



# Solway Buzz

Gracie and Max  
by Millie Ivy Errington from Silloth Primary School

www.solwaybuzz.co.uk

Feb/March 2022

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

FREE PAPER

Issue 196

## Golfers Raise £5,645 for MS Society & Sick Children's Trust

Report by: Jimmy Lettice

Another fantastic **Banty Trotters Golfing Charity Day** was held at the end of December.

Massive thanks to all those who kindly donated to the event. A very big thanks to Kyla and her staff for looking after us all. Thanks to Silloth on Solway Golf Club and Simon in the Pro-Shop for putting up with us for the afternoon.

The day was organised by Lennie H, David B, Steven F and Jimmy Lettice from the Silloth Rugby Club, not forgetting the main man Jonny Martin who not only stood in at the last minute to host the prize giving and charity auction but along side Jonathan Tallontire won the competition with a crazy 51 points.

Winner on the day was of course the two charities we had chosen. Due to no event being held last year we decided to double up this year with two charities: The MS Society and The Sick Children's Trust. A staggering £5,645 was evenly split between them.

Hopefully, we can help another charity or community group next year.



Winners Jonathon Tallontire and Jonny Martin



Runners up Dougie Oliver and Simon Addison

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Lifeboat Station Tour



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Combined 60 years service



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The Solway Buzz is a FREE community paper with a circulation of up to 5,500 copies for the area around Abbeytown, Skinburness, Silloth-on-Solway and Mawbray



# Be A Champion for Caring Colleagues



At any one time 1 in 7 people who work, will also be caring for someone. Trying to juggle caring responsibilities and work life can be difficult, as a result 1 in 5 carers give up work to care full time.

Employers can help carers continue to work by ensuring they know of available support services and sharing information on carers rights. One way to accomplish this is by training workplace "Carers Champions".

## What are Carers Champions?

A Carers Champion is an employee who can act as a voice for unpaid carers in the workplace. Through training they will:

- gain an understanding of what it means to be a carer
- identify the signs of someone who, perhaps unknowingly, is an unpaid carer
- become aware of the stresses and strains a working carer can

face.

- learn how to assist carers in taking the first steps to seek help and support

Giving your employees access to someone with these skills could lead to a culture in which they can talk openly about their caring role, responsibilities and any struggles relating to it.

West Cumbria Carers have trained workplace Carers Champions across several local employers including Sellafeld, Iggesund, PPM, Kaefer, Morgan Sindall, Franks Portlock, Hertel, LLWR, Inspira, Adult Social Care and the NHS.

## They sound great, can we get one?

Absolutely! If you would like to arrange Carers Champion training for someone in your workplace call 01900 821976 and speak to the Working and Caring Team.

# Funding for Discharged Patients

Money from the NHS has been made available to support patients leaving hospital through its partnership with local charities.

The NHS Hospital Discharge Support Fund was set up by the NHS in north Cumbria and is held by Cumbria Community Foundation. It will provide financial support of up to £300,000 to the charitable and community sector to help people regain and maintain their independence at home and in the community once they are discharged from hospital.

Age UK West Cumbria, in partnership with Age UK Carlisle & Eden, has been awarded £176,942 to meet the current short-term need of patients leaving hospital with no support from family or friends.

The Well@Home project will provide four weeks of support, including transport, daily welfare calls, home checks, prescription collections, food, and basic supplies.

Jane Mindar, Chief Executive at Age UK West Cumbria, said: "By working together, we will be able to make a real difference to around 700 people between now and the end of March – by getting them home and safely settled into their homes rather than spending more time in hospital

which can be quite distressing for people especially in the run up to Christmas. Additionally we can play a larger part in helping the already stretched NHS reduce its burden and free up beds for those who most need them. NHS staff have proven to be complete heroes during the pandemic, and it will be an honour to help them in a small way during winter to carry on saving lives and helping even more people."

Further funding is available and grants of up to £30,000 will be considered (in exceptional circumstances a higher amount might be considered), which must be fully spent by March 31st next year. The funding aims to support voluntary and community sector interventions which promote positive mental health and wellbeing in the widest sense and for all ages.

Funding should achieve one or more of the following outcomes:

- increased number of patients supported to return home
- improved discharge experience from NHS and other community based clinical services
- patients supported report a more informed knowledge of the discharge process and support available to them
- people able to regain and

remain independent in their home and community

- reduce the number of delayed discharges
- decreased re-admission rates as patient and/or carer receive additional non-clinical support
- third sector capacity increased to deliver and sustain low-level community-based support

Peter Rooney, Chief Operating Officer for NHS North Cumbria Clinical Commissioning Group, said: "Making sure patients leave hospital in a well-supported and timely way as soon as their medical treatment is complete is vital for lots of reasons. We don't want patients in hospital longer than they need to be, we need to ensure those in hospital are those who have the most acute need, and people should be back in their own familiar surroundings as soon as they are well enough. This is fantastic opportunity to strengthen those really valuable relationships between our health and care services and our third sector partners. Working together will really help both our people and our services here in north Cumbria."

Sarah Farragher, Home First and System Flow Coordinator, said: "We are delighted about this opportunity to work closely with partners to support people to return home from hospital, and enable people to live their most independent lives. We really want to encourage our third sector groups to think about new and innovative bids to this fund so we can support more people across north Cumbria."

Dr Jenny Benson, Director of Programmes & Partnerships Cumbria Community Foundation, said: "As a Community Foundation, we are delighted to be able to support this funding to reach where it is most needed. By supporting valuable NHS and community projects, the fund will ease some of the strain on the NHS."

To find out more about the Fund or to apply, visit [www.cumbriafoundation.org/fund/nhs-hospital-discharge-support-fund](http://www.cumbriafoundation.org/fund/nhs-hospital-discharge-support-fund) or call 01900 825760.



Working Bees  
by William Beverley  
from Holm Cultram Abbey School

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from  
Silloth Primary School



Cardi Bee  
by  
Anon 10yo  
from  
Holme St  
Cuthbert  
School

## Chris's Quest Lifeboat Station Tour



Chris Mason (at the front) meets some of the crew on his visit to Silloth Lifeboat Station

Report by: Julie Emary  
Silloth Lifeboat  
Voluntary Press Officer

Car mechanic and keen amateur photographer Chris Mason is raising funds for the RNLI by visiting every lifeboat station in the UK and Ireland. He came to visit Silloth on Saturday 8th January 2022 before making his way to St Bees.

RNLI supporter Chris who lives in Cornhill-on-Tweed in the Scottish Borders, was so moved by the bravery and efforts of the lifeboat crews in action on the TV programme 'Saving Lives at Sea', he decided he wanted to do his bit to help support the charity that saves lives at sea and on the water.

After watching Saving Lives at Sea, Chris said: "Some things catch the back of your throat and I thought, 'I'm going to raise the RNLI some money.' I love driving and love the coast so this is a perfect challenge for me. I'm visiting every lifeboat station in the UK and Ireland, including all the islands; Orkney, Shetland the

Channel Islands and the Isles of Scilly.

I'm looking forward to meeting the crew at each station and having the chance to thank them for the amazing work they do saving lives at sea."

Chris will take a photo of himself at each station as evidence of his visit and post these on his Facebook page.

Chris started his challenge at Bamburgh Castle in Northumberland, which served as the first lifeboat station in the world after castle trustee Dr John Sharp commissioned the first 'un-immersible' lifeboat for Bamburgh in 1786, making Bamburgh Castle the first known lifeboat station of the time.

You can support Chris with a donation by going to the fundraising website [gofundme.com](https://www.gofundme.com) and search for Chris's Quest Lifeboat Station Tour.

His Facebook page gives donations directly to the RNLI



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# Penny Stimson Obituary

By: Peter Stimson

My dear wonderful wife Penny passed away at the Cumberland Infirmary on Thursday 16th December 2021.

Penny had been the secretary of St. Andrews Church and a trustee of Greenrow Pentecostal Church.

Penny was amazingly gifted especially in such crafts as Sewing, Crochet, Cooking, Knitting, Drawing, Painting and was a regular contributor of poems to The Solway Buzz. It is through The Buzz that I and my family wish to take this opportunity of thanking all the lovely people who have so kindly and warmly expressed their sympathy and love to us, on her passing.

Penny was a Very proud mother to Debbie, Mike, and Sean, with partners Seve and Julie. Along with her grandchildren Sydney, Remus, Jordan, and Harry who will all mourn her deeply. I am so pleased and so



very proud to have had Dear Penny, my lovely, beautiful gift from God for 55 wonderful years.

Our deepest thanks to everyone who joined with us at Greenrow Pentecostal Church, where Pastor Mrs. Margaret Gate, who led a lovely and moving service to commemorate Penny's life. We also wish to thank everyone who worked so hard and so graciously in making and preparing such magnificent food for the reception held in St. Andrews Hall.

