



Solway Buzz

Honey Bee
by Rory Askew from Holm Cultram Abbey School

www.solwaybuzz.co.uk

June 2022

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

FREE PAPER

Issue 199

Events Are Back!

2nd to 5th June
**Queen's Platinum
Jubilee Celebrations**

18th & 19th June
Silloth Pride

23rd July
Silloth Cycling Festival

30th July
Soul on the Green

25th to 27th August
Solfest

27th to 29th August
Silloth Carnival

8th to 11th September
**Silloth Music
& Beer Festival**

Silloth Lifeboat to the Rescue

Silloth RNLI lifeboat was called out on Saturday 16th April.

The crew were paged at 4:20pm and the lifeboat launched at 4:27pm, to attend a fishing boat just off Beckfoot, that had broken down.

The lifeboat quickly arrived

on scene and secured a tow rope onto the stricken vessel, the lifeboat helmsman then slowly manoeuvred the lifeboat into the ebbing tide in order to free the fishing boat's anchor, which had embedded itself into the seabed due to the fast flowing water. Although the fishing

boat had an auxiliary engine, in case of main engine failure, it was not powerful enough to effectively battle against the ebbing tide.

Silloth RNLI lifeboat towed the fishing boat safely to West Beach where the lifeboat shore crew were waiting with the

boat's trailer, which had been taken round to the beach as it was impossible to recover it from the station slipway due to the low tide.

The RNLI lifeboat was also recovered from the West Beach and both boats returned safely to the boathouse at 5:30pm.

Page 2
County Councillor Tony



Page 5
Kids planted the trees



Page 6
Tall tales from the ladies



Pages 10
Spring into Silloth #1



Page 11
Spring into Silloth #2



Page 20
Lexi is a winner



David Allen

Carlisle | Dalston | Dumfries | Penrith | Workington

Accountancy
IT Solutions

Tax Consultancy
Debt Recovery

Financial Services
Payroll

Agricultural Services

01228 711888 • www.david-allen.co.uk



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

Tony Markley Wins the Solway Coast Ward

Tony would like to thank everybody for your continued support by voting to elect him as your local councillor to serve on the new Cumberland Unitary Council,

Tony says "This council will shadow the existing Borough and Country councils for eleven months until the vesting day on April 1st 2023 for the New Cumberland Unitary Council.

This new council covers all Copeland, Allerdale and Carlisle areas and will continue delivering existing services as one unitary council.

This will be an exciting new challenge which I will do to the best of my ability and I will continue to promote Silloth and The Solway Coast as a fantastic place to live, work and visit. Thank



you all for your continued support."

Cllr Tony Markley is also a councillor representing us on: Silloth on Solway Town Council Allerdale Borough Council Cumbria County Council and Cumberland Shadow Council.

£1,700 for Rugby Club

The Police and Crime Commissioners Property Fund projects include Silloth Youth Rugby, where funding has enabled the club to purchase age-appropriate training kit and first aid bags.

These types of resources provide additional opportunities and equipment for diversionary activities where they are needed most and give young people easier access to active and healthy clubs in their free time.

Peter McCall said "I am always very encouraged by the number of innovative ideas for different activities and groups, and just how much time volunteers are willing to give to help create a sense of community belonging in the towns and villages where we live.

I urge members of the public to contact the OPCC if they would like to provide positive opportunities within their community. All information of how to apply can be found on my website."

T/Chief Superintendent Matt Kennerley, Cumbria Constabulary, said: "It is pleasing to see that money generated and seized from those who commit crime is redistributed into very worthwhile initiatives within our communities. The efforts by community groups not only assist the Constabulary's efforts to keep people safe, they also make a significant contribution to improving the quality of life for people across our county."



Poppet Bee!
by
Katelyn Pownall
from
Silloth Primary School



Doggy Bees
by
Connie
Beverley
from
Holm
Cultram
Abbey School



Bee Happy
by Ella Sheane from Silloth Primary School

D.A. Harrison



**Haulage & Storage
Sand, Gravel & Aggregates
Readymixed Concrete**



**Demolition & Site Clearance
Licenced Waste Disposal Site & Skip Service
Stevedores at Silloth Docks**

Admin: 016973 42277 Transport: 016973 44000
Skip Hire: 016973 31000 RMC: 016973 61777
Fax: 016973 42210 E: info@daharrison.co.uk
Silloth, Wigton, CA7 4NS

ATLAS

CONCRETE LIMITED

Tel: 016973 32585 or 016973 42277
Silloth, Wigton, CA7 4NS, www.atlasconcrete.co.uk

Manufacturers of all types of prestressed concrete panels and general purpose instant walling. Farm and industrial use, hollowcore floor units and 't' beams made to measure. Concrete posts & panels for instant security walling

DA Harrison & Company

Petrol, Diesel & Convenience Store
Waverton, Wigton, Tel: 016973 42277

CUMBRIA SINGERS

invite you to 'Come and Sing well known choruses by Handel, Bach, Haydn, Parry, Faure' with Andrew Padmore: an internationally renowned conductor.

Adults £25

(Concessions available: students in FTE; U.16s and Family groups)

**On 25th June 2022
10:30am to 4pm**

at St. Andrew's Parish Church, Penrith

Followed by: 'Come and Listen' a FREE performance for friends & family 5pm-6pm
E mail: mr4cnr@gmail.com

or Tel: 01768 894404

For information and reservations.



**FREE & FAST
COLLECTION**
of your unwanted furniture and electricals

Call BHF Workington 01900 358 783

Book online: bhf.org.uk/collection

© British Heart Foundation, registered charity in England and Wales (225571) and in Scotland (SC039425)

Green View Guest House

Stella's Bistro

Open
Wed to Sat
6pm to 9pm
booking advisable



**Bed & Breakfast
Sea Views**

All rooms en-suite
Evening Meals
Bicycle storage
Free parking

6 Park Terrace, Criffel Street, Silloth, Wigton, CA7 4DQ

Tel: 016973 31743

E-Mail: greenviewsilloth@yahoo.com

Causeway-head WI

Report by: Jenny Stride

At our April meeting Janet and Adrian from the Mawbray Cheese Company came to give us an insight into their company.

Having a passion for food and cheese in particular they had started making cheese for their own consumption but were encouraged to sell their produce. So in 2016 they began, originally using Ayrshire cows milk but now using milk from Jersey cows obtained locally from a farm at Penrith. All their cheeses are named after local places, such as Criffel View Blue.

In 2018 they won 3 awards, and a highly commended in the International Cheese Awards, as this was 5,000 different cheeses from 25 countries they were very pleased with this achievement.

The shop at Mawbray is open Thursday, Friday & Saturday and is listed as a "pit stop" on the coastal cycle route. They have water and repair kits available.

You can also find them on stalls at most of the local markets and across the border in Southern Scotland.

Janet & Adrian explained the processes for making cheese and how although they can make vegetarian cheese using soya milk, cashew nuts, coconut oil, nutritional yeast and miso, it is not a viable option at the moment.

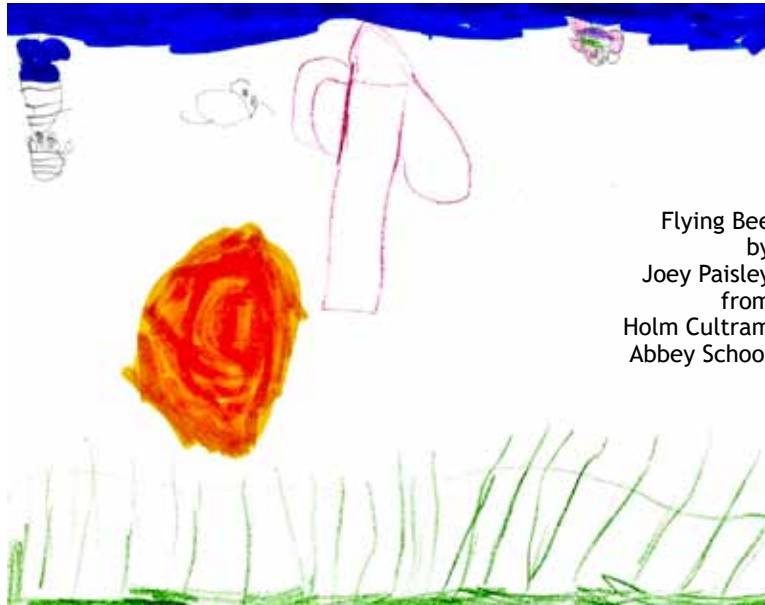
At the end of the very interesting talk we were pleased to taste the samples they had brought.

Competitions:

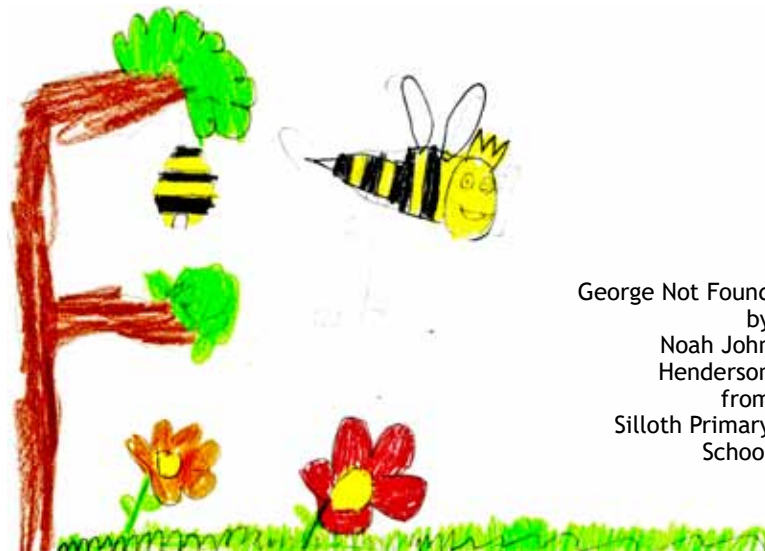
Speaker related item:

1. Mona Kent 2. Frances Jackson Wild Flower Posy:
- Christine Worrall
- Single Flower 1. Jean Graham
2. Mona Kent
- Raffle 1. Kate Barkway
2. Lorraine Hodgson.

We entered two teams into the recent town quiz and didn't disgrace ourselves.



Flying Bee
by
Joey Paisley
from
Holm Cultram
Abbey School



George Not Found
by
Noah John
Henderson
from
Silloth Primary
School



Colin + Tress + Mill
by Abigail Tegan Martin from Holm Cultram Abbey School

You Otter See Our Uninvited Guest



Report by: Linda Goldie

My husband and I are holidaying in our holiday home in Skinburness which is just round the corner from the Solway and yesterday morning when he opened the garden gate he found a live otter staring at him. He closed the gate and came in to tell me what he saw and that it had scuttled away.

We thought no more about it and put the cat gate up at the door in the conservatory.

I came into the bungalow and found the cushions on the settee were scattered and the ornament I had on the windowsill was on the floor with the light shades broken and a pile of sick next to it. I thought our cat had been having a fast runaround and called my husband to see the mess that had been caused.

