



Snail Bee
by Brody Henderson from Silloth Primary School

Solway Buzz

www.solwaybuzz.co.uk

Oct/Nov 2020

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

FREE PAPER

Issue 186

Cycleway Extended to Silloth



Work has begun to create a new cycleway along the Solway Coast.

The 'Solway Coaster' project will see a 14.1km route between Allonby and Silloth created and join onto the already successful cycleway from Maryport to Allonby. The link between the coastal towns will form part of the National Cycle Network Route 72 (Hadrian's Cycleway), which runs from Ravenglass, Cumbria, to South Shields in Tyne and Wear.

Work on the scheme is being carried out by the Eric Wright Civil Engineering following a tender process earlier this year with the project officially getting underway on Tuesday, September 8th. It is hoped the track will be complete by the end of the current financial year.

Allerdale Borough Council has taken the lead on delivering the project on behalf of the Silloth-on-Solway Coastal Community Team (CCT), a mix of public,

private and community partners. The project has been supported by professional services firm WYG who are acting as contract managers for the Council, assisting with design, ecological surveys, planning applications and common land applications.

To fund the project the CCT secured £1m from the Department for Communities and Local Government's Coastal Communities Fund and a

further £250,000 from DEFRA's Rural Development Programme for England (RDPE), which is part of the European Agricultural Fund for Rural Development.

The path is aimed predominantly at cyclists, but the off-road sections will be multi-functional and accommodate pedestrians and cyclists. A total of 4.63km of the new route will be 'off road' and 9.47km 'on road'.

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RNLI Training Day



Report by: Julie Emary
Silloth RNLI Lifeboat Press Officer

On Bank Holiday Monday 31st August, Silloth RNLI lifeboat crew were given an allotted day and authorised to launch on exercise.

Due to the ever-changing environment of the Solway Firth it has been extremely difficult for the crew to keep up their considerable expertise in local knowledge, along with their practical skills during this pandemic and they therefore welcomed the opportunity to go out. Coronavirus restrictions, put in place by the RNLI, has meant that the lifeboat has had to curtail their twice weekly exercises to two a month.

The tide was favourable for a morning launch and early afternoon recovery from the slipway in front of the lifeboat station and the weather was kind.

The RNLI lifeboat crew decided that they would hone their skills in towing; working with flares and casualty recovery, along with updating their local knowledge.

The Silloth lifeboat crew also collectively own their own boat, which was also involved in the towing aspect of the exercise.

Although there was a chilly breeze, the day was fine and drew a lot of visitors

to Silloth, who were able to witness the RNLI lifeboat in the different activities that it was involved in. It should have been Carnival Day in Silloth, when the lifeboat and crew, along with fundraisers, take part in the procession round the town. Obviously this year was completely different but it is hoped that the public found some interest in the work that the lifeboat did, had they been on the promenade.

Although the RNLI has

restricted the training aspect for the crew, the lifeboat is still on call 24 hours a day, 7 days a week for any emergency that arises.

If you see an emergency at sea, call 999 and ask for the Coastguard.



St Andrews Hall

Unfortunately, due to the virus we will not be able to re-start 'Our Doors Open' until it is safe to do so.

For all who attend the sale there will be a lovely surprise as our hall has been renovated.

The floor has been polished, all the walls painted and a new kitchen floor fitted.

This now gives us a lovely hall which we can hire out for Parties, Weddings, or any other gathering.

For details call Church

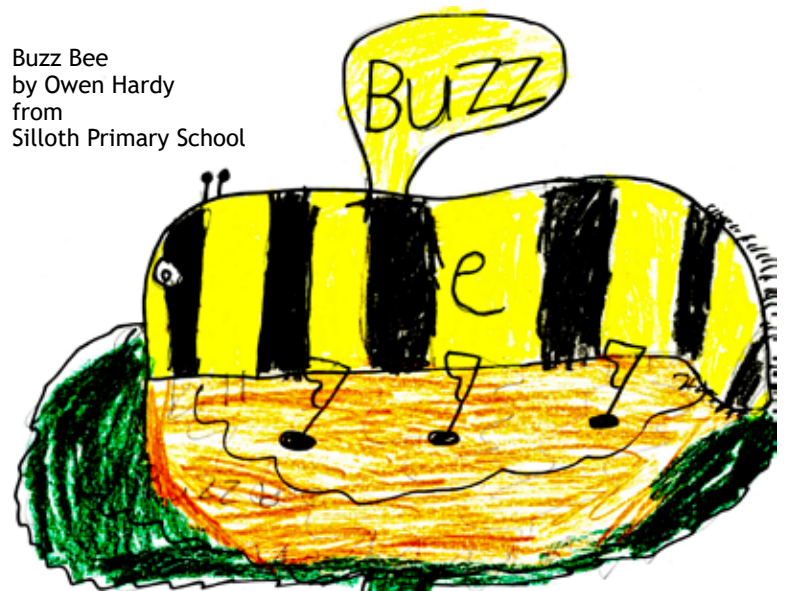
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Smithy
by Ryan Ridgeway from Silloth Primary School

Buzz Bee
by Owen Hardy
from
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Solway Community School

This week saw the return of our students in face-to-face lessons here at Solway Community School. The last year has been challenging as we have navigated lock down, the abrupt change to distance learning, and then the cautious and phased approach to resuming the 'new normal' of schools in the post covid era.

At Solway, we believe a student's education is not a dress rehearsal. It is important that we do everything we can to make their time with us count, especially where time has been paused for many. High quality teaching, learning and engagement is at the heart of everything we do.

We are proud to say that students have adapted to the new normal incredibly well, and the new academic year got off to a flying start. Students in Year 7 have settled well, delving into lessons such as Spanish, Art, Geography and P.E



with confidence and enthusiasm. Year 10 students have begun work in their options subjects, and Year 11 have enjoyed some bespoke lessons focussing on careers and future aspirations.

All students have now had training on Microsoft



Teams, our new distance-learning platform.

Our 2020 cohort will soon be starting the exciting next phase of their careers after achieving a fantastic set of GCSE results, moving on to 6th Form, apprenticeships or college; studying A Levels leading to architecture, Diplomas in Uniformed Public Services or Engineering at Gen2 to name a few. We wish them all the very best!

Finally, we are busy planning our Open Evening. We will be sending out our prospectus soon, along with further details about Open Evening, and visiting the school shortly. Please check our school website or Facebook page regularly.

Archies Question

Story by: Phil Shapiro
Copyright 1995

Archie needs to know how many feet a caterpillar has. He didn't even have to think about it. He went straight to the public library with his question.

He walked straight up to the young man at the big desk in front of the library. "I have a question about caterpillars," Archie said. "Are you the right person to talk to?"

letter c on it. The librarian helped Archie lift the heavy book off the shelf. Together they were going to find the answer to Archie's caterpillar question.

As the librarian flipped the pages of the encyclopedia, Archie could see the book had many, many color pictures. The book also had lots and lots and lots of writing beside the pictures.

"Here it is!" shouted the librarian. I found the place about

Top garden pest: Box Tree Caterpillar



Image: Creative Commons / böhringer friedrich

The friendly young man smiled and said, "Not really. My job is to sign out books from the library. The best person to talk with would be someone at the reference desk. They will surely help you find an answer to your caterpillar question."

So Archie sauntered over to the reference desk in the other room and walked right up to the desk. "I have a question about caterpillars," Archie asked politely.

The reference librarian smiled and said, "Tell me your question and I'll tell you how to find an answer." The reference librarian really looked as if she knew a lot about a lot of things. She looked as if she knew the answer to hundreds and hundreds of questions.

Archie spoke up loud and clear, "I'm writing a report about caterpillars for school. I need to find out how many feet a caterpillar has."

"Hmmmmm," said the librarian. "That sounds like an interesting question. I bet we could find the answer to that question if we looked for it together." Archie was so glad that she was going to help him find the answer to his question. Sometimes the library seemed like such a big place that a little boy could get lost forever in between two big stacks of books. Let's go over and look at the encyclopedia first," said the helpful librarian. "We can look in the encyclopedia with the letter 'c' on it. Since the word caterpillar starts with the letter 'c', the best place to look in the encyclopedia would be in the 'c' book."

This sounded like a fine idea to Archie. He was secretly hoping to find a big color picture of a caterpillar, but he didn't say anything to the librarian about his secret wish. So the two of them walked over to the shelf with the encyclopedias. Archie helped the librarian find the book with the

caterpillars in the encyclopedia. And sure enough, right there on the page were three whole paragraphs about caterpillars. And a color picture of a caterpillar.

You could even see the caterpillar's face. Would you believe the caterpillar's face looked like old Mr. Kay at the grocery store? Of course you had to use your imagination to see the resemblance.

Now while Archie was dreaming of imaginary caterpillars and grocery stores, the friendly librarian was carefully reading everything the encyclopedia had to say about caterpillars. "Here's what we've been looking for," the friendly librarian said. "It says here that a caterpillar has twelve different parts, and that each part has three legs. Gee, that sounds like a multiplication problem to me," she said. But I'm afraid my arithmetic is a little rusty these days. They completely forgot to teach multiplication at library school. Perhaps you could help me with this part?"

Archie thought it over and decided he could lend a hand at this point. Besides, he was pretty handy at doing math problems in the classroom.

In no time at all Archie whipped out his trusty pencil. He yanked a piece of scrap paper out of the trash can beside the desk. He wrote the multiplication problem exactly as it was supposed to look. Then he took a deep breath and got to work. The friendly librarian peered over his shoulder as if she might be able to learn a little arithmetic, too.

"Thirty-six!" Archie blurted out. "A caterpillar has thirty-six legs."

And with that, the librarian slammed the book shut and walked off with a big smile on her face. Archie was feeling mighty fine himself...



