



Solway Buzz

Soldier Bee
by Megan Peile from Holm Cultram Abbey School

www.solwaybuzz.co.uk

Feb/March 2023 local news - for you - by you - about you - free to you

FREE PAPER

Issue 206

Looking Forward to 2023

RMW15 Retro Weekend
10th to 12th March
at Stanwix Park



Soul Weekend
12th to 14th May
at Stanwix Park



Silloth Green Day
28th May
on Silloth Green



Silloth Pride
17th June
on Silloth Green



Silloth Vintage Rally
22nd & 23rd July
on Silloth Green



Soul on the Green
29th July
on Silloth Green



Silloth Carnival
27th & 28th August
on Silloth Green



Music & Beer Festival
7th to 10th Sept
on Silloth Green



MEADOWS RETREAT
LODGE PARK



PLOT DEPOSITS NOW BEING TAKEN
meadowsretreatlodgepark.com

Page 4
New Head Teacher



Page 5
Charity Night Raises £2,802



Don't Forget Your Valentine

Pages 8
New Police Inspector



Page 10
Allonby Dook Raises £1,191



Page 19
Golf Juniors Prizegiving



Silloth Parkrun Gets Grant



More than £1.5 million has been awarded to a range of good causes in Cumbria by Cumbria Community Foundation, helping to tackle issues including loneliness, unemployment, mental illness and fuel poverty.

115 community organisations received a share of £1.4 million and more than 80 people received grants totalling £54,352, including support to young athletes, refugees, and survivors of domestic violence. The money came from funds set

up by local people and businesses including Carr's Group, Lamont Pridmore, English Lakes Hotels, Lakeland Ltd, Thomas Graham & Sons and Herdy.

£2,500 was awarded from Hellrigg Wind Farm Community Benefit Fund to set up Silloth Parkrun, a free, community event where all ages can walk, jog, run, volunteer or spectate.

Geoff Toogood, Event Director, said: "Once established, the weekly 5km run will take place every Saturday morning at 9am. The course will use Silloth Green and

the promenade. Participation is free to all who want to jog, run or walk. We hope to attract members of the local community as well as holiday makers and parkrun tourists."



Emergency Alerts

NEW: Government Emergency Alerts system live soon.

The UK government's new Emergency Alerts system will be live early this year, and you should expect to receive a test message.

The system will enable people to be contacted via their mobile phone when lives are in danger. It will be used to warn you in the event of emergencies, such as severe flooding. Emergency Alerts are sent to all compatible mobile phones within an area of risk. They don't track your location, need your phone number, or collect personal data.

Only the government and the emergency services will be able to



send them. If you don't have a mobile phone, you'll still be kept informed through other channels.

If you get an Emergency Alert on your phone, you'll hear a loud, siren-like sound. A message on your screen will tell you about the emergency and how best to respond. You'll be able to check an alert is genuine at gov.uk/alerts. If you receive an alert, read the alert carefully and follow the instructions.

You can opt out of receiving emergency alerts; for more information on how to opt out please go to gov.uk/alerts. To find out more about Emergency Alerts, visit gov.uk/alerts

Now Where Will You Eat Today?



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

EST **Nº 17** 2015
DELICIOUS

Baguettes
Panini's
Breakfasts
Wraps & Coffees

17 Eden Street
Silloth, CA7 4AD
016973 32458

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**
Silloth **Fairydust Cabin** Green
A Gnome in One Putting Green
The Silloth Fairy Trail & Wishing Tree
f search FairydustHQ t

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

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

Fairydust
at THE LOWTHER ARMS
01900 881044
Discover more:
Lowther Arms Mawbray
f

Mrs Wilson's
OF SILLOTH



Coffee House • Eatery • Fully Licensed

Open Daily 10am - 5pm

All Day Breakfasts • Lunch • Light Bites
Coffee • Cakes • Afternoon Tea

Take Away Afternoon Tea & Charcuterie Boxes
016973 31155 Mrs Wilson's of Silloth
Located opposite the Green - Silloth, CA7 4BT

Ash Dieback Throughout Cumbria

Cumbria County Council is informing residents of the disease Ash Dieback (also known as Hymenoscyphus fraxineus), that is within Cumbria.

It is the worst tree disease since the Dutch Elm outbreak in the late 1970. The fungal infection is widespread in the UK. There is no cure for the disease, once first infected through the leaves or twigs, the speed at which a tree is overcome varies. Young trees are more susceptible and die within a couple of years, mature trees usually take longer and can also succumb to secondary fungal infections. Large trees can become dangerous as a result of both Ash Dieback and the secondary infection long before they die. The

council's tree specialists have been surveying Cumbria's Resilient Road Networks, (most As, some Bs and C roads) to gather data and record where Ash trees are and what level of infection they are showing. This information helps to prioritise any action required, such as felling, maintenance or further inspections.

To date 5,326 Ash trees have been surveyed, both on the highway and close by on private land which may affect the highways network. Of this, 1,102 (21%) have been identified as severely diseased and require action to protect the highways network. Cumbria County Council are working closely with districts, boroughs and parish councils, as well as members

of the public who own Ash trees close to public highways.

The county council are contacting landowners who have an Ash tree on their property or land, that is infected and could be dangerous, so that the landowner can organise appropriate companies to manage the infected trees, to ensure it does not become a risk to other people or property.

For more information about the disease and how to spot it, please go to the Woodland Trust website.

If landowners have received a letter regarding felling Ash trees and need more assistance, please either go to our website or contact Cumbria Highways on 0300 303 2992.

Dead Pilot Whale Found on West Beach, Silloth



Photo by: Steven Henderson

Silloth RNLI and Silloth Harbour personnel recovered the 13ft long juvenile pilot whale so it could be taken away for autopsy.

It will be transported to Liverpool where a full post-mortem will give marine biologists a better idea of what caused this young whale to die.