Whilst I was in the conservatory, the cat gate rattled quite vigorously but I thought it was my husband fooling about and when I looked he was not there.

My husband later came into

the bungalow and went into the bedroom to find an otter on the pillow in our bed. He closed the door and told me to come and have a look. I was having none of it and hid behind the glass door in our lounge, with camera poised when he and the guy who was cleaning our oven at the time, went into the bedroom with a stick to try and get it to go on its way.

About five minutes later it 'sauntered' down the hallway and out of the door.

In hindsight, the gate had been rattled by the otter getting through the bars and the mess had been caused by it, who had obviously eaten the cat food from the feeding station and subsequently been sick.

Needless to say it was quite an experience but we were only too pleased that our cat seemed OK, if not a bit wary of the scent the otter had left throughout the house which left us having to have all the carpets professionally cleaned together with the bedding.

It gives us something to talk about when we get home.



Fairydust Emporium Vintage Tearoom & Shop
Eden St. Silloth
Open 7 Days Tel: 016973 31787 or 07842 062118
Rated Number 1 **tripadvisor**
The home of the **Biggest Hot Chocolate in Cumbria**
Fairydust Cabin Green
A Gnome in One Putting Green
The Silloth Fairy Trail & Wishing Tree
search FairydustHQ

ANIMAL & POULTRY FEED

(farm deliveries)
(hay & straw available)



CALOR GAS AGENTS

(discounted prices)
(free local delivery & connection)

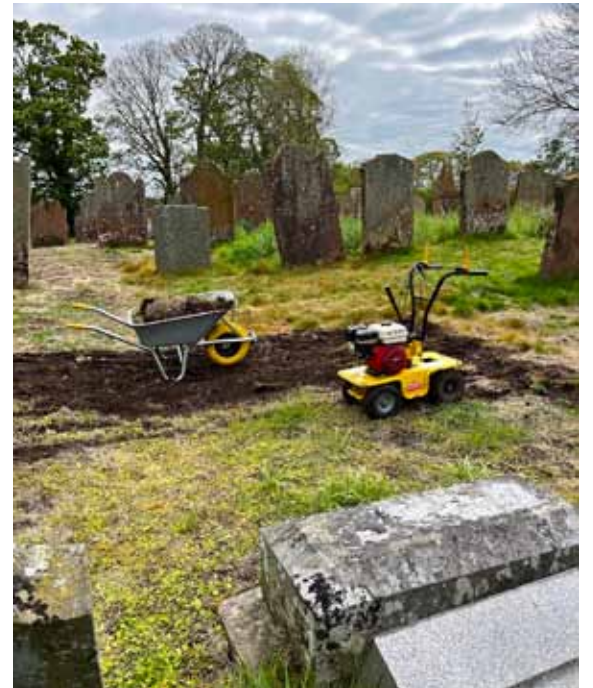
SPAR

open 6am-8pm Mon-Sat, 7am-7pm Sunday

Harrisons Store Ltd, Abbeytown

Tel/Fax: 016973 61231 ~ M: 07972 805074

Holme Cultram Abbey Big Plant Event



Report & Photos by: Laura Sim

On Monday 2nd May volunteers from the Friends of Holme Abbey Community Group along with support from Solway Coast Area of Outstanding Natural Beauty team took part in the Get Cumbria Buzzing Big Plant Event.

During the day our volunteers worked hard to tidy up the community garden in the church yard at Holme Cultram Abbey and have planted some colourful flowers for all to enjoy.

The volunteers were well rewarded with homemade soup, sandwiches and cakes throughout the day.

Please feel free to come and

visit us to see what we have been up to or to enjoy the peace and quiet and the stunning views of the fells from our new benches.

Anyone who would like to join our Friends of Holme Abbey Community Group please contact Brenda on 016973 61224 or email holmecultramabbey@btinternet.com.

The Solway Coast AONB team said "Another fantastic day at Holme Cultram Abbey & Tearoom planting for pollinators. It is always such a delight to work at this amazing place with such lovely people, The team always put in 110% and keep us well fed and energised. We can't thank you enough."

Holme Cultram Abbey

Jubilee Monthly Munch

On Thursday 2nd June 2022
At Holme Cultram Abbey

Main - Ham Salad
Pudding - Strawberry Gateaux
(alternative options available please ask)

Eat in: £7.00 (includes tea/coffee)
between 12pm - 1pm

Takeaway: £6.00 collection from 11.30am
(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 1st June 2022)
Please support us if you can. Thank you

Strawberry Teas

At Holme Cultram Abbey, Abbeytown

On Saturday 9th July
&
Sunday 10th July
12.00pm - 4.00pm

Eat in and takeaway options available
Raffle and various stalls
All welcome

Silloth Supports the Queen's Green Canopy



Report & Photos by:
Wendy Jameson, Town Clerk

We are pleased to confirm that our Jubilee tree planting on Silloth Green has been added to The Queen's Green Canopy (QGC) map.

The Queen's Green Canopy (QGC) is a unique tree planting initiative created to mark Her Majesty's Platinum Jubilee in 2022, which invites people from across the United Kingdom to "Plant a Tree for the Jubilee".

The Town Council agreed for the circular bed on Silloth Green, opposite Christ Church, to be replanted. The bed has been cleared of any old shrubs by our grounds maintenance team and some new compost added to create a new bed to mark Her Majesty's Platinum Jubilee.

The Friends of Silloth Green volunteers have planted a cherry tree, birch tree and mountain ash tree. Our local Rainbows, Brownies and Guides came across this evening, to plant another 130 smaller hedgerow trees which includes Hawthorn, Wild Privet, Hazel, Cherry Plum, Guelder Rose, Blackthorn, Scotch Rose, Elderflower, Crab apple, Wild Pear and Buckthorn Alder. It was lovely to see the youngsters getting involved and hopefully in the coming years they will be able to watch all the trees they've planted grow and thrive.

A very big thank you to everyone involved with this project. It is a welcome addition to the Green and a fitting tribute to mark Her Majesty's Platinum Jubilee.



**Cushions
&
Covers**

**Upholstery, Blinds,
Curtains, etc.**

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

EST **Nº 17** 2015
DELICIOUS

**Baguettes
Panini's
Breakfasts
Wraps & Coffees**

**17 Eden Street
Silloth, CA7 4AD
016973 32458**

**The Queens
Bed & Breakfast**
En-suite rooms
Sea Views ~ Wi-Fi

Call: 016973 31373
Mob: 07753 859403

email:
moregainus@gmail.com
web:
bedandbreakfast-silloth.co.uk
**1 Park Terrace
Silloth, CA7 4DQ**

Hair She Goes
Mobile Hairdresser



*Silloth
and
district*

*Call
Melanie
on:*

07857 989358

KL EXPRESS
**Chinese
Takeaway**

**Open All Week
4:30pm - 8:30pm**

**A Wide Variety of
Dishes for Every Taste**

**Telephone Orders
016973 33033
43 Eden St, Silloth**

WI 95th Birthday Party



Report & Photos by: Jenny Stride

On May 4th we all gathered at Christ Church Silloth to celebrate the 95th Birthday of Causewayhead W.I.

A Buffet lunch with a wonderful selection of foods provided by the members was held before the cutting of the cake made by Ann.

As entertainment we had asked members to wear a hat and tell a story connected to the hat, whether a true story or a tall tale.

We started with one of Pauline Mole's excellent poems, a story about a painting workshop from Mona, Olga's tale about swimming with baby elephants, Jean's story about her gardening apron, Dawn on the difficulty of choosing a fascinator and then Shirley's tale

of a trip to New Zealand and the South Pole. Shirley had us in fits of laughter and deservedly won the best hat and best story and received a small bouquet.

Everyone thoroughly enjoyed the afternoon and we look forward to our next meeting on 11th May.



Bomber Bee
by Spencer Kerr from Silloth Primary School



The Blitzer
by Willie Paisley from Holm Cultram Abbey School

West Silloth Motors

**Motor Vehicle Body Repairs
Diagnostics, Servicing & Recovery
Aircon Service Now Available**

Causewayhead, Silloth, CA7 4JG, Tel: **016973 32833**

Free Vehicle Collection & Delivery Service



MOT TEST CENTRE
Cars, Vans & Motorhomes



Devonshire House
Denture Solutions Ltd

New Dentures Direct | FREE Consultations
Economical to Premium Range Dentures
All work carried out by the Clinical Dental Technician in the Denture Clinic

Tel 01228 529128

Devonshire House Denture Solutions, 51 Spencer Street, Carlisle, CA1 1BB
www.devonshirehouselab.co.uk

Slimming
WORLD

because you're amazing

**Meet Loretta on
Saturdays in
Silloth Rugby Club
at 8:30am or 10am
everyone welcome**

Contact: **Loretta on
07766 118556**

OULTON TRACTOR RUN



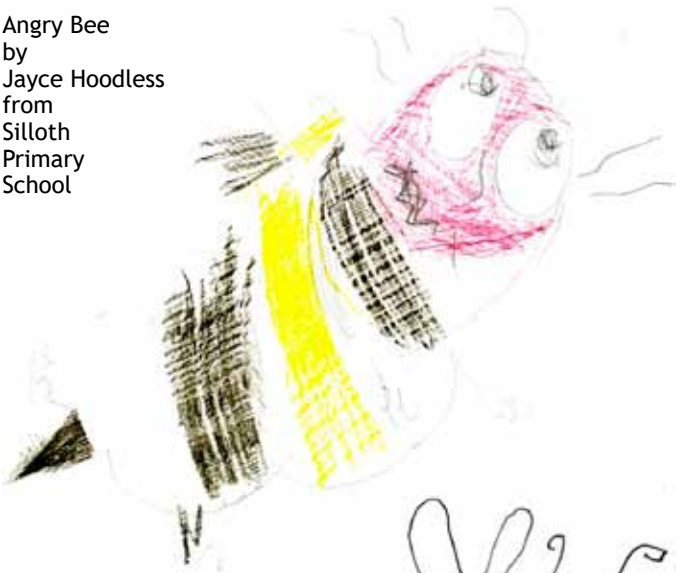
On 14th August to raise funds for the Air Ambulance.

