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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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 Feb 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 0800 111 999 Gas: Hospital: 01228 523444 Holm Cultram School, Mawbray: 01900 881242

Holme St. Cuthbert School Abbeytown: 016973 61261 MP, Tony Cunningham:

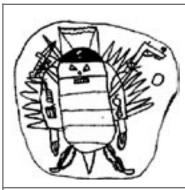
01900 65815
Silloth Library: 016973 32195
Police: 01900 602422
Samaritans: 01228 544444
Silloth Community School:

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.



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

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

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.