

Flights of Fancy



Come and step into an exotic world at the new visitor attraction at **The Gincase, Mawbray Hayrigg, near Silloth.**

Just inland from the beautiful Solway coast is the newly opened and vast, landscaped enclosed bird flight. Already popular with visitors of all ages, this naturally created environment incorporates a waterfall, trees and shrubs, and is a safe haven for many colourful parrots, parakeets, cockatiels and a variety of small birds. The beautifully landscaped central pond provides a sanctuary for the resident ducks. You too, can meander through this tropical retreat and relax in the peaceful

and tranquil setting, surrounded by wildlife. "We hope people will enjoy the wildlife in the wonderful environment we've created," says John Natrass of The Gincase, "it really makes a visit here a very special day out. There is something for everyone with the farmhouse tearoom, craft barn and gallery, farm park, children's playground and play barn."

The Gincase is open Tuesday to Sunday 10:30am to 4:30pm, closed Mondays except Bank Holidays. There is a small admission charge to the Farm Park.

For more details contact The Gincase on (016973) 32020.



Singer Bee by Katie Swan from Holm Cultram Abbey School



Season Bee by Adam Story from Silloth Primary School



Cecil by Katy Wild from Solway Holiday Village

Joseph & his Beecourt by Poppy Rumney from Silloth Primary School



Grune Point Beach Clean

Around the world, Sub-Aqua clubs and other affiliated societies were tramping their respective adopted beaches on Saturday 20th September and doing a clean up.

As part of the Marine Conservation Society (MCS) 'adopt a beach' scheme, the local Sub-Aqua Club, Solway Divers, based in Wigton, have 'adopted' the beaches at Grune Point and cleaned the beaches on 20th September.

Solway Sub Aqua Club is a branch of the Scottish Sub Aqua club (SSAC) and during its last clean up of Grune Point it collected over nine full bin liners full of rubbish.



80th Anniversary

2008 is the 80th anniversary of the formation of Silloth Evangelical Free Church and the 70th anniversary of the opening of the Church building.

We are planning a special anniversary weekend for 1st and 2nd of November. If you have an interest in this Fellowship, have been involved in the past, maybe a wedding, infants dedication or even funeral, or have any memorabilia, photos, cuttings or anecdotes we would be grateful for sight of these.

Please contact Mrs A Hodgson, Church leader/secretary on 01683 31711 as soon as possible. Silloth Evangelical Free Church affil. FIEC Eden Street, Silloth on Solway, (formerly known as Silloth Mission).

RACE NIGHT

Silloth & District RNL



in Silloth Social Club at 7pm on Saturday 15th November free entry, all welcome



Races are sponsored by: ABP Silloth, Cumbria on a Plate, Golf Hotel, Photography by Peter, Pat Mulford, Eddie Shimmins, George Thompson

Silloth Group Medical Practice

OPENING TIMES: 8am - 6:30pm
Tel No: 016973 31309 Fax No: 016973 32834

INFLUENZA VACCINATIONS (FLU)

If you are over 65 years of age or suffer from one of the following:

- Chronic respiratory disease, including asthma (requiring continuous or repeated use of inhaled or systemic steroids (i.e. prescription of certain steroids within 6 months of the beginning of the flu reporting period),
- Asthma with previous exacerbations requiring hospital admissions in the last 12 months,
- Chronic heart disease ~ Chronic renal disease
- Chronic liver disease ~ Diabetes,
- Have had a stroke or a TIA
- Suffer from MS or other diseases of the central nervous system.

Are a carer for the elderly or disabled, or a patient in a long stay residential home. ~ Poultry worker you are invited to attend either the surgery or one of the following clinics being held at:

- Abbaytown Hall: Friday 10 October 9am - 12pm
- Silloth Church Hall: Monday 13 October 9am - 12:30pm
- Silloth Surgery: Wednesday 15 October 9am - 12pm
- Silloth Surgery: Friday 24 October 9am - 12pm

NO APPOINTMENTS REQUIRED

If you require a home visit please contact the surgery

If you are over 65 also ask about having a pneumococcal vaccination at the same time

SURGERY CLOSURE

Please note that the Surgery will be closed between 1-5pm on:

- Thursday 16th October
- Tuesday 11th November

This is for educational training purposes for all surgery staff. Between the hours of 1-5pm Cuedoc will take all Emergency calls.

LATE EVENING SURGERY

One evening per month we are offering a late surgery from 6:30pm to 7:40pm for those patients who cannot attend during normal surgery hours for health checks and medication reviews.

We would like to take this opportunity to welcome Dr Anna Freeman who will be joining our team as of 1st October.

EMERGENCY CONTRACEPTION

Bowman's Chemist in Silloth and the Coop Pharmacy in Wigton Medical Practice and are now offering emergency contraception free of charge. Your request will be dealt with in total confidence and privacy during their normal opening hours.

You can now order your Prescriptions online or through our Voice mail system Why not visit our Surgery Website on: www.northcumbriahealth.nhs.uk/silloth
Collection of Prescriptions: Please allow 48 hours before collecting your repeat prescription from the Surgery or the Chemist (72 hours for Bank Holiday Weekends)



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Out of the Blue at the NEW INN



Our acclaimed Restaurant specialises in fish and the finest local produce, all cooked to order.

New Inn, Blencogo, tel: 016973 61091 just off the Wigton to Silloth road