and Wales, the custom was still observed.

By 1913, she had collected sufficient information to launch a revival of Mothering Sunday.

From then until her death in 1938, she and her friend Ellen Porter worked tremendously hard to publicise it worldwide. She wrote two books: 'Mothering Sunday' and 'In Praise of Mothers', and many short plays were produced by Sunday Schools. She illustrated cards, bookmarks and other inexpensive gifts (using the violet where possible), which she sold to the clergy from her home in Regent Street, Nottingham, for use in their Sunday Schools. A leaflet of hymns was printed, which included special hymns written for the occasion as well as some suitable well known ones.

Many churches distributed violets or cards to the children at special family services.

You may ask "How did Simnel Cake become associated with Mothering Sunday?" There is a lovely old legend which tells of two children, Simon and Nell, who wanted to make a special cake for their mother. One wanted to boil it while the other thought it should be baked. After considerable argument, they decided it should be boiled and baked, and to call it after themselves. Hence the name Simnel cake. This is why some recipes use this method.

Please remember that on the fourth Sunday in Lent you will be celebrating Mothering Sunday and not Mothers' Day!

Addendum by the Buzz  
Mother's Day 2024, 2025 and 2026

Mother's Day in the UK is often known by its traditional and religious name of Mothering Sunday. This widely held observance always falls on a Sunday and is not a bank holiday.  
Sunday 10th March 2024  
Sunday 30th March 2025  
Sunday 15th March 2026

# Spring is Just Around the Corner



Report by: Caroline Turner

In the last few months of last year we planted 1,000's of new Daffodil and Tulip bulbs, so look out for a great show this Spring.

We have also potted up Tete-a-Tete and Iris bulbs which should be blooming for Mother's Day and Easter at the end of March. We will be running a stall in early

March to offer these for a donation. Look on our Facebook page and Silloth Today for more information!

If you would like to join Friends of the Green, no gardening knowledge required, you can find us in the Community Garden every Wednesday morning at 10 o'clock. Come along and have a chat!



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# Another Successful Annual Christmas Day Lunch



Report by: Jackie McCormick

On Christmas Day we had our annual lunch for those who needed it.

This would not be possible if it wasn't for the kind generosity of people around Silloth; Robert Hornsby for the turkeys, Shane Housby for the vegetables, Carole Morewood for the roast tatties, Sarah Keaveney for the lovely

dessert, Peggie Allen for the trifle, Alison Henderson for the gravy, cranberry sauce and help.

It was really nice to see so many people attend.

We provided 35 meals plus take-aways.

We had Santa who gave everyone a present to take home of chocolates, biscuits, shortbread or wine which was all kindly donated

by Enkev.

Ricky Robinson provided us with a mini bus to pick up and drop off those that were unable to walk there.

I wouldn't be able to do it if it wasn't for the help of Melanie Irving, Owen Martin, Joe Scott, Cally Martin and Kym Burley.

We had a really lovely day and I hope that everyone enjoyed it.

Same again next year.

Where is Santa, he must be crushed!

S.O.S.C.S.

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# RNLI Recognise Forty Years of Volunteering



Report by: Rebecca Clark  
Silloth RNLI Press Officer

On Friday 8th December, Silloth RNLI volunteers gathered at Silloth Golf Club for their Christmas meal as well as a special celebration to mark the 40-year service of Crew Member Jim Blake.

Jim Blake, who is currently Silloth Lifeboat Station's Mechanic and Launch Authority, has held down a number of roles during his time with the lifesaving charity. From shore and lifeboat crew, to helm and temporary Lifeboat Operations Manager, Jim reached his incredible 40 years of service in August (2023).

Councillor Tony Markley presented Jim with his medal whilst giving a speech thanking Jim for his dedicated to saving lives over the years. Silloth RNLI Lifeboat Operations Manager, Jeanette O'Connell, presented Jim – a proud Newcastle United Football supporter – with a signed photo frame from the players and paper weight of the stadium.

Silloth RNLI crew were also joined at the Christmas meal by their partners and Jeanette gave thanks to them and the extended families of the crew, for their support and understanding with all the disruptions that can come from living with a pager.

Jeanette then went on to talk about the achievements of 2023, including volunteer development at the station and everyone working together as one crew. Rebecca Clark, Silloth RNLI Lifeboat Press Officer said: "Jim has always been part of the day to day running of the station, keeping everyone motivated and ensuring

that they all work as a team. If anything needs fixing, Jim is always on hand to help and if he can't fix it... it must be broke! It's lovely to be here and recognise Jim's dedication to saving lives at sea. It's also a wonderful opportunity to look back at the year and all we have achieved together as one crew. As people prepare to get ready for family time this Christmas, our volunteer crew will be ready on call, should their pagers go off over the Christmas period. Our crew couldn't launch without kind donations from the public which fund the kit, training and equipment we need to continue saving lives. Those same kind and generous donations that have meant Jim has been able to save lives for the last 40 years."



Football Bee  
by Oscar Reynolds  
from Holme St Cuthbert School

# RNLI Christmas Fayre

Report by: Lesley Hope  
Photos by: Lynne Shipley

On December 16th Silloth RNLI fundraising committee held a Christmas fair in Caldew Hall, we had twelve tables selling a wide variety of lovely items including a stall from our own RNLI station shop.

The event was well supported by local people and we would like to say a huge thank you to everyone who helped make the event a success.

Happy New Year to everyone. 2024 is the 200th birthday of the RNLI There is going to be a new range of goods to celebrate this event along with all the old favourites in the shop.

We are opening earlier than usual this year, we re-open on the 10th Feb until 18th Feb 1-4

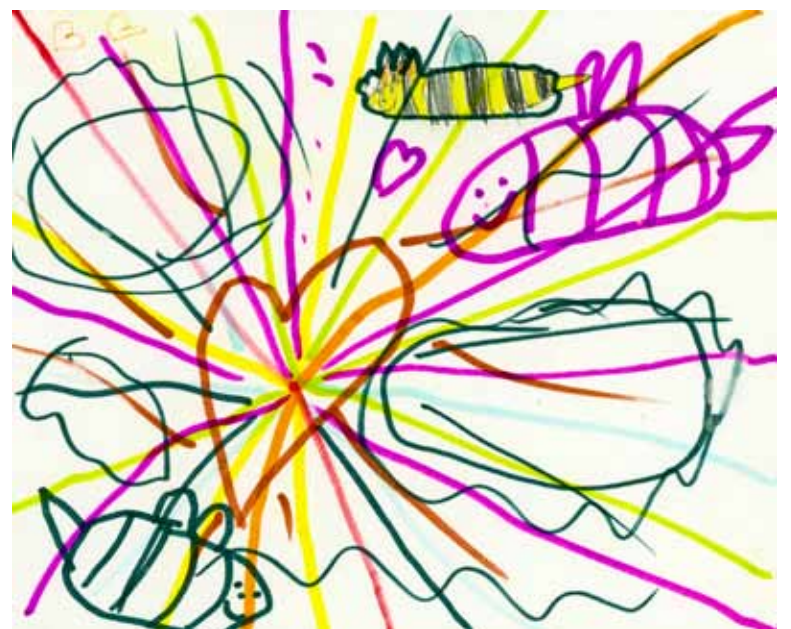


weekdays and 10-4pm weekends, then for the following 5 weeks it will be weekends only until Easter when we hope to be open seven days a week right through until December.

Shop times will be advertised in the notice board at the shop and

here in the Buzz.

Our next event is the annual quiz in Mrs Wilsons on 2nd February, posters and facebook notices are going out with details on booking arrangements, it sells out quickly so don't hesitate to book.



The Love Heart Bees  
by Connie Beverley  
from Holm Cultram Abbey School





After many months in the planning behind the scenes, Silloth-on-Solway now has its very own parkrun. The 5k course takes place every Saturday and starts at 9am near the tennis courts adjacent to the promenade. It's very flat and is suitable for all abilities, runners & walkers.

#### How parkrun works

At approximately 8:45am every Saturday, just turn up with your barcode, no need to book a place. Listen to the Run Directors pre-event announcements, then at 9am prompt, after a 5-4-3-2-1 the Run Director will say GO.

Then start running, jogging or walking to participate in the 5k parkrun. There'll be plenty of marshals and direction signs to keep you in the correct course. You won't be last, because every parkrun has a volunteer Tailwalker. Once you have completed the parkrun, cross the finish line and you will be given a position token. Then move forward and a barcode scanner will scan YOUR BARCODE first, then YOUR POSITION TOKEN. That's all there is to it. All abilities can participate in parkrun. It's not a race, and it's Free!

Later in the morning you will receive an email and text with your official parkrun time and

position. The Full Results will also be on the website at: <https://www.parkrun.org.uk/sillothpromenade/results/latestresults/>

All parkrun events are managed by volunteers.

If you would like to help out, you'll be very much appreciated and welcomed. Contact the Run Director at the event.

Or email: [sillothpromenade@parkrun.com](mailto:sillothpromenade@parkrun.com)

You get a credit every time you volunteer. This is a great way of helping the local community and getting yourself out for some fresh air, meeting and making new friends.