Rosie Bee
by Juno Griffin from Holme St Cuthbert School

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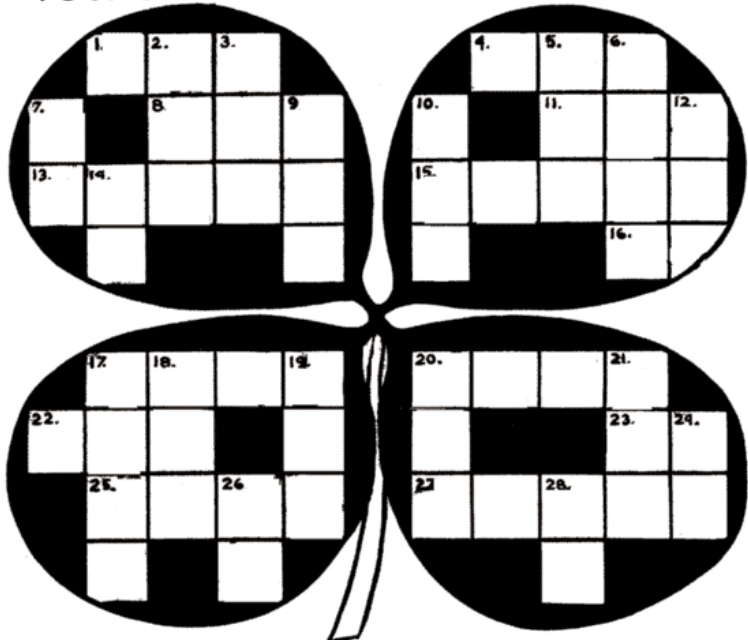
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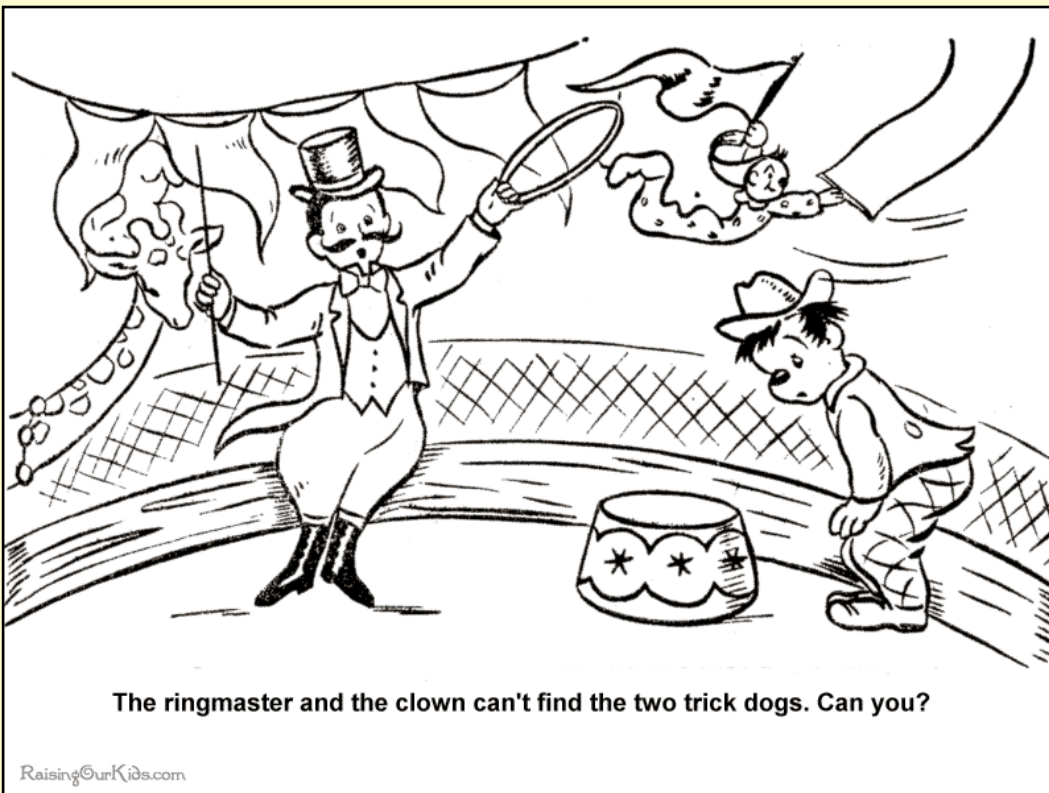
- 1. This animal purrs
- 4. Evil spirit
- 8. Jump on one foot
- 11. A grain — singular
- 13. Form
- 15. She laid the golden egg
- 16. South America — abbr
- 17. Young sheep
- 20. Makes dogs scratch
- 22. Young dog
- 23. Opposite of yes
- 25. One penny
- 27. What you chew with

DOWN

- 2. Exclamation of surprise

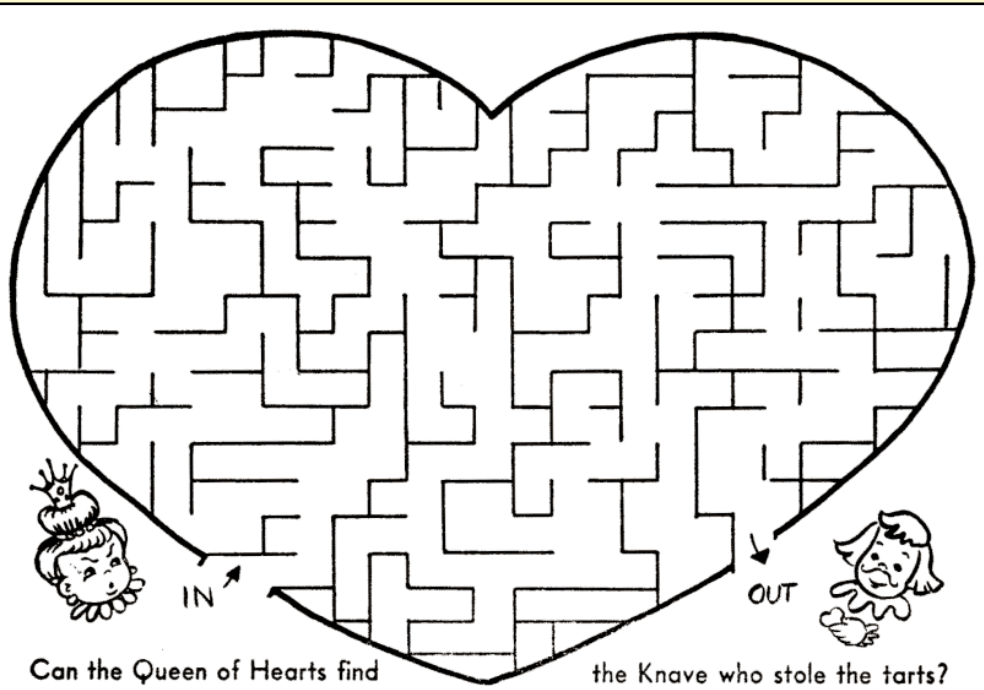
3. You can spin this one

- 5. Noise made by a cow
- 6. Go by
- 7. Like
- 9. Used when you write with ink
- 10. In the past
- 12. Something to drink
- 14. Opposite of she
- 17. Brought by a four-leaf clover
- 18. Big monkey
- 19. A little piece
- 20. To be of the right size
- 21. Insect
- 24. Exclamation of surprise
- 26. North America — abbr.
- 28. Boy's nickname



The ringmaster and the clown can't find the two trick dogs. Can you?

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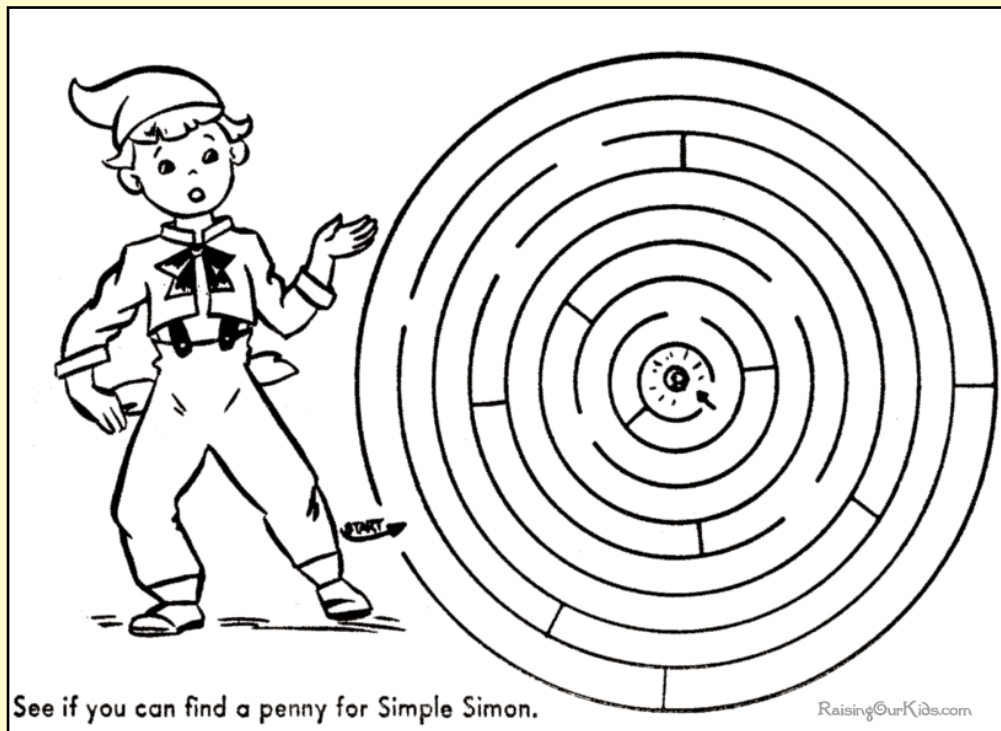
Something For Those Wet Days

Hideout

The wee folks are using these flowers for a hideout. Can you find four fairy faces, four elves, and the head of a gnome?