## Observe the Countryside Code

The countryside code are Government guidelines that outline the appropriate action of visitors to respect and protect their local landscape. The code covers actions such as:

Leaving property and gates as you originally found them

- Do not block pathways or driveways when parking
- Follow local signs and keep to marked paths unless wider access is available
- Do not interfere or feed livestock as this may cause them harm and give them plenty of space
- Take your litter home - leave no trace of your visit
- Do not light fires and only have BBQs where signs say you can
- Always keep dogs under control and in sight and pick up any dog waste

Cumbria's Police and Crime Commissioner, Peter McCall, said: "We live in a beautiful part of the country that attracts millions of visitors every year but we always need to remain considerate of those who live and work in our rural areas. The Countryside Code is a set of guidelines that allows everyone to enjoy the outdoors while remaining respectful. It's essential that we take care of our county so that everyone can continue to enjoy it and make sure that we are not causing any damage. We also need to remember that many farmers in Cumbria rely on the countryside code to protect their livelihoods. Actions such as leaving a gate open when you found it closed, allowing a dog off of a leash or feeding livestock can cause distress to farm animals and can essentially cost a farmer income.

The message is simple - be respectful and leave things as you found them."



## Do You Know Where to Report Scam Messages?

Fake emails and text messages are a common tactic used by cyber criminals, their goal is often to convince you to click a link.

Once clicked, you may be sent to a dodgy website which could download viruses onto your computer, or steal your passwords and personal information.

In order to try and convince you that their messages are legitimate, criminals will pretend to be someone you trust, or from some organisation you trust. This could be your Internet Service Provider (ISP), local council, even a friend in need. And they may contact you by phone call, email or text message.

### Reporting suspicious emails:

If you have received an email which you're not quite sure about, you can report it by forwarding the email to the Suspicious Email Reporting Service at: report@phishing.gov.uk. As of 31st October 2021, the number of suspicious

email reports stands at more than 8,100,000, with the removal of more than 67,000 scams and 124,000 URLs.

### Reporting suspicious text messages:

You can report suspicious text messages to your mobile network provider, for free, by forwarding the text to 7726. If you forward a text, your provider can investigate the origin of the text and take action, if found to be malicious. If 7726 doesn't work, you can find out how to report a text message by contacting your provider. (On many Android devices and iPhones, pressing and holding on the message bubble should present the option to forward the message)

For more of the government's latest advice on how to stay secure online, visit the Cyber Aware website: [ncsc.gov.uk/cyberaware](https://www.ncsc.gov.uk/cyberaware).

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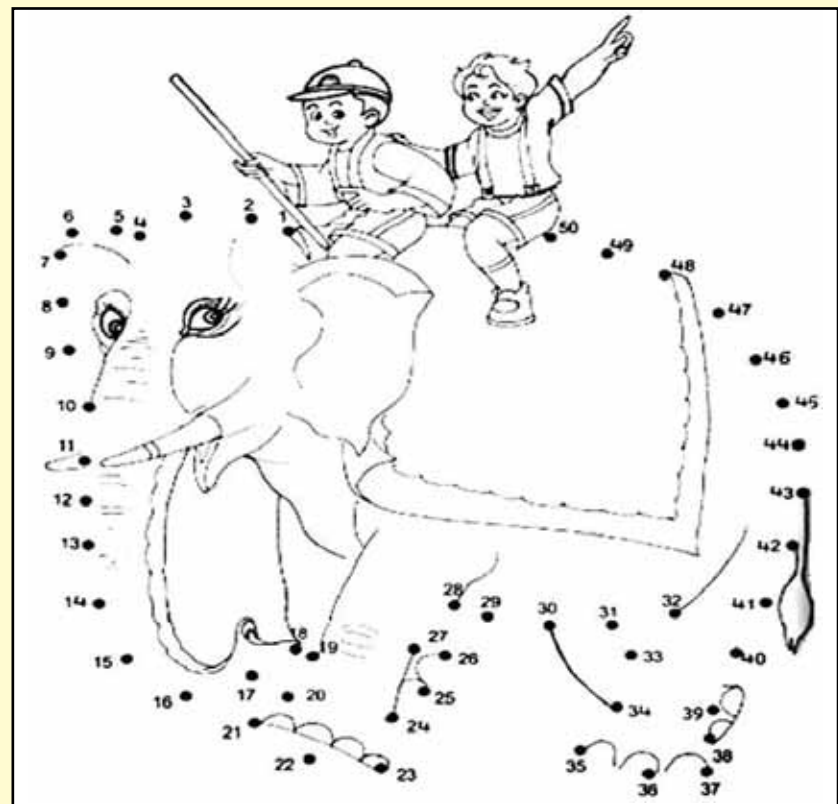
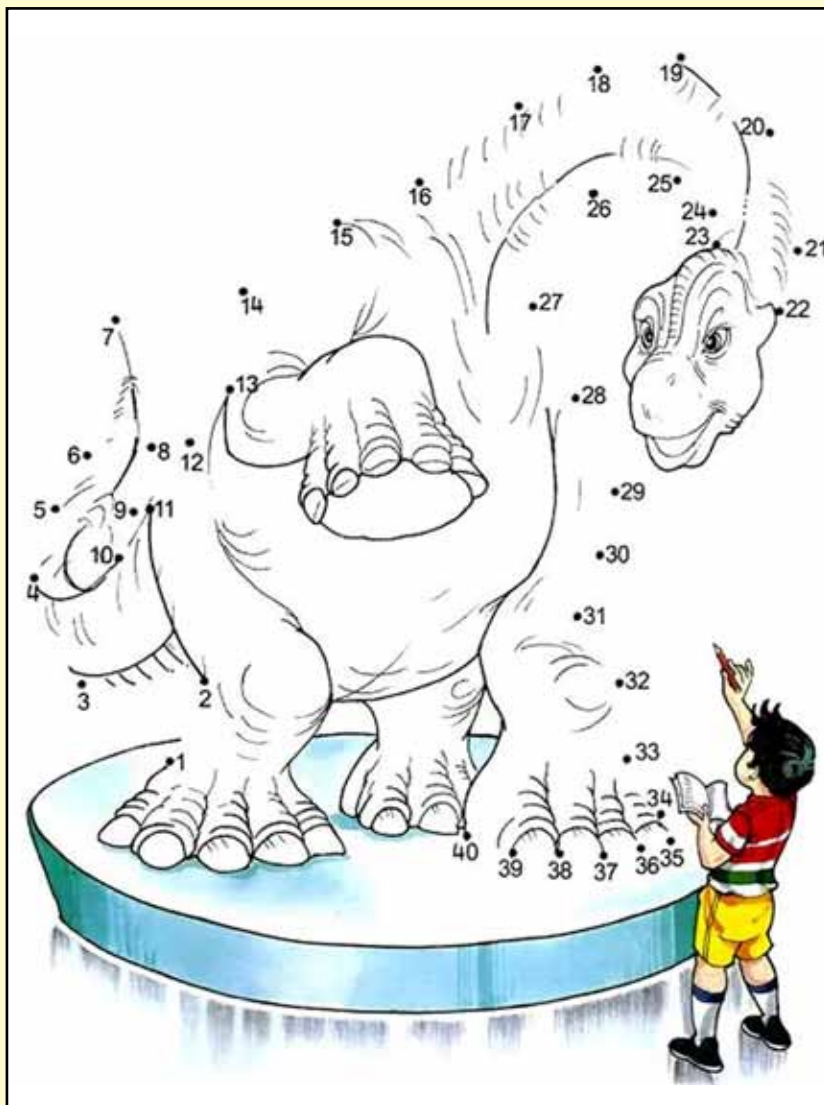
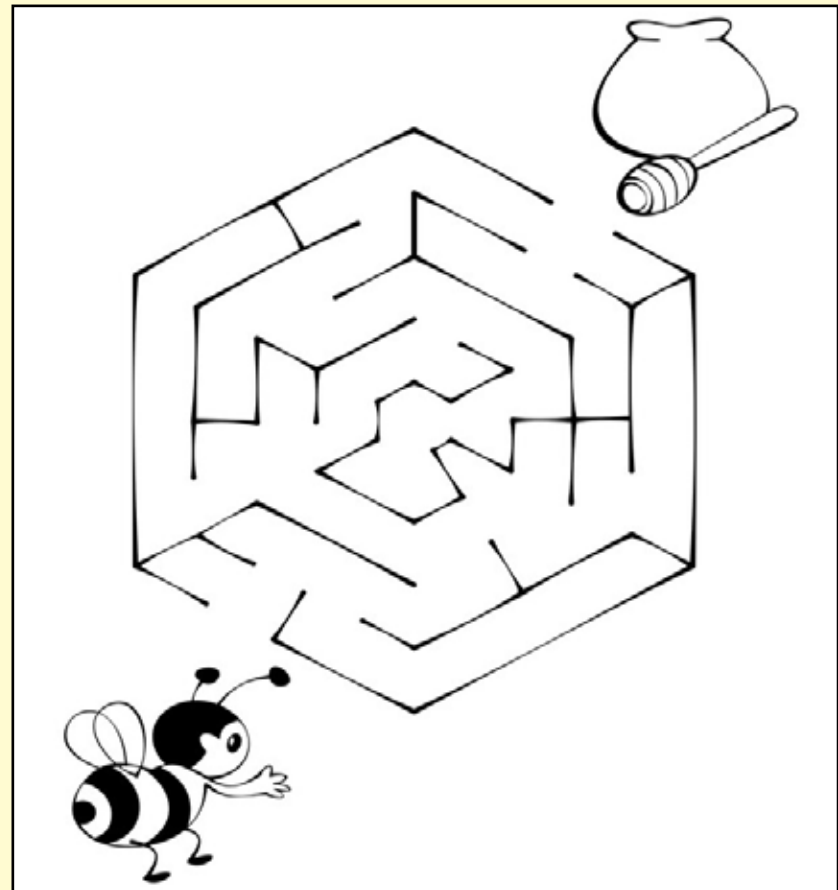
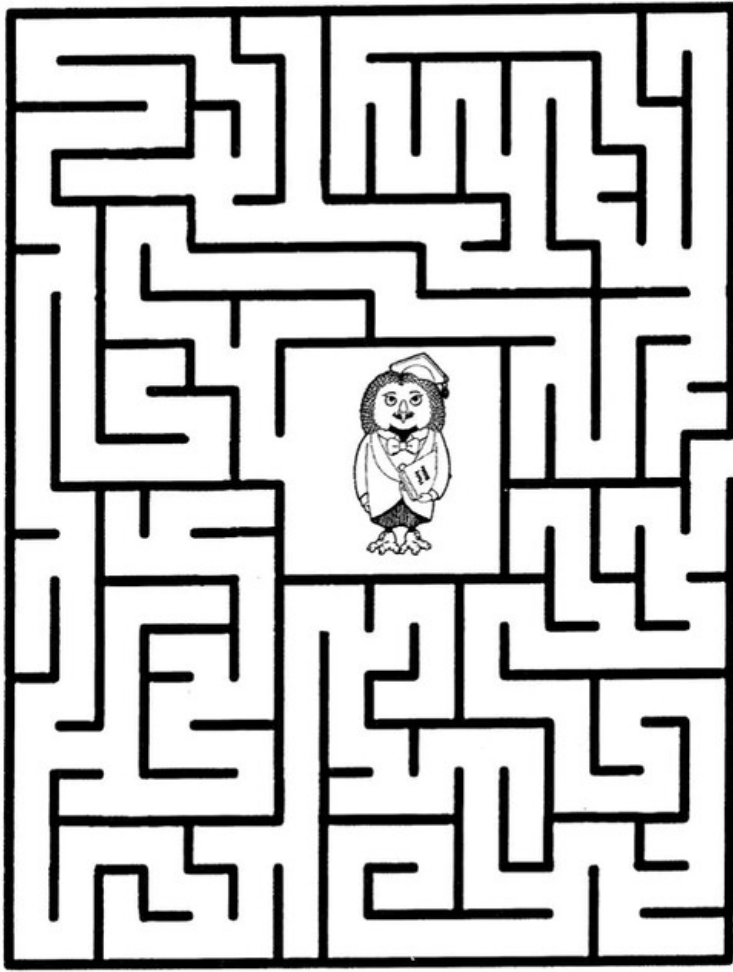
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# Nursing Home Retirements with a Combined 60 Years Service