If you discover a dead whale you should call the Cetacean Strandings Investigation team on freephone 0800 652 0333

with a clear location description and whether it is fresh, slightly decomposed, moderately decomposed or in advanced decomposition.

If you find a live stranded whale you should call the British Divers Marine Life Rescue service on 01825 765546 who will decide on the best action to take.

The best way to give a precise location is by using the free What3Words app.



Snooby by Spencer Kerr from Silloth Primary School



Become a Cancer Champion



Every 2 minutes, someone is diagnosed with cancer. There are thought to be over 200 types of cancer.

Through Cancer Awareness Sessions and Cancer Champion Training that is delivered to community groups and workplaces, we are helping people in Cumbria to be more cancer aware. Informing people about the importance of screening programmes can help to reduce the risk of cancer.

Training and awareness sessions are free to attend and by taking part you can support people to be more informed about cancer to save lives!

Benefits of becoming a cancer champion

- ✓ Increased awareness of cancer signs & symptoms
- ✓ Help to identify cancers sooner
- ✓ Champions will receive ongoing support
- ✓ Personal development opportunities
- ✓ Access to cancer awareness resources
- ✓ Help to reduce sickness rates by sharing healthy lifestyle messages

Register Now!

Using the QR code below

For more information contact

susanhogg@carersupportwestcumbria.co.uk

juliecrellin@carersupportwestcumbria.co.uk

@cancerchampionproject

@cancerchampionproject

@ccpcumbria

Contact Us

07795 323570
07823 722578



Pupils Grill New Head Teacher



Holme St Cuthbert School Council interviewed their new headteacher, Mrs Claire Fleming.

What made you want the job as headteacher at Holme St Cuthbert School?

Holme St Cuthbert School is a lovely community and the school and grounds are also an excellent environment for learning. I felt that my values fitted with the school's as I believe that whilst it is important to help children to do their best academically, it is equally important to support their development as a whole person. Holme St Cuthbert School is a unique and special place and I wanted to be part of it!

Why do you like teaching?

Every day in school is interesting and different. I get to learn lots of new things myself and work with wonderful children and people. Teaching is also very rewarding as you are part of helping someone to grow and develop both academically and personally.

What is your favourite hobby?

I enjoy cycling with my family. I love getting outdoors and enjoying the amazing landscape we have in Cumbria. I also try to do some cycling when I go away on holiday too.

What do you like about outdoor learning?

Children enjoy being outside and don't realise they are also doing lots of learning at the same time. It boosts confidence, social skills, communication, motivation and physical skills. It has also been found to boost children's self-esteem, self-confidence, ability to work cooperatively and positive attitude to learning.

What is your past job experience?

I worked at a school called Eaglesfield Paddle for 24 years. I had lots of different roles and taught every age group in Key Stage 1 and Key Stage 2. For the last six years, I was deputy headteacher.

How will you make our school better?

I would like to build on what

is already good about the school as it is a lovely place to be educated. My vision for school is for it to



be a place that provides everyone the chance to shine. This means everyone having the opportunity to try new things, gain the knowledge and skills to take them wherever they want to go and to know how to stay healthy, stay safe and have good mental health and wellbeing. The nursery is quite a new addition to school and so I will continue to develop the provision there. We have already purchased some new resources to support our provision for 2-year-olds.

Causewayhead WI

Report by: Olga Hetherington

You are never too old to learn new skills was the introduction by Lesley Connolly to her talk on "Silversmithing" at the November meeting of Causewayhead WI on Wednesday 9th November 2022. Twenty four members and one visitor attended.

Final arrangements were made for the Christmas lunch at Silloth Golf Club.

Two teams have been entered for the Federation Quiz evening in Dalston on November 24th.

Silver by ensuring every part of a piece of jewellery is 97% pure silver.

It was a truly fascinating journey that Lesley took members along ending with a stunning display of jewellery.

The competition winners for a piece of jewellery were:

1st. Dawn Airey

2nd. Christine Worrall

Flower Competition

1st M. Kent

2nd. L. Taylor

Raffle winners.

1st. M. Peach

2nd P. La Plante.

Causewayhead WI at Silloth celebrated twice this year. On Monday 13th December our Christmas lunch took place at Silloth on Solway Golf Club where Liam served a delicious festive meal.

After lunch the Dalston hand bell

ringers entertained with carols and Christmas music. A history of hand bells, both the making and ringing gave greater meaning to the lovely carols they played. After this, members were invited to ring the bells (by numbers) and a fairly competent rendition of "Away in a Manger" rang out with enthusiasm and a great deal of help from the Dalston Ringers!

We would love to welcome new ladies to our meetings. Do come along and see what we have to offer. Just turn up at 2pm on the second Wednesday of the month at Christ Church Open Space, Silloth, where you will receive a very warm welcome. Ladies who live in the outlying villages or down the coast and have no WI nearby perhaps would enjoy an afternoon out once a month in Silloth with friendship and entertainment.

Raffle winners.

Kate Lawrence: M. Peach:

Frances Jackson

Flower Competition: M. Kent

Lake District Playing Card:

M. Kent: S. Robertson.

Lesley began her talk by explaining that following retirement she tried several new crafts but it was silversmithing to which she was attracted. She attended courses and bought the tools and silver and practised very hard to perfect her skills. She brought with her the tools of the trade and showed how each one was used in the making of silver articles.

Beautiful collections of silver jewellery were on display as well as the tools and silver involved in the making of these stylish and intricate works of art.

Who knew that a crème brulee torch burner was the perfect tool for melting silver as well as finishing a delicious pudding?

Members were shown how to set stones in silver and how old silver spoons can be redesigned to make beautiful and unusual earrings and cuff links. It was common in Regency and Victorian times for spoons to be stolen and jewellers would melt them down to make wedding rings.

