

SILLOTH NURSING & RESIDENTIAL CARE HOME

The only nursing home
in the area

Reg. Charity No. 223946

Volunteers Welcome

For details please ring the
Secretary: **016973 31493**

Xmas Lights Competition

The judges were very
impressed by the
standard of entries this
year, so the number of
runners-up has been
increased to five.

First prize of £50 goes to:
Mr & Mrs Litt of Solway
Street.

Runners-up prizes of £10
each go to:
Malc & Shirley Parker
Lynne Stanwick
David & Tracy Wood
Mr & Mrs Frith
Mr & Mrs Blain



Production Team

Production & Treasurer:
Peter McRobert
Barn Cottage
Skinburness, CA7 4RA
Tel: 0870 741 5762
Fax: 0870 741 5763
Email: peter@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.
We will accept letters, faxes or emails,
but we do prefer emails as we do not
have a typist to type your articles out.

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Technology (016973 45500)

Silloth Medical Practice

Open 8:30am to 6:30pm
Tel. 016973 31309

Do not 'phone before 8:30am
unless it is an emergency requiring
a Doctor.

Prescriptions:

Please do not 'phone before
10:30am for prescriptions. Allow
48 hours for collection from the
Chemist or 24 hours if collecting
from the Surgery

The following can be dealt with by
our nursing team:

Blood pressure checks
Holiday vaccinations
Blood tests
Sutures (stitches) removed
Dressings

There are also:

Diabetic Clinics
Asthma Clinics
Cytology Clinics
Hypertension Clinics
Well Man / Well Woman checks

Want to stop smoking?

Make an appointment to see Pat
Williams to give you advice and
support in stopping smoking.
Tel. 016973 31309 / 31325.

Young persons clinic

Every Wednesday starting 2nd
October 3.30pm - 4:30pm.
General health and contraception
service for under 20's.
Confidential & Informal

Parents

Please note that we will not be
encouraging young people to
become sexually active and we
will always advise them to talk to
their parents. However if they are
determined to take this action we
need to give our young people the
information to protect themselves
from unwanted pregnancy and
sexually transmitted diseases.

Baby Bob
by Thomas Coburn aged 10
from Holme St. Cuthbert School

Refuse Collection Bank Holiday Arrangements

2003 CRUNCH SERVICE Allerdale
operate a monthly clear-out service
in Silloth
25th Jan 22nd March
For Crunch service locations or to
arrange collection of bulky items
Tel: 01900 326453

Copy date for the next issue

If your organisation has an
event to promote or you have
something to say, please note
that the next copy date is:

7th March 2002

Useful Tel Numbers

Chemist, Silloth: 016973 31394
Crime Stoppers: 0800 555 111
Dental Emergency: 01228 603620
Dentist, Buchanan: 016973 31270
Dentist, Steel: 016973 32042
Doctor: 016973 31309
Gas: 0800 111 999
Hospital: 01228 523444
Holm Cultram School, Mawbray:
01900 881242
Holme St. Cuthbert School
Abbeytown: 016973 61261
MP, Tony Cunningham:
01900 65815
Silloth Library: 016973 32195
Police: 01900 602422
Samaritans: 01228 544444
Silloth Community School:
016973 31234
Silloth Nursery & Junior School:
016973 31243
Silloth Town Clerk: 016973 31128
Silloth Tourist Information Centre:
016973 31944
Solway Buzz: 016973 32180
Taxi: 016973 31508
Vet: 016973 20242
Water LeakLine: 0800 33 00 33

This section is for your
convenience, so please, let us
know what numbers you want
included, also any errors we have
made or changes to numbers.



Super Bee
by
Cameron Halliday
aged 9
from
Holm Cultram School Abbeytown

Solway Coast

The Solway Coast
AONB (Area of Outstanding
Natural Beauty) Unit,
based at Liddell Street
Silloth, are in the process
of organising a community
Volunteer Programme,
where members of the
public can get involved in a
variety of projects along the
Solway Coast.

The scheme is beneficial
to the public, as most of
the work undertaken is
outdoors in the fresh air.
Included in the programme
are various walks and
Guided tours, i.e. Marsh
Walks, Bird Watching,
Cycle Tours, Marine
Surveys, Beach Cleaning,
Countryside Management,
Tree planting projects and
much more.

Anyone interested in
getting involved should
contact:
Graeme Proud or
Rose Wolfe on
016973 33055

THOMSON RODDICK & LAURIE

8 Station Road ❖ Silloth ❖ CA7 4AE
Country and Coastal Estate Agents

PROPERTY WANTED SILLOTH AND SOLWAY COAST

Owing to numerous recent sales, we still have active enquiries for
property in Silloth and coastal areas. These range from requests
for quality houses and bungalows, cottage property and houses
with land, to enquiries for town and terrace property in Silloth,
particularly if in need of modernisation.

**For further details and a free appraisal,
contact Richard Johnston on 016973 32018.**

Silloth Ramblers Club

Anyone interested in forming a local rambling club,
with a view to Saturday or Sunday morning walks of a
moderate to easy nature, please phone Silloth 31687.