There are even parkrun and volunteer milestone T-shirts to purchase, once you've reached 25, 50, 100, 250 and 500 events.

#### How to register for parkrun

To obtain your own personal barcode, register at <https://www.parkrun.org.uk/register/>

You will be asked for your full name, date of birth and email address. If you want your results to be sent by text, your mobile telephone number will be required too.

After you've registered, you will receive an email with a link to download your barcode onto your phone. You can also print off your barcode. You only need to register once, and your barcode can be used at any other parkrun event in the world. Children over 4 can also register and participate in parkrun. However, all children under the

age of 11 must run or walk within arm's length of their parent or guardian.

#### The benefits of parkrun

Dr Gavin Breslin and Dr Emmylou Large talk us through why parkrun is much more than a run or walk in the park, as they explore the benefits of exercise for mental health

Participating at parkrun brings a lot of pleasure, enjoyment and happiness, a sense of identity, community connectedness, and long-enduring friendships for many people.

It is these positive experiences and opportunities that help explain why some of us invest so much time and energy in walking or running, and why those who don't run or walk might think about doing so.

# What is Silloth parkrun?



Claire, Bonnie, Bradley & Andy Hall

The physical, mental health and wellbeing benefits of running are scientifically well established, and the promotion of running and physical activity more generally is inherently part of the public health physical activity message in the United Kingdom and Ireland.

In this article we share a description of the scientific evidence of the beneficial effects of running on mental health.

In a recent review of studies on the beneficial effects of running on mental health, it was clear that those involved had a psychological profile different from non-runners. For instance, across a range of the studies runners reported lower depression, anxiety and stress symptoms, and higher mood and vitality compared to non-runners. Furthermore, those new to running, or who have just started, found running to improve their emotional wellbeing, self-image, self-confidence, happiness and reduce tension and anxiety.

Even more encouraging, is that a plethora of studies showed a single bout of running either on a treadmill or outdoors, enhanced self-esteem, and, when running is self-paced and at an intensity that is comfortable, positive mood was reported.

The evidence for recreational running beyond a single bout, and regularly for 8-10 weeks in the company of others, when restrictions allow, was found to increase feelings of accomplishment (perceiving "I can do this!"), lowered anxiety, and again improved mood. A similar study but across a 12-week period that involved self-directed and self-paced running, found that well-being was significantly higher during weeks when individuals ran further, and ran more often.

Also, the parkrun Health and Wellbeing survey showed that parkrun has significant physical and mental health benefits.

For those who take part

in parkrun, the connection with others and the event itself may also be what is providing the psychological benefit. In essence, parkrun may be recreating the conditions congruent with our three basic psychological needs as human beings to be met to achieve wellbeing.

By exercising in an outdoor space, you can 1) greet other people, from a safe distance, in the community

and meet friends maintaining a social distance, satisfying our basic need for human connection and a sense of belonging, 2) feel that we have achieved something positive for ourselves, and 3) boost our feelings of control, and feeling of competence in achieving a challenge.

Given these benefits, many parkrunners miss their regular parkrun events when its withdrawn, as happened in March 2020 when restrictions on group gatherings were introduced.

Some may continue the habit by running alone or with household members at other times, within social distancing guidelines, or even join a virtual running group or club, many with a focus on enjoyment, camaraderie and a sense of community. Again, it is sometimes the not so well acknowledged engagement in virtual club activities and with members that provides a protective factor against mental health issues.

All the evidence is pointing in the direction of "why not give running a go?" or "what have you got to lose?"

If running or walking is 'not your thing' then think about the positives

of meeting new people (virtually while restrictions last) through community engagement.

Finally, if you are a runner, keep it up and keep it enjoyable, for those thinking about running, virtually engage a friend or neighbour, start out slow, and clock up

the mental health benefits to the betterment of each other, the HSE or NHS and our communities.

Dr. Gavin Breslin, Senior Lecturer in the School of Psychology, Bamford Centre for Mental Health and Wellbeing, Ulster University.

Dr. Emmylou Large, General Practitioner, The Arches Centre, East Belfast.

#### When and where did parkrun start

Paul Sinton-Hewitt CBE created the very first parkrun at Bushy Park in London on 2nd October 2004. There were 14 finishers.

Little did Paul know that getting a handful of friends together in the park once a week would go on to change the world.

Here, as parkrun prepares to turn 20 years old in 2024, founder Paul reflects on another phenomenal year for the movement; a year like no other as the organisation cements its position as a charity and begins to move through an ambitious five-year strategy – working to be world-class, with more parkruns, in more places, and more lives changed.

#### A New Year's Message from Paul

Each year in December, as I write to the parkrun world, I feel like I say the same thing – a year like no other! Records broken! Astronomical numbers! Could never have believed it! And, no surprise, this year is no different. It's been a joy to see parkrun participation numbers climb back to pre-pandemic levels, not least, in part due to the incredible efforts of the leadership and staff team, the ambassadors, volunteers and event teams alike.

Let's stop for a moment and just take a quick look at some of those numbers. They're so large, that sometimes they can simply wash over you. But I implore you, to stop to think and consider these. Every parkrun barcode



Ever enthusiastic Olivia Hill, Event Director





# The parkrun on Sat 6th January

represents a life. Every instance of participation, every time someone joins in, represents a human interaction and connection; a step towards health and happiness. And this year we have taken so many of those steps.

More than 16 million instances of participation by 1.8 million people worldwide in just one year.

There are now more than 2,200 event locations, across 23 countries around the world, with approximately 250,000 people taking part every week.

Report & Photos by:  
Iain Gordon Hall & Ann Hall

Visitor's Run Report  
Silloth Promenade parkrun  
Saturday 6th January 2024  
Event Number 15

Myself and wife Ann set off at 5:45am from Middlesbrough to visit Silloth Promenade for our first time, and take part in their first parkrun of 2024.

It was a very cold and misty morning, but at least we had no wind or rain. A blessing compared to other areas in the UK, which had 162 parkrun cancellations, mostly due to flooding caused by



Lawrence Cummings visited on 4th November 2023 and holds the record at Silloth Promenade parkrun in his 80-84 age group with a time of 27:21

Storm Henk.

We met today's Run Director, Olivia Hill early to help with the pre-event set up, and Ann did a course check. Ann was also to be the Tailwalker and take some photographs during the parkrun. After the pre-event announcements, the mist lifted, giving us a beautiful crisp morning. We were quick to set off, albeit gingerly with the Promenade being very slippery after overnight frost.



Richard Stanley visited on 28th October 2023



Kirstin Farquhar and Paul Brennan visited on 28th October 2023



Matt Dorber visited on 30th December 2023



One of the 'Volunteer Roles' is a Tailwalker



Dave Pearson  
1st position on 6th January 2024

The course is out and back along the Promenade and back on the grass, doing 2 laps. Great to see other runners heading in the opposite direction. Well done to everyone that attended Silloth Promenade parkrun this morning, especially being so cold. A Special well done to Yvonne ERRINGTON who finished with a New Pb.

## MILESTONES

Well done to Gillian GRANT from Edinburgh, who run her 100th parkrun this morning. Also, well done to Graeme ADDISON from Sedgfield who completed his 550th parkrun, before he volunteered as a barcode scanner.

## TODAY IN NUMBERS

Finishers. 37  
First Timers. 17  
Volunteers 12  
New PB's. 1

## MALE RESULTS

1st. Dave PEARSON SM30-34 in 20:38  
2nd. Rob JEFFERSON SM30-34 in 22:35  
3rd. Max ROBERTSON SM30-34 in 22:48

## FEMALE RESULTS

1st. Carol BAKER VW60-64 in 24:42  
2nd. Clare REGAN VW55-59 in 26:50  
3rd. Milly CAVAGHAN VW55-59 in 28:14

## TOP AGE GRADED PERFORMANCES

1st. Carol BAKER VW60-64 with 77.46%  
2nd. Myra ROBERTSON VW60-64 with 69.23%  
3rd. Graham LEGGETT VM55-59 with 66.95%

## THIS WEEK'S 12 VOLUNTEERS

Alan NUTT, Ann HALL, Bill O'CONNELL, David HILL, Elizabeth ELLIOTT, Graeme ADDISON, Iain G HALL, Melanie FINN-OLDROYD, Olivia HILL, Patrick MAK, Ray OLDROYD & Ron KELLY.

A huge thank you must go to each and every volunteer. Please remember that parkrun can't go ahead without them. There's lots of roles before, during and after parkrun including pre-event set up placing cones, erecting the finish funnel, course check etc. Also, if you're fast enough you could barcode scan after your



Gary Farquarson, first position on 18th November 2023

run. If you haven't volunteered already, please consider giving a go, I'm sure you'll enjoy it. Any training needed is provided. Today's team did absolutely brilliantly as all seemed to go very well, so much that we received our text result by 11.41 am

A massive thank you to Olivia Hill for hosting this morning's parkrun, when it would have been easy to cancel. You made many visitors, including ourselves very relieved and happy

Look out for the next edition of the local Solway Buzz newspaper, which will feature Silloth Promenade parkrun.