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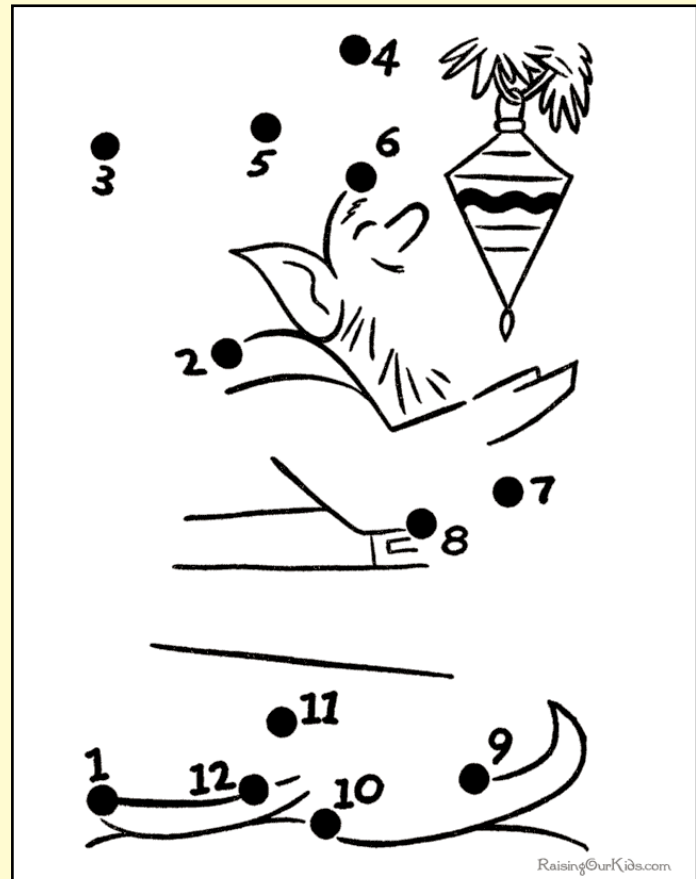


See if you can find a penny for Simple Simon.

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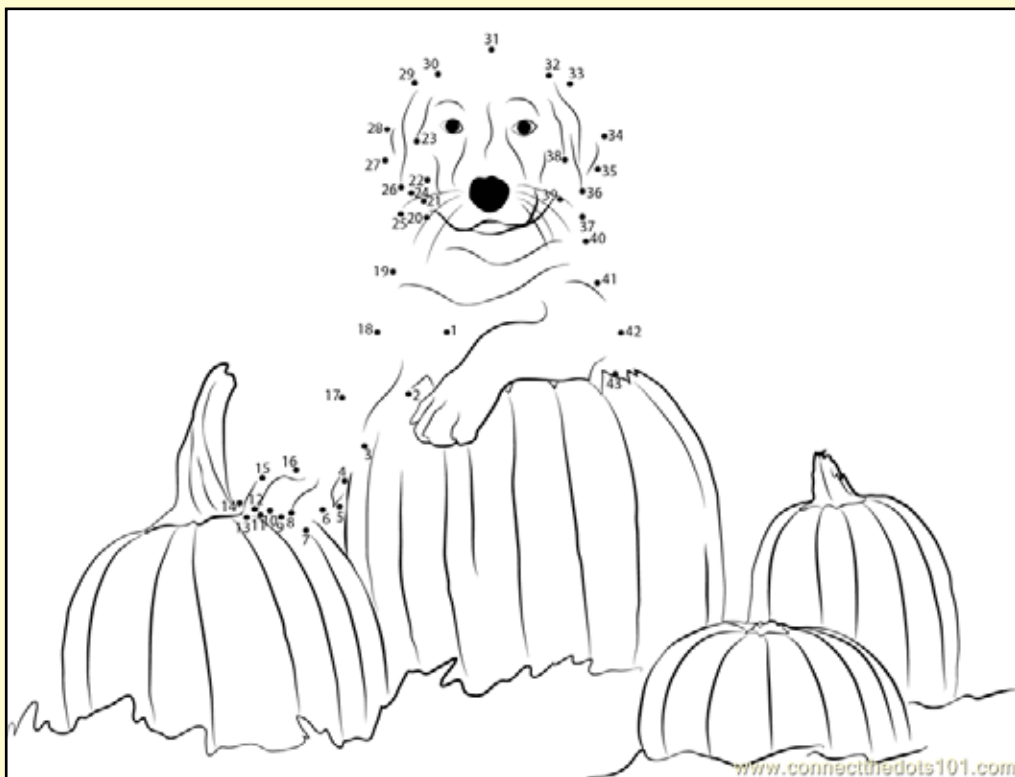
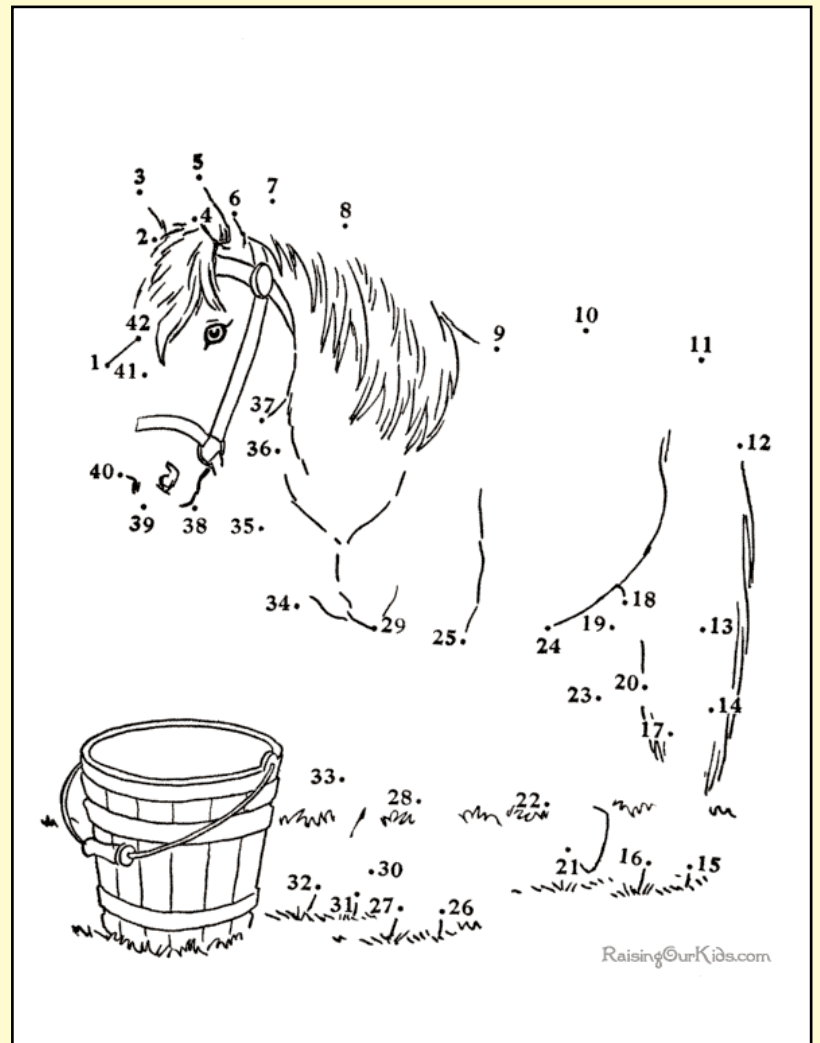
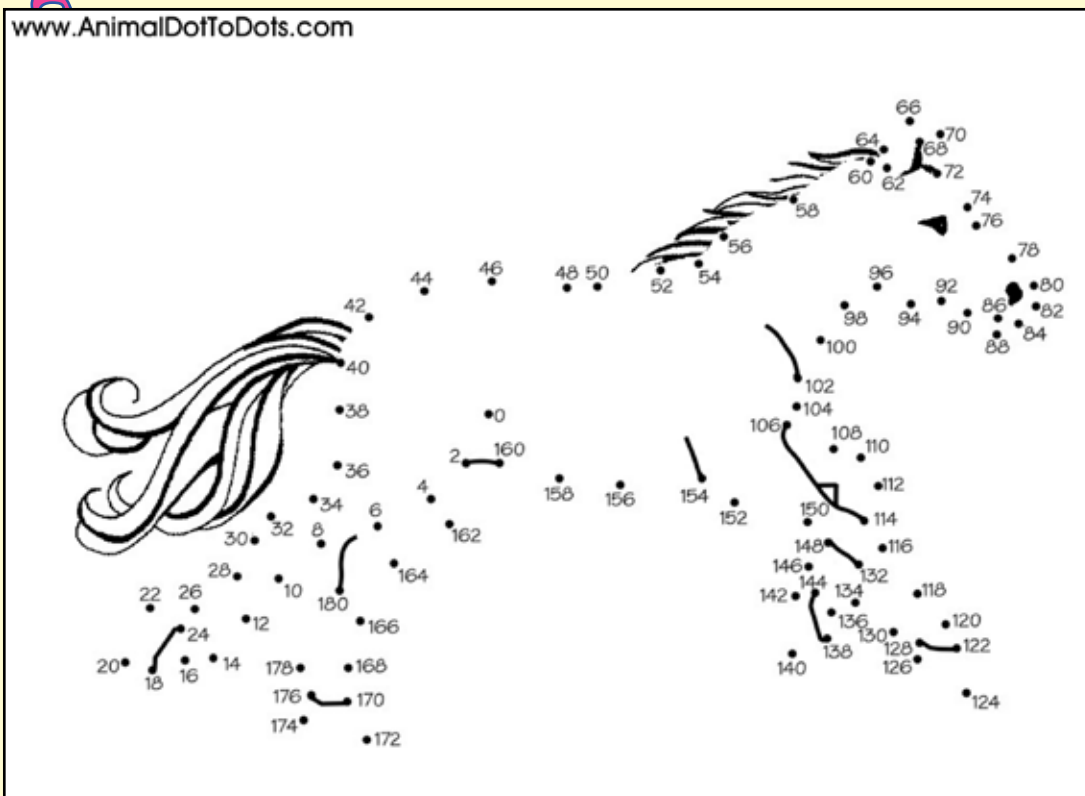
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Not Just for the Kids

HAVE FUN



James Richards Circus Visit



Report by: Jennifer Bailey

The Big Top was filled with throbbing music as Ringmaster Elliot Rowell, of James Richards Circus - the only animals are human ones - resplendent in his costume and topper, announced the first act.