The workings of the Assay Office is in authenticating Sterling



Fantasy Bee
by
Campbell Scott
from
Silloth Primary 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



The Queens Bed & Breakfast

En-suite rooms
Sea Views ~ WiFi

Call: **016973 31373**

Mob: **07753 859403**

email:

moregainus@gmail.com

web:

bedandbreakfast-silloth.co.uk

1 Park Terrace
Silloth, CA7 4DQ

WI January Meeting

The January meeting was held on Wednesday January 11th.

A new member Janice was welcomed. Gaynor came as a visitor and Glynis and Helen visited from Dundraw.

Two teams have been entered for the RNLI quiz in Silloth. Our own quiz will be held on April 20th. The previous one was a great success and we are expecting good numbers again. Members were asked to volunteer as many helpers will be needed.

The speaker was Mr John Molyneux with the second part of his History of Silloth. Old photographs and slides of Silloth from before the turn of the 20th Century were seen. These included ships that docked from all over the world, from as far away as America via Cape Horn....Tunisia and all over Europe.

A pier was built in 1857. Eventually it had a railway built on it. Over the years the pier deteriorated and eventually it was demolished in 1973. The old photos included The Bowling Club which had competitions running



all day....the original Golf Club and a fascinating picture of a mixed hockey team.

These all brought back memories of tales told by parents and grandparents which included visits to the Pierrot Show where tickets were 6d... 3d and 2½d if you sat on the grassy hill. Tales of double decker buses rumbling down the perfect sets on the "front",

hundreds of day trippers all bringing back memories.

An insight into Silloth in its heydays was a treat for members who have chosen Silloth as their new home and a trip down memory lane for those whose family lived in Silloth all their lives.

A vote of thanks was given by Maureen Irving.

Competition Winners:

Flower Competition
1. M. Kent, 2. L.Taylor
Silloth Memento

1. A. Harrison, 2. J Heywood
Raffle

1. O Hetherington 2. J. Graham

The next meeting will be on February 8th at 2pm Christchurch Silloth.

Silloth Nursing Home Charity Night Raises £2,802!

report by:
Anne Blair & Linda Faulder

We would like to say a big thank you to everyone who supported our charity night on the 19th November at Stanwix Park. Without exception everyone's kindness especially during these difficult times with increasing costs has been truly overwhelming.

It was a fantastic night with live music by the Moon Dogs and Silloth's very own Carl Philips, plus a fabulous raffle only made possible by all the wonderful donations.

We are delighted to announce the total amount raised was £2,802 which will be used in its entirety for the wellbeing and ongoing care for all the Silloth Nursing Home residents.

We would also like to say a special thank you to Stephen Stanwix, Claire Austin, Carl Philips and all the fabulous staff at Stanwix, without your hard work and generosity our charity night would not have been possible.

We wish everyone a happy and healthy 2023



Buzzy Bee
by Felicity Hewitt
from Holm Cultram
Abbey School



Disney Bee
by
Imogen Brough
from
Silloth Primary
School

AMC

SCRAP METALS LIMITED
SILLOTH CUMBRIA

FULLY LICENCED AND FULLY INSURED
METAL MERCHANTS

BUYERS OF ALL SCRAP METALS AND MACHINERY

CONTAINER SKIP SERVICES AVAILABLE:
FACTORY CLEARANCES
GARAGE CLEARANCES
SITE CLEARANCES
HOUSEHOLD DOMESTIC COLLECTIONS AVAILABLE

DEMOLITIONS

WE WANT YOUR SCRAP METALS
TOP PRICES PAID
TOP SERVICE OFFERED

JUST TELEPHONE: 0774 2221222

For Service

Reg Office:

Harbour Cottage
Lawn Terrace
Silloth CA7 4AW
Tel: 016973 34296

Yard:

Unit 2A Station Rd Ind Est
Silloth CA7 4AG
Tel: 016973 33153
Mobile: 0774 2221222

SILLOTH
MOTORCYCLE
MUSEUM

OPENING HOURS
9am - 4pm
Apart from:
Mon: Closed
BHM's: 9am - 4pm
Weds: 9am - 1pm

A GREAT RANGE TO VIEW

FREE
ADMISSION

SOLWAY STREET, SILLOTH

TEA, COFFEE & SOFT DRINKS
AVAILABLE

sillothmotorcyclemuseum.co.uk | Tel: 07764 405136

Seven Top Tips for Losing Weight with Slimming World

Is 2023 your year?

January is famous for New Year's resolutions – there's something so motivating about pressing the 'reset' button and starting a New Year with a fresh set of goals – a brand-new year for a brand-new you.

For many of us, becoming slimmer, fitter and healthier will be at the top of the list of our New Year's resolutions for 2023. And let's not forget, getting into great shape is the very best thing that we can do for our long-term health.

If you're ready to make 2023 the year that you take control, lose weight, get fitter and find your confidence, read on. Here are seven top tips to help you succeed in reaching your goals and make 2023 your healthiest and happiest.

1. Don't go hungry

To lose weight you have to eat less, right? Well, not always. The kind of food you're eating is much more important than the volume. Swapping high calorie, unsatisfying foods (think chocolate, alcohol, pastries) for foods that are lower in calories and more bulky, so they fill you up for longer, is key to losing weight in a way that's easy to live with. Research shows that by basing your diet on foods relatively low in calories, like fruit and veg, and foods that are most filling – or satiating – like lean meat, fish, eggs, pasta and potatoes, you can actually eat a larger amount of food and feel more satisfied while losing weight.

Some quick and easy changes include using less fat when you cook, so you boil or dry fry instead of frying in oil, swapping full fat dairy products for low fat or fat free, ditching sugary drinks in favour of low calorie drinks and adding more fruit and veg to your daily meals.