# Slimming World Created a New Leah

Leah Cornish said "half of UK adults (49 percent) say they've put off trying to lose weight due to "FOMO" (fear of missing out) - missing out on favourite foods and social events fuelling this fear. After been overweight for over five years, and in a relationship for twelve years, I had gradually put weight on as I felt comfortable with my partner, Covid hit and I was in a job where I was unhappy and at my heaviest, my eating habits were centered around my emotions. I had tried calorie counting, shakes and pills, etc., but none were sustainable, I wasn't changing my habits and still emotionally eating.

I knew my Local Slimming World Consultant Denise and where the Slimming World Group was in Wigton Bowling Club, I decided I was ready to commit to my weight loss journey, food optimising was sustainable, nothing was out of bounds, I could eat the foods I enjoyed, pasta, chips, etc., ("I couldn't survive without them").

We could go out and socialise as Slimming World FREE FOODS allowed us to do this within the Food Optimising Plan, the flexibility to use my sense also allowed me to still have the treats I wanted without feeling guilty. I am now 5 ½ stone lighter and at target weight.

Foods people fear missing out on most are Chocolate (29 percent), fish and chips (21percent) and fry ups (18 percent).

A typical day before Food Optimising, Breakfast White Toast and Butter, Lunch Sandwich again on white bread filled with chicken bacon and mayonnaise along with a packet of crisps and a can of coke, tea would be frozen chips

chicken nuggets or a takeaway, snacks throughout the day more crisps (share bag) and chocolate.

A typical Day now, fruit and yogurt, cereal or scrambled eggs on whole meal toast for breakfast, lunch I usually take left overs from the night before like a pasta bolognese or a Jacket Potato with tuna salad, whole meal sandwich packed with ham and salad. Dinner I have home made Chips, veg meat, pasta dishes rice with salad and chicken kebab, snacks fruit, cereal bar, yogurts and diet pop.

More than three quarters of people say they get pleasure from eating their favourite foods (77 percent) and two in three (64 percent) feel passionate about the food they eat. so much so in fact that more woman say they fear missing out on their Sunday roast (35 percent) than going without sex (21 percent).

I love that YES I can still have a takeaway and eat out "I didn't want to miss out on these life experiences with friends". With the help of our slimming world group and the food optimising plan I became an expert at eating out and socialising, I would check the menu out beforehand where possible, make better choices and decide beforehand what I was going to order, choosing free food items, tomato based pasta, gammon, chicken, steak. If I wanted chips I would use my syns and count them into the plan.

Showing how much pleasure we get from food, a survey of 2,000 adults commissioned by the UK and Irelands largest weight loss organisation Slimming World, found 7 in 10 (72 per cent) say foods brings them joy. Of those, 31 percent say eating food prepared



Before

by someone else makes them feel loved, 64 percent say its the taste of food which brings them joy and 41 percent find food nostalgic as it brings back happy memories such as family traditions or routines.

Before I joined Slimming World I walked occasionally but not often I was would feel out of breath, with the help and support of the group, I started to move more, become more active and toned up my muscles gaining



After

body magic awards along the way. Slimming Worlds unique physical activity programme which supports you to get started build on or continue an active lifestyle

that's going to help you maintain a new slim life forever.

I now exercise on a regular basis and feel amazing for it, I am stronger and no longer suffer with pains in my legs/knees/hips which I used to get. I can walk for miles easily now and love my exercise. Staying to Group every week, to get the help support and inspiration for the week ahead was key to my Success regardless of weight change, in image therapy the group members and Denise undertands how it feels, together the support, inspire and motivated me for the week ahead, help me to find solutions and things I could change for the coming week, overcome hurdles together.

From Day one Denise believed in me, she believed I could achieve my chosen target. Lifelong friendships have been built in our slimming World group and staying to image therapy every week celebrating our losses or supporting us to make the changes is vital for lasting weight-loss success.

I feel myself when I see myself in the mirror, I am more confident and pain free. Going clothes shopping is a fantastic experience. My partner (now husband) has always supported me through my journey and has celebrated all my achievements and tells me everyday how proud of me he is. We eat the same meals as there is no need to cook differently, my mother in law also joined and has also achieved her target weight.

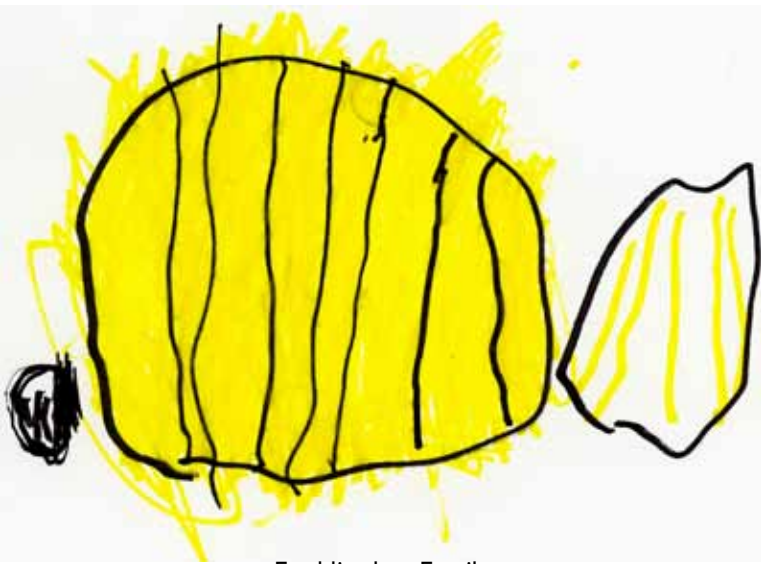




# Wow!



Karen Graham took this stunning shot at Skinburness on 7th January



Freddies bee Family  
by Freddie Gosling from Holm Cultram Abbey School

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## Davina Sim Awarded a Heart for Heroes Award!



Report by: Margaret English

Vernon Kay presenting the award to Davina

The sixth Annual Heart Hero Awards Ceremony took place at Glaziers Hall, London Bridge on the 6th December. Davina Sim of Silloth was presented with a Heart for Heroes Award for an Outstanding Contribution of over £60,000. She was very surprised and honoured when she heard that she was to receive the award.

At the presentation Pippa Middleton who has been the charity's Ambassador for nine years was supported by a new Ambassador Vernon Kay who was hosting the event. They congratulated all the Heart for Heroes Award winners for their relentless work fundraising and highlighting heart disease.

Davina Sim is a resident of Silloth, where Silloth Golf Club is very much the heart of the community. She has been a dedicated fundraiser for over twenty years organising Senior Mixed Golf Competitions. Davina

would like to thank Silloth Golf Club for their support in allowing the competition to be played on their excellent course, also to Carlisle Golf Club for their friendliness and support latterly.

Over the years she has been overwhelmed by the support she has had from club members and golfers from far and away, who have returned each year.

This amazing amount of £60,000 has meant that she has been able to support many local initiatives such as:

Defibrillators for the doctor's surgery and the golf club as well as defibrillators for the Silloth 1st Responders.

A contribution to the Heart Scanner at the Cumberland Infirmary Carlisle.

Another contribution to the Cumberland Infirmary to acquire an echo-cardiogram ultra sound machine.

All the charity money raised

from our area goes towards local items, which help Newcastle, Middlesbrough and Carlisle hospitals.

If anyone has any ideas of how Davina can keep this fund raising going for this important charity please get in contact with her via the Solway Buzz.





# Santas Sleigh Spreads Goodcheer



Report by: Owen Martin

Once again Santa was delighted to visit the children of Silloth and Abbeytown using the luxury travel of the Silloth Rotary Club sleigh, while his reindeer took the chance to have a much needed rest.

Santa along with his many helpers and elves enjoyed travelling round the streets despite the horrible very wet weather to see so many happy people waiting to see him.

We hope everyone enjoyed it as much as we do.

The elves collected over £200 which goes towards the cost of this and the other events and activities Silloth Rotary Club carry out annually.



# A New Sport: Pickleball



Report by: Mark Blincow

Silloth Tennis club is now offering a new activity and its proving popular.

Pickleball is a fun sport that combines elements of badminton, tennis, and table tennis. It is suitable for all ages and a wide range of fitness and ability....all you need is enthusiasm!

We already have a committed group playing regularly with room for more.

Pickleball is hugely popular in America and is growing fast in the UK. It is played on a badminton sized court using a hard paddle and hollow plastic ball that travels a third of the speed of a tennis ball, making it slower paced.

Our sessions are played as doubles with all abilities mixed in a fun atmosphere.

If you are looking for a new year activity then come along and have a go at the nation's fastest growing sport. The first session is free and all equipment is provided. Comfortable sports clothing and trainers / tennis shoes are recommended. Sessions are held at Silloth Sports Hall, Thursdays from 7:15 to 8:15pm for adults and teens.