Starting from Oulton Village Hall at 8:30am to view the tractors, then Ride Out at 10:30am to Caldbeck then back to the Stocksman at Wigton

For Info Tel Sean: 016973 42101



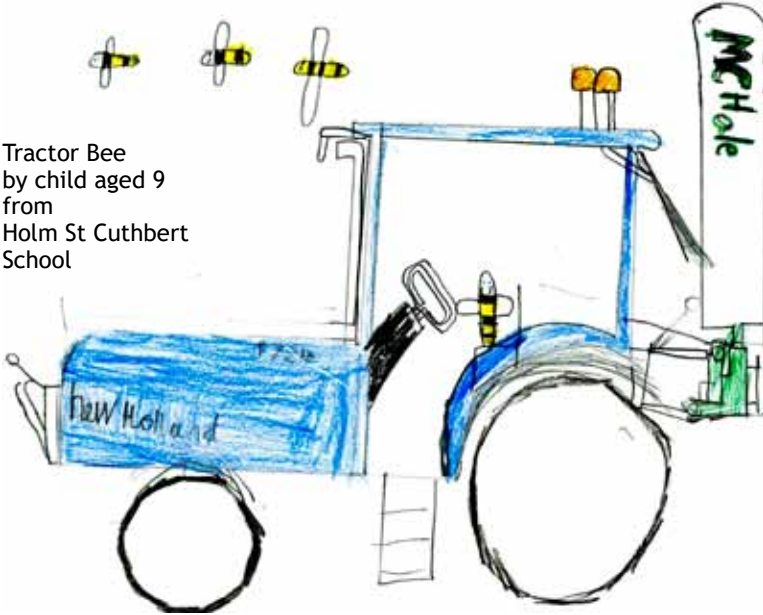
Angry Bee
by
Jayce Hoodless
from
Silloth
Primary
School



Jud Bee
by
Nylo Martin
from Silloth Primary School



Tractor Bee
by child aged 9
from
Holm St Cuthbert
School



Silloth Music & Beer Festival 20th Anniversary!

Report by: Owen Martin

WE ARE BACK!
Silloth Music & Beer Festival

look forward to welcoming everyone to this year's 20th Festival, we have missed you.

There are four days of great entertainment from Thursday 8th to Sunday 11th September.

We would like to thank all our Sponsors over the years and hope they will sponsor again along with any new sponsors, contact email: sillothmusicfest@outlook.com for further details.

A special thank you to SOSCS for their generous donation which will help towards the family day on Sunday 11th September, under 18's free with responsible adult afternoon sessions only.

Thursday 8th
Kopykat Killers/
Thirteen Stars/
Big Guns.

Friday 9th
Roy G Hemmings
The Revolutionaires/
The Jack Oscar
Band,

Saturday 10th
afternoon
12 - 5pm

The Lancashire
Hotpots/
Clanadonia/
Slaves of Venus,
Saturday Night
Mercury/
DS:UK/Slagbank
and

Sunday afternoon
1 - 6pm
Beyond
Madness/
Little Fix/Sweet
Sensation.

All of these acts for only £75.

Tickets available from Winter's Silloth, Carnegie Workington or Eventbrite.

Individual session tickets are also available.

We are all looking forward to

seeing you there.

See you soon, from all the Committee and volunteers.



The Silloth Music & Beer 20th Festival
8TH - 11TH SEPTEMBER 22

£75 WEEKEND TICKET ON SALE NOW

GREAT BANDS ALES & CIDERS

CELEBRATING 20 YEARS OF GREAT MUSIC & BEERS

KOPYKAT KILLERS | THIRTEEN STARS | BIG GUNS | ROY G HEMMINGS
THE REVOLUTIONAIRES | THE JACK OSCAR BAND | THE LANCASHIRE HOTPOTS
CLANADONIA | SLAVES OF VENUS | MERCURY | D.S.U.K | SLAGBANK
BEYOND MADNESS | LITTLE FIX | SWEET SENSATION

Tickets available online at [eventbrite.co.uk](https://www.eventbrite.co.uk)

Also from:
• Winters Newsagents, Silloth (cash only)
• Carnegie Theatre, Workington

GREAT CAMPING + TICKET DEALS AVAILABLE
sillothbeerfestival.co.uk

Silloth Music Festival Ltd. Company No 8680036

FREE Family Fun Day!

Including:

- Crafts
- Games
- Face Painting
- Refreshments
- Information Stalls
- Physical Activities

Discover what's on in your local area and meet organisations showcasing what they can do for You!

Saturday 11th June from 10am-1pm

Community Sports Hall, Liddel Street, Silloth, CA7 4DD



Silloth RNLI at Spring into Silloth 2022

Report & Photos by:
Julie Emary

Silloth RNLI lifeboat crew had an exciting day at the first 'Spring into Silloth' event that took place on The Green on Bank Holiday Monday.

The weather was very kind and there was a huge amount of interest shown in the lifeboat, the pop up shop and the fundraising event.

Queues formed with children (and adults) wanting to climb up onto the lifeboat and get a taste of how the lifeboat crew rescue casualties at sea.

The whole event was very well attended with people coming from all over Cumbria and beyond.

The RNLI shop took £257.55 and the fundraisers £236.51 - a fantastic amount and everyone at Silloth RNLI is very grateful for



the support given to them at this local event.

There was an excellent turn out from the lifeboat crew who stayed with the lifeboat to talk to all those interested in the boat and what we do, particularly the youngsters

who perhaps in years to come will be the new Silloth RNLI lifeboat crew.

Thank you very much to everyone who supported the event and those who came to see us there.



From Silloth to Fair Isle - all in a days work

A Silloth RNLI crew member demonstrated that the phrase 'lifeboat crew are never off duty' is perfectly true, when his ship was involved in a rescue at sea while doing his 'day job' as Chief Engineer onboard a Marine Scotland patrol vessel. The MPV Hirta was called to assist a vessel in distress, eleven miles south of Fair Isle in the early morning of Friday 6 May, it had lost propulsion and was drifting. Kirkwall RNLI lifeboat was tasked along with the MPV Hirta.

The RNLI lifeboat arrived on scene first and ascertained that all the crew were safe and well. MPV Hirta followed some minutes later and after a discussion involving all the vessels along with Shetland Coastguard, it was decided that MPV Hirta would tow the stricken vessel back to Kirkwall, while the RNLI lifeboat accompanied them both. A towline was quickly secured to the casualty ship and all three vessels made their way back to Kirkwall. Another vessel took over the tow from the MPV Hirta when they were close to Kirkwall and the RNLI lifeboat along with MPV Hirta were stood down.

For 'our man' from Silloth - it was like being 'home from home' and all in a days work - just all part of keeping people safe while at sea.



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

Mrs Wilson's



OF SILLOTH

Coffee House • Eatery • Fully Lisenced

OPEN DAILY 10am - 5pm

All Day Breakfasts
Lunch • Light bites
Coffee • Cakes
• Afternoon Tea •
Take Away Afternoon Tea &
Charcuterie Boxes

☎ - 016973 31155
f - Mrs Wilson's Of Silloth
Located opposite the green - Silloth, CA7 4BT

Motorcycles at Spring into Silloth 2022

Photos by: Colin Baty, Jamie Bell & Bob Barker



SILLOTH MOTORCYCLE MUSEUM

OPENING HOURS
9am - 4pm
Apart from:
Mon: Closed
Fri: 9am - 4pm
Wed: 9am - 1pm

A GREAT RANGE TO VIEW

TEA, COFFEE & SOFT DRINKS AVAILABLE

FREE ADMISSION
SOLWAY STREET, SILLOTH

SOLWAY MOTORCYCLE RACING CLUB

sillothmotorcyclemuseum.co.uk | Tel: 07764 405136





Report by: Vicky Hope
 Photos by: Julie Emary, Colin Baty,
 Daniel Dockeray, Jamie Bell, Vicky
 Hope, Nicola Ives, Bob Barker

What a cracking day we had on Monday May 2nd. Bank Holiday Monday started grey but the sun came out for everyone to enjoy Silloth Town Councils event on the green. All proceeds for the event are going to The Great North Air Ambulance and other local charities.

Live music was provided free by Graham Brown, Gemma Bell, Stacey, Somethin Brewin, Liam Moorhouse, Carlos, Rose Marie Finn and an amazing sound system by Andy Neen of Cumbria DJ Supplies, Penrith.

With the help of Harrison's Haulage who kindly provided two skips and the trailer we staged a show for everyone to enjoy. Banners were provided by John Cook Signs to brighten up the stage. Steven Henderson Electrician provided the electric hook up and made everything work. Garry Bosward the poles to support the electric cable, extra council staff manned the facilities to ensure all was well for our thousands of visitors.

Local businesses had an excellent trading day with hundreds of people coming from all over Cumbria to enjoy the fun of the fair and first class entertainment.

The RNLI attended and raised a large amount of money for themselves with their stall. It



was great to see the crew allowing children to sit on the boat and learn more about being safe by the sea. We are pleased they raised money for their service and their attendance was very much appreciated.

Silloth Youth Club had a stall raising much needed funds for their fantastic club. Silloth Rotary were also in attendance.

Jim Snaith brought the Silloth motorcycle museum onto the



green and a large number of vintage motorbikes turned up to see Jim which was a great spectacle.

Thanks to Thomas Wilmot for the marquee, Silloth Rotary for the use of a marquee for our volunteer Marshall's, the wonderful Friends of the Green for volunteering to help and Annie of Mrs Wilson's of Silloth for providing refreshments for the volunteers.

It really was a great day and to see everyone making the trip to Silloth and enjoying the atmosphere was a joy,



especially with our luck of having the sun out as well.

We look forward to next year and god willing another "Spring into Silloth" to launch the season. Thank you to everyone involved and everyone who graciously donated their time and money to such a good cause

The total raised to press is £1537.14. Many Thanks Everyone.



 An evening with

CULTRUM


and

ABBEYTOWN COMMUNITY CHOIR

10th June 2022

at the John Peel Theatre, Wigton
7:00 pm

Tickets £7 and £5
available from www.wigtontheatre.org
or direct from
www.ticketsource.co.uk/wigtontheatre

 **MAWBRAV VILLAGE HALL**
MONTHLY QUIZ

Quiz

Thursday 30th June
7.30pm
£2.00 per person

Prize for the winning team

Bring your own drinks, snacks and glasses.

??????????????

HOLME ST CUTHBERT CHURCH
CAR BOOT SALE

SATURDAY 16th JULY

on the GLEBE FIELD (Next to the church)



9.00am – 1.00pm

Set up from 8.00am

£10 per car

LIGHT REFRESHMENTS AVAILABLE

To book a spot contact
Lynda Bailey 01900 881 737 / 07926810074

 **MAWBRAV VILLAGE HALL**
MONTHLY QUIZ

Quiz


The Monthly Quiz is back, on the
Thursday 26th May
7.30pm

£2.00 per person
Prize for the winning team

Bring you own drinks, snacks and glasses.

??????????????

Platinum Jubilee Tea



Abbeytown village Hall Committee
are holding a celebration tea for the
over 60's in our community on

Sunday 5th June 2pm

In Abbeytown Church.

This is free to everyone over 60 and
living in Abbeytown Parish.

To book call Carole 01697361798 mobile 07786387409
Fiona 01697361105 mobile 0746858437

 **A Royal Celebration in Silloth** 



THURSDAY 2ND & FRIDAY 3RD JUNE 12-6PM
SILLOTH GREEN

HELP US CELEBRATE HM QUEEN ELIZABETH'S PLATINUM JUBILEE

SILLOTH'S BIGGEST PICNIC
LIVE ENTERTAINMENT
FAIRGROUND
STALLS & FOOD
KIDS ENTERTAINMENT
& MUCH MORE

Your Buzzing Letters & Poems

Dear Buzz,

Finally something positive to say! I am pleased to see the tree stump removed from Lawn Terrace.