Lillian Sewell, Ann Blair & Kathleen Jones

Silloth Nursing Home would like to wish Lillian Sewell and Kathleen Jones all the best in their well-earned retirement.

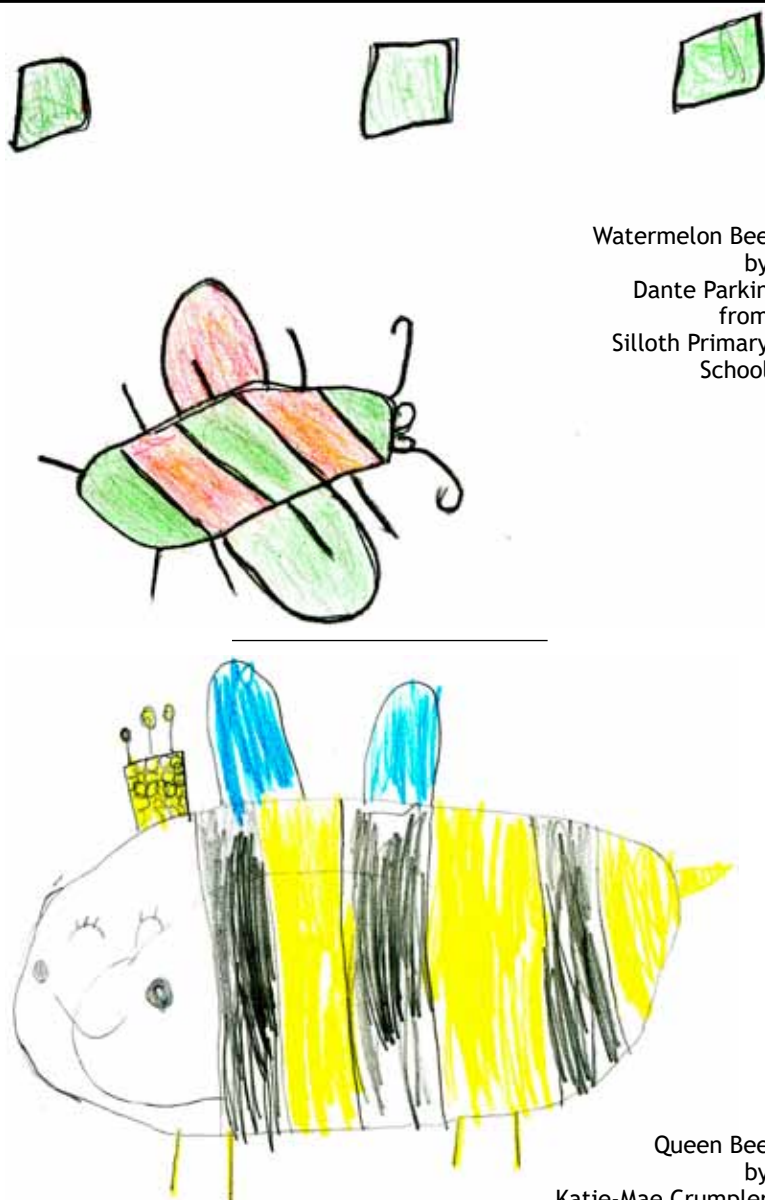
Together these two wonderful ladies have a combined total of 60 years loyal service. Lillian 35 years firstly on the care and then becoming the homes laundry supervisor and Kathleen 25 years working in the office doing wages and helping with the continuous mountains of paperwork.

Both Lillian and Kathleen have seen and been very much part of the many changes during their

time at the home – from the long Nightingale wards being made into single en-suites to the home being awarded care home of the year for palliative care in 2016 and finally the home achieving Outstanding with CQC for the past six years.

Have a fabulous retirement girls and thank you so much, even in your retirement for your continued support of all our residents by helping with activities.

You are simply the best, love from, Ann and everyone at Silloth Nursing Home.



Watermelon Bee  
by  
Dante Parkin  
from  
Silloth Primary  
School

Queen Bee  
by  
Katie-Mae Crumpler  
from  
Silloth Primary  
School

## Be Aware of this Phone Scam

This particular Scam is known to have taken place in West Cumbria, it is one that you should all be aware of.

Cumbria Police would like to advise the public that they are aware of a telephone scam whereby people who are claiming to be police officers over the phone are requesting members of the public to transfer money to them to assist in a fraud investigation.

There have been a number of incidents in West Cumbria specifically the Drigg and Seascale area and Cumbria Police are advising those in the area to be vigilant.

This scam has been reported in other parts of the country.

They would like to state that no police officer would contact the public requesting any money and remind the public to remain vigilant and to contact the police to check on the identity of officers if you have any suspicions.

Report online at: [www.cumbria.police.uk/reportit](http://www.cumbria.police.uk/reportit).

You can also phone on 101.

Alternatively you can contact Crimestoppers, anonymously, on 0800 555 111.