Slimming World's Food Optimising plan takes away the tedium of weighing, measuring and counting the calories in everything that you eat (and drink). Every week in their local group members learn how to make healthier choices to satisfy their appetite and



lose weight beautifully, without hunger or guilt. It's based on an understanding of the science of energy density. Evidence shows that eating more low energy dense foods (foods that are lowest in calories per gram) naturally limits energy intake, reduces hunger and results in better weight loss.

2. It's OK to walk before you run!

If it's your goal to get fitter, remember you don't have to become a professional athlete to get active - just making a commitment to moving more, it all adds up. Many people make the mistake of joining a gym, overdoing it in week one and quickly giving up, thinking 'exercise isn't for me'. Finding an enjoyable, achievable, and sustainable way of building new active habits into your routine is key – anything that gets you moving more, from heavy gardening or vigorous housework to brisk walking, dancing, cycling, or playing frisbee in the park, counts. What's most important is making it a regular habit – as natural to your day as brushing your teeth. Slimming World groups are packed with motivation and ideas on how to get more active, and there's library of more than fifty on-demand activity videos to do at home. There's everything from a gentle introduction to getting started with moving more to cardio workouts and dance routines.

3. Be kind to yourself

We all start January with great intentions, but it's all too easy to go off track. It's what you do next that matters most – and the most important thing is not to beat yourself up about it. A Slimming World survey of 1,700 slimmers showed that when they did have a slip up, being self critical was more likely to lead to comfort eating and giving up completely, whereas when they were kinder to themselves (imagine how you'd talk to a friend who's had a setback), they more quickly got back to healthy eating, lost weight and



they kept it off. So, cut yourself some slack!

4. Set a goal

It's hard to achieve a goal if you don't clearly set it out in the first place! When thinking about your dream weight, don't be afraid to be ambitious. In fact, Slimming World research found that slimmers who set ambitious targets lose twice as much weight as those who try to be 'realistic'. At Slimming World groups, as well as setting an overall weight loss target, members set weekly mini goals, whether it's to lose weight, get more active, or plan ahead, because setting goals is more likely to lead to success.

5. Don't opt for a quick fix

It's no secret that many people find losing weight far easier than keeping it off long-term. To avoid becoming trapped in a yo-yo diet cycle, it's important to approach weight loss as a permanent change to your lifestyle – and focus on developing new healthy habits that are sustainable for life, as well as getting support to make those changes.

6. Strike a balance

An all-or-nothing approach is rarely effective when it comes to weight loss. Restricting yourself when it comes to food and drink might work in the short-term, but pretty soon you'll be fed up, hungry and giving up completely. A little bit of what you fancy is key! That might be a Saturday night glass of wine, or a bit of chocolate in the evenings. Whatever it is for you, having a flexible approach and a balanced mindset is much more likely to deliver long-term success.

7. You don't have to go it alone

The principles of losing weight are quite simple, yet if it was that easy – we'd all be doing it!

Slimming World research shows, when people try to lose weight on their own, without telling anyone, it is ineffective. What is effective, is being part of a powerful, supportive Slimming World group.

Our research of 2,000 adults this January reveals:

- More than half of dieters (57%) have tried to lose weight in secret - many doing this with fears of being judged or failing.
- Even those who are open about

losing weight, 83% have attempted weight loss on their own.

- One in three secret dieters are worried about being judged for being overweight, while around the same number are embarrassed about needing help to lose weight.
- 35% admit to losing weight in secret, so that if they fail no-one would know.
- A fifth said this secretive approach to slimming made them feel lonely and 17% felt isolated.
- 87% of those who'd tried to lose weight in secret before joining a Slimming World group said they'd been more successful as a member of a group.
- 73% valued the support of other members.
- 90% said the accountability of the private weekly weigh-in was a key factor in helping them to lose weight successfully.

To find out more about Slimming World and how to join, visit slimmingworld.co.uk or contact Loretta, your local Slimming World Consultant on 07766118556. The local group is held at the Rugby Club every Saturday at 8:30am and 10am.

Pop along and join us.



What better time than the new year to get your healthy lifestyle back up and running. Allerdale Community Development Team are pleased to still be offering Slimming World as a community weight management programme for free

for 12 weeks across Cumbria.

A referral can be made via a nurse, health care practitioner, community pharmacy, social prescriber, health & wellbeing coach, etc., as well as your GP.

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

Slimming World
taste
the
freedom

Do you live in Allerdale, Carlisle, Copeland or Eden?
Are you aged 16+ with a BMI of 28+?
Would you like to lose weight?
You may be eligible for a **FREE 12-week referral**

Ask your GP or Health Professional for more details

   slimmingworld.co.uk


Cumbria
County Council


NHS
North Cumbria
Clinical Commissioning Group


Slimming
WORLD
Partnerships

Tansy lost 7st 3lbs
in 16 months

Town Council needs your views!

Silloth Town Council are doing a plan for the area to include:

- Issues around
 - Accessibility for people – both locals and visitors with additional needs
 - Health and Wellbeing
 - Environmental sustainability
 - Transport and Infrastructure
 - Local people's aspirations for the area
 - Project ideas and plans
- Collecting views on things the community will put energy into that the Town Council can support
- Being ready when the next funding pot is available to bid for projects in Silloth.

A key building block of a successful plan is community support and your views are needed to make this plan work!

This is an important and exciting opportunity to make your thoughts heard on what more Silloth-on-

Solway Town Council could and should deliver in future and will enable the Town Council to work with strategic and local groups to make changes in Silloth for the benefit of locals and visitors.

We want to hear the views of a wide range of people and groups through this consultation. Whatever you feel could be made better in Silloth – whether it's enhanced green spaces to enjoy, improved accessibility for everyone, better infrastructure for walking and cycling, improved parking provision or further celebration of its heritage and history, we need to hear your views through these surveys.

Below are links to the first three surveys, with a Transport & Infrastructure survey due out very soon.