Amidst the flashing multicoloured lights Brandon Centner burst through the curtain and into the ring and mounted one of a selection of unicycles of all different sizes. He skilfully performed for several minutes with his act culminating in his ascent up a flight of steps still on his unicycle and down again, after

which he changed to a tall unicycle and performed some intricate balancing routines with two hoops.

As Brandon left, the ring was invaded by Nicole and Peroto, who had all the children laughing uproariously with their antics and Peroto's falls!

Miss Niobi then performed her amazing acrobatics on a piece of apparatus called the Lollipop. Nicole and Peroto returned to create more chaos and mayhem as they did after each act.

There was Miss Kayley who performed daring acrobatics suspended from a long rope attached to the roof of the big

top and steadily swung in circles throughout much of her act. She was followed by Miss Molly, a contortionist who ended her intriguing performance by folding herself into a large domed jar, very impressive indeed.

Finally, a silver quad bike came bursting into the ring, ridden by Danny Centner who, in a silver sparkling suit, performed a complicated juggling routine.

As all the performers returned to the ring for the finale, the audience burst into cheers, whistles and applause, to show appreciation of a very enjoyable and entertaining evening.



Our staff members remain available to support carers over the phone or via email

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Our office hours are 9am until 5pm Monday to Thursday and 9am until 4.30pm Friday

We know that during these unusual times, carers need support more than ever. Recent research by Carers UK found 70% of carers are providing more care than before the outbreak and are, on average, providing ten additional hours of care a week.

Although we can no longer meet up face-to-face we are still here to provide carers with information and support:

- One-to-One Support is still available from our carers support workers via telephone.

- We can't run our surgery/hospital based Carers Health Clinics right now however you can still speak with one of our Carers

Health Workers.

- Although we have had to suspend our Benefit Clinics we can still support you with your non-means tested benefit queries/claim forms. Contact the office to arrange a telephone appointment with the Carer Benefits Support Worker.

- We can still support you to make and register Lasting Powers of Attorney by telephone, post or electronically. Our Gold LPA and other office visit LPA services are temporarily suspended.

Just give us a call or drop us a line, even if all you need is a bit of a chat - 01900 821976 or general@westcumbriacarers.co.uk.



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Get Ready for the Flu Vaccine

GPs and health leaders across Cumbria urge eligible people to get ready for the flu vaccine

If you are eligible for the flu vaccine this year - get ready to get it - that is the advice from family doctors and Cumbria's director of public health.

Cumbria's flu vaccination programme is a vital part of keeping people in our communities safe this winter; having a flu jab doesn't just protect you; it also protects those around you.

Dr Mandy Boardman, lead GP at NHS North Cumbria Clinical Commissioning Group, said: "If you get your flu jab every year

new groups who are receiving the vaccine for the first time, including members of households where people were shielding and pupils in Year 7 at secondary school. Later in the year we'll also be looking to extend the vaccine to the over 50s, but it is important we concentrate our initial efforts on those who are most clinically vulnerable. Please don't delay taking up the offer of a free flu vaccine. Every year the annual flu vaccination programme supports those most at risk. While flu can cause mild illness in most people, some people are more likely to develop potentially serious complications such as bronchitis

may have been shielding
• later in the year the age range will extend to those aged 50-64"

Mr Cox added: "We are expecting to see an increase in the number of people who are eligible taking up the offer of the free vaccine. This will reduce their chances of picking up flu and provide protection throughout winter. Although the vaccine won't stop all flu viruses, and the level of protection may vary from person to person, if you do get flu after vaccination it is likely to be milder and shorter-lived than it otherwise might have been. For most children the flu vaccine is a quick and easy nasal spray. Children aged 2 and 3 receive the vaccine through their GP and those at school from Reception to Year 7 will receive it in school. If you have a child who is of the eligible age, make sure you sign the consent form allowing them to have the flu vaccine at school. The nasal spray may also be available for some people with learning disabilities.

Dr Jolliffe added: "Having your child vaccinated against flu protects your child, your family and your friends. There is no scary injection needed as it is done with a nasal spray and it is far less hassle than having the flu. We know that children pass around bugs and viruses really easily - and even with the COVID restrictions in place this year, there will still be opportunities for our children to catch the flu. On top of everything else that is going on and the valuable time in school that has already been lost, avoiding further time off is more important than ever - that's why we're really keen to make sure as many children as possible have the vaccine this year."

GP Practices will contact eligible patients and advise them of how they will be delivering the flu vaccine this year, there will also be information on your Practice's website and social media channels.

For more information on flu, visit the NHS website at: www.nhs.uk/conditions/flu and the county council's website at cumbria.gov.uk/healthandwellbeing/flu-vaccine.asp.

"Wot a Beauty" (and a Sunflower!)



Photo of Derek (and Sunflower) by Jennifer Bailey



there are three key things we are urging you to do: Look out for the plans from your surgery - they'll be getting in touch to tell you when and where to go for your jab. Once you know when and where to go - get prepared - be sure you know where to go, any specific timings and remember your face covering and any letters you have to show. Get the jab - do your bit to protect yourself and others. Lots of thought and care has been put into planning this year's vaccination programme by our primary care teams. If you are contacted by your surgery you will be given instructions on the infection prevention measures each practice has put in place to keep everyone safe. It's going to look and feel different getting your flu vaccine this year so make sure you are ready to act when your practice gets in touch."

Cumbria County Council's Director of Public Health, Colin Cox, said: "We usually have a good take up of the flu vaccine in Cumbria and we hope to see that again this year. There are also some

and pneumonia. The flu vaccine helps protect family, friends and people you care for who may be vulnerable.

Patients in 'at risk' groups who are eligible to receive a free flu jab include:

- everyone aged 65 years or over
- women who are pregnant
- those aged six months to under 65 years in clinical risk groups including patients who suffer from a chronic illness, such as Chronic Obstructive Pulmonary Disease (COPD), kidney disease, hepatitis, Parkinsons, HIV and diabetes
- children aged two or three years old on 31 August 2020
- all primary school-aged children
- children with a health condition that puts them at a greater risk of flu
- those in long-stay residential care homes
- carers
- all frontline health and social care workers

This year it also includes:

- year 7 secondary school-aged children
- household members of those who



Family Bee
by Rory Askew
from Holm Cultram Abbey School



Queen Bee
by Olivia Branthwaite
from
Holm Cultram Abbey School

Lookout for Cannabis Factories

Although this took place in West Cumbria, the same thing could take place in any of our communities.

Two men have each been jailed for more than three years after police uncovered a large-scale cannabis factory packed with 1,300 plants in west Cumbria.

Detective Chief Inspector Matt Scott, speaking after the sentencing, said: "This was a very professional set-up, with no outward signs that anything untoward was going on. The location in the town itself meant they were almost hiding in plain sight, but good proactive policing led to this discovery, in that a single officer saw something suspicious and acted on it immediately. Our investigations into drugs crime relies on intelligence and information and we would urge anyone who has seen or knows of anything suspicious to contact us."

Officers are calling for the public to play their part and report anything suspicious.

DI Scott added: "People should be under no illusion that serious and organised crime groups operate in Cumbria. It is these groups who are behind the industrial levels of cannabis growth grown in the sort



Photo courtesy of Cumbria Police

of places we are targeting. "We appreciate every bit of information we get from the public. We have officers and PCSOs out-and-about engaging with the community

every day, but we need you to tell us what is happening in your neighbourhoods. Please come forward with information – everything will be reviewed and acted upon accordingly."

Signs to watch out for include:

- Strong, sickly smells coming from properties
- Properties where the windows are constantly covered



- Excessive security around properties, such as CCTV
 - High levels of unusual condensation on windows
 - Lots of visitors – and at unsociable hours
 - Bright lights day and night
 - Constant buzz of ventilation
- "Criminals are using more inventive ways to conceal cannabis, it grows – not just in rooms, but in the back of shops and in industrial settings where people go to work every day.

Cannabis farms are very dangerous places and pose a serious risk of fire.

Anyone with information should contact police on 101 – or contact Crimestoppers anonymously on 0800 555 111.

Protect Kids Online

So how exactly do we protect our kid's online privacy? Here's a selection of best practice advice to get you started.

Be informed

We should always be educating ourselves. We can't teach our kids about online privacy if we don't know about it! Here's a list of basic online privacy terms we should all be familiar with: Phishing, App permissions, Location tracking, VPN, Public Wi-Fi, Metadata, Anti-virus, Sexting, Social media privacy settings, Cybersecurity and Malware.

Lead by example

As with anything else with parenting, our actions speak louder than our words. Take a parental timeout to really assess your own online habits. Where can you be better about privacy? Maybe it's time to update your passwords or review your privacy settings on social media sites like Facebook and Instagram.

Install anti-virus programs on all devices

A lot of the items on this list focus on talking with our kids about actions they can take, but there are actions we can take behind the scenes as well. Install an anti-virus program on all of your devices, from phones to tablets to

computers, and make sure they're up to date!

Give your kids their own accounts

If you regularly hand over your phone or tablet to your child, create an account specifically for them. This allows you to make sure all of the privacy settings are correct, without having to

deal with them yourself. It also protects your personal stuff – from texts to photos to emails – from any curious eyes.

Utilise screen pinning

Did you know that you can lock in an app so that your kid can't move away from it? So, for example, if there's a game that your 7-year-old really loves, you can "screen pin" it on Android or activate "Guided Access" on iOS. Once you have that feature activated, they won't be able to move away from the game - it will be pinned to their screen. On Android, go to Settings > Security > Screen pinning. You also need to make sure that "Ask for PIN before unpinning" is enabled, or else your kid will be able to navigate away. On iOS, go to Settings > General > Accessibility > Guided Access.