For more info please contact: [sillothtennisclub@gmail.com](mailto:sillothtennisclub@gmail.com)



# What a Beautiful Group of Nativity Players



At the Crib Service on Christmas Eve in Christ Church young people from Silloth enjoyed taking part in the Nativity, retelling the story of the birth of Jesus Christ

**IN SILLOTH**

**QUIZ NIGHT**

**Friday 2<sup>nd</sup> February 2024**

**7.30pm in Mrs Wilson's Criffel Street**



**Entry £8 per person including supper Teams of up to 4. Numbers are limited. Please pre-book with Lesley at 30 Solway Street or Tel:016973 33071**

**The Harry Douglas Memorial**

**Quiz Night**

**with Pie & Pea Supper**

**in Blencogo Village Hall**

**Saturday 10th February 2024 at 7pm**

**Tables of 4 - £8 per person**  
(Don't worry if you can't make a four. We can put people together on the night!)

**Bring your own drinks**

**To book a table please phone Liz on 016973 61114 by Monday 5th February 2024**

**MAWBRA VILLAGE HALL**

**MONTHLY QUIZ**

**Quiz**

**Thursday 25<sup>th</sup> January, 29<sup>th</sup> February & 28<sup>th</sup> March**

**7.30pm**

**£2.00 per person**

**Prize for the winning team**

**Bring your own drinks, snacks and glasses.**

**????????????**

**Blencogo Village Hall**



**Ceilidh Dance**

**with The Band Mountain String Band.**

**Caller to teach all the dances.**

**No prior experience necessary, just come and give it a go!**

**Friday 8th March, Doors open at 7pm for dancing to commence at 7:30pm**

**£10 for adult, £5 for children, to include soup and sandwiches.**

**Bring your own drinks.**

**Tickets to be booked with Becky on 07443 603449. Numbers are limited.**



**Christ Church invites you to SILLOTH**

**March 8th 2024**

**At 7pm in Christ church**

**Silloth Master Quiz**

**Tim Barker's annual challenge**

**Entry £6 per person. Team of up to four. (Spectators £3)**

**Refreshments included**

**Payment can be made on the door but it will help us with catering if you let Tim know you're coming. 016973 31246**





**Happy Bee**

**by Ruby**

**from Holme St Cuthbert School**



# Winter Safety in the Home

CUMBRIA Fire and Rescue Service is urging residents to stay safe while heating their homes during the cold weather.

The UK Health Security Agency and the Met Office issued a Cold Health Alert for the North West this week, and the fire service is promoting its important advice on the safe use of open fires, portable heaters and electric blankets at this time.

Andrew Lowes, Cumbria Fire and Rescue Service's Station Manager for Prevention, said: "As the temperature drops, householders inevitably have a greater reliance on household heating devices to stay warm.

"This comes with risks, however, as around two fires a day are caused by heaters, and 65 fires a year are caused by faulty electric blankets.

"We therefore encourage everyone to follow our advice to keep themselves and their homes warm – and safe – this winter.

"We also reiterate the importance of ensuring your detection devices, including smoke alarms and carbon monoxide detectors, are in full working order."

Deputy Police, Fire and Crime Commissioner, Mike Johnson, said: "We want everyone to be warm this winter in their own homes and many of us use plug-in heaters, open fires and electric blankets to do so.

"However, we do need to take caution with anything that omits heat as we don't want to cause any avoidable and potentially fatal fires.

"I would urge everyone to listen to the advice of Cumbria Fire and Rescue Service to help keep themselves safe this winter."



Cumbria Fire and Rescue Service provides the following advice:

## Open fires:

Be careful when using open fires to keep warm. Make sure you always use a fire guard to protect against flying sparks from hot embers. Make sure embers are under control and properly put out before you go to bed. Keep chimneys and flues clean and well maintained.

## Portable heaters:

Keep heaters away from curtains and furniture and never use them for drying clothes. Always unplug electric heaters when you go out or go to bed. Try to secure heaters against a wall to stop them falling over. Only use gas or paraffin heaters in well-ventilated areas. Heaters consume oxygen so you could suffocate if a room has no ventilation.

## Electric blankets:

Never use hot water bottles in the same bed as an electric blanket, even if the blanket is switched off.

Unplug blankets before you get into bed, unless they have a thermostat control for safe all-night use.

Store electric blankets flat, rolled up or loosely folded to prevent damaging the internal wiring.

Test electric blankets every three years.

Try not to buy second-hand blankets and check regularly for wear and tear.

Replace your blanket when it is more than 10 years old. Always follow the manufacturer's instructions.

# Buzzing Letters and Poems

Dear Buzz,

Three wishes for the New Year?

1) All the cut off lamp posts are removed, no matter where they are. No excuses or passing the buck, let us see some action, three or four years to finish the job is long enough.

2) The sycamore trees lining the streets be pruned and lopped. I think the last time they were done was 2017, or a total re-think along the Torbay lines.

3) That all the paths and streets are tidied up, weeds growing in gutters and up the sides of buildings make the place look like a ghetto. Do not let anyone say there is no money when councillors expenses and rates were passed in the blink of an eye!

The Whinge

Fireworks by Sophia Lodhi

On the fifth of November,  
Then the turn of the year -  
A windfall of fireworks  
In our night skies appear!

Loud bangs hide the twelve bells  
We know we should hear,  
The church clock rendered silent  
In a firmament clear!

A deep velvet midnight  
Hosts a heavenly shower  
Of pink, green and gold light  
As it falls through the air -

Like the happiest of tears,  
Bringing in the New Year!



Snow by Sophia Lodhi

It fell to the Earth  
And touched  
The dark sea...  
Spiralling down  
Through a sky without breeze....

Five A.M. - there's nobody here;  
Just Nature, the chill air, my lurcher, and me...  
Families of rabbits scatter from groups,  
As loud barks from my dog  
Disturb birds where they roost.

...Lights on the other side  
Twinkle and wink  
At the moon, which - through misty skies -  
Shows just a hint  
Of the powerful lantern which governed the night....

Still, it falls to the ground,  
And it falls on my hair:  
Feather-light,  
Bridal-white,  
Jewel-bright and rare.

\*

Snow:  
A silent carol  
Echoing...  
Falling to Earth,  
Like weightless pearls, adorning the dawn,  
In its gift to our World.

## Do You Get the Solway Buzz?

If the Buzz paper does not fly through your letter box in the areas we cover, it is because we have not found a volunteer.

If you would like to join our hive of volunteers we would be pleased to hear from you, call Peter on 016973 32180 for more info.

**Do you have a poem or letter for the Buzz?**  
**We welcome all submissions,**

**THERE IS NO CHARGE.**

**Please remember to include your contact information.**

**Do you have a poem or letter for the buzz?**

**We welcome all submissions, there is no charge. Please remember to include your contact information.**

**Remember – you can join the library, search the library catalogue, renew and request books online at [cumbria.gov.uk/libraries](http://cumbria.gov.uk/libraries)**  
**Visit Silloth Library in the Discovery Centre**

## Silloth Library Opening Times

Monday 10-1pm 2-4pm

Wed 10-1pm 2-4pm

Friday 10-1pm 2-4pm

Sunday closed

Tuesday CLOSED

Thursday CLOSED

Saturday 10-1pm

Tel: 016973 31944

## Non-Commercial Tourism Websites

[solwaybuzz.co.uk](http://solwaybuzz.co.uk)  
[sillothgreen.co.uk](http://sillothgreen.co.uk)  
[silloth-on-solway.co.uk](http://silloth-on-solway.co.uk)  
[sillothgolfclub.co.uk](http://sillothgolfclub.co.uk)  
[vintagerally.co.uk](http://vintagerally.co.uk)  
[sillothbeerfestival.co.uk](http://sillothbeerfestival.co.uk)  
[sillothmotorcyclemuseum.co.uk](http://sillothmotorcyclemuseum.co.uk)  
[silloth-on-solway-tc.gov.uk](http://silloth-on-solway-tc.gov.uk)  
[visitscumbria.com/wc/silloth](http://visitscumbria.com/wc/silloth)  
[soldiersinsilloth.co.uk](http://soldiersinsilloth.co.uk)  
[solwayplain.co.uk/silloth1.htm](http://solwayplain.co.uk/silloth1.htm)  
[facebook.com/sillothgreen](http://facebook.com/sillothgreen)  
[facebook.com/silloth-carnival](http://facebook.com/silloth-carnival)  
[facebook.com/groups/121042258051545](http://facebook.com/groups/121042258051545) (Silloth Today)

# Masthead Bee Winner

Carlisle Embroidery are generously donating a Solway Buzz embroidered Kids Rucksack to the winner. This is in addition to the usual Winners Certificate and a £5 Gift Voucher from the Solway Buzz. So, come on kids, get drawing, the Buzz is always looking for more imaginative bees and yours might be the next winner. Local children return your drawing to your school or post to the address on page 14 (large stamp) and a quality Solway Buzz embroidered Rucksack from Carlisle Embroidery could be yours. You don't have to be at school here to send a bee to us. If you are here on holiday we would love to have your bee drawing.

This month the winner is Maddie Wise from Holme St Cuthbert School with a bee drawing called 'A Funny Bzzzzzzzz Bee'. Well done!