If you require a paper copy of the survey, please contact the Town Clerk at 5 Burnswark Terrace, Solway Street, Silloth, Cumbria, CA7 4EF.
Email: townclerk@silloth-on-solway.co.uk
Tel: 016973 31128 Mob: 0777 5686857.

Waver Wine Circle



Report by: Stuart Jones

Chairman Bill Henderson opened our first meeting of 2023 by wishing everyone a very HAPPY NEW YEAR. Janet Stukins then thanked everyone, especially Linda Wood, for their help during her recent health setback. We all wish Janet a quick recovery to full health.

Then commenced the evening's entertainment, of course organised by Stukins' Entertaining. The laughter brought a lovely break from all that's going wrong in world around us. Many thanks Graham and Janet.

During a break in proceedings there suddenly appeared a lovely chocolate cake, to mark my birthday on Friday 13th, 13th day of the 13th month! Who said 13 is unlucky as I enter my 90th year?

Chairman Bill, requested I remind members of the next person to provide the draw prize after he had won this month's prize donated by Jan Jones. So next month's prize donator is Stella!

Look forward to seeing you all the Village Hall Committee Room on the 8th February, when we will enjoy a Beer Tasting.

Happy, healthy New Year.



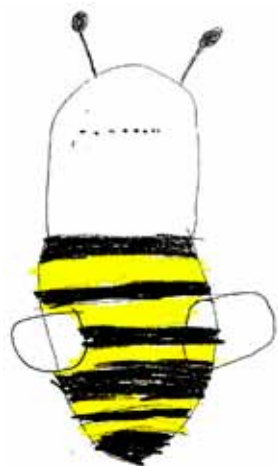
Well-being Survey
<https://www.surveymonkey.co.uk/r/ZB798LL>



Sustainability Survey
<https://www.surveymonkey.co.uk/r/7LH8QF6>



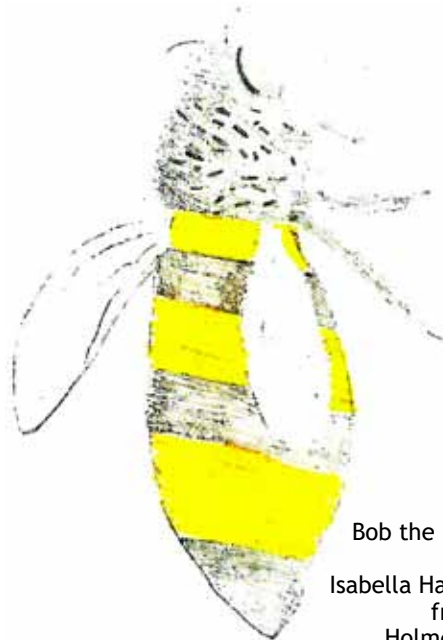
Accessibility Survey
<https://www.surveymonkey.co.uk/r/N6HPH7N>



Baby Bee
by Sadie Wise
from Holme St Cuthbert School



Shy Bee
by Blake Gunn
from Holm Cultram Abbey School



Bob the Bee
by Isabella Hayes
from Holme St Cuthbert School

Better Health

Start for Life

Chat, play and read together.
It sets them up nicely for school.

Hair She Goes

Mobile Hairdresser

Silloth and district

Call Melanie on:

07857 989358

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

Harrisons Store Ltd, Abbeytown

Tel: 016973 61231 ~ M: 07972 805074

Amazing Value Locally

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

Paypoint, Payzone, Cash Machine & Lotto

DOORSTEP DELIVERIES THROUGHOUT
Abbeytown, Skinburness, Blencogo & Newton Arlosh

Standing orders for Newspapers, Magazines, Bottled Milk & Eggs

+ anybody with a standing order can add groceries & fuel on to their next delivery with no extra delivery charge!

Silloth Music & Beer Festival



Report by: Jenni Lister

It's 2023 already, and the Early Bird tickets for our next Music and Beer Festival are selling well – have you got yours yet? Remember there's a limited number, so don't miss out!

Make sure the dates are in your diary – Thursday 7 to Sunday 10

September. As usual Friday night will be party night – get out your flares and platform soles, satin and gold lame because Abba Chique will be headlining and we'll be singing and dancing along!

Alongside our range of real ales, exciting ciders, wines and lager we shall have our successful Gin Bar

so many of you appreciated last September when it was sold out entirely – we'll be getting in even more stock this time.

We've got a surprise lined up for Saturday afternoon – we'll tell you more in future announcements, so watch this space!

New Police Inspector

I am Inspector Pete Aiston and I have recently arrived as the Inspector for the Neighbourhood Policing team. I have previously worked across different areas of the county, both in Penrith and Carlisle in various roles on response policing teams as well as neighbourhood policing teams.



I look forward to working in this area with my new team, to ensure we tackle the issues affecting you in your community. My team of officers and PCSOs have been working hard to tackle anti-social behaviour and crime in this area, recently engaging with communities to understand what is affecting you so we can take action to address it.

We recently conducted a survey in relation to the north Allerdale area, including Wigton, Silloth, and Aspatria.

Silloth A member of the Town Council reported issues with cyclists riding on the pavements in the town. Following the report, the PCSO Pete Nichol has spoken with the Town Council Clerk regarding this issue, and we will be conducting patrols in the area.

We recently conducted a

survey in relation to the north Allerdale area, including Wigton, Silloth, and Aspatria. A high number of responses were received particularly from the Wigton area where concerns were raised over road safety (speeding), anti-social behaviour and drug use.

Following the above results from the recent community survey we have been targeting antisocial driving and speeding in Wigton. As a result, numerous drivers have been dealt with on 22nd November for speeding and insurance offences.

On 27th November we conducted further speed enforcement in Wigton, resulting in five vehicles dealt with for speeding. One driver also admitted to only having provisional licence and was driving with no supervision, so his car was uplifted.