Let your kids know they can always come to you

Finally, make it really clear that they can come to you with anything related to online privacy and won't get in trouble - even if they broke the rules. You are your child's first line of defense and in order for them to stay safe they have to know they can come to you, always.

Moon Bee
by
Ollie Taylor
from
Holme St Cuthbert
School



Wigton Theatre Update

We are still missing being back at the theatre but we have lots of work going on behind the scenes.

We hope soon be able to open our big, red doors and welcome you back to our even more comfortable theatre. We are currently working on a risk assessment for a possible event in December. Lots of fun ... and cake! Tickets will be very limited so watch this space!

In the meantime, here is a reminder for our upcoming virtual event on 2nd October, an Open

Mic Night via Zoom.

As well as refurbishing toilets and dressing rooms, we are in the process of restoring our hearing loop, and improving the sound system and lighting too. We aim to make the John Peel Theatre one of the best equipped theatres in Cumbria.

The refit of the toilets, including automatic taps and a new hot water system, is ongoing.

Our cosy little theatre is becoming even more comfortable. We can't wait to welcome you all back.

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Meet Loretta on
Saturdays in
Silloth Rugby Club

Because of Covid-19 you
must phone first to book
a session time

Contact: Loretta on
07766 118556

Mawbray Film Club First Night

The Mawbray Film Club presents

PG

THE LION KING

SATURDAY 17 October
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.
Masks must be worn when moving around the hall or in conversations.
Children must be accompanied by an adult.
There are limited spaces available due to social distancing, so pre-booking is essential.

You must be a member to participate	
Annual 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

Six months ago, before covid-19, Mawbray Village Hall, with the help of grants and local fund-raising activities purchased and set up 'state of the art' projection and sound equipment. This was with a view to starting a monthly film club for the local community, making it possible for local people to watch big screen films without having to make the trip to Workington or Carlisle and at a fraction of the cost.

BUT!! as we all know now, covid-19 came along with lockdowns and many other restrictions, making it impossible to start our film club. We had lots on interest from people wanting to join the club, which is a legal requirement of all film clubs.

The Rule of 6 made things different again, but, whereas in normal times we will be able to accommodate 100 people in the hall, sat in rows facing the screen we have now had to organise socially distanced groups of up to 6 per group, thus reducing our capacity to 30 and pre booked seats became essential.

It was decided to launch the Film Club on 19th September and to make it a special night the 'Save The Lowther Arms Group' put on a 'Pizza and Drink' event at

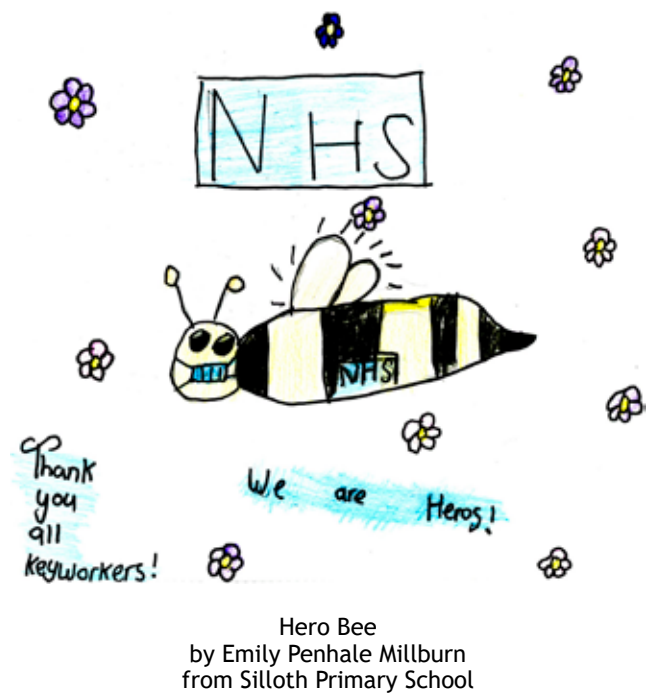
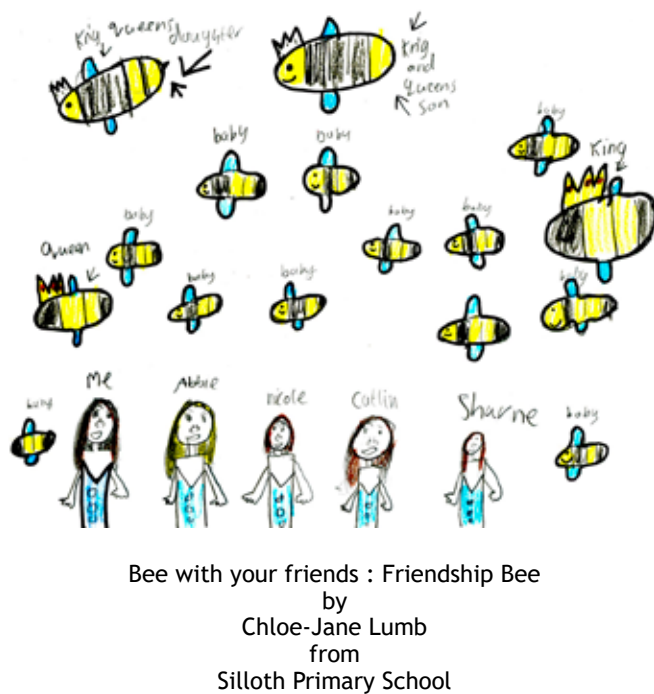
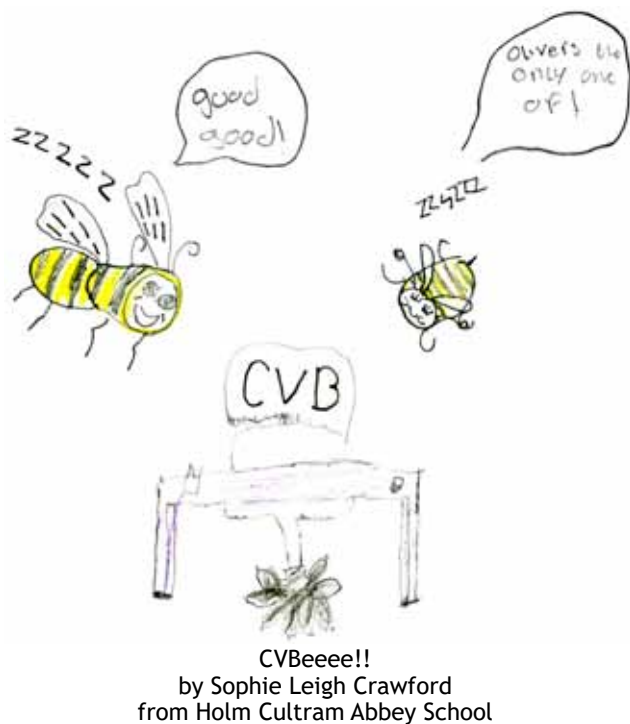


Mawbray Yard that preceded the film. The group are inviting people to buy shares to save permanent closure of the pub. So, come on buy shares, contact us for details.

Our launch film was the blockbuster "The Greatest Showman" starring Hugh Jackman. Our Chairman, Brian Bailey acted as theatre manager for the evening in dinner suit and bow tie, to welcome the audience. The night

was a great success and as long as the country isn't shut down again our next film night will be 17th October when we will be showing the classic animated film 'The Lion King' a family favourite for all.

Anyone interested in joining the film club or booking for 'The Lion King' please contact Lynda Bailey: 01900 881 737 or 07926 810074, email: info@mawbrayvillagehall.org.uk



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NHS.UK

Cycleway Cont'd



Continued from Page 1

The 'on road' sections of the route will utilise the existing carriageway and will include appropriate signage, markings and line painting.

Cllr John Cook, Allerdale's Executive member for leisure and tourism, said: "Cycling has always been a popular activity in this part of the world with people coming from far and wide to sample what we have to offer. But now more than ever as people are increasingly looking to get active outdoors in plenty of space, areas like Allerdale are well-placed to cater for these types of visitors. When complete this cycleway will be a great addition to our already fantastic offer in Allerdale and I can't wait to have a go on it myself."

Diane Bourne, managing director at Eric Wright Civil Engineering, said: "Due to the pandemic, many local authorities are increasingly looking at ways to improve their cycling and pathway infrastructure. We are pleased to play a key role in providing a high-quality cycleway which will enable more and more people to actively enjoy this picturesque part of the world."

Brian Irving, chair of the CCT, said: "It's great to see this project finally get underway after a lot of hard work from everyone involved. This cycleway will be a brilliant asset

to the community and help to attract visitors to this amazing corner of Cumbria."

Some of the funding will also be used to resurface the existing section of the path between Maryport and Allonby, improving the experience for cyclists and making the path more accessible for those using wheelchairs and pushchairs.

Once delivered the project will help deliver on the objectives set out in the 10-year Council Strategy of creating 'Thriving Towns and Villages' with improved infrastructure that will benefit local residents and increase tourism, and 'A Cleaner, Greener Allerdale' by encouraging more journeys to be undertaken by bike and by foot.

Sandy Kapila, head of external affairs at the Rural Payments Agency, who are administering the RDPE fund, said: "One of the key outcomes the RPA wants to achieve through the delivery of the Rural Development for England Programme is to promote rural tourism. The proposal submitted by Allerdale Borough Council is a fine example of how we are jointly investing in our existing infrastructure to encourage people to visit and explore a beautiful part of the country. I'm pleased that work has commenced and look forward to seeing the work progress."

Silloth-on-Solway by Moonlight Looks Even More Magical



See more at: www.jamessmithphotography.com

NHS

I'M NOT JUST WATCHING. I'M PLAYING

We all love watching the game. But that extra time can add up. A little extra is a great way to get active to improve your health. Start small and build up as you go. Get help and support at nhs.uk/BetterHealth

Better Health LET'S DO THIS

NHS

We must keep on protecting each other.