Quite a tidy job shame it took four months to do. One of our scaffolding monuments has disappeared, shame the other one on the front street seems to be trying to beat the longevity record. Someone once told me if you cannot finish the job do not start it.

Then of course the pot holes at the entrance of the airfield "Hallelujah", rough job but certainly better than it was, only taken two years to get some action.

Wonder how long it will take to complete the patchwork quilt on Solway Street?

You would never believe we are one of the highest rated towns in the district.

I am pleased to see the entrance to the cemetery has been improved.

Shame the accident near the bridge completely spoils the effect.

I do hope that it will not be long before the job is finished properly.

C.B.

The newly reformed whinge

Dear Buzz,

SILLOTH YOUTH CLUB would like to give a huge thank you to: Co-op, Spar, Winter's, Jaybees, Mrs Wilson's, Davidsons Ice Cream, Marios, Royas, Fairy Dust Emporium, and our friends and customers for their generous donations towards our raffle and tombola we held at Spring into Silloth on Monday. With the day and raffle sales we made a grand total of £1,018. This will go onto refurbishment of the building.

So once again thank you from all the volunteers at Silloth youth club.

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.

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.

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.

Bee Fact #4



On average, in its lifetime, a single bee will produce just half a teaspoon of honey!

Mrs Pickafault
by Pailine Mole

She means well the Vicar says when she starts to moan.
How can you say that, the villagers groan.
The butcher said, each time that she's in my shop.
She says my floors dirty, and it needs a mop.

My daughter is pretty, and this gets her rag.
She then makes rude comments, and this makes her glad.
She complained to me one day, just look at that skirt.
There's no fear of that getting dragged in the dirt.

Eclipse Solar
by Sophia Lodhi

Diamond view / Snatch of blue;
Cloudy spill / Strange and chill.

Opal-change / Spark and fade;
Hush of dark / Outlines: stark.

Starry blink / Lightening-split;
White-hot glow / Blinding awe.

Spring
by Sophia Lodhi

With a palette of pastels, bright landscapes will form
Over which swift and swallow complete their return;
While seed pearls of drizzle slant over green hills
Quenching the new thirst of April's bluebells...

...Warm rays from the sun beam with opal-quick change:
Sparking the power of wind, moon and rains...
Now the turning of Nature full circle has come;
New life, hope and birth: Spring's golden threads spun.



Dotty Bee
by Jack Watson
from Holme St Cuthbert School

She's young I tell her, she's wearing a mini.
She should eat your meat then, for she's far too skinny.
The girls in the bakers face Monday's with dread.
For this is the day Mrs Pickafault buys bread.

She walks in the shop, her face looks like thunder.
Hoping that one of the staff make a blunder.
She sniffs at the loaves, then gives them a poke.
These had better be fresh, for my temper's no joke.

Poor Kitty Longstaff has worked there for years.
Mrs Pickafault still manages to reduce her to tears.
On Wednesdays she buys some pies and a cake.
Then tells the poor staff, she should teach them to bake.

The greengrocer's shop doesn't fare any better.
She has her list ready, right down to the letter.
This had better be ripe she says squeezing a pear.
The greengrocer should stop her, but he doesn't dare.

She gets on a bus and says, this seats too hard.
I've softer seats lying around in my yard.
On Sundays in church she sits in her pew.
She's always alone, but that's nothing new.

This Sunday however, the people did stare.
Her pew was quite empty, and that's something rare.
Mrs Green sat, in her silly green hat.
Something has happened, I'm sure of that.

Where has she got to, where can she be.
The Vicar will tell us, let's just wait and see.
The Vicar stood up and said, let us all pray.
Our friend Mrs Pickafault has just passed away.

I know you all thought she was nasty and mean.
But things aren't always the way that they seem.
Her life wasn't easy, this nobody knows.
She gave me permission on her death to disclose.

In an horrific accident her family were lost.
She the survivor paid a terrible cost.
For a long time she cried for them, so many tears.
Then came the bitterness that lasted for years.

So let us all pray, for her suffering has ceased.
Reunited with her loved ones she will now be at peace.
Outside the Church the villagers all stood.
I'm going to miss her, said old Mr Wood.

Mondays and Wednesdays just won't be the same.
Poor Kitty Longstaff thought she was to blame.

They made a collection, and bought a bouquet.
To put on her grave on the funeral day.
So if you know someone who picks faults and is sour.
Try to be kind, not judgemental and dour.

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. Local children return your drawing 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.

This month the winner is Rory Askew from Holm Cultram, Abbey School with a bee drawing called "Honey Bee!".

Well done!



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)

A History of Silloth Published in the Cumberland News on 1st July 1885 part 3

Discovered by David Edwards in an old family scrap book and reproduced on the Silloth History Group facebook page

however, the works were kept pretty clear of water, and one of the huge steam navvies was constantly grappling with the sand, lifting great shovelfulls of two tons at a time, and loading the rubbish into trucks as fast as those vehicles could be got to the place. Between these two agencies the quicksand was in time, overcome, and other difficulties in their turn encountered. The number of workmen—navvies and others—employed on the works when they were in full swing averaged from 180 to about 220. This, when compared with the numbers employed in the making of the Senhouse Dock at Maryport, seems rather small, but it must be remembered that at Silloth machinery having enormous labour saving power was brought into requisition. In October, 1883, during a storm, an immense quantity of sand deposited on the beach was washed away by the high tides, which also took away about 30 feet of the breakwater near to East Cote Lighthouse. In the following January, during another storm, the coffer dam was exposed to the full force of the water and had its stability thoroughly tested. Many of the townspeople were not slow to express their opinion that the structure would not be strong enough to withstand the weight brought against it. As a fact the results were most satisfactory, as the coffer dam afterwards showed no signs of having been affected in any way by the violence of the wind and sea. Thus the work went on without any time being lost, no particular mishap being met with to hinder the progress of operations. Gradually the walls rose higher and higher, and the work in other departments kept on apace. During last winter the building was somewhat retarded by frost, but the men were set to work at levelling and making ready for shed work. By the beginning of April last the dock itself was practically completed, as well as the gates. A number of men in the employ of Sir W. G. Armstrong, Mitchell, and Co., made considerable progress with the laying of the water pipes in connection with the working of the hydraulic machinery. Water was pumped into the dock to the required depth, and as the gates stood the test thus put on them, preparations were at once made for the removal of the coffer dam. On the 9th of June the gates were opened for the first time, and were considered to be in a very satisfactory condition.

DESCRIPTION OF THE NEW DOCK.

Having thus given an outline of the manner in which the work itself was carried out, it is desirable that details should be gone into. These are better given by themselves than woven into a narrative of the progress made in constructing the dock. The plans were prepared by Messrs T. Melk and Sons, civil engineers, Edinburgh, who were the engineers for similar works at Burntisland, Arr, and other places, and who had consequently made a good reputation as dock engineers. Messrs Walter Scott and Co's contract was for £79,000, to which £11,000 was added for sheds and machinery, thus bringing up the total cost to £90,000. Mr Middleton, of the firm of Messrs W. Scott and Co., took charge of the work, Mr Charles Boyd, C.E., of Carlisle, the resident engineer of the company, superintending the work. Mr Potter has been assistant engineer, and Mr J. Pattinson, clerk of the works. To these gentlemen, as well as the engineers and contractors, we are indebted for much of the information we are

enabled to give below. The total area of the docks and the works connected with it cover an extent of 70,000 yards, being about 350 yards in length and 200 in width. The dock itself occupies as nearly as possible $5\frac{3}{4}$ acres of that space. This is half as large again as the old dock. Its length, running from north to south, is on the east side 630 feet and on the west 660 feet, while its width is 400 feet. The explanation of the difference in the length of the dock on the east and west sides lies in the fact that the Railway Company, exercising a judicious foresight, have taken into consideration the possibilities of the future development of the trade of the port, and the consequent necessity that might arise for a still further extension of dock accommodation to the south-west. Therefore instead of having the wall continued to the south end of the west wall, a green heart timber and puddle coffer dam was constructed. At each side the walls have been turned so as to be available as an entrance to another dock should one ever be made. As a further provision about 220 feet of the south wall has been carried back to the extent of 30 feet, thus forming a recess, the use and even necessity for which would be apparent were the third dock built.

THE DOCK WALLS.

The dock walls were built of very strong concrete made on the works. It was consequently laid on at once without being formed into blocks. The mixture was in the proportion of six parts of gravel and one of Portland cement. Much of the cement was brought from London, whilst the gravel was procured on the works and the rubble stone used was brought from Annan. The walls are 17 feet 9 inches thick at the bottom, and gradually narrow from that breadth to 6 feet 6 inches. The foundations average 6 feet in depth, and the walls rise to a height of 36 feet 3 inches from the dock bottom upon a batter of one in ten. It may be added that concrete for dock and harbour work is becoming more largely used, as it offers considerable advantages over masonry or brickwork. It is a good deal cheaper, and as skilled work is not required, operations can be carried on with greater speed and with less chance of interruptions. The material used for the heavy coping was red and grey granite from the quarries of Dalbeattie, Cornwall, and Mr D. D. Fenning, of Shap. The walls are to the extent of 19 ft. from the top, protected by fenders built into the wall. These fenders are composed of pitch pine, faced with American elm, and are placed about 8 ft. apart. The latter wood being very hard, makes a capital rubbing piece for the outside. The object of these fenders is to prevent ships from bumping against the walls, in which service they are likely to be very useful.

THE DOCK GATES AND ENTRANCE.

Skilled engineers, harbour masters from other ports, and gentlemen who are otherwise thoroughly capable of forming a sound opinion on the point, have critically examined the dock, and especially its entrance gates, and there has not been one who has not spoken in the most unqualified terms of praise of it. Much ingenuity and skill have been brought to bear on the entrance works, and every precaution has been taken to prevent such a calamity as that which was in reality the cause of the new dock being built—

the wrecking of the entrance to the old dock. The entrance from the Marshall Dock to the new one is 125 ft. long by 60 ft. wide, and the depth from the coping to the sill 34 ft. 3 in. The sill being 2 ft. higher than the dock bottom, the depth of

water in the entrance at high water in ordinary spring tides will be 24 ft. The floor of the entrance consists of granite of from two to five feet in thickness laid upon a concrete foundation which is 8 ft. in depth, except at the north and south and across the centre, where it is 16 ft. Outside the entrance, piles of pitch pine, 32 ft. long, have been driven down to the level of the apron, and similar piles, 25 ft. long, have inside the dock been driven to the level of the inner apron. As a further means of strengthening the entrance, the dock in front of the entrance walls has been clay puddled and planked for a width of 14 ft., and on the outside front in the Marshall Dock an apron has been constructed of large blocks of rubble grouted with cement. This apron is 4 ft. in thickness, 120 ft. in width, and extends 40 ft. into the old basin. The walls of the entrance are formed of concrete, with hollow sill, and sluice quoins, and chainways of granite. They vary in width from 27 ft. at the bottom to 25 ft. at the top, the granite used for the coping, chainways, machinery pits, &c., being 13 ft. in thickness. In June, 1883, a large quantity of greenheart timber arrived, and the construction of the dock gates was at once commenced in a large shed which had been erected, specially for that work, near to the Sea View Cottages, adjoining the foreshore embankment. Mr Muir, of Motherwell, was the sub contractor for the making of the gates, which are of the best and latest type. Two wall sluices were inserted in each wall for the purpose of keeping the channel clear, and with a similar object in view two sluices were placed in each gate. About 4,000 cubic feet of greenheart was used, each gate being 32 ft. high by 3 ft. 8 in. thick. Greenheart timber was selected as being the most suitable of any material. The weight of the structure is calculated at nearly 150 tons. They will be worked both in opening and closing by hydraulic power, though the precaution has been taken to provide means of working them by hand, should that method at any time be necessary through accident or otherwise. Along the top of the gates has been erected a narrow wooden platform or bridge, railed off, for the convenience of persons wishing to go to the pier and the Convalescent Institution.