# Home Protection Advice from Cumbrian Detectives

Police in North and West Cumbria are continuing to urge people to keep home security in mind to stop burglars targeting their homes.

Houses in places including Carlisle, Wigton and Whitehaven have been burgled in the last week, with a number happening during the hours of darkness. Officers continue to prioritise all household burglaries, with offences investigated under Operation Themis, the operation tackling these crimes.

Numerous arrests and charges have been made in recent months – but officers are keen to stress the simple measures that can stop many opportunistic burglars.

Detective Superintendent Matt Scott said: "Being burgled, especially in your home, can be extremely traumatic. Cumbria is a safe place to live and we have a much lower number of these types of invasive crimes than in many other parts of the country but we have always taken this type of



offence extremely seriously. When burglars strike, they can target anyone's home, regardless of age or area. Often all they are looking for is a weakness in home security they can exploit."

Burglaries at homes across Cumbria are often

spontaneous crimes carried out by opportunist thieves trying door handles or reaching in through open windows.

Det Supt Scott added: "Simple steps such as locking doors, not leaving out-of-sight windows open and not leaving valuable possessions in view of potential thieves can be effective in preventing incidents. We appreciate energy costs are high, but please consider keeping a visible light or lamp on if you are out. We would also encourage you to be vigilant and report any suspicious activity you witness. By reporting information,



this not only helps inform us of potential criminal behaviour but it can lead to robust action being taken and offenders being brought to justice. We are pleased with the great work done in recent years to ensure offenders are brought to justice. We are not complacent and we are doing all we can to make sure that people feel safe in their homes."

Some simple measures to stop burglars:

Ensure your house is secure, preventing someone entering when you are busy elsewhere in the house or garden. Lock doors and windows before you go out. Remove keys from locks and keep out of reach of windows and doors. Consider installing security cameras. Leave a light on in a room and draw curtains if you go out at night. Consider fitting a burglar alarm, checking regularly to ensure they work.

Got information?  
Report online at  
[www.cumbria.police.uk/report-it](http://www.cumbria.police.uk/report-it)

Phone 101  
or Dial 999 in an emergency

You can contact  
Crimestoppers  
anonymously on

0800 555 111.

You can find more crime prevention advice here:  
[www.Crimepreventionadvice/CumbriaPolice](http://www.Crimepreventionadvice/CumbriaPolice)



Raver Bee  
by Tia Milburn  
from Holme St Cuthbert School

25	Leaned	21	Alien
24	Daring	19	Basin
23	Realise	17	Defend
22	Knits	16	Backed
20	Portion	15	Message
18	Acrobat	14	Earlier
13	Measurement	8	Temperature
12	Precise	7	Gasped
11	Taste	6	Italian
10	Arabs	5	Awake
9	Average	3	Leaders
4	Eating	2	Press
1	Supply	1	Starts
Across		Down	

Page 15 Crossword answers:

no cheating now...



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on to their next delivery with no extra delivery charge!



# Copy Date



Copy date for the April issue is:  
**1st week March**  
If you have an event to promote or you have something to say, please note the next copy date.

Please let us know of any changes within this section

## Christ Church

For baptisms and other church related business please contact: Rev Bryan Rothwell  
The Vicarage, Wigton Road  
Tel: 016973 31413

## Civic Amenity Sites

Operated by Cumbria County Council. Tel: 01228 606060  
Maryport Tip, tel 01900 66922 open daily 8am to 6pm  
Wigton Tip, tel 016973 45617 open Tuesday, Thursday, Saturday & Sunday, 8am to 6pm

## Causewayhead WI

We meet on the 2nd Wednesday in each month at 2pm in Christ Church and visitors are welcome

## Mawbray NIA Group

Every Thursday from 2 to 4pm in Culterham Hall, £4 per session includes refreshments. Just come along.

## Wigton Theatre Club

Buy tickets via our website or call the Box Office: 07977 835094

## Silloth Tennis Club

For coaching information call David Wise on 0742 547767

## Cash Machines

Are available on Solway Street at both the Spar and CO-OP supermarkets. Cash is also available at Winters Post Office

## Blencogo Art Group

Every Monday from 1:30-4:30pm in Blencogo Village Hall where members help each other. Refreshments provided, regular outings, tel 016973 61158 or 61327

## Production Team

Proprietor:  
Peter McRobert  
Barn Cottage  
Skinburness, CA7 4RA  
Tel: 016973 32180  
Email:  
office@solwaybuzz.co.uk

Editorial Content  
This is down to you, we can only publish items if you send them to us.  
When sending articles in, please supply a contact name and number in case something requires clarification.  
Published by: Peter McRobert with the support of the whole community and an army of volunteers.

## Silloth Library

Open Monday, Wednesday & Friday 10am to 4pm  
Saturday 10am to 1pm  
0303 333 1234  
cumbria.gov.uk/libraries

## Abbeytown Choir

Meet in the Abbey:  
Adult Choir Tuesdays 6-7pm  
Children's Choir  
Wednesdays 4:30-5:30pm  
All welcome!

## Silloth Parkrun

Meet on the Promenade beside the Tennis Courts at 9am every Saturday morning

## Solway Woodcarvers

Every Monday and Wednesday evening at Silloth Community Hall from 7pm onwards

## Monday Craft Club

Silloth Community Hall 10 - 11:30am every Monday. Bring your current project, exchange ideas, chat and have a cuppa

## Family History Grp

Tuesdays at Silloth Community Hall from 6 - 8.30pm. Bring along your own research and meet fellow genealogists

## Sewing Group

Every other Thursday at Silloth Community Hall. 12 - 4pm. All abilities welcome.

## China Painting

Every Friday at Silloth Community Hall. 2pm to 4pm. All welcome.

## Badminton

Abbeytown Badminton Club meet on Wednesday evenings, check details on their facebook page, £5 per night

## Silloth RNLI Shop

Shop Opening Times  
The shop re-opens on 10th until 18th February from 1-4pm weekdays and 10-4pm weekends then for the following five weeks it will be weekends only until Easter when we will be open 7 days  
Our Shop is staffed by Volunteers and may not be open at the advertised time.  
We apologise for any inconvenience.

# Dates for Your Diary

## January 2024

25th Mawbray Village Hall  
Monthly Quiz 7:30pm

## February

2nd RNLI Quiz Night in Mrs Wilson's at 7:30pm, see advert

3rd Silloth Charity Night Cabaret Spectacular in Stanwix Park at 7pm, tickets £10 see advert

4th Wigton Theatre Club presents 'The Haar' at 7:30pm, tickets £15 from [www.ticketsource.co.uk/wigtontheatre](http://www.ticketsource.co.uk/wigtontheatre)

5th Silloth Town Council meeting in the Community Hall at 7pm

10th Silloth & District Pensioners Coffee Morning in Christ Church at 10am

10th Mawbray Film Club presents 'Indiana Jones and the Dial of Destiny' at 7pm

10th Quiz Night in Blencogo Village Hall at 7pm, see advert

12th Wigton Theatre Club presents Robin Hood the Panto at 7pm, tickets £9/£5 [www.ticketsource.co.uk/wigtontheatre](http://www.ticketsource.co.uk/wigtontheatre)

Please tell us when your group starts or stops, so we can let everyone know

## February cont'd

13th Wigton Theatre Club presents Robin Hood the Panto at 7pm, tickets £9/£5 [www.ticketsource.co.uk/wigtontheatre](http://www.ticketsource.co.uk/wigtontheatre)

14th Causewayhead WI meeting in Christ Church with talk by Museum

14th Wigton Theatre Club presents Robin Hood the Panto at 7pm, tickets £9/£5 [www.ticketsource.co.uk/wigtontheatre](http://www.ticketsource.co.uk/wigtontheatre)

16th Wigton Theatre Club presents Robin Hood the Panto at 7pm, tickets £9/£5 [www.ticketsource.co.uk/wigtontheatre](http://www.ticketsource.co.uk/wigtontheatre)

17th Wigton Theatre Club presents Robin Hood the Panto at 2pm, tickets £9/£5 [www.ticketsource.co.uk/wigtontheatre](http://www.ticketsource.co.uk/wigtontheatre)

18th Wigton Theatre Club presents Robin Hood the Panto at 2pm, tickets £9/£5 [www.ticketsource.co.uk/wigtontheatre](http://www.ticketsource.co.uk/wigtontheatre)

20th Blencogo and District Garden Club Talk "A Rainbow of Dahlias" "Tubers will be available, in Blencogo Village Hall at 7:30pm, contact Linda on 07538 027936

28th Silloth Convalescent Home League of Friends coffee morning in Christ Church at 10am

29th Mawbray Village Hall Monthly Quiz 7:30pm

Errors do occur in Dates for the Diary. Please check before attending an event.