HANDS

FACE

SPACE

STAY ALERT. CONTROL THE VIRUS. SAVE LIVES

Holme Cultram Abbey

Alternative Monthly Munch

Our famous Monthly Munches are available as takeaways

On Thursday 1st October 2020
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from Holme Cultram Abbey Tearoom
(local delivery available please let us know when ordering)

2 Courses for £5.00

Main - Sausage Casserole & Mashed Potatoes

Pudding - Rice Pudding

To order or for more information please contact:
Brenda - 016973 61224 or Anita - 016973 61113
(orders to be placed by Tuesday 29th September)

Please support us if you can and we look forward to seeing some old and new faces. Thank you

NHS

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Please wear yours to protect us.

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Admission: FREE *Donations welcome*
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NHS

Wear face coverings in all shops.

You must wear a face covering when shopping, unless you have good reason not to.

Your Buzzing Letters

Dear Buzz,

I would like to thank family and friends for their good wishes, cards and lovely flowers following my hip replacement surgery.
Special thanks also to Moira Fearon for her delicious cakes.
Thank you,

Jean Litt (nee Baxter)

Dear Buzz,

Holme Cultram Abbey Church & Tearoom
The Munch Lunch Team would like to say a huge thank you to everyone who supported our most recent Alternative Monthly Munch we raised a fabulous £420.
We are ever grateful for everyone's continued support!

Laura Sim

Dear Buzz,

I thought the article about Cumbrian dialect origins and names was a breath of fresh air in the current climate.
A big well done to whoever took the time to compile it.
The newly reformed whinge.

C Briggs



Cushions & Covers

Upholstery, Blinds, Curtains, etc.

Whatever your furnishing needs, ring Irene on 016973 31836 or 07902 805196, Email: armstrongi@btinternet.com

Dear Buzz,

This is part of a transcript I have sent to Cumbria Highways and our local MP.
Question 1
What is happening at Stanwix Corner, Silloth? Despite several attempts to improve the drainage we are no further forward, so much so I am thinking about taking swimming lessons. Locals are wanting to christen it Canoe Corner, but the extra water might take a day or two to get away!
Question 2
Why all the signs around Silloth when no work is going on, I would like to know how many square yards have been laid and at what cost. Is there any need to post signs weeks before work commences and then not lift them for ages.

Do workers not have time sheets so you can cost jobs? Is the work inspected to see it meets the right standard?
Personally, I think a trouble shooter is required at Cumbria Highways, and finally why are so many jobs started before others are completed?
Happy motoring,

C Briggs

ps I have other issues but let's sort these out first.

Dear Buzz,

Thanks for sympathy
Ian Spashett Bell
Pat, Andrew, Malcolm, and the family of Ian would like to thank all friends, neighbours, ex pupils and all who knew him for their kind expressions of sympathy, cards, flowers, and for donations to Silloth Lifeboat.

Some even remembered his time in Amateur Dramatic Society and earlier still, the days of the puppet shows in the garden shed with Larry the Lamb and Mr Grouser. Later came silent film shows in the garage, including Buster Keaton and Charlie Chaplin. All before the days of television. He was a founder member of Silloth Round Table. After University he came back to the then, Silloth Secondary School where he taught Science subjects throughout his teaching career.
Special thanks to Tim for his Tribute and taking the service. Thanks too to Doctors and nurses who looked after Ian during his lifetime. We hope to celebrate Ian's life later.



Pat Bell

Jim's Photographs
by Joan Bennett

Jim is excited of that there's no doubt He's taking his family on a special day out I'll take some nice photo's while we are away They will give us all memories of our happy day

His very first camera is his birthday treat A happier man would be so hard to meet He bundled his wife and sons into his car Now all settle down he said it's not very far

His wife at the front and three sons in the back Jim travelled some miles then came to a track We'll stop here a while and have a short rest I'll take a few snap shots give the camera a test

Now all of you smile as you stand round the car That's lovely, now hop in it's not very far Jim has a great day as he focused and clicked Took picture of the family at the beach that he'd picked

When they arrived home, he swore and said drat This camera is useless, the batteries are flat.



Twin Bee
by

Kaydon Lockhart
from Holm Cultram Abbey School



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.

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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 £5 Gift Voucher.

So, come on kids, get drawing, the Buzz is always looking for more imaginative bees and yours might be the next winner. Return to your school, or the Discovery Centre, 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. Pick up a form from Silloth Tourist Information and return it there or send it to us, our address is on page 14.

This month the winner is Brody Henderson from Silloth Primary School with a bee drawing called "Snail Bee".

Well done!



Poems

What If
by Penny Stimson

Where are you going to,
where have you been.
What did you do there,
What have you seen.

I've seen the sun set
bright orange and gold,
I've seen the moon rise
like a big cheese it rolled.

I've seen a million, billion stars
all shinning brightly,
twinkling diamonds on the milky way
stretching the universe quietly.

But now I'm old and tired
my eyes can not see so good,
I can only remember
things that once stirred my blood.

Non-Commercial Tourism Websites

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

Any other suggestions of sites useful for our visitors, please send them to the Buzz at: office@solwaybuzz.co.uk

#MulletOver

Spotted a suspicious email?

If you have received an email which you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS)

report@phishing.gov.uk

Action Fraud Cyber Aware TO STOP FRAUD

What is phishing and how does it work? You wouldn't let a thief enter your home, but what if the thief was masquerading as someone familiar, such as a postman, and tricked you into opening the door?

Phishing works in a similar way - criminals use legitimate looking messages and websites to trick people into opening the doors to their personal data, giving up logins, passwords or even payment details. That information can then be used to commit fraud and cyber crime.

How big is the problem? Phishing attacks are a common security challenge that both individuals and businesses across the UK face on a regular basis. The National Cyber Security Centre's Suspicious Email Reporting Service (SERS) received over 1.7M reports from the public between April and August 2020, with the

most commonly faked brands being TV Licensing, HMRC and GOV.UK.

How can you protect yourself from phishing scams?

Many phishing scams started with a message out of the blue. Whether it's an email asking you to "verify" account information, or a text message claiming to be from your bank, the goal of a phishing attack is usually the same - to trick you into revealing personal and financial information.

Criminals are experts at impersonation and they're constantly getting better at creating fake emails and texts that look like the real thing. Here's some simple advice you can follow when it comes to dealing with phishing scams:

1. Your bank, or any other official organisation, won't ask you to share personal information over email or text. If you need to

check that it's a genuine message, call them directly. Don't use the contact details in the email, but visit the official website instead.

2. If you have received an email which you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS): report@phishing.gov.uk.

3. Received a text message you're not quite sure about? Maybe it's asking you to "verify" personal or financial details, such as a banking password? You can report suspicious text messages by forwarding them to 7726.

4. If you've lost money or provided personal information as a result of a phishing email, notify your bank immediately and report it to Action Fraud: www.actionfraud.police.uk

5. For more simple tips on how to protect yourself online, visit: www.actionfraud.police.uk/cybercrime.

What is a Bonfire?



In the United Kingdom and some Commonwealth countries, bonfires are lit on Guy Fawkes Night, a yearly celebration held on the evening of 5th November to mark the failure of the Gunpowder Plot of 5th November 1605, in which a number of Catholic conspirators, including Guy Fawkes, attempted to destroy the House of Lords in London.

The name originally was a bone fire, that is, a fire made of bones, especially a ceremonial one in midsummer. Possibly carried over

from the cremation of the dead on outdoor fires, (sometimes as part of a celebration), also one for burning heretics or proscribed literature.

From the late 15th century it was known as "large open-air fire for public amusement or celebration". From the 17th century as "large fire from any material." Original sense is now obsolete and was forgotten by the 18th century.

The annual Rotary bonfire held at Halloween on the airfield has been cancelled this year due to the covid restrictions.

Bonfire Safety Tips

A bonfire or beacon are great ways to celebrate Bonfire Night and other events, but do follow these safety tips:

You cannot get rid of household waste on the bonfire - it can cause pollution or harm people's health.

You should always burn dry material as it produces less smoke.

Never burn treated wood, rubber, plastic, foam or paint.

Build your bonfire well clear of buildings, roads, garden sheds, fences, trees and hedges and, if possible, choose somewhere sheltered from the wind to minimise the risk of the bonfire being blown out of control or smoke restricting the vision of road users.

Check there are no cables -

like telephone wires - above the bonfire.

Before you light the bonfire, check whether any pets, wildlife or small children have crawled inside.

Always keep a bucket of water or a working hosepipe nearby.

Never use flammable liquids to start a bonfire and never throw on

fireworks or burn dangerous items such as aerosol cans, paint tins, foam furniture or batteries.

Don't leave bonfires unattended and keep children and pets away. A responsible adult should supervise the bonfire until it has burnt out.

Once the bonfire has died down, pour water on the embers to stop it reigniting.



Queen Bee
by
Sadie
from
Holme St Cuthbert
School

We Need Your Bees

Send them to the Solway Buzz

Our address is on page 14

S.O.S.C.S. *Silloth on Solway Community Shop*

- * Local people working for local causes *
- * All proceeds go back into the community *
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Silloth

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Email: info@beatysolicitors.co.uk • Website: www.beaty.co.uk

Copy Date



Copy date for the December issue is: **1st week November**
If your organisation has 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

Coast Bus Timetable

60E Maryport to Skinburness the current timetable is available from Silloth Tourist Office or Winters Newsagents or www.ellenvalecoaches.co.uk/service-60e.html

Silloth RNLI Shop

SHOP OPENING HOURS

Due to Corona Virus our shop will be closed until further notice. Kind regards to all our customers and we will see you again in due course.

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

Silloth Tennis Club

For coaching information call David Wise on 07742 547767

Please tell us when your group starts up again so we can let everyone know

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.

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

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

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.

Hearing Support

HEARING SUPPORT SERVICE drop-in at the Local Links Centre, Market Hall, Wigton on August 28th 10am-12pm for NHS hearing aid servicing and batteries. Covid-19 guidelines will be followed as required at the time. We look forward to welcoming new and old customers back. Also be at the Local Links Centre, Market Hall, Wigton 10am-12pm on September 25th, October 23rd and November 27th (none in December).