RAILWAY, SHED, AND CRANE ACCOMMODATION.

A considerable account of foresight has also been brought to bear in the provision which has been made to carry on the future traffic of the dock. Among other improvements, the latest hydraulic machinery has been erected. Travelling hydraulic cranes have only quite recently been introduced, but already an overwhelming weight of scientific opinion has been pronounced in their favour, as against the cranes that have hitherto been, and are still in most places, in use. The travelling cranes which have been erected can be easily moved from one place to another, and in consequence will be much more convenient, and adaptable to the needs of vessels than are stationary cranes. The whole of the hydraulic

Copy Date



Copy date for the July issue is:
1st week June
If you have 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 Cockermouth 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

Opens on Sat. 2nd April 2022 for the Season.
Shop Opening Times
Sat. 11 - 4pm
Sun. 10 - 4pm
Mon. - Fri. 1 - 4pm
Our shop is staffed by Volunteers and may not be open at the advertised time.
We apologize for any inconvenience.

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

Art Group

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

Church Service

St Andrews Church services every third Sunday each month

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.

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.

Silloth Library

Open Monday, Wednesday & Friday 10am to 4pm
Saturday 10am to 1pm
0303 333 1234
cumbria.gov.uk/libraries

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 Christ Church 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.

Abbeytown Choir

Meet in the Abbey:
Adult Choir Tuesdays 6-7pm
Children's Choir
Wednesdays 4:30-5:30pm
All welcome!

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

Dates for Your Diary

May

15th Mawbray Village Hall Spring Plant Sales and Craft Fair. 10am to 4pm

15th Wigton Theatre presents Harvey's Wallbanger 07977 835094 or Ticketsource

18th Silloth Nursing Home League of Friends Coffee Morning

20th Soul Weekend at Stanwix Park 016973 32666

20th Penrith Beekeepers present 'Cooking with Honey' in Upfront Gallery, CA11 9TG Tickets: 01768 894404

21st Mawbray Village Hall Film Club - West Side Story at 7pm

21st Soul Weekend at Stanwix Park 016973 32666

22nd Penrith Beekeepers present 'Bee Hotel Making Workshops' in Upfront Gallery, CA11 9TG, Tickets: 01768 894404

22nd Soul Weekend at Stanwix Park 016973 32666

26th Mawbray Village Hall Monthly Quiz at 7:30pm

June

2nd Queen's Platinum Jubilee Celebrations on Silloth Green

2nd Jubilee Monthly Munch at Holme Cultram Abbey see advert

3rd Queen's Platinum Jubilee Celebrations on Silloth Green

4th Queen's Platinum Jubilee Celebrations on Silloth Green

5th Queen's Platinum Jubilee Celebrations on Silloth Green

5th Platinum Jubilee Tea in Abbeytown Church at 2pm free to all Abbeytown Parish residents, see advert for booking details

6th Silloth Town Council meeting in Community Hall at 7pm

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

9th Strawberry Teas at Holme Cultram Abbey noon to 4pm, see advert

10th Strawberry Teas at Holme Cultram Abbey noon to 4pm, see advert

10th Cultrum & Abbeytown Community Choir in Wigton Theatre at 7pm see advert

11th FREE Family Fun Day in the Sports Hall 10am to 1pm see advert

18th Silloth Pride on Silloth Green

18th Penrith Beekeepers present 'Bee Hotel Making Workshops' in Upfront Gallery, CA11 9TG, Tickets: 01768 894404

June

18th Mawbray Film Club showing 'Belfast' at 7pm see advert

19th Penrith Beekeepers present 'Gardeners' Question Time' in Upfront Gallery, CA11 9TG, Tickets: 01768 894404

30th Quiz in Mawbray Village Hall at 7:30pm see advert

July

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

4th Silloth Town Council meeting in 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

16th Car Boot Sale at Holme St Cuthbert, 9am-1pm see advert

23rd Silloth Cycling Festival on Silloth Green

30th Soul on the Green starts at 11am to 8pm

August

14th Oulton Tractor Ride Out, see advert

25th Wigton Theatre presents Merry Wives of W... 07977 835094 or Ticketsource

August cont'd

26th Wigton Theatre presents Merry Wives of W... 07977 835094 or Ticketsource

27th Craft Sale 10am-2pm in St Andrews Hall, 016973 32185

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

25th Solfest.co.uk

26th Solfest.co.uk

27th Craft Sale from 10am to 2pm. Tables for hire £12 each phone 016973 32185

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

27th Solfest.co.uk

27th Wigton Theatre presents Merry Wives of W... 07977 835094 or Ticketsource

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

28th Solfest.co.uk

28th Wigton Theatre presents Merry Wives of W... 07977 835094 or Ticketsource

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

September

5th Silloth Town Council meeting in Community Hall at 7pm

8th Silloth Music & Beer Festival on Silloth Green

Have You Sent in Your Dates yet?

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.

Soldiers in Silloth

Open: Sat & Sun 1pm to 4pm

Midweek Telephone booking only:
016973 31246

Admission: FREE Donations welcome
Criffell St, Silloth, CA7 4BZ
www.soldiersinsilloth.co.uk

Fantastic for Families!

Toy Soldiers



The Mawbray Film Club presents

BELFAST

SATURDAY
18 June 2022

The film starts at 7:00pm

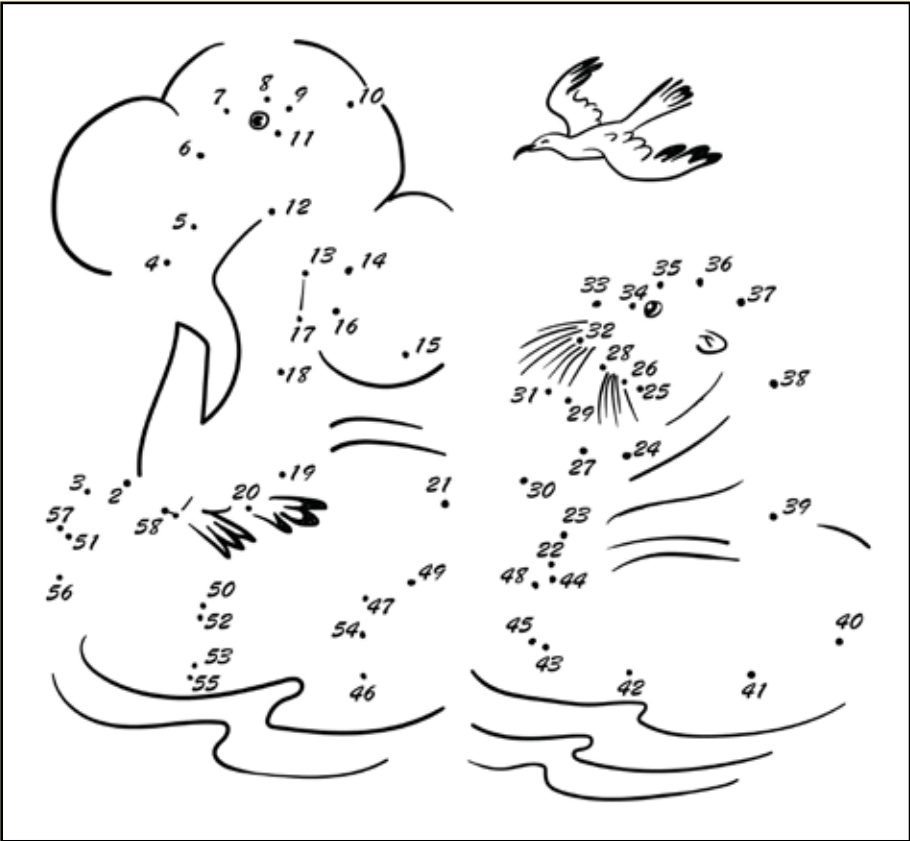
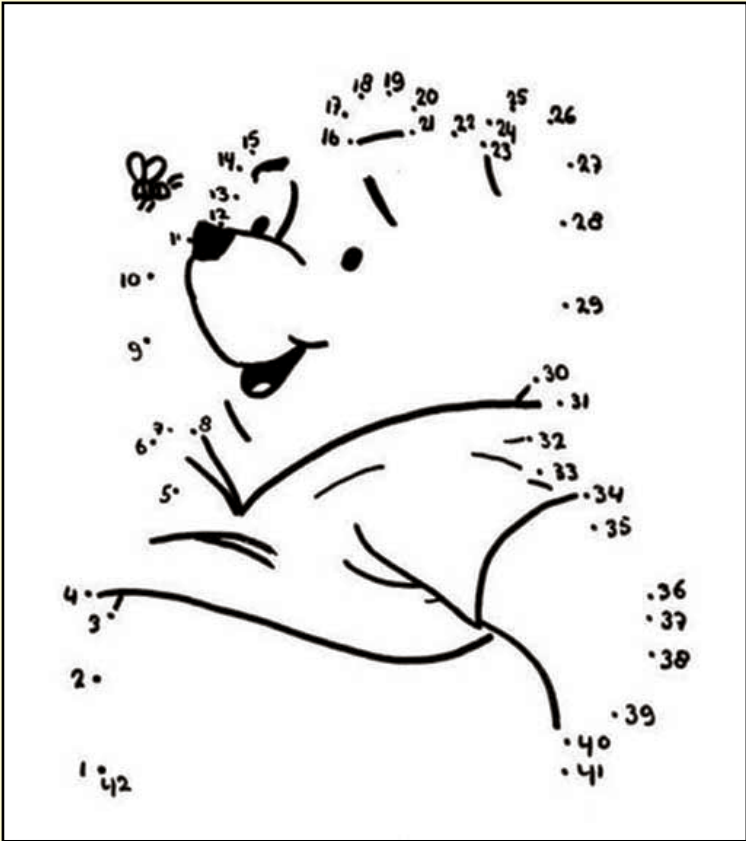
Bring your own cushions, if you wish.
Bring your own refreshments, cups/glasses. All rubbish to be taken with you when you leave at the end of the evening.
Masks must be worn when moving around the hall or in conversations.
Children must be accompanied by an adult.
There are limited spaces available due to social distancing, so pre-booking is essential.