## March

4th Silloth Town Council meeting in the Community Hall at 7pm

8th Silloth Master Quiz in Christ Church at 7pm, see advert

8th Ceilidh Dance in Blencogo village Hall at 7pm, see advert

9th Silloth & District Pensioners Coffee Morning in Christ Church at 10am

9th Mawbray Film Club - The Great Escapers - 7pm

13th Causewayhead WI meeting in Christ Church with talk Flowers for Easter

16th Wigton Theatre Club presents Damien Barber and Mike Wilson at 7:30pm, tickets £16 [www.ticketsource.co.uk/wigtontheatre](http://www.ticketsource.co.uk/wigtontheatre)

26th Blencogo and District Garden Club AGM, in Blencogo Village Hall at 7:30pm, contact Linda on 07538 027936

27th Silloth Convalescent Home League of Friends coffee morning in Christ Church at 10am

28th Mawbray Village Hall Monthly Quiz 7:30pm

Send Your Bees to the Solway Buzz  
There is a Bee Shortage!  
We Need Yours!

## April

8th Silloth Town Council meeting in the Community Hall at 7pm

9th Holme Low Parish Council meeting in Silloth Community Hall at 7:30pm

13th Silloth & District Pensioners Coffee Morning in Christ Church at 10am

## May

1st Silloth Convalescent Home League of Friends coffee morning in Christ Church at 10am

Do you have an event in the area bounded by Abbeytown, Mawbray, Silloth, Skinburness, if so please let us know.

Have You Sent in Your Dates yet?

Please note that articles, letters and virtually all content of the Solway Buzz are contributed by YOU, the local community. The Editor reserves the right to control what is included, however, no responsibility whatsoever for the content of the Solway Buzz can be accepted by the Editor, or the Publishers.

**The Mawbray Film Club presents**

**INDIANA JONES and the DIAL OF DESTINY**

**SATURDAY 10 February**

The film starts at 7:00pm

Bring your own cushions, if you wish.

Bring your own refreshments, cups/glasses. All rubbish to be taken with you when you leave at the end of the evening.

Children must be accompanied by an adult.

Please book using the contact numbers below to ensure you get a seat.

**You must be a member to participate**

Lifetime Membership £5.00 per adult £8.00 per couple £10.00 per family	Film Night Charge £3.00 per adult £1.50 per child (under 16)
---	--

To join and/or to book contact Brian or Lynda: 01900 881737  
07542 781234  
07926 810074

**The Mawbray Film Club presents**

**THE GREAT ESCAPER**

**SATURDAY 9 March**

The film starts at 7:00pm

Bring your own cushions, if you wish.

Bring your own refreshments, cups/glasses. All rubbish to be taken with you when you leave at the end of the evening.

Children must be accompanied by an adult.

Please book using the contact numbers below to ensure you get a seat.

**You must be a member to participate**

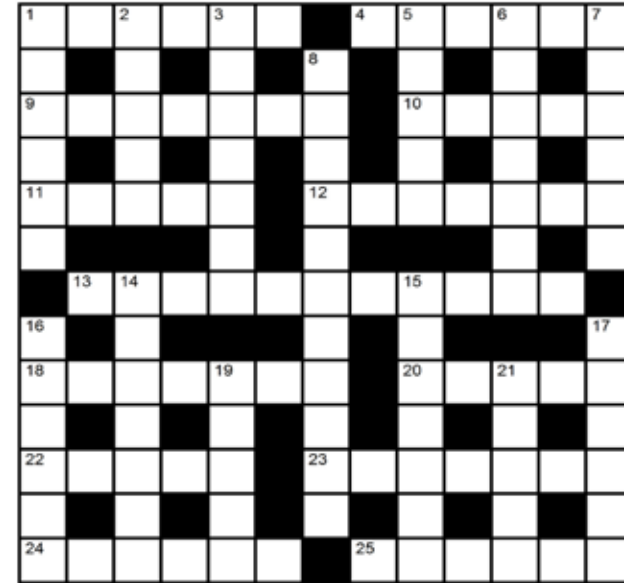
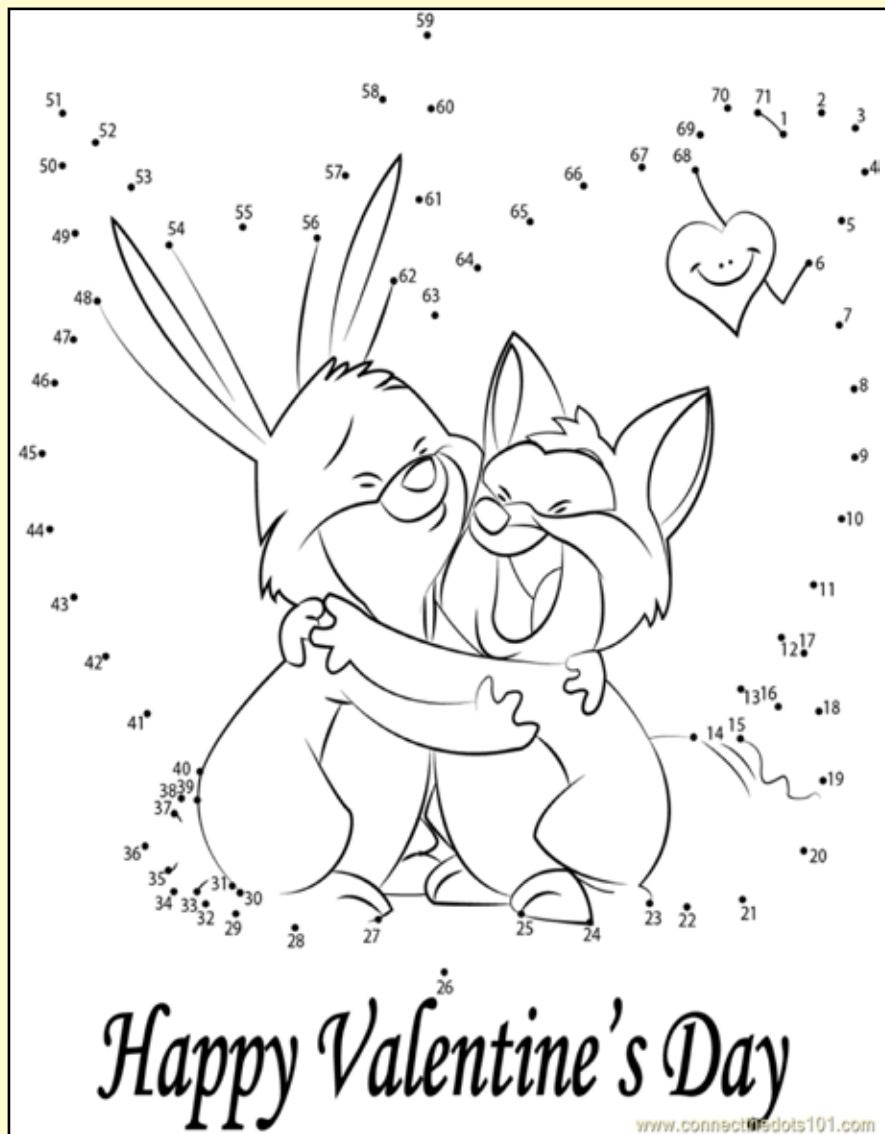
Lifetime Membership £5.00 per adult £8.00 per couple £10.00 per family	Film Night Charge £3.00 per adult £1.50 per child (under 16)
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# FUN for ALL ~ Join the Dots & Colour In

Something for All Ages to Enjoy Everyone Can Do This



Puzzle compiled by Bianca Morel

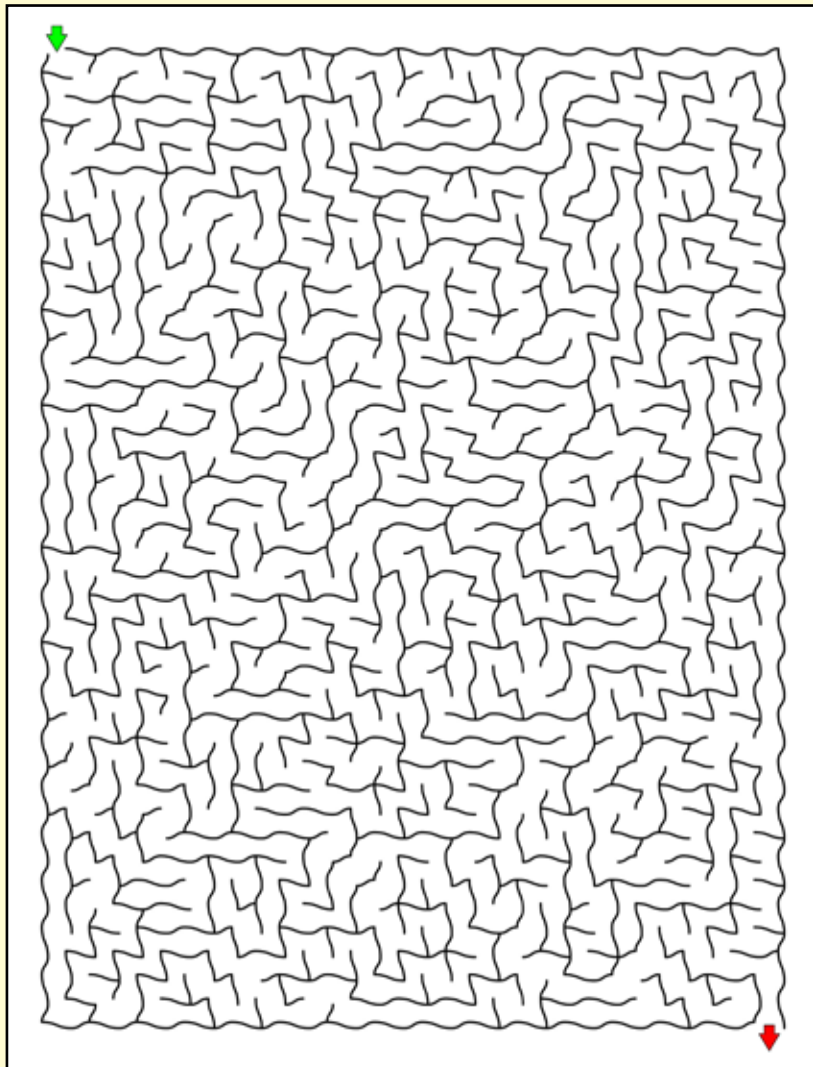
## Clues:

### Across

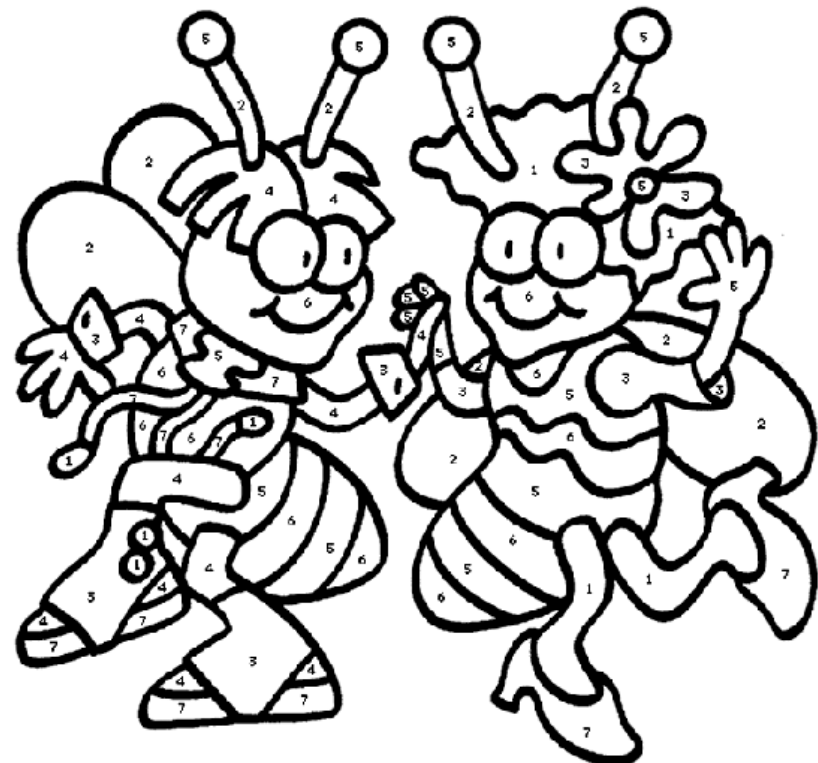
- 1 Furnish with requirement
- 4 Consuming
- 9 Run of the mill
- 10 People from the Middle East
- 11 Sample
- 12 Exact
- 13 Size
- 18 Circus performer
- 20 Portion
- 22 Uses wool and needles
- 23 Become conscious of
- 24 Adventurous
- 25 Tilted

### Down

- 1 Begins
- 2 Iron
- 3 Guides
- 5 Conscious
- 6 European citizen
- 7 Took a convulsive deep breath
- 8 Degree of heat
- 14 Before the expected time
- 15 E-mail for e.g.
- 16 Supported
- 17 Protect a person
- 19 Place to wash up
- 21 Extraterrestrial



Colour in these Dancing Bees  
using the guide below  
or use your own ideas



Color the dancing bees with the color code below, or create your own!  
1 = Tickle-Me-Pink 2 = Sea Green 3 = Orange 4 = Periwinkle  
5 = Dandelion 6 = Midnight Blue 7 = Violet

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# Can You Help Indentify This Building Site?



This is a Cabinet Card picture probably taken in the 1890's to 1900's, Trevor Grahamslaw has been unable to identify where the houses under construction are.

Can anybody help? Please send your suggestions to the Solway Buzz using email: [office@solwaybuzz.co.uk](mailto:office@solwaybuzz.co.uk).

## Waver Wine Circle

Report by: Stuart Jones

Chairman, Bill, welcomed everyone and wished all a Happy New Year.

Our last meeting entitled "SPIRIT TASTING", although a new entry into our schedule, turned out to be a great success with entries varying from a large alcohol content to zero. The runaway winner was Anne with her Rum from Jamaica. It was agreed that this tasting be included in next year's programme.

Janet then produced her own version of the Scottish cake "Black Bun" - very tasty indeed. Many thanks for the extra.

Stella as usual organised the raffle, gifted by Stephen and won by Linda.

At next month's meeting please



note you are asked to bring your own cheese and wine when the

quizzes will be organised as usual by Graham and Janet.

## Solway Buzz Phone Book

This section recognises those whose financial help keeps the Solway Buzz going. If you wish to contribute in this way without taking an advert, please contact the Buzz, it costs only £52 a year.

Addison Orthodontics	016973 32208	West Silloth Motors	016973 32833
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Christine's Taxis	07917 564583	White Heather Hotel	016973 51373

D A Harrison	016973 42277
Devonshire House Dentures	01228 529128
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Green View / Stella's	016973 31743
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The Charity Shop	016973 31696
Upholstery, Irene Armstrong	016973 31836



### Useful Phone Numbers

Age Concern Home Safety Scheme	0800 678 1602
Age UK	01900 844670

Allerdale B. Council	03031 231702
Chemist, Silloth:	016973 31394

Church Catholic	01900 814826
Community Grants:	01900 325013

Crime Stoppers:	0800 555111
Dentist, Alma Terrace:	016973 31270

Dentist, Emergency:	01228 603900
Doctor:	016973 31309

Doctor CHOC service	03000 247 247
NHS	111

First Responders can only be called by the Ambulance service, call:	999
Electricity Power Cut	105

Gas:	0800 111 999
Highways Hot Line	0300 303 2992

Hospital:	01228 523444
Holme St. Cuthbert School, Mawbray:	01900 881242

Holm Cultram Abbey CofE School	016973 61261
Abbeytown:	01900 876189

MP, Mark Jenkinson:	01900 325013
Neighbourhood Forum:	101

Police:	01228 523174
Quakers, Wigton:	0300 373 3730

Register Office, Wigton:	01228 544444
Samaritans:	016973 31234

Silloth Community School:	016973 31944
Silloth Library	016973 31243

Silloth Nursery & Junior School:	016973 31323
Silloth Post Office	016973 31128

Silloth Town Clerk:	016973 31944
Silloth Tourist Information Centre:	016973 32180

Solway Buzz:	01228 710208
Paragon Vet:	016973 23898

Millcroft Vet:	01900 702800
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# 2023 Review of Shipping at Silloth Dock

Report & Photos by:  
John Forrester  
More coverage of shipping at  
Silloth can be found at [www.cumbriashippingsphotos.weebly.com](http://www.cumbriashippingsphotos.weebly.com)



As we look forward to a new year of ship spotting at Silloth, a chance to review the action from last year. It was business as usual with plenty of ships visiting the port. Enthusiasts were able to follow the arrival of more than thirty vessels, a third of which were making their first visit. The appearance of new ones is always a bonus for ship photographers.

Ships sailed from near and far to reach Silloth, Northern Ireland being the closest and North Africa the most distant. Shipping routes to Silloth proved their worth with cargos serving local agriculture and construction.

Of most interest were the new visitors to the port. Photos of many of these ships have featured in previous issues of the Buzz; some new ones are presented here. One of the largest vessels seen was SPANACO SIMPLICITY at more than 4,000 tons. This general cargo

vessel had brought fertiliser from Aviles in Northern Spain. It was photographed on a glorious autumn day as it entered the port. The ship is one of five vessels in the 'Spanaco' fleet whose day-to-day operations are managed by a German shipping company.

Of the smaller ships, WESTEWIND was of interest, calling at the port for the first time. The privately owned Dutch ship operates under charter to larger shipping companies, on this occasion bringing fertiliser from Hamburg. The arrival was photographed on a rather dull day in dead calm conditions. As she sailed towards the outer dock a mix of flags and emblems of associated maritime partners was visible. Once in the outer dock the port of registry on the stern was seen to be the unpronounceable small Dutch town of Wemeldinge.