## Bee Fact #1



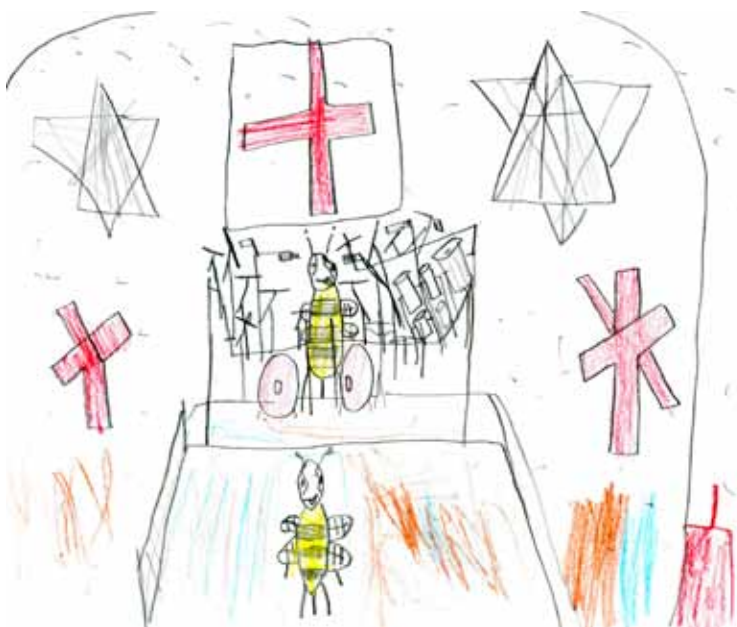
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**DEMOLITIONS**



# Causewayhead WI

Report by: Jenny Stride

At the Causewayhead WI meeting on 12th January, John Molyneux came to give a Brief History of Silloth using a voiced slide show and answering questions.

The original name for Silloth arose from the days when the monks at Holme Cultram Abbey stored their grain here, and after many variations arrived at the current way of spelling.

In the early 1800's a canal was built to Carlisle with eight locks, these were prone to silting up and later in the century was drained and used as the railway line.

The introduction of the

railway brought a lot of trippers to the town and at one time there were over 115 separate hotels, lodgings and apartments.

I was surprised to learn that at one time you could sail to Dublin and the Isle of Man from Silloth.

Many of our members were transported down memory lane by the photos, those of us from out of the area learned a lot of interesting facts about the town so a very interesting afternoon for all.

Raffle winners:  
Valerie Lodge and Margaret Peach.

Our future meetings will be held in Christ Church as we have outgrown the Community Hall.

## Where is the Local News?

Since the onset of Covid the amount of local news in this community paper has dwindled. As the tag line above says 'local news, for you, by you, about you'!

Just to re-assure everyone, articles from local community organisations are always free of charge, adverts from community groups are also free of charge.

Simply send in your report and photographs, preferable by email but also by post or hand them in at the door. Contact details are on page 11. This bi-monthly edition has been reduced to 16 pages. Please send everything in by early March for the April edition.

## £18,300 Local Grants

The Hellrigg Wind Farm Community Benefit Fund has been helping to transform local communities. The fund benefits the parishes of Silloth-on-Solway, Holme St Cuthbert's, Holme Low, and Holme Abbey.

Silloth-on-Solway Town Council received £5,000 for Silloth Green's Changing Place project, to provide accessible toilets for the local community and visitors.

Cllr. Carol Doran, Chair of the Accessibility Committee said: "This is brilliant news for Silloth and shows how important this facility is, offering those with disabilities the opportunity to enjoy with confidence the town and indeed the Green. The Accessibility

Committee is delighted to know that they are supported in this endeavour by Cumbria Community Foundation."

Changing Places are more than a standard accessible toilet, they offer additional specialist equipment that meets the

needs of people with profound and complex disabilities who cannot use the toilet independently. A Changing Places toilet can give new-found freedom as those with disabilities can stay away from home longer, knowing that they can visit a safe, hygienic bathroom.

Holme Low Parish Projects Group received £10,000 to support the renovation of the old waiting room at Causewayhead Cemetery. There have been complaints from members of the public about the poor condition of the building, which has been allowed to fall into disrepair in recent years and about the lack of any toilet facilities and adequate water supply. The project will restore the former waiting room building, provide accessible toilet facilities and a water supply for people putting flowers on the graves of their loved ones.

Duncan Findlay, Project Group Chairman, said: "On behalf of the project group I would like to thank Hellrigg Wind Farm for the support."

Two further projects also received a financial boost. Silloth Youth Club received £3,000 to provide activities for its young members and Holme St Cuthbert Community Group received £300 to make improvements to Newtown pond.



Flying Bee  
by Ari Turnbull  
from Holm Cultram Abbey School



Bella  
by Freya Griffin from Holme St Cuthbert School



Rainbow Bee  
by Annie Sessford from Holm Cultram Abbey School



Unicorn Bee  
by Ella Rose Carruthers from Silloth Primary School

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# Mawbray Pantomime is Back With a Bang!

Report & Photos by:  
Lynda & Brian Bailey

After a gap of 5 years the Mawbray Village Pantomime is back, and back with a BANG.

The 'Mawbray Players' comprising entirely of local people and directed by our very own Creative Director Rosie de Mello, and Musical Director Brian Melville staged a matinee and evening performance of 'A Lad in a Manger', a panto version of the Nativity, on 29th December.

Both performances were a great success with capacity audiences, who laughed all the way through and joined in the fun.

The pantomime was put together at short notice, on a small budget, there were the odd mistakes, but yes, it is a pantomime and that brought even more laughter.

A special mention must go to six months old Laurian Jack Taylor who played the leading role of Baby Jesus and smiled all the way through each performance, well done.

The newly re-opened Community Village Pub, 'The Lowther Arms', run by the community were involved offering good food and drinks, after each performance, a big thank you to Chris Gates, who as well as playing an important role in the pantomime also organised the kitchen in the pub. Thank you also to all those voluntary helpers in the pub.

The 'Mawbray Players' have vowed to keep together, so expect another great pantomime next year.

Proceeds of the pantomime are to be divided equally between Mawbray Village Hall and Holme St Cuthbert Church.



# Christmas Day Lunch Raises £695



We held another Christmas Day lunch on Christmas day last year thanks to Silloth Rugby Club who let us host it in their lovely premises.

Again it would not of been possible if it had not been for the lovely people of Silloth helping out:

- The Cumberland Building Society for their generous donation.
- Enkev who also gave us a generous donation to help pay for items we needed and also gave boxes of wine, chocolates, Christmas puddings and shortbread to hand out to people after they had finished their lunch.
- Berry's the bakers for their lovely tray of bread and cakes.
- Mandy Kerr and Douglas Kerr kindly made us our soup.
- Nicola Myers from the fruit and Veg company for all the lovely vegetables.
- Armstrong's for the lovely potatoes.
- Pamela Shaw for the roast potatoes.
- Owen Martin for the lovely

desserts.

- Also for the generosity of the lovely men from Stella's providing some lovely wine.
- Finally to Mr Tommy Hornsby for the lovely turkeys he supplied.
- Also the lovely people from the Mawbray cheese company who brought us some lovely food on the day.
- To everyone that helped on Christmas Eve and Christmas Day Christina Stevens, Owen Martin, Cally Martin, Joe Scott, Mel Irving and John Cook.

When we finished the lunches we took all the veg and peelings to AniMel for her animals and all the lovely cakes and biscuits left went to the convalescent home.

Thank you so much each and every one of you as it would not happen without you all. Silloth is a lovely place where people pull together when it is needed.

We have a final figure of £695 which will be going to Silloth First Responders this year.



Mam, Dad & Baby Bee with Sister & Brother Bee  
by Sonny Kelly from Silloth Primary School



Football Bee  
by Liam Ledingham from Holm Cultram Abbey School

**CULTERHAM HALL**

**A night with the Ukes of Allonby**

**Saturday 12 February 7:30pm**

Bring your own drinks.

Booking is essential. Contact Lynda on: 01900 881737 or 07926 810074

**£10 per head includes buffet**

**The Mawbray Film Club presents**

**NO TIME TO DIE**

**SATURDAY 19 March 2022**

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**

Life-time Membership £25.00 per adult £15.00 per child £10.00 per family

First Night Charge £3.00 per adult £1.50 per child Under 10s

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

**Stay & Play**

Come along and join in with lots of fun activities to promote your child's learning and development, including free play, messy play, arts and crafts, and group story and song time.

These will help to promote speech and language and sharing and turn taking while exploring new and exciting opportunities. Our stay and play sessions are also a great opportunity for you and your child to meet new people in a fun and relaxing atmosphere.

Sessions will take place at:

North Allerdale children's centre - Silloth

Date: 2<sup>nd</sup> & 4<sup>th</sup> Friday in The Month (term time only)

Time: 10.00am to 11.30am

For further information or to book your place, please contact either: Jordan Huddart on 01900 810869 or by email, Jordan.huddart@family-action.org.uk or Melanie Walker on 016973 43870 or by email melanie.walker@family-action.org.uk

**£10 per head includes tea/coffee**

**Holme Cultram Abbey**

**Monthly Munch**

Our famous Monthly Munches are back! You can now eat in or takeaway.