| You must be a member to participate | |
|--|---|
| Lifetime 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





FUN for ALL ~ Join the Dots & Colour In

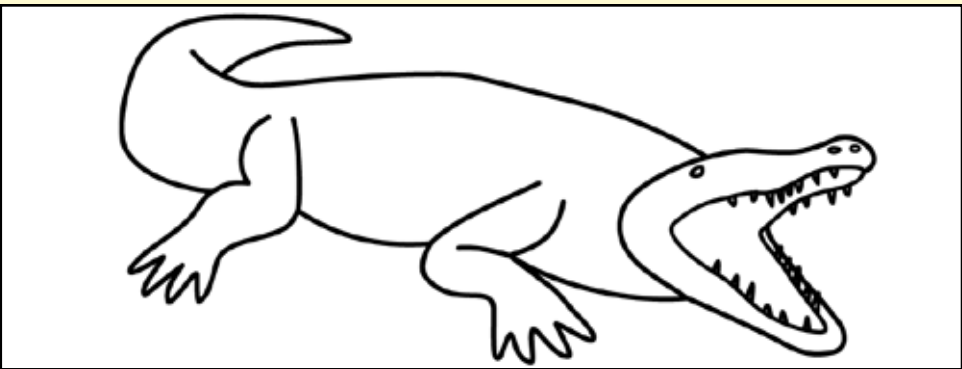
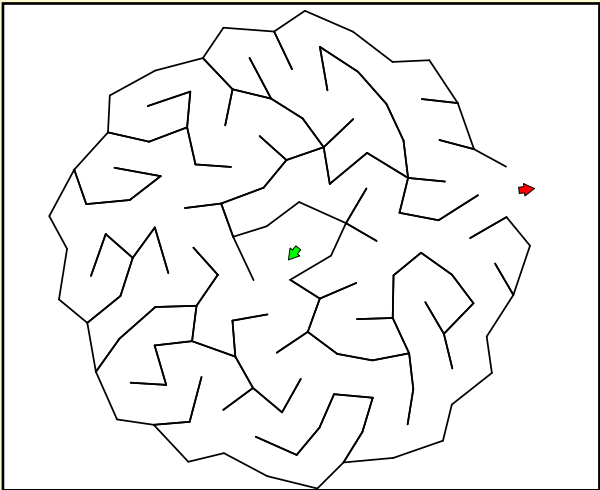
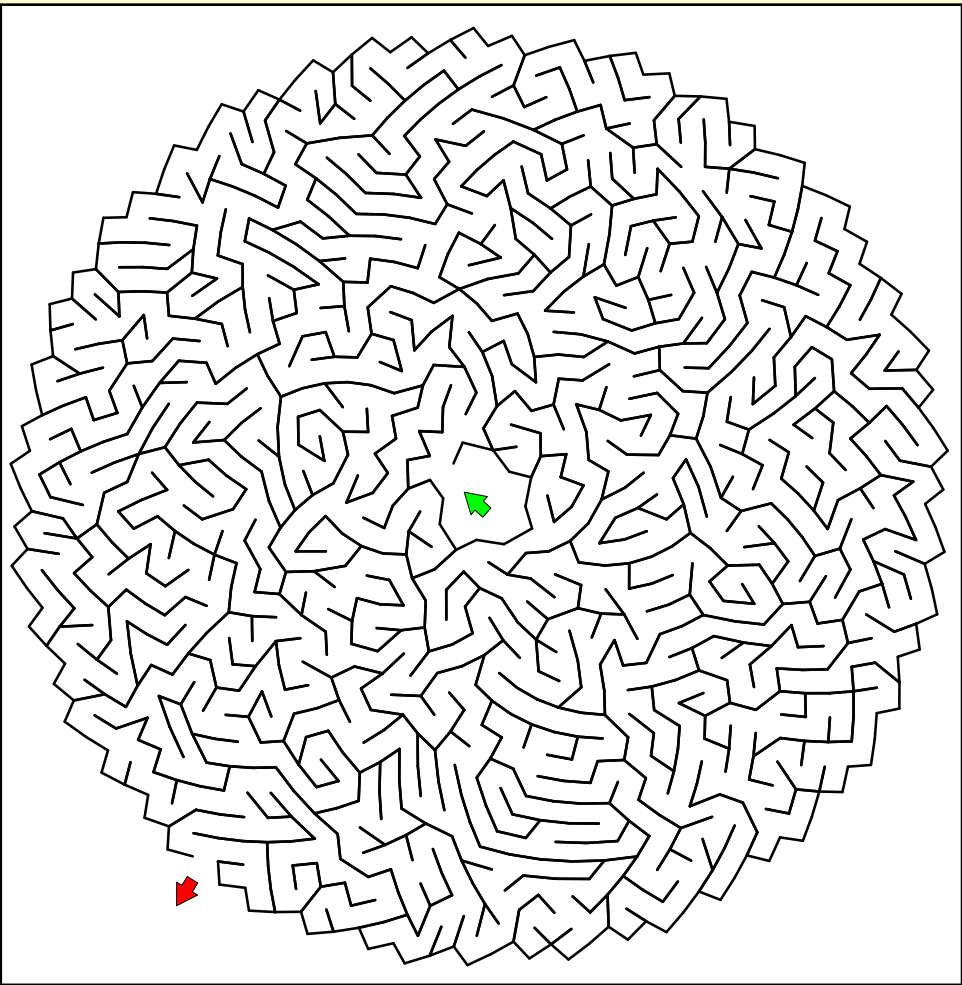
Something for All Ages to Enjoy Everyone Can Do This



Dino Math

Count to ten with these Dino counting exercises.

| | | |
|----|---|--|
| 2+ |  | |
| 5+ |  | |
| 3+ |  | |
| 4+ |  | |



Not Just for the Kids

Enjoy and Have Some Fun



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

E: enquiries@triplettt.co.uk

Decorators

MIKE JONES

Painter & Decorator

Call now
for a free quote

Facebook:
Mike Jones painter and decorator
mikedecorator53@gmail.com

T: **07842 355486**

Firewood

Seasoned Firewood Logs

DELIVERY AVAILABLE

Tel: Ashley Sharp
016973 31495
07762 772208

Plumbers

KMG Plumbing & Heating
Gas, LPG, Oil, Solar & Solid Fuel systems

Experienced and Local
Tel: 01900 881462
Mob: 07590 522621

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



Tel: **016973 32672**
Mob: **07773 069856**



Denture Repairs

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

Chimney Sweep

McDermott Chimney Sweep

Fire Service & Refurbishment
Fully Insured



REGISTERED MEMBER



The Institute of Chimney Sweeps

Mob: **07878 147444**
Tel: **01228 542420**



Cleaning Services



Professional Carpet & Upholstery Cleaning Service
Residential & Commercial.
Holiday Apartments, Caravans, Pubs & Hotels

Call Jeff on
07555 217822 for a quote
W: www.carpetshield.co.uk
E: info@carpetshield.co.uk

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**

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**

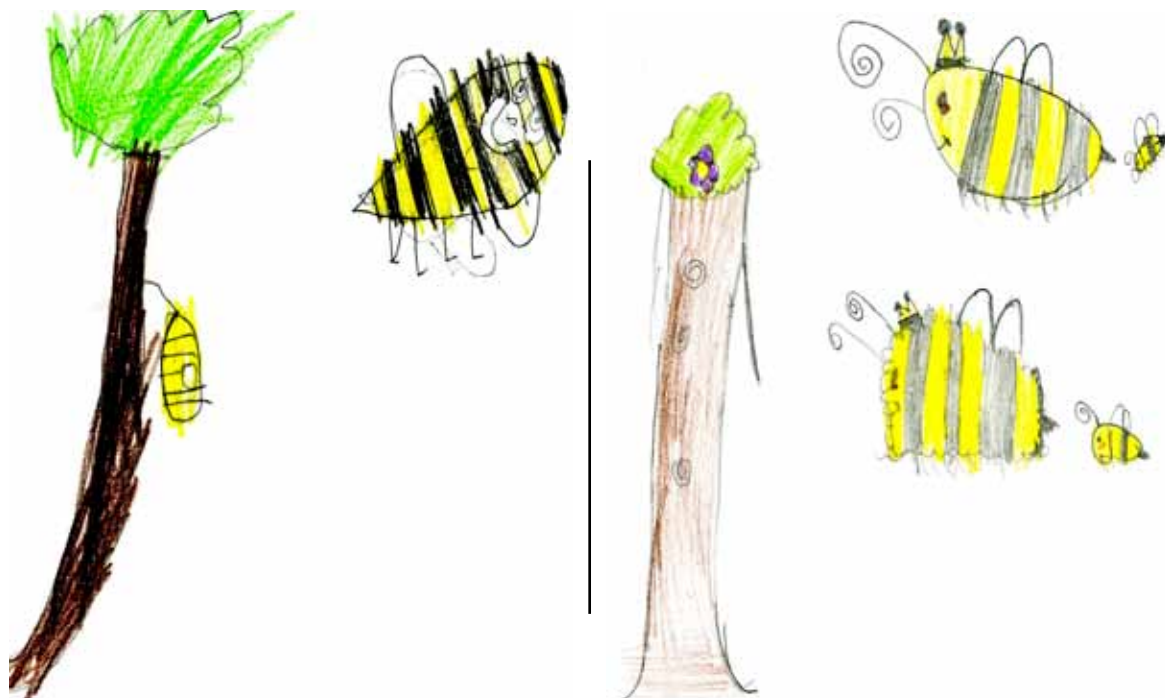
Maryport: **01900 813517**

Whitehaven: **01946 313103**

Mobile: **07518 454396**

www.allerdaleandedenroofingservices.co.uk

THESE ADVERTS REALLY DO WORK!



Bumblebee
by Liam Hornsby
from
Holm Cultram Abbey School

Honey Bee
by Elena Watson
from
Silloth Primary School



PM Roofing Specialists

Proprietor Peter McKie, Established 1980

No job too big or small • uPVC Guttering, Facias & Soffits
• Re-slating • Tiling • Chimney Stacks
• 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

Advertise Here!

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

Be Vigilant Booking Holidays Online

Cumbria’s Police and Crime Commissioner, Peter McCall, is urging residents looking to book holidays online to remain vigilant against scams.

However, cyber-criminals can create fake but realistic websites and emails offering deals to scam trusting members of the public.

Travel scams can present themselves in different forms such as fake websites selling fake tickets for flights or lodgings that do not exist and fake competitions defrauding people out of fees to secure a holiday.

To avoid being scammed, holiday-goers should: Research companies online that they have not heard of to check that they are reputable. Put the address of private accommodations into Google maps and websites such as TripAdvisor to check their authenticity. Check the website they are using is secure by looking for the padlock in the search bar and check the web address has ‘https://’. Pay with a credit card, when possible, as most credit card companies offer additional financial protection.