For the first time, the number of cargos of molasses delivered

was outnumbered by those of clinker ash. The small coaster RUNNER took advantage of the proximity of power stations in Northern Ireland to make a record number of calls. Clinker ash is a valuable by-product of combustion used in construction. Old faithful ZAPADNY was

the provider of molasses. The specialist tanker loaded the viscous liquid at various ports across mainland Europe. It seemed appropriate that the tanker was the final visitor of the year arriving on New Year's Eve following a lengthy sailing of two weeks from Amsterdam. After

calling at Felixstowe the onward sailing to Silloth had been delayed by storms in the Channel and Irish Sea. Eventually, after lying at anchor off Anglesey the final run up to Silloth was completed in calm conditions. Hopefully the crew had a restful few days in Silloth to start 2024.



## December Shipping at the Port of Silloth

Report by: Capt Tim Riley,  
Harbour Master, Short Sea Pilot

Unfortunately, due to bad weather and lack of vessels we had one call on the last day of the year from the Zapadnyy, who completed discharge on New Year's day, and as such counts for January!

So basically, no ships at all

in December.

Discussions regarding the new car parking arrangements are now moving forward again slowly (ABP are slow) with the Town Council now having had time to read Heads of Terms for a lease of the agreed area for parking and an enlarged area will add safer access to the beach with less likelihood of damage to vehicles

accessing parking on an unmade road.

I think we all look forward to this moving ahead much quicker now.

With two further vessels already booked for January, we have started 2024 and hopefully will exceed targets this year.

**December**

No ships!





# This Photo Looks like a William Turner Painting



Taken by George Donaldson of Tony Baxter's boat trawling for Solway Shrimps just off Silloth promenade

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## Silloth Tide Tables

FEBRUARY 2024									SILLOTH										
		DEPTHS ON NEW DOCK GAUGE (1.8M ABOVE CD)										DEPTHS ON NEW DOCK GAUGE (1.8M ABOVE CD)							
		High Water				Low Water						High Water				Low Water			
		Morning		Afternoon		Morning		Afternoon				Morning		Afternoon		Morning		Afternoon	
		Time	m	Time	m	Time	m	Time	m			Time	m	Time	m	Time	m	Time	m
1	TH	03 17	5.9	15 27	6.1	09 58	-0.0	22 27	0.1	1	F	02 39	6.4	14 48	6.4	09 29	-0.2	21 50	-0.0
2	F	03 54	5.6	16 06	5.7	10 35	0.3	23 06	0.3	2	SA	03 12	6.1	15 24	6.0	10 00	0.1	22 22	0.3
3	SA	04 40	5.3	16 58	5.3	11 20	0.6	23 58	0.6	3	SU	03 53	5.7	16 11	5.5	10 40	0.4	23 07	0.6
4	SU	05 43	5.0	18 13	5.0			12 25	0.8	4	M	04 51	5.2	17 23	5.0	11 40	0.7		
5	M	07 06	4.9	19 42	5.0	01 18	0.7	13 52	0.7	5	TU	06 22	4.9	19 11	4.8	00 24	0.8	13 15	0.8
6	TU	08 25	5.2	21 01	5.4	02 43	0.6	15 14	0.4	6	W	07 57	5.1	20 43	5.3	02 09	0.8	14 50	0.4
7	W	09 31	5.8	22 03	6.0	03 54	0.2	16 23	-0.0	7	TH	09 10	5.8	21 49	6.1	03 31	0.3	16 06	-0.1
8	TH	10 24	6.5	22 54	6.6	04 53	-0.2	17 25	-0.5	8	F	10 07	6.6	22 41	6.8	04 36	-0.2	17 10	-0.6
9	F	11 12	7.2	23 41	7.2	05 49	-0.5	18 20	-0.9	9	SA	10 54	7.4	23 25	7.4	05 32	-0.7	18 04	-1.1
10	SA	11 57	7.7			06 40	-0.9	19 11	-1.3	10	SU	11 37	8.0			06 23	-1.1	18 52	-1.5
11	SU	00 25	7.6	12 41	8.1	07 27	-1.1	19 58	-1.5	11	M	00 05	7.8	12 19	8.3	07 08	-1.4	19 37	-1.7
12	M	01 08	7.7	13 25	8.2	08 13	-1.2	20 42	-1.5	12	TU	00 46	7.9	13 01	8.4	07 51	-1.5	20 18	-1.7
13	TU	01 53	7.7	14 09	8.1	08 54	-1.2	21 23	-1.4	13	W	01 27	7.8	13 43	8.2	08 31	-1.4	20 56	-1.4
14	W	02 36	7.4	14 54	7.8	09 33	-1.0	22 00	-1.0	14	TH	02 07	7.5	14 26	7.7	09 10	-1.2	21 31	-1.0
15	TH	03 19	6.9	15 40	7.2	10 12	-0.7	22 39	-0.6	15	F	02 47	7.0	15 10	7.1	09 47	-0.8	22 06	-0.5
16	F	04 05	6.3	16 31	6.5	10 55	-0.2	23 23	-0.1	16	SA	03 30	6.4	15 58	6.2	10 28	-0.3	22 46	0.1
17	SA	05 00	5.7	17 34	5.7	11 47	0.2			17	SU	04 23	5.7	17 02	5.4	11 19	0.2	23 42	0.6
18	SU	06 13	5.2	18 56	5.2	00 20	0.4	13 01	0.5	18	M	05 37	5.0	18 31	4.7			12 39	0.6
19	M	07 43	5.0	20 27	5.1	01 42	0.7	14 34	0.6	19	TU	07 16	4.8	20 11	4.8	01 12	0.9	14 19	0.6
20	TU	09 05	5.3	21 40	5.5	03 10	0.6	15 59	0.3	20	W	08 42	5.1	21 25	5.2	02 53	0.8	15 41	0.3
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22	TH	10 49	6.3	23 12	6.3	05 18	0.1	17 52	-0.3	22	F	10 24	6.2	22 49	6.2	04 56	0.1	17 25	-0.4
23	F	11 25	6.7	23 45	6.6	05 59	-0.2	18 31	-0.5	23	SA	10 59	6.5	23 20	6.5	05 34	-0.2	18 01	-0.6
24	SA	11 57	6.9			06 34	-0.3	19 04	-0.6	24	SU	11 29	6.8	23 48	6.8	06 06	-0.4	18 32	-0.8
25	SU	00 15	6.8	12 26	7.1	07 04	-0.5	19 32	-0.7	25	M	11 58	7.0			06 35	-0.6	19 00	-0.8
26	M	00 43	6.9	12 54	7.1	07 31	-0.6	20 00	-0.7	26	TU	00 14	6.9	12 26	7.0	07 03	-0.7	19 27	-0.9
27	TU	01 12	6.9	13 24	7.1	08 00	-0.6	20 27	-0.7	27	W	00 41	6.9	12 53	7.0	07 33	-0.8	19 56	-0.8
28	W	01 40	6.8	13 52	6.9	08 29	-0.5	20 54	-0.5	28	TH	01 09	6.8	13 21	6.8	08 04	-0.8	20 25	-0.7
29	TH	02 09	6.6	14 19	6.7	08 59	-0.4	21 22	-0.3	29	F	01 38	6.7	13 50	6.6	08 35	-0.6	20 54	-0.5
										30	SA	02 08	6.5	14 21	6.3	09 06	-0.4	21 23	-0.2
										31	SU	02 42	6.2	14 59	5.9	09 38	-0.1	21 55	0.1



# Silloth Golf Juniors Prizegiving



Report by: Angela Ellwood

As the year draws to a close, it is time to reflect on the great year the junior section has had.

## Annual Prize Giving

We held our Annual Prize Giving in November. It was fantastic to see both experienced and new players in the section receiving silverware. It was encouraging to see so many juniors picking up prizes.

The evening was very enjoyable, watching the juniors collect their trophies and prizes, I'm not too sure who was prouder, the players or their parents.

Well done to all the juniors who won prizes.

## Junior Championship -

### Graham Claret Jugs

We continued the same format for the Championships for 2023. A qualifier was held mid-year for players using the Red tees, Black tees and Green tees. This then lead to the semi-final and final being played on Finals Day.

## 2024

We will be looking to kick the season off again in early March, prior to the Captains Drive-In, with two events to get the juniors back in the swing. It will be an opportunity to get together;



Congratulations to the winners of the Graham Claret Jugs presented by Junior Captain Matthew Ellwood.

2023 Green Champion: James Wareing

2023 Black Champion: Caitlin Ellwood

2023 Red Champion: Tristan Ochal

measure for players using the 'Club2gether' scheme. One event will include the opportunity for any new juniors who wish to achieve a red or black handicap, in order to be able play in competitions next year.

Please watch out for further details.

**Junior Winter Coaching**  
Coaching continues on the

Practice Ground on a Saturday morning, with Tom. Please contact Tom in the Pro Shop, to book a slot and be added to the coaching WhatsApp Group.

Juniors with handicaps are eligible for a free session, each month with Simon or Tom. Please book slots via the Pro's Shop.

# Silloth's Annual Old Boys v Young Boys Football Match



Report by: Colin Baty

The annual Old Boys v Young Boys game was held on 26th December.

Thirty players were involved in

the annual game with the Old Boys winning 4-1.

It was a great turn out, weather and crowd ensured an excellent game was had by all.



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by Fellicity Hewitt from Holm Cultram Abbey School

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