BFF Bees
by
Leah Emmerson
from
Holm Cultram Abbey
School

**P. SCOTT
CARPETS**

FREE Measuring
FREE Quotations

Expert Fitting Service

Large Selection of
Carpets from £7.99sq mtr

Large Selection of Vinyls
from £9.99sq mtr

**Caravan
Fitting Service**

1 Wampool Street, Silloth

Tel: 016973 31224

E: pscottfurnishing@gmail.com

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

D.A. Harrison



Haulage & Storage
Sand, Gravel & Aggregates
Readymixed Concrete



Demolition & Site Clearance
Licensed 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

Take Care on Winter Roads



Cumbria's Police and Crime Commissioner (PCC), Peter McCall, is urging drivers to take care on the counties rural roads following the recent drop in temperature and icy conditions.

Temperatures in Cumbria can plummet into the minuses causing freezing fog, black ice, and snow. Many of Cumbria's roads are rural, often single-tracked with no streetlights or road markings. They can be extremely dangerous if drivers do not pay attention or prepare their car in advance for winter driving.

Simple tips to help drivers increase their safety on the roads, include: Drive slowly and leave larger gaps between cars to ensure plenty of distance. Allow extra time for journeys and ensure you have at least quarter of a tank of fuel in case of any delays. Wear comfortable, winter shoes to avoid slipping on the pedals. Scrape and de-ice all car windows and wait for the windows to demist. Ensure all lights are clear and visible, and make sure to use the lights when visibility is reduced. Have food, water, warm and high vis clothes, and a phone charger in the car in case of emergencies.

PCC Peter McCall said: "Cumbria is a beautiful county that can look lovely during the winter season. However, the cold winters can create dangerous driving conditions. Many of our roads are rural and poorly lit so it is essential that we recognise this and take our time when conditions start to become more treacherous. I would urge drivers to take extra care when travelling and avoid unnecessary journeys, where possible. Most insurance and breakdown companies, such as the AA, have pages dedicated to safe winter driving, so I would urge everyone to look on their cover companies' website for tips and advice on how to driver safely and what can be done to prepare cars for winter. Let's all get home safe

this winter."

Chief Inspector Steve Hunter, Cumbria Constabulary, said: "Our advice to motorists, at any point in the year, is to drive to the conditions which present themselves at any one time. During the winter months there are additional risks, particularly with the impact of low temperatures and deteriorating visibility. This can be even more challenging on some of rural or minor roads, which may be more exposed to the elements. It may sound simple, however driving with more care and attention will make you a safer driver and will help prevent road traffic collisions. Please make sure your vehicle is winter ready. This includes ensuring you have plenty of windscreen washer fluid and that your tyres are properly inflated and have adequate tread depth."

Diary of a Gardening Novice



Report by: Lina Mookerjee

It's 10th January 2023 and it's a wet, damp and rain cloud-laden morning. As I look outside my kitchen window, all I can see is my garden space appearing asleep on the surface. My first gardening year has taught me never to be fooled by what you think nature is not doing! So much growth is happening right now underfoot. I am slowly learning to use my senses to tune into the changes that happen during winter. It is a time for hibernation as well as incubation.

My 'produce-field' garden is currently a barren landscape,

filled with an array of co-existing entities at different stages of individual life-cycles. I see the beautiful shades of browns and darker greens of decaying plants that only four months ago were in their full bloom of life - flower, fruit and vegetable. I see my herbs bushes alive, stunning in both their sensuous structures and flavours.

There are my newly created raised beds, holding my dreams and visions for this year's experimental gardening growth. They are eager and waiting to house the next generation of plants and pollinators. My intention for these beds is to provide safety, soil, food and infrastructure needed

to help all growth (plants, insects, bees and more) to flourish.

I see our greenhouses, active school rooms for learning about nature. Peppers, tomatoes, courgettes, sweetcorn, beans, cabbages, cucumbers, marrows, gourds and flowers galore started life in these spaces and I'm humbled by what grew. I gently smile at the greenhouse so battered by 2021's Storm Desmond, and remember how Andrew (our gardener) and I rescued its dignity by creating a new polythene roof with gaffer tape!

Survival is what nature does best and being in nature teaches me a lot about surviving life well.



Sunset Bee
by Scarlett Milburn
from Holm Cultram Abbey School



Killer Teacher Bee Mrs Smart
by Savannah-Rose Hannigan
from Silloth Primary School

Allonby Dook Raises £1,191 for Inshore Rescue



Photo by: Marie Barnes



Photo by: Maryport Rescue

Report by: Susan Anderson

According to my screen time notifications, I spent 45 minutes on the met office app obsessively checking the weather in the week leading up to the annual Allonby Dook. I needn't have worried. January 1st dawned with a gentle (for Allonby) breeze and a few clouds. Very different to last year when we had to cancel at the last minute. I donned my Cruella De Ville costume and headed off to the village hall.

Volunteers were already at work setting up teas and coffees, preparing soup and hot chocolate and putting out cake. Another group were getting ready to take registrations, point people in the right direction and take donations. Maryport Inshore Rescue arrived and it was all systems go. We had a little drizzle but that didn't put off the doozy folk of West Cumbria. Joe Kewin, the founder of the Allonby Dook tried valiantly to get his ducks in a row, even roping



Photo by: Maryport Rescue



Photo by: Maryport Rescue

in a visiting family from Liverpool when people dropped out because of the ever present COVID. Midday arrived and the Maryport Rescue people were in place in the water marking where we should enter the water. 67 people took to the water in various states

of dress/undress and fancy dress. We had a mermaid, a sloth, scooby doo and Joe's flock of ducks to name a few. As we exited the water an amazing double rainbow brightened the sky and put a smile on everyone's face. Then it was back to the village hall where many people gathered to

get changed and warm up, the walk up the beach helped with that as the tide was out. Cake was eaten, hot drinks were drunk and everyone enjoyed the post dook craic. This was the sixth dook but the first since the coronavirus turned our lives upside down.