Cumbria’s Police and Crime Commissioner, Peter McCall, said: “Technology has given us all the

ability to book a full holiday from the comfort of our own home. However, it does come with risks. Cyber-criminals are experts at creating realistic websites, social media pages and emails pretending to offer too-good-to-be-true deals on holidays to scam trusting individuals out of their hard-earned money. It is so important, when conducting anything online, to double-check that what we are buying or signing up for is legitimate. Tips such as doing an independent Google search on the company and never giving your bank details over social media or email are easy ways to avoid being scammed. For more tips, anyone can visit www.getsafeonline.org, an organisation dedicated to keeping everyone safe online by providing information and advice on a wide range of topics including holiday scams. If you have been the victim of holiday fraud report it to the Police on 101 and Action Fraud on 0300 123 2040.”

Detective Inspector Andy Myers from Cumbria Constabularies Cyber & Digital Crime Unit said: “The development of technology has made it easier for criminals to exploit victims online. There

are simple things you can do to protect yourself from these scams, if it seems too good to be true it usually is. Do your research into the company, read reviews, and check the website is secure before handing over you money to what could be a criminal.”

Tony Neate, CEO of Get Safe Online adds: “Although it can seem alarming that you might be scammed when securing your break, it shouldn’t be a reason to stop you from booking your holiday online. Instead, we urge people to take some time before booking a holiday to read through our safety tips and familiarise themselves with the small changes they can make to ensure they don’t get caught out by cyber-criminals. Customer reviews are invaluable but don’t rely on just one review, research thoroughly. Look out for companies that are members of professional bodies such as ABTA and be wary of paying a private individual by bank transfer, even if you are offered a discounted rate. Paying by credit card will offer you much more protection from fraud. Finally, trust your instincts, don’t get rushed into making impulsive decisions - if something doesn’t feel quite right, it probably isn’t.”

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 | Upholstery, Irene Armstrong | 016973 31836 |
| Allerdale & Eden Roofing | 01900 813517 | West Silloth Motors | 016973 32833 |
| British Heart Foundation | 01900 358783 | Wheyrigg Hall Hotel | 016973 61242 |
| Carpet Shield | 07555 217822 | | |
| Christine’s Taxis | 07917 564583 | | |
| D A Harrison | 016973 42277 | | |
| David Allen Accountant | 01228 711888 | | |
| Devonshire House Dentures | 01228 529128 | | |
| Fairydust Emporium | 016973 31787 | | |
| Good Companions | 016973 31553 | | |
| 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 | | |
| McDermott Chimney Sweep | 07878 147444 | | |
| Mike Jones Decorator | 07842 355486 | | |
| Mike Taylor Plumbing | 07773 069856 | | |
| Mrs Wilson’s | 016973 31155 | | |
| No. 17 Delicious | 016973 32458 | | |
| PM Roofing Specialists | 07931 362163 | | |
| Queens B & B | 016973 31373 | | |
| Seasoned Firewood Logs | 07762 772208 | | |
| Silloth Cafe | 016973 31319 | | |
| Slimming World Loretta | 07766 118556 | | |
| S.O.S.C.S. | 016973 32452 | | |
| Stanwix Park | 016973 32666 | | |
| The Charity Shop | 016973 31696 | | |
| Triple TTT | 01900 810008 | | |



Useful Phone Numbers

| | |
|---|---------------|
| Age Concern Home Safety Scheme | 01946 68986 |
| Allerdale B. Council | 03031 231702 |
| Chemist, Silloth: | 016973 31394 |
| Church Catholic | 01900 814826 |
| 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 |
| Abbeytown: | 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: | 0800 330033 |
| West Cumbria Carers | 01900 821976 |

Please, let us know what you want included

Advertisers entries are always Free in the Phone Book



Are you awesome?

ARE YOU 18 OR OVER?
WE'RE LOOKING FOR YOU!

BAR OPERATIVE

FULL TIME, PART TIME & SEASONAL POSITIONS AVAILABLE.

Would you like to earn £320 per week?!

SEND US YOUR CV

enquiries@stanwix.com

Hours will include evenings, weekends & Bank Holidays.
(£320 p/w based on 18 - 20 year old working 40 hours p/w)

For further information about all vacancies please contact us.
E: enquiries@stanwix.com / T: 016973 32666 / www.stanwix.com

A Cargo From The Baltic to Silloth

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



Fine weather with a blustery easterly wind greeted the arrival of PATRIA on her first visit to the port. The general cargo vessel had been at sea over Easter on her way from Klaipeda. The Lithuanian port is a major source of fertiliser for Europe with Silloth taking regular deliveries. Sailing from the Baltic Sea took the ship to the north of Denmark into the North Sea where it headed for Scotland. It passed safely through the potentially treacherous Pentland Firth before heading down the west coast towards Cumbria.

The ship's arrival followed the usual pattern as it made its way along the Solway from Workington anchorage. Supervised by the Silloth Pilot, it arrived off the port in good time to be lined up to enter dock. Bright conditions lit the ship nicely for photographs as it completed its pirouette turn and awaited high water. Crew members could be seen at their look-out positions at the bow and stern as the ship made its way towards

the outer dock. Excited youngsters gathered to watch the arrival at close quarters. As is often the case, crew were happy to give a wave as they passed by. After a week at sea with only their crew mates for company, it must be quite a novelty to see some new friendly faces.

Once in New Dock the ship was manoeuvred towards the unloading berth. In most cases, arriving ships are turned in the dock, but on this occasion it was slowly eased towards the quayside bow first. The green and white livery of the ship, which was built in 1995, looked to be maintained in good condition. The company logo of 'InterScan Shipping' was prominent on the wheelhouse. Based in Hamburg, the company operates a fleet of more than twenty ships, several of which have called at Silloth in the past. Arriving late afternoon, unloading of the ship was completed the following day ready for departure to the next port of call in Northern Spain.



April Shipping at the Port of Silloth

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

April

3rd Zapadnyy with a cargo of Molasses from Zeebrugge then back to Klaipeda.

21st Patria with a cargo of AN Fertiliser from Klaipeda then on to Bilbao.

28th Indi with a cargo of CAN Fertiliser from Antwerp then on to Dublin.

April was a little disappointing as we were expecting five vessel calls, however two vessels were delayed and are now due in May. Our old faithful, Zapadnyy called carrying 3,000 tonnes

of Molasses, bringing back a lovely aroma to the town close to the storage tanks where it is kept. Molasses needs to be kept at around 70°C whilst being transferred by pump into the storage tanks due to the viscosity increasing rapidly as the temperature lowers. Think of it as Treacle, cold treacle is thick and hard, warm it up and it is runny. The ship has steam heating in the tanks to keep it warm and enable its pumps to push it through the pipe into the storage tanks ashore.

Our regular fishing fleet continues to bring in scallops for export to London and Europe

and our local fishermen Joe and Danny have been out a few times doing some shrimping.

The other cargoes arriving during the month were Fertiliser including Ammonium Nitrates, Ammonium Sulphates and Calcium Ammonium Nitrate (CAN for short), two of the cargoes being in the same vessel where there is a dividing bulkhead moved along the hold to separate the two types of fertiliser.

We are looking forward to a warmer month in May and hopefully a warm and sunny summer.



More Speeders Charged

Between 1st January 2022 and 22nd April 2022, 7,602 drivers have been caught speeding by Cumbria Police. In the same time period in 2021, the number of drivers caught speeding was 6,028.

Cumbria's Police and Crime Commissioner, Peter McCall, said:

"Speeding is one of the Fatal Four on our roads, alongside using a mobile phone, not wearing a seatbelt and drink/drug driving. We must consciously always monitor our speed, especially in built up areas where there may be many distractions. The speed limits should not be seen as a target. They are in place to keep us and other road users safe – many of the roads in Cumbria are narrow, winding roads with blind bends, and speeding on these types of roads is especially dangerous. However, driving is not just about following the rules, it is about using common sense

and being courteous. Drive to the weather conditions, think about how busy the roads are and take your time. Getting home safe should be the main focus of every driver and together we can make Cumbria's roads safe."

Sergeant Claire Sampson, Cumbria Constabulary Mobile Support Group, said:

"Sadly, we see the consequences of speeding motorists when responding to collisions, some of which lead to the loss of life. Throughout the year we work to create a safer road network for all road users, and we target those who drive at excess speed. The decision to drive beyond speed limits is a decision made by an individual. Such decisions are dangerous, and we would urge people to drive responsibly and in accordance with the law. Speeding kills and driving within the speed limits makes our roads safer. Please slow down and save lives."

JayBee's

6 Free Range Eggs £1 * Bacon £1 a pack
Pizzas from £1 * 1kg bag Oven Chips £1
Toys • Off-Licence • Hardware • Gifts
Key Cutting • Carpet Cleaner Hire
Watch Batteries & Straps Fitted
Frozen Fishing Bait • Hooks & Weights

open 7 days a week

6 Criffel Street, Silloth, Tel: 016973 31245

GOOD COMPANIONS RESIDENTIAL CARE HOME

Long & short term stays in single en-suite rooms
 Day Care £25 per person ~ limited spaces available weekdays
 Free transport provided locally
 Local Meals on Wheels

Criffel Street,
 Silloth

Tel:
 016973
 31553



www.goodcompanions.net

Wheyrigg Hall Hotel

Real Food & Good Ale 7 days a week

Friday Night
 from 6pm
Steak Deal
 from £10.60

Traditional
Sunday Lunch

Food served
 12-2pm. 5-8:30pm Mon-Thu
 Noon-8:30pm Friday-Sunday

Tel: 016973 61242

WHEYRIGG, ABBEYTOWN, WIGTON, CA7 0DH



BE WATER AWARE

Drowning prevention and water safety

#BeWaterAware

Cumbria Fire and Rescue Service is supporting the National Fire Chiefs Council's (NFCC) Be

Water Aware campaign, which aims to raise awareness of water related incidents and prevent the number of drowning accidents.

Half of accidental drownings in the UK occur when people didn't intend to go in the water, so here are some simple steps to raise awareness of the risks around water and how they can be reduced which will help prevent these deaths.

The three main types of water related accidents Cumbria FRS attend are:

Rescue of people who didn't intend to go in the water
 Rescue of people who were in the water intentionally and got into difficulty
 Rescue of people who intentionally enter the water with the intent to harm themselves

Group Manager Angela Opie, Cumbria Fire and Rescue Service's Prevention Lead, said: We want people to enjoy spending time in and around water safely. Most people would be shocked to hear that in 2020, 254 lives were lost simply because people were spending time in and around water. This is because they were unaware of the risks and unprepared for the scenario of ending up in the water. In Cumbria, we carried out more than 200 water rescues between 2015 and 2020, which sadly included 8 fatalities. By

highlighting this issue and making sure simple safety messages reach our communities, we hope to reduce the number of these preventable deaths. Temperatures in Cumbria have started to rise slightly, but that does not mean all of our nearby waters are safe to be entered."