October

- 1st Holm Cultram Abbey Alternative monthly Munch 11:30-1pm see advert p10
- 2nd John Peel Theatre Open mic Night at 7pm via Zoom, www.wigtontheatre.org
- 11th Table Top Sale in Mawbray Village Hall at noon
- 17th Craft Sale in St Andrews Hall 12-4pm Tel: 016973 32185
- 17th Film Club at Mawbray Village Hall, 7pm, advert p9

November

- 14th Table Top Sale in St Andrews Hall, £10 a Table, free entry 12 - 4pm Tel: 016973 32185
- 28th Craft Sale in St Andrews Hall 12-4pm Tel: 016973 32185

December

- 20th Santas Sleigh supported by Silloth Rotary will be touring the town handing out gifts to the Children.

May 2021

- 2nd Soul on Silloth Green at 11am



Lilly by Megan Peile from Holm Cultram Abbey School

Dates for Your Diary

CRAFT SALE
SAT 17TH OCT
12-4 PM
COVID RULES + REGS APPLY
ST ANDREWS HALL
OPPOSITE CO-OP

TABLES £10 TO BOOK PHONE 32185

TABLE TOP SALE
SAT 14TH NOV
12-4 PM
COVID RULES + REGS APPLY
TO BOOK A TABLE PHONE £10pp table 32185
ST ANDREWS HALL
OPP CO-OP

NHS

"Can I even hug my best friend?"
"Am I gonna make my nanna sick?"
"How can I have fun in a face mask?"
"Where's it safe to go anyway?"
"Will I get judged by other people?"
"Can I even hug my best friend?"
"Am I gonna make my nanna sick?"
"How can I have fun in a face mask?"
"Where's it safe to go anyway?"
"Will I get judged by other people?"
"Can I even hug my best friend?"
"Am I gonna make my nanna sick?"
"How can I have fun in a face mask?"
"Where's it safe to go anyway?"
"Will I get judged by other people?"

Really normal questions. In a really not normal year.

After a long period of living differently, lots of children are unsure how to get back to the things they used to do. If your child is worried, struggling or behaving differently and has a lot of questions about being back out in the world, Every Mind Matters is here to help you support your child's mental wellbeing.

Better Health every mind matters

For expert tips and advice search Every Mind Matters

BY PARTNERSHIP WITH: **mind**, **ayph**, **Anna Freud National Centre for Children and Families**, **Centre for Mental Health**, **Time to Change**, **Young Minds**, **THE MIX**, **shout**, **Time to Change**, **Centre for Mental Health**, **Time to Change**, **Centre for Mental Health**, **Time to Change**

CRAFT SALE
SAT 28th NOV
12-4 PM
COVID RULES + REGS APPLY
ST ANDREWS HALL
OPPOSITE CO-OP

TABLES £10 TO BOOK PHONE 32185

Fostering Event



A fostering family from Carlisle are urging local people to attend an upcoming information event and find out more about fostering, as part of Cumbria County Council's latest campaign to find more foster carers for vulnerable children.

The council's network of 200 carers provide an essential service keeping children safe, loved and cared for. They are ordinary people, doing something extraordinary - ensuring children have the best possible childhood and are able to reach their potential.

But with around 750 children in care across the county, the council urgently needs more people to join Cumbria's biggest family. If your circumstances have changed due to the covid-19 pandemic or you feel ready for a change of career and would like to help change children's lives, then we'd love to hear from you.

Ann-Marie Mutter, from Carlisle, has been a foster carer for four years, along with her husband Dave and two sons Thomas and George. Ann-Marie, who is a short term carer for children up to the age of four, says: "I have always worked in child care right from leaving college. When I moved to Carlisle, after meeting Dave, I continued to work in nurseries but when I had the two boys I decided to stay at home and bring them up. After the boys started school I went for an interview for a job in a nursery and realised that actually I didn't want to go back to that kind of role. Then I saw an advert for foster carers and thought it could work really well for me, allowing me to work from home but still doing what I love, caring for children, the best of both worlds!

I mentioned the idea to Dave and he agreed that fostering ticked all the boxes for us as a family, as he loves children too and we had plenty of room in our home. I called Cumbria County Council Fostering Service in June and we

started out training in October and we qualified in December - so it all went very smoothly for us. Since then we have fostered four children and it has been even more rewarding than we expected it to be; just to see the huge difference you can make in such a short time. We have a lovely social worker who is just on the end of the phone and also my mum lives nearby and is an amazing support - I think it is her support that has really helped us to be such a good fostering family. I would definitely encourage anyone who has been thinking about fostering to get in touch; it is lovely to know that you can make such a difference to children's lives and to give them the start in life they deserve."

While there is a need for foster carers for children of all ages, we would particularly like to hear from those who could offer long term homes for slightly older children and teenagers. In return we offer excellent training and a full package of support to foster carers, including initial Skills to Foster Training, generous allowances, regular support groups, peer mentors for new carers and a dedicated support social worker.

Cllr Anne Burns, Cabinet Member for Children's Services, said: "Our amazing foster carers come from all kinds of backgrounds, and have had varied life experiences, but they all wish to make a difference to children's lives. It only takes one carer to change a child's life and we are asking local people, could that be you?"

Anyone interested in finding out more can attend an upcoming Virtual Information event on Tuesday 29 September from 7pm to 8:30pm.

For details of how to join the session and for any further information please visit cumbria.gov.uk/fostering or call us on 0303 333 1216.

More Coppers on the Beat



Cumbria Constabulary has recruited all 51 of the new officers in the first phase of Operation Uplift ahead of the deadline in March 2021. Operation Uplift is the initiative to fulfil the Government's promise of an extra 20,000 police officers across the country. Cumbria was one of the first constabularies in the UK to begin recruitment to fulfil the quota.

Cumbria's Police and Crime Commissioner, Peter McCall, said: "It's fantastic news that Cumbria has now completed recruiting the 51 officers we were allocated in the first phase of Operation Uplift. This has been a huge effort to recruit and train the new officers. We took a risk back in August to begin recruitment for Uplift early and it has worked out in our favour as we are now ahead of the deadline of March 2021 by over six months. These additional police officers will be dedicated to our frontline and will be out in our communities fighting crime and have already been a significant boost to rural areas seeing officers deployed back into some of our

smaller towns, with more to come, which means that our urban officers can focus on their communities providing a much better response to all communities. I have had the opportunity to meet some of the new officers and it is clear that they are very eager, talented people who are keen to serve and protect the people of Cumbria. I wish all 51 recruits the best for their future careers and I look forward to see them grow in to well-rounded, experienced officers. In the meantime we remain engaged with the Home Office to secure yet more officers for Cumbria in phase 2 and 3 of Op Uplift."

Chief Constable Michelle Skeer, Cumbria Constabulary,

said: "In Cumbria, we made the decision to move quickly to ensure we could maximise the benefits of introducing additional officers into our communities. We are proud to be one of the first forces in the country to have recruited our full allocation from the Government's recruitment drive and that these officers are now protecting people across our county. The role of a police officer remains a challenging one, particularly given the unprecedented circumstances we continue to face due to the coronavirus outbreak. Pleasingly, we have seen that our recent recruits have all shown the desire to meet such challenges and make a real difference to all of our communities."



Covid 19 Bees

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from
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- Please, let us know what you want included, also any changes to numbers.

Katrin is a Record Breaker for Silloth Dock



Report & Photos by:
John Forrester
More coverage of shipping at Silloth can be
found at www.cumbriashippphotos.weebly.com

August saw an impressive visitor to Silloth Dock. The cargo vessel KATRIN, weighing in at almost five thousand tons and a length of ninety-nine metres is the largest ship seen at Silloth in recent years. Word had spread and there were plenty of onlookers keen to witness the arrival, despite some unseasonable weather. Thankfully, just as the ship reached Silloth a torrential downpour eased and the sky brightened.

The ship had made the five day sailing from the Baltic with a cargo of German wheat. Once in UK waters she encountered storm Ellen off the West of Scotland, but this made little impact on progress heading south towards Cumbria. The ship waited at anchor off Workington before sailing up to Silloth in daylight hours supervised by the local pilot. By high water the pilot had made his final adjustments to the ship's position and was ready to begin the approach. Photographers were rewarded with some dramatic close-up shots as the ship was skilfully guided past the dock walls in blustery conditions.

Once in the shelter of the outer dock the ship headed towards the gated dock entrance. Views of the stern showed the Maltese cross flag



and the port of registry Valletta. At close quarters the ship looked to be kept in good order by her Estonian owners, 'Hansa Shipping', whose name was prominently displayed on the superstructure, as was their funnel logo. KATRIN is one of thirty ships owned by the Eastern European company and, like KATRIN, many are ladies with names beginning with the letter 'K'. Considering the size of the ship, it was highly manoeuvrable when turning in the confined space of the dock, taking only fifteen minutes to be brought safely alongside. By this time, the skies had opened

up again and ship spotters were seeking shelter before making their way home, well-satisfied with their afternoon's efforts.



August Shipping at the Port of Silloth

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

August

6th Marjatta from Klaipeda with a cargo of fertiliser then on to Belfast.

16th Sea Harmony from Antwerp with a cargo of Fertiliser then on to Loch Ayre.

18th Zapadnyy from Amsterdam with a cargo of Molasses then on to Ostend.

23rd Katrin from Wolgast with a cargo of Wheat then on to Galway.

August was a helpful month for Silloth, we achieved our target of four vessels and an appropriate cargo volume across the quay.

Our old faithful Zapadnyy returned once more with Molasses for animal feedstocks and we have received the first of several European grain imports for the mill. Fertiliser as always for our

local farming community has played a large part in keeping us occupied here in Silloth and we look forward to further cargoes through September and into the latter quarter of the year.

Our visitor, Katrin was a new one for us, she is 99m long and is the largest vessel we have had in for a while.

