

Silloth Rugga Club



Silloth's newest youth club (The Rugga Club) hosted their first "Fun Day" at the Rugby Club.

Over fifty children joined members and guests to enjoy a tasty barbecue. There was also kite flying fun, a treasure hunt, lucky dip and the day was

finished off with a Karaoke Competition.

The boys winners were Calvin Rowell and Jordan Crosby with their own style of singing the S Club number 1 song "Aint no party like an S Club party".

The Girls competition was won by duo Laura

Longcake and Ruth Hope with a special version of Girls Aloud Underground, definitely stars of the future.

The children raised £75 which is going towards our next event which is a day away to "Camelot" theme park in August.

Jumping Jacks of Wigton gets Award

The "Aiming High" accreditation is only awarded to clubs that are of good or exceptional quality and is a recognised kite mark within the childcare industry for

Out of School and Holiday clubs.

The centre in Wigton was inspected in February 2003 by Mrs Mary Allanson. The centre and staff achieved level 2, with

level 3 being the highest award given. Mary Allanson noted that there were many areas where Jumping Jacks has achieved level 3. The centre takes from birth to 14 years of age.

Silloth Tide Table

August 2003
TIMES OF HIGH WATER
AT SILLOTH
(Courtesy of A.B.P. Silloth)
Times in G.M.T. (add 1 hour)

Heights in metres	
Time	Ht
1ST.FRI. 0125	7.3 1353 7.0
2ND.SAT. 0207	7.3 1435 7.0
3RD.SUN. 0251	7.3 1518 6.9
4TH.MON. 0337	7.1 1606 6.6
5TH.TUE. 0428	6.7 1659 6.2
6TH.WED. 0526	6.3 1803 5.9
7TH.THU. 0636	5.9 1919 5.6
8TH.FRI. 0754	5.7 2037 5.9
9TH.SAT. 0912	6.0 2142 6.4
10TH.SUN. 1015	6.4 2235 6.9
11TH.MON. 1106	6.7 2322 7.3
12TH.TUE. 1152	7.1 **** **
13TH.WED. 0005	7.5 1234 7.1
14TH.THU. 0046	7.6 1314 7.1
15TH.FRI. 0126	7.5 1351 6.9
16TH.SAT. 0203	7.3 1425 6.6
17TH.SUN. 0238	7.0 1459 6.4
18TH.MON. 0314	6.6 1535 6.1
19TH.TUE. 0354	6.1 1614 5.6
20TH.WED. 0438	5.5 1702 5.2
21ST.THU. 0534	5.1 1807 4.9
22ND.FRI. 0649	4.8 1931 4.9
23RD.SAT. 0812	4.9 2050 5.3
24TH.SUN. 0920	5.4 2144 5.9
25TH.MON. 1011	6.0 2227 6.4
26TH.TUE. 1054	6.4 2306 7.0
27TH.WED. 1133	6.9 2345 7.3
28TH.THU. ****	** 1211 7.2
29TH.FRI. 0022	7.6 1250 7.3
30TH.SAT. 0103	7.7 1331 7.4
31ST.SUN. 0145	7.7 1412 7.4



Rugbee
by Rachel Collins
aged 6 from
Solway Community School

On the Waterfront by Tommy Legs

June turned out to be an extremely quiet month with only five cargoes being carried.

The first was a cargo of wheat by the BEN ELLAN from Liverpool followed by another cargo of wheat by the MARC TRADER from Bonnières in France.

Next were two cargoes of molasses by the Danish vessel ORATECA one from Flushing, in Netherlands and the second from Barry in South Wales.

Finally the Dornum brought another cargo of wheat from Rostock in Germany.

Why Are You Here?

Calling all citizens of and visitors to Silloth-on-Solway

S.T.A.G would like your help!

We all have our views about Silloth and district, why we live here or why we visit the area, but if you lived in the industrial areas of central England how would you decide on the reasons why you should visit Silloth-on-Solway.

Can you set down ten wonderful reasons why and how you would sell Silloth-on-Solway to visitors?

What do you love about Silloth?

What is unique to Silloth?

Why would a visitor want to come to Silloth?

This is a chance for everyone in the town, and surrounding area, to help us promote the town - with your help.

Your views will be most welcome. Please send them ASAP to:

Norman Hammond
Silloth Tourism Action Group
c/o Silloth-on-Solway
Tourist Information Centre
10 Criffell Street
Silloth

Tel: 016973 31944.

E-mail: sillothtc@allerdale.gov.uk

Richard J Felix

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Silloth Group Medical Practice

Opening Times: 8:30am to 6:30pm

Tel: 016973 31309

Dr. Jones

Please note that Dr Jones is out of the Practice on Tuesdays and Wednesdays. He is Associate Director of GP Education for North Cumbria and is responsible for GP Training and Education. On those days Dr Round can be seen in his absence.

Sun Protection

Cover Up
Protect Children
Take Care not to Burn

Seek Shade
Apply Factor 20+ Generously

Reduce your risk of cancer by following these simple instructions

Important Immunisation News

HIB

New booster for children under Four

Please make an appointment at the Surgery as soon as possible.

Information leaflets are available from the Surgery or Clinic.

Surgery Closure

Please note that the Surgery will be closed between 1pm and 5pm on:
Wednesday 13th August
Thursday 11th September

This is for educational training purposes for all surgery staff.

Between the hours of 1pm and 5pm Cuedoc will take all emergency calls.

Flu Campaign

The Flu Campaign will be running from October
Watch this space for dates and venues

Child Car Safety

Always strap your child securely in the car. It is illegal, dangerous and irresponsible to not do so.

Surgery Web Site

You can now order your Prescriptions online..

Visit the Surgery web site on:
www.northcumbriahealth.nhs.uk/silloth

Voice Mail and Prescriptions

We have introduced a new voice mail telephone system. When you ring the Surgery you will now be given two options:

The first option will allow you to order your prescription

The second option will be to make appointments and deal with any queries, etc.

We would ask that when ordering repeat medication that you speak clearly giving your name, address and date of birth, plus details of the medication you require. If you cannot pronounce your medication we would appreciate it if you could spell it for us. If you 'phone after hours you can use the facility to order your prescription, or you will be put through directly to Cuedoc.

To improve security and confidentiality, you will be asked to collect your prescription forms from the Surgery. Repeat prescriptions will be ready for collection after 24 hours, or 48 hours over the weekend. Alternative arrangements will be made for those who are unable to collect them.

We are also to provide a repeat prescription box at the Surgery (situated inside the entrance door) for repeat prescription requests only. These repeat prescription request forms are attached to your last prescription sheet and can be used to re-order medication.

Apologies - Since the introduction of our voice mail system a few "teething problems" have been identified. This was due to a fault which has been rectified. Thank you for your patience and cooperation, we assure you that voice mail has been introduced for the benefit of patient care.