**On Thursday 3<sup>rd</sup> February 2022**

**between 11.30am - 1pm**

**At Holme Cultram Abbey Tearoom**

**2 Courses**

**Main - Chicken Casserole & Potatoes**

**Pudding - Rice Pudding**

(alternative options available please ask)

**Eat in: £6.00 includes tea/coffee**

**Takeaway: £5.00**

(local delivery available please let us know when ordering)

To book/order or for more information please contact:

**Brenda - 016973 61224 or Anita - 016973 61113**

(Bookings/orders to be placed by Wednesday 2nd February 2022)

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

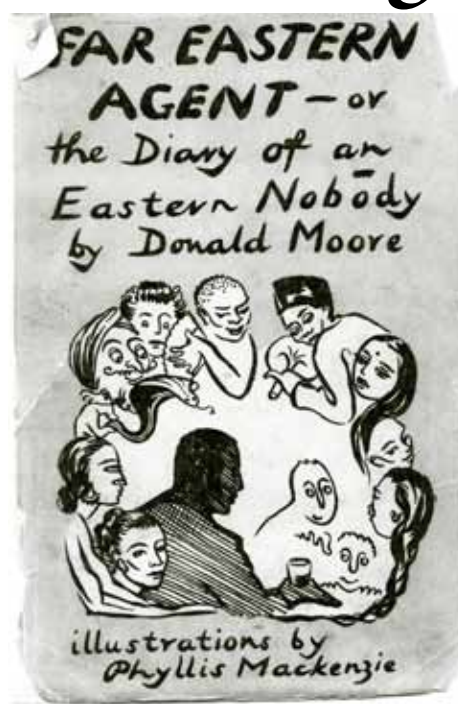


# Your Buzzing Letters & Poems

Dear Buzz,

I would like to compliment all those who made the effort to brighten up the town with Christmas lights and decorations. I must say I was a shade disappointed that the owners of the scaffolding didn't take the hint. Well maybe next year we can look forward to a light extravaganza?? What does it take to get some road repairs? The main road through Abbeytown and outside the entrance to the airfield are a disgrace. One thing for sure, speed bumps to slow you down will never be needed! It is about time Allerdale and Cumbria Highways got it sorted before the paint gets worn out. I often wonder what would happen if all the ratepayers adopted the same attitude when paying the Council Tax. Let us hope we see a bit more action in 2022.

The Whinge (CB)



Dear Buzz,

I was interested to read your article from Michael Faulkner in "Down Memory Lane" last month which brought back memories to us! My husband and I lived in Singapore for over two years back in the 60's when he was in the RAF and used to visit the Donald Moore Art Galleries often. We purchased one of his books there called "Far Eastern Agent" and still have the original copy which gives an account of life in the Far East in the 1950's. See above a copy of the cover.

Judy Rochester

Mother-In-Law by Joan Bennett

My mother-in-law's odd but she is such a dear.  
The problem I have is her thinking's unclear.  
She always says one thing but means quite another.  
This usually get me into some kind of bother.

One morning when we were drinking our tea.  
She rose from her chair, clapped her hands with glee.  
I've just been thinking I have an idea.  
What she'd been thinking to me was unclear.

I think we'll go shopping we'll go on the bus.  
This is my treat so don't you make a fuss.  
But I don't have much money I tried to say.  
You don't have to worry she said I'm going to pay.

I thought this was funny I should have guessed.  
Saving her money was what she did best.  
She pushed in the bus queue so that she would be first.  
She left me no choice but to open my purse.

No matter I thought she has saved me a seat.  
I hope she won't ask me to take her next week.  
We walked round the store and soon she was lost.  
I hastened to find her, I did at my cost.

She'd caused such a stir she'd attracted a crowd.  
I'd got as close as the crowd had allowed.  
The assistant was angry he was quite irate.  
It was easy to see that he was in a state.

I'm new here he shouted this is my first day.  
Trust me to serve someone who refuses to pay.  
I pushed my way forward I tried to explain.  
But what could I say for she wasn't insane.

I paid for the goods my funds getting low.  
We struggle to manage didn't she know.  
My husband, her son, he works very hard.  
But he doesn't earn much in that old coalman's yard.

Perhaps he'll be angry the money I've spent.  
Was what he had given me for next Monday's rent.  
My mother-in-law smiled that's better you see.  
Come dear I'll buy you a nice cup of tea.

Frost by Sofia Lodhi

Reeds stand tall,  
Glazed in white gold;  
While streams of bubbles: sugar glass  
Are rendered mute and motionless...  
Frost clothes woods in shimmery daze,  
Under sunlight's citrine gaze;  
Chill morning rays  
Throw glitter  
Over fields: ground dense,  
Air bitter.  
Red berries glow bright: crystallised...  
Silk webs glint, sparkle: paralysed,  
Their freeze-framed dewdrops: opalite...  
In a dazzled world -  
Stilled,  
Silent:  
White.

A Hundred Years by Sofia Lodhi

Birdsong echoes 'round me  
As the night sky turns to blue...  
While Spring's dawn sparkles brightly,  
Making crystals of the dew.

Fiery pinks and rubies  
Paint a Summer evening's sky...  
Soft breezes ruffle through my leaves  
As stars look down from high.

Autumn: bright as fireworks  
Colours me with joy...  
Despite the chilling night air  
It's a Season to enjoy.

Wild snowstorms whirl around me...  
My gnarled boughs shiver, shake....  
When frost adorns my branches,  
Winter's silhouette I make.

I tire not of the Seasons:  
They soothe my wooden soul...  
I've been here a hundred years  
And still am standing tall!



Barry Buzz Batom  
by  
Freddie Moss  
from  
Silloth Primary School

## Do You Get the 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 for your area. 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.

## Non-Commercial Tourism Websites

solwaybuzz.co.uk  
sillothgreen.co.uk  
silloth-on-solway.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)

## 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. Return 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. Or send it to us, our address is on page 14.

This month the winner is Millie Ivy Errington from Silloth Primary School with a bee drawing called "Gracie and Max".

Well done!





# Copy Date



Please let us know of any changes within this section

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.

## 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](http://www.ellenvalecoaches.co.uk/service-60e.html)

## Silloth RNLI Shop

**SHOP OPENING HOURS**  
Monday to Thu closed  
Friday & Sat closed  
Sunday closed

## We are now closed for Winter

Thank you to all our customers who have supported us and we look forward to seeing you in the Spring.

## 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](mailto: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.

## Doors Open Lunch

'Our Doors Open' meets in St Andrews Church every Tuesday from noon to 1pm for a light lunch with good fellowship for a donation only.

## First Responders

Silloth Community First Responders train on the first and third Tuesday of every month in Silloth Community Centre at 7pm.

## NatWest Mobile

The NatWest Bank mobile van will be here on Fridays only outside Silloth Community Centre from 9:45am - 10.45am  
Queen St Car Park, Aspatria from 11:15am -noon  
Market Hill Car Park, Wigton from 1pm - 2pm

## Cash Machines

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

## Causewayhead WI

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

## Miramar Lodge

Miramar Lodge of Freemasons based in Station Road Silloth meetings every third Thursday of the month. You will be made welcome.

## Art Group

Meet in the Golf Hotel from 2nd Feb 2022, 10am to 1pm. Then every first Wednesday. All welcome

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

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

# Dates for Your Diary

## February

2nd Silloth Art Group meets in the Golf Hotel 10am to 1pm, all welcome

3rd Monthly Munch in Holm Cultram Abbey, see advert, booking required

3rd Solway Coast Beach Clean at Crosscanonby, meet at the car park at the northern tip of Maryport golf course, 10am to noon, contact [nicholasjohng@yahoo.co.uk](mailto:nicholasjohng@yahoo.co.uk)

4th Open Mic Night at Wigton Theatre

5th Coffee Morning with Silloth & District Pensioners in St Andrews Hall, 10am to 11am

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

8th Solway Coast Beach Clean at Grune Point, meet at the car park at the former Skinburness Hotel site, 10am to 12:30pm, contact [nicholasjohng@yahoo.co.uk](mailto:nicholasjohng@yahoo.co.uk)

9th Causewayhead WI meeting in Silloth Community Hall at 2pm

12th Solway Coast Beach Clean at Silloth West Beach, meet at the car park past golf club and Solway Private Hire, 10am to noon, contact: [nicholasjohng@yahoo.co.uk](mailto:nicholasjohng@yahoo.co.uk)