Thank you to everyone who attended and the volunteers who helped make the event a success. We raised an amazing £1,181 to support Maryport Inshore rescue and ensure they come back to support us in 2024! Will you join us too?

Report by: Caroline Turner

Best wishes to the winners of the recent Friends of the Green 'Name the Bird' competition in the Solway Buzz!

Isla from Blitterlees and William and Harry from Eden Street each won a fat ball and bird seed feeder.

Friends of the Green Gardening Tips



Spring is fast approaching so we will be busy in the Community Garden getting ready to plant out the cuttings and seeds we have brought on in the allotment over winter.

Sadly not everything survived the very cold weather in December, we lost most of the Salvias to the frost despite being well fleeced! But there is plenty still to come! The allotment is going to play an increasing role this year as we aim to be more sustainable with the allotment providing more of the plants for the Community Garden.



Plenty still to come



Gardening Tips

February/March is good time to sow tomatoes, either in a heated propagator or on the kitchen window sill. There is a huge variety to choose from depending on your taste preferences and the space you have available. There is even a dwarf variety called 'Micro Tom' 'the worlds smallest tomato' that can be grown in a 9cm pot. We are starting a new feature 'Grow along with FoG' on our Facebook page visit us for a week by week guide to growing tomatoes and other gardening tips throughout the growing season.

We meet every Wednesday morning at 10 o'clock in the Community Garden. And it is not all just about gardening particularly if the weather is not good we go for coffee and a chat instead.

Come and join us!



Now is also a good time to plant lilies in pots to stand near the house for early summer colour and fragrance.

THE AREA WARM SPOT

SILLOTH WARM SPOT

at
Silloth Community Hall

Every Monday
from 11am to 1pm

Pop along for a hot drink
and a warm welcome. Open to everyone.

IN SILLOTH

QUIZ NIGHT

Friday 3rd February 2023
7.30pm in Mrs WILSON'S
Criffel Street

Entry £7 per person including supper
Teams of up to 4. Numbers are limited. Please pre-book £3 per head at Mrs Wilson's. Tel 016973 31155

MAWBRAY VILLAGE HALL

MONTHLY QUIZ

Quiz

Thursday 23rd February
&
Thursday 30th March 2023
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 11th March 2023
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

QUIZ NIGHT

Silloth and District

SUPER QUIZ NIGHT

Christchurch, Silloth. 7.00pm

on Thursday April 20th

£5 per person.
Including Supper. Raffle.

Men's, Women's and Mixed teams - All Welcome

You are welcome to bring your preferred drink, free Coffee and Tea will be available at half time with Supper

Contact 07745 988367 to book your space.

Run by Causewayhead W.I.

Protect your friends from romance fraud

Hey man, how's it going with that guy you met online? How was he IRL?

Great! He's so handsome and he thinks I am too, but he's working abroad, and his phone camera's broken.

No vid chat yet! Dude, are you sure he's for real?

Protect your friends from Romance Fraud.

CrimeStoppers.
0800 555111
100% anonymous. Always.

Bee Fact #11



Honey is a fantastic natural energy booster, often used by athletes and sports people. It contains both fructose and glucose, which are natural fruit sugars that are quickly and efficiently digested by the body!



Silly Bee
by Blake Tinkler
from Holm Cultram Abbey School

Your Beautifully Buzzing Poems

Frost by Sophia Lodhi

*Reeds stand tall,
Glazed in white gold;
While streams of bubbles: sugar glass
Are rendered mute and motionless...*

*Frost clothes woods in shimmering 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.*

"Alf" by Mrs J Bailey

*I said to Alf "Get on your mat!"
He looked at me with glee,
"I'm so fed up with hearing that,
It's all you say to me."*

*I stared at him and he at me,
Defiance in his eyes.
I knew his will and mine would fight,
But I'd win by and by.*

*He sat for just two minutes,
Then he could sit no more,
He gave a yelp, leapt off his mat
And ran right out the door!*

Brighter Eyes: my beloved dog, the late Bailey
by Sophia Lodhi

*In recent years, I've wished upon a star or two
That you had brighter eyes -
Just like you did when you were new.
As a young pup, all the days of your life*

*Shone and glistened before you:
Petal-pink dawns with rainbow hues...
Bright glowing sunshine...sparkling dew....
But one day, Autumn leaves fell where snow now
lies:*

*The sun at last has set, and now I'm darkest blue.
I wish that you had brighter eyes
Like those you had when you were new.*

Deep Cobalt Blue by Sophia Lodhi

*I long to paint this wild seascape before me...
To define the waves in their zinc-white fury...
Highlight the gulls wheeling up in the heights...
Reveal the spectrum eclipsed in cold skies...
A palette mixed with deep cobalt blue shades
Will capture a brilliance never to fade.*

Pennine View Silloth Bingo Christmas Party Trip
by Joan Bennett

*The day was so cold, the roads sheets of ice.
That didn't deter us we're going somewhere nice.
So, slipping and sliding we boarded the bus.
Sixteen old darlings none making a fuss.*

*A Christmas party at the Workington Opera our
aim.
Not to hear music but to play a bingo game.
The driver was brilliant he drove with such care.
He made sure that everyone arrived safely there.*

*We enjoyed a nice lunch, given a hat and a
cracker.
We probably looked daft but that didn't matter.
We enjoyed entertainment's girl in good voice.
The songs that she sang were an excellent choice.*

*We played lots of games but no-one called house.
Our party were all as quiet as a mouse.
It would have been nice if someone had won.
But it didn't really matter we all had good fun.*