Stay safe this Spring and Summer by following Cumbria FRS's water safety advice:

- If you are spending time near water, make sure you know what to do if you happened to fall in. The advice is not to panic, float on your back and then either call for help or swim to safety.
- If you've consumed alcohol, do not enter the water, and avoid walking on routes near water.
- Never enter the water to try and help a person or animal - always call 999 and use any water rescue equipment if it is available.
- If you are spending time near water whether at home or abroad, make sure you are familiar with local safety information and that children are always fully and actively supervised.

Group Manager Angela Opie added: "Our county has lots of beauty spots near the water and they are especially nice to enjoy when the sun is shining. We

don't want to spoil people's fun by telling them not to jump into rivers and lakes, but we do feel it is important

to educate the whole community about the risk open water poses if you are not a trained professional with the correct equipment. Prevention is always better than cure. We want people to enjoy the water safely and we are fully committed to preventing drowning incidents from happening in the first place. In order to do this, more education is needed, not just in schools but also through engaging with the public in awareness campaigns, so that people fully understand the risks and are better prepared."

Across the UK, Fire and Rescue Services have successfully reduced the number of fire deaths by focusing on prevention work and now we must apply the same principle to tackling drowning. Response is not enough - we must prevent drownings.

Cumbria Fire and Rescue Service will be sharing a range of resources on their website and social media channels, so please look out for further advice. Keep up to date with the hashtag - #BeWaterAware on social media.



CALENDAR

Copeland & Allerdale

16th May - 20th May

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 10am-2pm: Age UK Shop Launch The Glass House, Wigton | 10am-2pm: Millom Market Square pop-up event | 10am-2pm: Whitehaven Harbour by the Hub pop-up event 1pm: Pigeon Race Memory Matters Team Whitehaven Harbour by the Hub | 10am-2pm: Silloth The Green Area pop-up event | 10am-2pm: Cleator Moor Civic Centre Room pop-up event 1.30pm-3pm: Dementia Tea Dance Christ Church South St. Cockermouth |

Dementia Action Week

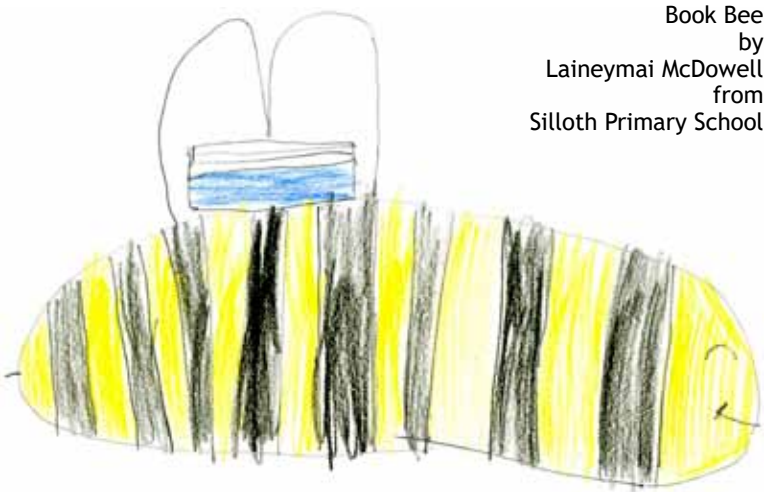
ALL EVENTS ARE FREE!

Lexi is a Champion



Report by: Eric Furey

Wigton girl Lexi Dixon recently won the Junior Amateur Boxing National Final in London. We believe she's the first female in Cumbria to do this. Lexi has also achieved a win in the Box Cup in Penrith and will now go on to represent England in the Tri-Nations in Yorkshire in June. Coaches Andi Crossman and Eric Furey who took Lexi down to London say she boxed the perfect fight and is an absolute credit to Wigton Boxing Club. Lexi is from Wigton and the club is very proud of her achievements and wishes her well for the future.



Book Bee
by
Laineymai McDowell
from
Silloth Primary School



Potato Bee
by Annie Baty
from
Silloth Primary School

Silloth Multi Use Games Area is Available to Rent

Report by: Stephen Hart



The Multi Use Games Area (MUGA) on Silloth Sports Pitches are taking bookings at special rates for the summer. It is open to everybody; locals, visitors, clubs and even childrens parties and similar events. For more information you can speak to Mavis at the Solway Fitness Centre or telephone Mavis on 07923 801897. There will be a summer camp for kids this summer during the school holidays, we will provide more information next month.

| SILLOTH | | | | | | | | | |
|-----------|--|-----|-----------|-----|-----------|------|-----------|------|---|
| JUNE 2022 | | | | | | | | | |
| 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 | m |
| 1 W | 00 23 | 6.7 | 12 43 | 6.5 | 07 22 | -0.5 | 19 28 | -0.4 | |
| 2 TH | 00 56 | 6.6 | 13 18 | 6.3 | 07 56 | -0.4 | 20 01 | -0.3 | |
| 3 F | 01 30 | 6.4 | 13 55 | 6.1 | 08 31 | -0.3 | 20 35 | -0.2 | |
| 4 SA | 02 06 | 6.2 | 14 34 | 5.8 | 09 07 | -0.2 | 21 12 | -0.0 | |
| 5 SU | 02 46 | 5.9 | 15 17 | 5.5 | 09 46 | -0.0 | 21 54 | 0.2 | |
| 6 M | 03 31 | 5.6 | 16 07 | 5.2 | 10 32 | 0.2 | 22 42 | 0.4 | |
| 7 TU | 04 28 | 5.4 | 17 09 | 5.1 | 11 27 | 0.3 | 23 42 | 0.5 | |
| 8 W | 05 35 | 5.3 | 18 17 | 5.1 | | | 12 30 | 0.2 | |
| 9 TH | 06 43 | 5.4 | 19 22 | 5.4 | 00 47 | 0.5 | 13 36 | 0.1 | |
| 10 F | 07 45 | 5.8 | 20 21 | 5.8 | 01 54 | 0.3 | 14 40 | -0.1 | |
| 11 SA | 08 40 | 6.2 | 21 13 | 6.3 | 02 59 | -0.0 | 15 41 | -0.4 | |
| 12 SU | 09 32 | 6.6 | 22 02 | 6.8 | 04 01 | -0.3 | 16 38 | -0.7 | |
| 13 M | 10 21 | 7.0 | 22 49 | 7.1 | 04 58 | -0.6 | 17 30 | -0.9 | |
| 14 TU | 11 11 | 7.2 | 23 35 | 7.4 | 05 52 | -0.9 | 18 20 | -1.0 | |
| 15 W | | | 12 00 | 7.3 | 06 45 | -1.1 | 19 10 | -1.0 | |
| 16 TH | 00 23 | 7.5 | 12 52 | 7.3 | 07 37 | -1.1 | 19 58 | -1.0 | |
| 17 F | 01 13 | 7.5 | 13 45 | 7.1 | 08 29 | -1.1 | 20 47 | -0.8 | |
| 18 SA | 02 06 | 7.3 | 14 41 | 6.8 | 09 21 | -1.0 | 21 36 | -0.6 | |
| 19 SU | 03 01 | 7.0 | 15 37 | 6.4 | 10 12 | -0.8 | 22 27 | -0.3 | |
| 20 M | 03 59 | 6.7 | 16 37 | 6.0 | 11 06 | -0.6 | 23 22 | -0.1 | |
| 21 TU | 05 00 | 6.3 | 17 40 | 5.6 | | | 12 02 | -0.4 | |
| 22 W | 06 03 | 6.1 | 18 45 | 5.5 | 00 20 | 0.1 | 13 00 | -0.2 | |
| 23 TH | 07 07 | 5.9 | 19 51 | 5.5 | 01 22 | 0.2 | 14 00 | -0.1 | |
| 24 F | 08 08 | 5.8 | 20 48 | 5.6 | 02 24 | 0.2 | 14 58 | -0.0 | |
| 25 SA | 09 04 | 5.9 | 21 37 | 5.8 | 03 25 | 0.1 | 15 51 | -0.1 | |
| 26 SU | 09 52 | 6.0 | 22 19 | 6.1 | 04 19 | -0.0 | 16 39 | -0.1 | |
| 27 M | 10 36 | 6.1 | 22 57 | 6.3 | 05 06 | -0.2 | 17 20 | -0.2 | |
| 28 TU | 11 15 | 6.3 | 23 32 | 6.5 | 05 49 | -0.3 | 17 57 | -0.3 | |
| 29 W | 11 52 | 6.3 | | | 06 28 | -0.3 | 18 32 | -0.3 | |
| 30 TH | 00 06 | 6.5 | 12 27 | 6.3 | 07 05 | -0.4 | 19 07 | -0.3 | |

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

SILLOTH CAFE

Traditional Fish & Chips to Takeaway

Special Wheat Intolerance Gluten Free Option



Monday–Saturday 12am--8pm

Sunday 12am to 7:30pm

Pensioners Meal Deal: Monday – Friday

Station Road, Silloth



Tel: 016973 31319



Get your free Healthy Start vitamins here

Healthy Start vitamins – vitamin drops for babies and young children suitable from birth to 4 years old

| Area | Centre | Contact | Opening times |
|-------------|---|--------------------------------|--|
| Workington | Workington Library Vulcans Lane Workington CA14 2ND | 01900 706 170 | Monday & Wednesday 9am-6pm, Tuesday, Thursday Friday 9am- 5pm |
| Aspatria | Aspatria Local Link Market Square Aspatria CA7 3EZ | 016973 205 15 | Wednesday- 9.30am- 12pm & 1- 5pm |
| Cockermouth | Cockermouth Library Link Main Street Cockermouth CA13 9LU | 01900 822 634 | Monday, Tuesday, Thursday & Friday-10am- 4pm, Wednesday 10am- 5pm & Saturday 10am- 2pm |
| Keswick | Keswick Library Heads Lane Keswick CA12 5HD | 017687 72656 | Monday, Tuesday & Wednesday -9.30am- 12pm & 1-5pm |
| Maryport | Maryport Library Lawson Street Maryport CA15 6ND Family Action (Family Centre) Ennerdale Road Maryport CA15 8HN | 01900 812 384 01900 818 726 | Monday – Friday 9.30am- 5pm Saturday 9.30am-12.30pm Monday- Thursday 9am-5pm Friday- 9am-4.30pm |
| Seaton | Seaton Library Main Street Seaton CA14 1JD | 01900 68441 | Monday 1-5pm, Tuesday & Thursday 10am-5pm, Friday 2-5pm |
| Silloth | Silloth Local Link The Discovery Centre Liddell Street Wigton CA7 4DD | 016973 31944 | Monday, Wednesday, Friday 10am-4pm Saturday 10am-1pm |
| Wigton | Wigton Library High Street Wigton CA7 9NJ Family Action (Family Centre) 10-12 Wampool Place Wigton CA7 9SA | 016973 42729 016973 438 70 | Monday, Tuesday & Friday- 9.30am- 12pm & 1-5pm Monday- Thursday 9am-5pm Friday- 9am-4.30pm |



Scan to find where Healthy Start vitamins are available in Cumbria

www.healthystart.nhs.uk

@NHSHealthyStart