12th A Night with the Ukes of Allonby at 7:30pm see advert

14th Wigton Theatre Panto: The Pie Eyed Piper of Wigton Pre-Book: 07977 835094

15th Solway Coast Beach Clean at Blue Dial, meet at front yard of Blue Dial Caravan Park, 10am to noon, contact: [nicholasjohng@yahoo.co.uk](mailto:nicholasjohng@yahoo.co.uk)

## February cont'd

15th Wigton Theatre Panto: The Pie Eyed Piper of Wigton Pre-Book: 07977 835094

16th Wigton Theatre Panto: The Pie Eyed Piper of Wigton Pre-Book: 07977 835094

17th Wigton Theatre Panto: The Pie Eyed Piper of Wigton Pre-Book: 07977 835094

18th Wigton Theatre Panto: The Pie Eyed Piper of Wigton Pre-Book: 07977 835094

19th Solway Coast Beach Clean at Wolsty, meet at the sandy car park with brown welcome sign 2 miles south of Silloth, 10am to noon, contact: [nicholasjohng@yahoo.co.uk](mailto:nicholasjohng@yahoo.co.uk)

19th Wigton Theatre Panto: The Pie Eyed Piper of Wigton Pre-Book: 07977 835094

20th Wigton Theatre Panto: The Pie Eyed Piper of Wigton Pre-Book: 07977 835094

22nd Solway Coast Beach Clean at Mawbray, meet at the car park down track opp Village, 10am to noon, contact: [nicholasjohng@yahoo.co.uk](mailto:nicholasjohng@yahoo.co.uk)

26th Solway Coast Beach Clean at South Allonby, meet at the car park southern end of Allonby Village opp church, 10am to noon, contact: [nicholasjohng@yahoo.co.uk](mailto:nicholasjohng@yahoo.co.uk)

## March

5th Coffee Morning with Silloth & District Pensioners in St Andrews Hall, 10am to 11am

5th Solway Coast Beach Clean at North Allonby, meet at the car park north of Allonby Village, 10am to noon, contact: [nicholasjohng@yahoo.co.uk](mailto:nicholasjohng@yahoo.co.uk)

## March

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

8th Solway Coast Beach Clean at Rockcliffe, meet at CA6 4AD Marsh View via narrow school lane between church & school, 10am to noon, contact [nicholasjohng@yahoo.co.uk](mailto:nicholasjohng@yahoo.co.uk)

9th Causewayhead WI meeting in Christ Church, Silloth at 2pm

12th Solway Coast Beach Clean at Crosscanonby, meet at the car park at the northern tip of Maryport golf course, 10am to noon, contact [nicholasjohng@yahoo.co.uk](mailto:nicholasjohng@yahoo.co.uk)

19th Mawbray Film Club showing 'No Time to Die' see advert

## April

2nd Coffee Morning with Silloth & District Pensioners in St Andrews Hall, 10am to 11am

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

12th Holme Low Parish Council meeting in Silloth Community Hall at 7:30pm

13th Causewayhead WI meeting in Christ Church, Silloth at 2pm

## May

7th Coffee Morning with Silloth & District Pensioners in St Andrews Hall, 10am to 11am

9th Silloth Town Council meeting in Silloth Community Hall at 7pm

11th Causewayhead WI meeting in Christ Church, Silloth at 2pm

## May cont'd

28th Silloth Green Day

29th Silloth Green Day

30th Silloth Green Day

## June

4th Coffee Morning with Silloth & District Pensioners in St Andrews Hall, 10am to 11am

8th Causewayhead WI meeting in Christ Church, Silloth at 2pm

11th Silloth Vintage Rally on Silloth Green

12th Silloth Vintage Rally on Silloth Green

24th Silloth Pride on Silloth Green

25th Silloth Pride on Silloth Green

26th Silloth Pride on Silloth Green

## July

2nd Coffee Morning with Silloth & District Pensioners in St Andrews Hall, 10am to 11am

13th Causewayhead WI meeting in Christ Church, Silloth at 2pm

23rd Solway Truck Show on Silloth Green

24th Solway Truck Show on Silloth Green

30th Soul on the Green starts at 11am

## August

27th Silloth Carnival Mega Weekend on Silloth Green from 11am to 6pm

28th Silloth Carnival Mega Weekend on Silloth Green from 11am to 6pm

29th Silloth Carnival Mega Weekend on Silloth Green from 11am to 6pm

Have You Sent in Your Dates yet?

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

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.



Muffin the Cat Bee  
by Daisy Rudkin from Silloth Primary School





## Local Tradesmen and Services

### All Trades

#### TRIPLE TTT



Here are some of the jobs we carry out:

- Grass cutting
- Hedge cutting
- Moss/weed control
- Fence building
- Brick laying
- Paving
- Roofing
- Rubbish/garden waste removal
- Patio/driveways
- Full design & landscaping
- Tree surgery

- Window cleaning
- Pressure washing
- Patio/driveway cleaning
- Guttering cleaning & installation
- Soffit & fascia boards cleaning
- Painting

Tel: **01900 810008**

Web: [www.triplettt.co.uk](http://www.triplettt.co.uk)

E: [enquiries@triplettt.co.uk](mailto:enquiries@triplettt.co.uk)

### Decorators

#### MIKE JONES

Painter & Decorator

Call now  
for a free quote

Facebook:  
Mike Jones painter and decorator

[mikedecorator53@gmail.com](mailto:mikedecorator53@gmail.com)

T: **07842 355486**

### Denture Repairs

**Addison Orthodontics**  
Dental Repair Service  
54 Esk Street  
Silloth, t: 016973 32208

### Electricians

**Ian the Electrician**  
your local connection

Over 30 years experience  
Friendly and reliable service



All domestic installations  
Inspection and testing  
Maintenance & repairs

Mob: **07727 127000**  
Tel: **016973 23420**

### Firewood

**Seasoned  
Firewood  
Logs**

**DELIVERY  
AVAILABLE**

Tel: Ashley Sharp  
016973 31495  
07762 772208

### Joiners

#### OUTDOOR JOINERY

All outdoor joinery

Maintenance &  
Repair work of all  
kinds

Laminate flooring  
fitted

Tel Norman on:  
016973 61256 or  
0785 754 7783



### Plumbers

**KMG Plumbing & Heating**  
Gas, LPG, Oil, Solar & Solid  
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Experienced and Local  
Tel: 01900 881462  
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#### M. TAYLOR

Over thirty years  
experience in  
the installation,  
maintenance  
and repair of  
domestic gas  
and heating systems,  
all aspects of domestic  
plumbing undertaken no job  
too small, local and reliable



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Mob: **07773 069856**

### Roofers

#### Allerdale & Eden ROOFING SERVICES

Slating & Tiling • Velux Window Installations  
Repairs • Lead Work • Flat Roofing Specialist  
Fascias & Guttering • Storm Damage  
Insurance Work • **Free Estimates and Free Advice**

Maryport: **01900 813517**

Whitehaven: **01946 313103**

Mobile: **07518 454396**

[www.allerdaleandedenroofingservices.co.uk](http://www.allerdaleandedenroofingservices.co.uk)



#### PM Roofing Specialists

Proprietor Peter McKie, Established 1980

No job too big or small • uPVC Guttering, Facias & Soffits  
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• Flat Roofing Specialists (Firestone rubber cover & GRP  
Fibreglass with 30 year guarantee)  
Insurance Claims \* Free Estimates

Tel: **01228 548591** or Mob: **07931 362163**  
or **07833 305647** or **07534 050007**

#### John Hunter Roofing Contractors

City and guilds qualified ~ Slating and tiling specialist  
Firestone flat roofing installation

Fascia and guttering ~ Lead work ~ Storm damage  
Tel Silloth 016973 26103 or 07764 357812

**When a job needs  
doing ~ Get It Done!**

#### Advertise Here!

in the Tradesmens Section only **£184** for ten issues  
or a 6.5cm box for only **£322.50** for ten issues

BBEE  
by  
Blake Gunn  
from  
Holm Cultram  
Abbey School





# Pool Bee

Pool Bee  
by  
Kaydon Lockhart  
from  
Holm Cultram  
Abbey School



Fire Bee  
by  
Tammy Morris-Crawford  
from  
Holm Cultram Abbey School

## 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	Seasoned Firewood Logs	07762 772208
Allerdale & Eden Roofing	01900 813517	Silloth Cafe	016973 31319
AMC Scrap Metals	0774 2221222	Slimming World Loretta	07766 118556
British Heart Foundation	01900 358783	S.O.S.C.S.	016973 32452
Christine's Taxis	07917 564583	Stanwix Park	016973 32666
D A Harrison	016973 42277	The Charity Shop	016973 31696
David Allen Accountant	01228 711888	The Gifted Cat	07852 175753
Devonshire House Dentures	01228 529128	Triple TTT	01900 810008
Eilbeck Cleaning Services	07751 097035	Upholstery, Irene Armstrong	016973 31836
Fairydust Emporium	016973 31787	West Silloth Motors	016973 32833
Good Companions	016973 31553	Wheyrigg Hall Hotel	016973 61242
Green View / Stella's	016973 31743		
Hair She Goes	07857 989358		
Harrisons Store Ltd	016973 61231		
Ian the Electrician	07727 127000		
Jaybees	016973 31245		
John Hunter Roofing	07764 357812		
KL Express	016973 33033		
KMG Plumbing & Heating	07590 522621		
Mark Hansford Computer Services	016973 32089		
McDermott Chimney Sweep	07878 147444		
Mike Jones Decorator	07842 355486		
Mike Taylor Plumbing	07773 069856		
No. 17 Delicious	016973 32458		
Outdoor Joinery	016973 61256		
PM Roofing Specialists	07931 362163		
Queens B & B	016973 31373		