Tommy Nicholson's Trawlers have been absent for several months now, however we expect their return in the coming months ready for their short winter break over Christmas.

We have recently mentioned progressing some works on land here in the port and have had discussions with the local Town Council and local businesses in the vicinity about potential opportunities to develop some of the land, improve access to West

Beach for the public, improve parking facilities and improve the safety of access to the beach for pedestrians. If these plans all go ahead, there will be additional parking for the beach, better access to the beach and improved safety in the vicinity of Solway Logistics whilst they are loading and discharging trucks and vans.

Our smaller project in conjunction with local people with mobility or other issues is now beginning to progress in that we have leased a small area in the dunes to create an area for sitting and viewing the beach for people with restricted movement. These people will be accompanied and have direct access by vehicle to the area.

We are looking forward to a fuller port through the coming months.



Silloth Juniors



Report by: Amy Jenara Wise

Following the turmoil and uncertainty of the past six months it was with great pleasure that on the 5th September the West Cumbria Youth League finally got under way for the 2020/21 football season.

Silloth Juniors alongside Silloth AFC have worked exceptionally hard behind the scenes ensuring risk assessments have been carried out and the clubhouse has been brought up to specification all in line with Government and FA Guidelines creating a safe environment for children, parents and coaches alike. Thank you to all those involved particularly those kind enough to donate their time in the refurbishment of the toilets: Peter Wise, Jamie Carruthers, Sandy Gasgarth and Anatoliy Petrov.

Following the introduction of our Covid safety measures; including risk assessments for training and match day activities,

social distancing measures, hand sanitising stations and signage, etc., we have had an immense amount of positive feedback from visiting clubs and county FA officials; "... We were impressed with your covid-19 arrangements; "...massive credit to you all and your Club for making us all feel safe with your covid-19 precautions, implemented very well."

Silloth Juniors currently have over 100 youth members and to support this we have a dedicated Junior Club and Committee focused on the growth and development of youth football within the town and surrounding areas. We have a range of teams to suit all ages.

If you have a child interested in training or wish to become involved with the Club or coaching please do not hesitate to get in touch with us via our Facebook page.

Find us on Facebook 'Silloth Juniors Football Club'

Abbeytown Ladies Football

Report by: Haley Mossop

The u16 County Cup Final between Abbeytown and North Bank was due to be played in April but due to covid-19 was cancelled. Great news received is that it was played on Sunday 20th September at Penrith.

Also due to a number of u16 girls now being able to play with the older age group, the Abbeytown Ladies team has been able to re-form. This is following a five year break due to low numbers available. The Ladies team have some 20+ registered players, age ranging from 16 to 38 yrs! They have been working hard and following only two training sessions they fielded a strong team against a well drilled and experienced Penrith Ladies squad on a stormy evening at Frenchfields, Penrith. Both teams battled against the odds and displayed some excellent football skills. Final score PLAFC - 6 Abbeytown - 4.

They hope to play several more development/ training matches before entering the Big League.



U16 Abbeytown Girls to play in County Cup Final



Abbeytown 2020/21 Ladies Team



Silloth Tide Tables

OCTOBER 2020		SILLOTH							
		DEPTHS ON NEW DOCK GAUGE (1.8m ABOVE CD)							
		High Water				Low Water			
Date		Morning		Afternoon		Morning		Afternoon	
		Time	m	Time	m	Time	m	Time	m
1	TH	11:33	6.9	23:40	7.2	06:15	-0.7	18:24	-0.6
2	F			12:00	7.0	06:46	-0.8	18:54	-0.6
3	SA	00:09	7.3	12:27	7.0	07:13	-0.8	19:23	-0.6
4	SU	00:38	7.2	12:56	7.0	07:39	-0.7	19:50	-0.6
5	M	01:09	7.1	13:25	6.7	08:07	-0.6	20:20	-0.4
6	TU	01:40	6.7	13:53	6.5	08:36	-0.4	20:52	-0.2
7	W	02:11	6.4	14:24	6.2	09:05	-0.2	21:24	0.0
8	TH	02:44	6.1	15:00	5.9	09:37	0.1	22:01	0.4
9	F	03:28	5.5	15:48	5.4	10:17	0.5	22:51	0.6
10	SA	04:28	5.1	17:01	5.0	11:13	0.8		
11	SU	05:55	4.8	18:41	5.0	00:07	0.7	12:39	0.9
12	M	07:29	5.1	20:02	5.5	01:42	0.6	14:09	0.6
13	TU	08:42	5.7	21:02	6.3	02:57	0.1	15:19	0.1
14	W	09:36	6.5	21:52	7.1	04:00	-0.4	16:19	-0.4
15	TH	10:21	7.2	22:35	7.6	04:56	-0.9	17:12	-0.8
16	F	11:03	7.7	23:17	8.1	05:47	-1.3	18:02	-1.1
17	SA	11:44	8.1	23:59	8.3	06:35	-1.5	18:48	-1.3
18	SU			12:24	8.1	07:19	-1.6	19:32	-1.4
19	M	00:42	8.2	13:08	8.0	07:59	-1.4	20:15	-1.2
20	TU	01:28	7.8	13:51	7.5	08:41	-1.1	20:58	-0.9
21	W	02:14	7.3	14:37	7.1	09:21	-0.7	21:41	-0.6
22	TH	03:04	6.6	15:30	6.4	10:03	-0.1	22:32	-0.1
23	F	04:05	5.9	16:35	5.7	10:56	0.4	23:38	0.3
24	SA	05:23	5.2	17:57	5.4			12:10	0.7
25	SU	06:55	5.0	19:21	5.4	01:03	0.4	13:40	0.7
26	M	08:17	5.3	20:31	5.7	02:24	0.3	14:53	0.5
27	TU	09:16	5.7	21:24	6.2	03:31	0.0	15:54	0.2
28	W	09:59	6.2	22:04	6.6	04:23	-0.3	16:40	-0.1
29	TH	10:33	6.5	22:39	6.9	05:04	-0.4	17:18	-0.3
30	F	11:04	6.7	23:11	7.1	05:39	-0.6	17:51	-0.4
31	SA	11:32	7.0	23:42	7.1	06:09	-0.6	18:22	-0.5

NOVEMBER 2020		SILLOTH							
		DEPTHS ON NEW DOCK GAUGE (1.8m ABOVE CD)							
		High Water				Low Water			
Date		Morning		Afternoon		Morning		Afternoon	
		Time	m	Time	m	Time	m	Time	m
1	SU	11:59	7.0			06:38	-0.6	18:53	-0.5
2	M	00:12	7.1	12:27	7.0	07:07	-0.6	19:25	-0.5
3	TU	00:42	7.0	12:57	6.8	07:37	-0.5	19:56	-0.4
4	W	01:14	6.7	13:28	6.6	08:09	-0.4	20:30	-0.3
5	TH	01:48	6.5	14:00	6.4	08:42	-0.2	21:06	0.0
6	F	02:25	6.1	14:39	6.1	09:16	0.1	21:44	0.2
7	SA	03:10	5.7	15:29	5.7	09:56	0.4	22:35	0.5
8	SU	04:10	5.3	16:39	5.4	10:52	0.7	23:45	0.5
9	M	05:29	5.1	18:07	5.3			12:08	0.7
10	TU	06:56	5.3	19:26	5.7	01:09	0.4	13:32	0.6
11	W	08:08	5.8	20:29	6.4	02:23	0.0	14:42	0.2
12	TH	09:06	6.5	21:22	7.1	03:28	-0.4	15:46	-0.3
13	F	09:54	7.2	22:09	7.5	04:25	-0.8	16:42	-0.6
14	SA	10:38	7.6	22:55	7.9	05:18	-1.1	17:35	-0.9
15	SU	11:21	7.8	23:39	8.1	06:07	-1.3	18:24	-1.1
16	M			12:03	7.9	06:53	-1.3	19:11	-1.2
17	TU	00:23	7.9	12:46	7.8	07:37	-1.2	19:57	-1.1
18	W	01:10	7.6	13:33	7.5	08:20	-0.9	20:44	-0.8
19	TH	01:59	7.1	14:20	7.1	09:03	-0.5	21:30	-0.5
20	F	02:49	6.5	15:11	6.5	09:46	0.0	22:20	-0.1
21	SA	03:46	5.8	16:11	6.0	10:37	0.4	23:21	0.2
22	SU	04:54	5.3	17:22	5.6	11:40	0.7		
23	M	06:11	5.0	18:37	5.5	00:30	0.4	12:56	0.8
24	TU	07:28	5.1	19:43	5.6	01:40	0.4	14:06	0.7
25	W	08:33	5.4	20:41	5.8	02:41	0.2	15:06	0.5
26	TH	09:21	5.8	21:27	6.2	03:36	0.0	15:56	0.2
27	F	09:58	6.2	22:06	6.5	04:20	-0.1	16:38	0.0
28	SA	10:32	6.5	22:42	6.6	04:57	-0.3	17:16	-0.2
29	SU	11:04	6.7	23:16	6.8	05:32	-0.4	17:51	-0.3
30	M	11:34	6.8	23:49	6.8	06:06	-0.5	18:26	-0.4

Time Zone UT(GMT)

Juniors Doing Great at Silloth Football Club



Report by: Amy Jenara Wise




Over the past several years the junior section at Silloth Football Club has been going from strength to strength, attracting more young players which has allowed us to create many more teams. Over this time we have seen a dramatic increase in the number of girls showing interest in football, attending training and playing in mixed teams. In general women's football has never been stronger and it is now the top participation sport for women and girls in England, and this is true for football at Silloth, such is the interest and influx of players for the first time in over a decade we have been able to create a

standalone team specifically for girls.

The girls started training following the ease of lock down and have played three preseason friendlies with great success. We have now entered the West Cumbria Youth League at Under 10's and are going from strength to strength. It is our aim at Silloth Junior Football Club to build on the success of this team and add more girls teams to our youth section in the future. We are now attracting players from further afield, such is the buzz around this team.

If you have a potential player or wish to get involved please contact me on 07723 690 696.



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