**Advertisers  
entries  
are  
always  
Free  
in the  
Phone  
Book**

### Useful Tel Numbers

Age Concern Home Safety Scheme	01946 68986
Allerdale B. Council	03031 231702
Chemist, Silloth:	016973 31394
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
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
MP, Mark Jenkinson:	01900 876189
Neighbourhood Forum:	01900 325013
Police:	101
Quakers, Wigton:	01228 523174
Register Office, Wigton:	01228 221122
Samaritans:	01228 544444
Silloth Community School:	016973 31234
Silloth Library	016973 31944
Silloth Nursery & Junior School:	016973 31243
Silloth Post Office	016973 31323
Silloth Town Clerk:	016973 31128
Silloth Tourist Information Centre:	016973 31944
Solway Buzz:	016973 32180
Paragon Vet:	01228 710208
Millcroft Vet:	016973 23898
Waste Disposal Dept:	01900 702800
Water LeakLine:	0800330033
West Cumbria Carers	01900 821976

Please, let us know what you want included

**OPENING HOURS**  
10am - 4pm  
Apart from:  
Mon: 12pm - 4pm  
BHM's: 10am - 4pm  
Weds: 10am - 1pm

**SILLOTH MOTORCYCLE MUSEUM**

**FREE ADMISSION**  
SOLWAY STREET, SILLOTH

**TEA, COFFEE & SOFT DRINKS AVAILABLE**

[sillothmotorcyclemuseum.co.uk](http://sillothmotorcyclemuseum.co.uk)

### THE GOOD CAUSES CHARITY SHOP

1 Queen's Court, Criffel Street, Silloth  
Contact: Denise Poland on 07999 752713

Closed Mondays

Please help us to help them

S.O.S.C.S.

### Silloth on Solway Community Shop

- \* Local people working for local causes \*
- \* All proceeds go back into the community \*
- \* Please continue donating \*

Open every day  
10am to 3:30pm  
Tel: 32452



S.O.S.C.S.  
12 Criffel Street  
Silloth

### KL EXPRESS Chinese Takeaway

Open All Week  
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A Wide Variety of  
Dishes for Every Taste

Telephone Orders  
016973 33033  
43 Eden St, Silloth

**If you want the job done right  
- Get the Professionals In!**



# 2021 Review of Shipping at Silloth

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



During the year there was plenty of shipping at the port to keep enthusiasts interested, with a mix of new ships and some old favourites. It was no surprise that 'Wilson Shipping' was well represented with one of its ships visiting every couple of months; the Norwegian company is the largest operator of coasters in Europe. However, as usual, the most regular caller was molasses tanker, ZAPADNYY, with her viscous cargos delivered from bulk storage in Amsterdam and Bremen.

Photographers at Silloth are privileged to get a close-up view of passing ships. What's more, as well as the ships themselves, crews provide interesting subjects, and it's not unusual to get a wave from their positions at the bow and stern when they spot a camera pointed towards them. Most ship movements proceeded without incident but there were some dramatic moments reflecting the challenges when approaching the port. They all illustrated the

skill of pilot and crews to steer their vessels through the narrow dock entrance. Here's a look back at some shipping not covered in previous issues.

January got off to a good start with a double-header of arrivals. It's not often two ships enter port on the same tide. The calm conditions were ideal for the arrival of KAPITAN SAKHAROV and STÖRTEBEKER, both first time callers at Silloth. The skill of the pilots was tested to get both ships safely docked within the short tidal window.

KAPITAN SAKHAROV entered first and STÖRTEBEKER was held between the dock gates until the Russian ship was secured at the quayside. The KAPITAN, with a cargo of fertiliser from Belgium was the only Russian ship to visit during the year. Registered in Arkhangelsk in the far north of the country, the ship is unusual in having both its name and port of registry only depicted in Cyrillic script.

Two months later, KARION was less fortunate with its timing on arrival from Russia. She was met by stormy conditions off Cumbria and forced to shelter at the Isle of Whithorn for three days.

Photographers gathered to capture the long-awaited arrival of this impressive ship. However, strong winds and a heavy swell caused the ship to drift at the dock entrance preventing it from approaching safely. The pilot waited patiently, but after two attempts to carefully manoeuvre, the ship had to call it a day and head back to Workington anchorage and await the next tide. This was frustrating for all involved, but resulted in some interesting shots for photographers watching the manoeuvres.

The port continued to be busy throughout the year with cargos from distant countries such as timber from Latvia, and fertiliser from Morocco.

The visit of the largest ship was reserved until late December, which hopefully bodes well for 2022.

## December Shipping at the Port of Silloth

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

### December

30/11 Daan from St Petersburg with a cargo of Fertiliser then on to Belfast.  
30/11 Wilson Durness from St Petersburg with a cargo of fertiliser then on to Wicklow.

5th Zapadnyy from Amsterdam with a cargo of Molasses then on to Klaipeda.

6th Marjatta from St Petersburg with a cargo of Fertiliser then on to Dunkirk.

8th Wilson Dusavik from Antwerp with a cargo of Dertiliser then on to Belfast.

22nd Kerli from St Petersburg with a cargo of Fertiliser then on to Drogheda.

A good month overall with six cargo vessels calling at the port and the return of TN Trawlers for the Christmas period. This finished the year well for the port with us being only a small amount down on planned cargo volumes for the year and still in pocket!

Main cargoes were again, as usual for us in this community, all to do with farming, with five fertiliser vessels carrying three different types of fertiliser and our old favourite, the Zapadnyy, arriving with a cargo of Molasses.

The port has seen busier times and looks forward to a more active port over the coming year.

Hope everyone has had a good Christmas and that we all enjoy a prosperous New Year.



Poor then Rich Bee  
by  
Millie Sessford  
from  
Holm Cultram Abbey School



Sky Dive Bee  
by  
Rebecca Elizabeth Anfield Slater  
from  
Holme St Cuthbert School

# Know the Signs of Heart Failure

Across Allerdale North Cumbria Health and Care are working to improve the way they deliver care and support through better co-ordination of services within the Integrated Health & Care Community.

They are looking to develop a co-ordinated approach in promoting health and wellbeing across Allerdale by encouraging organisations to deliver the same health promotion messages at the same time.

The next campaign that they would like to promote is 'Know the signs of heart failure'. This winter, heart failure specialist nurses at North Cumbria Integrated Care NHS Foundation Trust are urging you to know the signs of heart failure and what to do if you spot them.

In the UK the current estimate of people suffering with heart failure is around 900,000.

Lyndsey Sowerby, Heart Failure Specialist Nurse, said: "Heart failure means that your heart isn't pumping blood and oxygen around the body as well as it should. It doesn't mean your heart has stopped working;



however, you would need treatment to support it to work better and stop it getting worse. The likeliness of getting heart failure increases as you get older."

The main symptoms of heart failure are:

- Shortness of breath when you're active or resting.
- Swollen feet, ankles, stomach or around the lower back area – caused by fluid build-up.
- Feeling unusually tired or weak.

If you are suffering with these symptoms, please arrange to speak to your GP.

Lyndsey explains possible causes: "Heart failure can be caused by many conditions, but the main causes are a heart attack and ischaemic heart disease, as this can cause long-term damage to your heart affecting how it can pump. High blood pressure, that puts strain on the heart, which over time can lead to heart failure. Cardiomyopathy which is a disease of the heart muscle and problems

- with the heart valves."
- How to support heart health. Lifestyle changes you can make to prevent heart disease and heart failure:
- Adopt a healthier lifestyle.
  - Take regular exercise or staying physically active.
  - Stop smoking
  - Maintain a healthy weight.
  - Reduce and managing stress.
  - Adopt a heart healthy diet with fruits and vegetables (heart healthy recipes).
  - Control your blood pressure and cholesterol.
  - Limit alcohol intake.
  - Adopt a low salt diet.

Lyndsey added: "To test for heart failure a simple blood test can signify stress to the heart and if it is raised you may require a further test called Echocardiogram. If there are abnormalities found, you will need to be seen by a cardiologist who will discuss the findings and may start medication to help your symptoms."

It is important that heart failure is diagnosed early, so that treatments can be started to help alleviate symptoms and improve prognosis and quality of life.

Heart failure is a chronic disease, which will require lifelong treatment. However, with treatment many people can expect to see improvement in their signs and symptoms of heart failure.

## Are You Leaving the Door Open for Hackers?

Why are software updates important? Software updates are an important part of staying secure online. But why? You'll often hear about the new features or performance improvements in a software update, but what isn't talked about as often are the bug fixes and security improvements. Out-of-date software and apps contain weaknesses. This makes them easier to hack. Companies fix the weaknesses by releasing updates. When you update your devices and software, this helps to keep hackers out.

Why would cyber criminals target me? Your device contains a lot of personal data that is highly valuable if it fell into the hands of a fraudster. The likelihood is your device will contain your full name, date of birth, address, bank details, passwords, as well as many other forms of personal data such as private photos or videos.

Improve your online security by using automatic software updates

We understand it can sometimes be annoying to remember to update your devices every time a new update is released, that's why we encourage you to enable automatic updates wherever it's available. That means you don't have to manually install updates every time they're released.

For more of the government's latest advice on how to stay secure online, visit the Cyber Aware website: <https://www.ncsc.gov.uk/cyberaware>.

## Silloth Tide Tables

FEBRUARY 2022								SILLOTH							
Date								DEPTHS ON NEW DOCK GAUGE (1.8m ABOVE CD)							
								High Water				Low Water			
								Morning		Afternoon		Morning		Afternoon	
								Time	m	Time	m	Time	m	Time	m
1	TU	●	11 43	7.5				06 24	-0.8	18 56	-1.1				
2	W		00 13	7.3	12 29	7.7		07 13	-1.0	19 46	-1.3				
3	TH		00 58	7.4	13 13	7.8		08 00	-1.0	20 31	-1.3				
4	F		01 40	7.3	13 56	7.7		08 42	-0.9	21 11	-1.1				
5	SA		02 21	7.0	14 36	7.4		09 20	-0.7	21 47	-0.8				
6	SU		02 59	6.6	15 16	6.9		09 54	-0.4	22 21	-0.4				
7	M		03 37	6.2	15 57	6.4		10 29	-0.1	22 54	-0.0				
8	TU	▷	04 21	5.7	16 45	5.8		11 07	0.3	23 34	0.3				
9	W		05 13	5.2	17 46	5.2		11 55	0.6						
10	TH		06 22	4.8	19 01	4.9		00 28	0.7	13 06	0.8				
11	F		07 46	4.8	20 22	4.9		01 42	0.8	14 29	0.8				
12	SA		09 01	5.1	21 30	5.2		02 58	0.7	15 41	0.6				
13	SU		09 55	5.6	22 19	5.7		04 01	0.5	16 39	0.2				
14	M		10 38	6.1	22 59	6.1		04 51	0.2	17 27	-0.1				
15	TU		11 14	6.5	23 34	6.5		05 34	-0.1	18 09	-0.4				
16	W	○	11 47	6.9				06 14	-0.3	18 47	-0.6				
17	TH		00 06	6.8	12 19	7.1		06 52	-0.6	19 25	-0.8				
18	F		00 38	7.0	12 51	7.3		07 30	-0.7	20 02	-0.9				
19	SA		01 12	7.1	13 25	7.4		08 07	-0.8	20 38	-0.9				
20	SU		01 46	7.1	14 00	7.3		08 43	-0.8	21 11	-0.8				
21	M		02 23	7.0	14 37	7.2		09 17	-0.6	21 43	-0.6				
22	TU		03 03	6.8	15 17	6.9		09 51	-0.4	22 18	-0.3				
23	W	◁	03 47	6.4	16 05	6.5		10 31	-0.1	23 02	-0.0				
24	TH		04 41	5.9	17 09	5.9		11 23	0.2						
25	F		05 56	5.5	18 39	5.5		00 03	0.3	12 36	0.4				
26	SA		07 27	5.4	20 13	5.5		01 32	0.5	14 12	0.4				
27	SU		08 48	5.8	21 31	6.0		03 03	0.3	15 42	-0.0				
28	M		09 54	6.5	22 31	6.6		04 19	-0.0	16 55	-0.4				

Times shown in UTC. Add 1 hour for British Summer Time.

MARCH 2022								SILLOTH							
Date								DEPTHS ON NEW DOCK GAUGE (1.8m ABOVE CD)							
								High Water				Low Water			
								Morning		Afternoon		Morning		Afternoon	
								Time	m	Time	m	Time	m	Time	m
1	TU		10 48	7.1	23 19	7.1		05 22	-0.4	17 55	-0.9				
2	W	●	11 32	7.5				06 14	-0.8	18 44	-1.2				
3	TH		00 00	7.4	12 13	7.8		07 00	-1.0	19 27	-1.3				
4	F		00 39	7.5	12 51	7.9		07 40	-1.1	20 06	-1.3				
5	SA		01 16	7.4	13 28	7.7		08 17	-1.0	20 41	-1.1				
6	SU		01 50	7.2	14 04	7.4		08 50	-0.9	21 12	-0.8				
7	M		02 22	6.8	14 38	7.0		09 20	-0.6	21 38	-0.5				
8	TU		02 55	6.4	15 15	6.5		09 49	-0.2	22 03	-0.1				
9	W		03 32	5.9	15 56	5.8		10 19	0.2	22 34	0.3				
10	TH	▷	04 17	5.4	16 49	5.1		10 59	0.5	23 18	0.7				
11	F		05 18	4.8	18 05	4.6				12 02	0.9				
12	SA		06 50	4.5	19 43	4.5		00 33	1.0	13 40	0.9				
13	SU		08 22	4.7	21 04	4.9		02 12	1.0	15 06	0.7				
14	M		09 26	5.3	21 56	5.5		03 29	0.7	16 11	0.2				
15	TU		10 11	5.9	22 35	6.1		04 25	0.3	17 00	-0.2				
16	W		10 47	6.5	23 09	6.6		05 11	-0.1	17 43	-0.5				
17	TH		11 21	6.9	23 40	7.0		05 52	-0.5	18 24	-0.8				
18	F	○	11 53	7.3				06 31	-0.8	19 02	-1.1				
19	SA		00 12	7.2	12 25	7.5		07 10	-1.0	19 39	-1.2				
20	SU		00 45	7.4	12 59	7.6		07 47	-1.1	20 15	-1.2				
21	M		01 21	7.4	13 35	7.6		08 23	-1.1	20 50	-1.1				
22	TU		01 59	7.3	14 14	7.3		08 58	-0.9	21 22	-0.8				
23	W		02 39	6.9	14 57	6.9		09 33	-0.7	21 57	-0.5				
24	TH		03 24	6.5	15 49	6.3		10 14	-0.3	22 40	-0.0				
25	F	◁	04 22	5.9	16 59	5.6		11 09	-0.0	23 45	0.4				
26	SA		05 44	5.4	18 37	5.1				12 30	0.3				
27	SU		07 19	5.3	20 13	5.3		01 24	0.5	14 12	0.2				
28	M		08 40	5.7	21 27	5.9		02 56	0.3	15 38	-0.2				
29	TU		09 43	6.4	22 20	6.5		04 10	-0.1	16 45	-0.6				
30	W		10 32	6.9	23 03	6.9		05 09	-0.6	17 38	-1.0				
31	TH		11 13	7.3	23 40	7.2		05 56	-0.9	18 23	-1.2				



# The Dook That Never Was Raised £820!

Report by: Susan Anderson

January 1st 2022 dawned in true Allonby style with brooding skies and strong winds. The Met office was viewed hourly, the sea watched constantly and the Maryport Inshore Rescue consulted.

They sent a team to assess the state of the sea and sadly, at literally the 11th hour, they advised us to cancel. I was gutted, having taken over the organisation of the dook from Helen Gilmore, I couldn't quite believe we weren't going to be going in the water.

I braced myself for people's disappointment and maybe anger. How wrong I was because something amazing happened. The stalwart volunteers still turned up at the village hall and served their soup and hot chocolate.

The doughty registration folk still went to the beach to tell folk what was (not) happening. The amazing Inshore Rescue lads and lasses still arrived as planned, to help explain to people and, well, just in case.

People, who knew it was cancelled, still popped by in fancy dress for a soup and a craic.

The most stupendous thing of all though, people still dug deep into their post Christmas pockets and donated to our cause. I am astounded, humbled and so proud of my North Cumbrian neighbours to report we still raised over £820 for Maryport Inshore Rescue. We



will be back bigger and better next year. Watch this space, and please, keep your fingers crossed for better weather.



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