Residents And Carers
by Joan Bennett

*Maggie Malone is a lovely old dear,
She gets so confused finds it difficult to hear,
Her husband Joe is exactly the same,
When something goes wrong no one knows who to blame,*

*They live in a nursing home need special care,
They're both loved so well by the staff that work there,
Old Major Pickstaff is so stiff and so stern,
He thinks that he has nothing to learn,*

*Fred Brown was a grocer he had a small shop,
He constantly talks not knowing when to stop,
Phyllis Brown shouts at him, now look what you've done,
I've dropped all my stitches off the needle they've come,*

*Gracie Nugent is nice but she sings all day long,
It wouldn't be so bad but she sings the same song,
Soon there's a rattle the tea trolley comes,
Suzie the new girls is all fingers and thumbs,*

*Can you give me a hand? Of the Major she asks,
Shame on you girl, he said, it's an easy task,
It's just that I'm not sure who drinks coffee or tea,
Don't worry about them dear just look after me,*

*Gracie Nugent sang at the top of her voice,
Give them all tea dear, don't give them a choice,
Most of the residents enjoyed a doze,
They rallied when food was put under their nose,*

*The head carer decided they should have some fun,
What about bingo? that suits everyone,
She gave all the residents a card and a pen,
She told them she'd start after she'd counted to ten,*

*The carer called numbers not daring to stop,
The room was so quiet you could hear a pin drop,
She called all nighty numbers and no one called house,
Each of the residents were as quiet as a mouse,*

*Embarrassed was she, out of the room she did creep,
All of the residents had fallen asleep,
Perhaps Bingo wasn't the best form of fun,
But these carers take excellent care of everyone.*

**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.**

**No Letters This Month!
That is a First**

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 Megan
Peile from Holm
Cultram Abbey
School with a bee
drawing called
"Soldier 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)

Could You Change a Child's Life by Sharing Yours in 2023?

In its latest campaign Cumbria County Council's fostering service is urgently appealing for more people to transform a child's life by sharing their own in 2023.

Cumbria County Council already supports around 275 fostering households, who offer stability and support to vulnerable children and young people who can't be with their own families. But with more than 750 children in care in Cumbria, it urgently needs more people to come forward as foster carers to help transform children's lives this year and in the future.

Adele Hwozdyk and her husband Lee, from Penrith, have fostered for 13 years and are short term carers for a brother and sister aged 10 and 12. Adele said: "I really enjoyed being a parent to our own sons and got so much out of it. We felt we'd been very lucky and really wanted to give something back and make a difference to the lives of other children. We've really enjoyed being short term carers and moving children on to adoption or back to family is incredibly rewarding. I would urge anyone thinking of fostering to speak to the council and other carers and find out more. The support is there for you and our social workers have been fantastic. We've also had access to training when we've needed it. I can honestly say that

fostering is one of the best things we've ever done."

Milnthorpe's Genevieve Spencer, along with her husband Neil and son Will, is a respite carer who started fostering last July. Gen, who has a background working in children's residential care homes, said: "We had a spare room and only one child of our own and I knew there were so many kids out there that need a family - if only for a little bit. You are giving children who've all had experiences you cannot comprehend, a safe, nurturing space where they can just be kids again. Fostering part-time can be as flexible and fluid as it needs to be to fit around your other commitments."

Penrith's Sharon Sanderson fosters with her husband Dan and their daughters aged 17 and 20. They are short term foster carers for a little boy aged 8. Sharon, who was headteacher at Penrith's Brunswick School for 11 years before leaving to start fostering, said: "If you have got a passion for working with vulnerable children and want to make a difference, then fostering gives you the time and flexibility you need to do it - alongside being there for your own family."

To become a foster carer you must be over 21 and have at least one spare bedroom and the time and availability to care for a child.



Sharon and Dan Sanderson

As a foster carer for Cumbria County Council, you will receive full, ongoing training and 24/7 support. You will also receive a competitive financial package of fees and allowances; newly approved carers can expect to receive up to £290 a week for each child they foster, and experienced carers up to £488.

Cllr Anne Burns, Cabinet Member for Children's Services, said: "Our foster carers are well supported by our dedicated team and help to keep Cumbrian children in the county, close to family and community links. In 2023 we are urgently looking for more people to join our community of foster carers and would love to hear from anyone who thinks they may have what it takes."

If you are interested in finding out more about fostering, why not attend one of our upcoming events in your area and speak to our friendly team and foster carers:

Saturday 28 January - Carlisle fostering information event at the Crown and Mitre Hotel, English Street, CA3 8HZ from 12pm to 2pm. Come along at 12pm to watch a short presentation on fostering and speak to our team and carers.

Alternatively speak to us today on 0303 333 1216 or register your interest online at cumbria.gov.uk/fostering



Big Bee, Little Bee and Cardboard Box by William Beverley from Holm Cultram Abbey School

Est. 1876

J Hill & Sons Funeral Undertakers Wigton

Email: info@jhillandsons.co.uk
www.jhillandsons.co.uk

016973 42635

Station Road, Wigton CA7 9AE

AMC

**SCRAP METALS LIMITED
SILLOTH CUMBRIA**

FULLY LICENCED AND FULLY INSURED
METAL MERCHANTS

BUYERS OF ALL SCRAP METALS AND MACHINERY

CONTAINER SKIP SERVICES AVAILABLE:

FACTORY CLEARANCES

GARAGE CLEARANCES

SITE CLEARANCES

HOUSEHOLD DOMESTIC COLLECTIONS AVAILABLE

WE WANT YOUR SCRAP METALS

TOP PRICES PAID

TOP SERVICE OFFERED

JUST TELEPHONE: 0774 2221222

For Service

Reg Office:

Harbour Cottage
Lawn Terrace
Silloth CA7 4AW
Tel: 016973 34296

Yard:

Unit 2A Station Rd Ind Est
Silloth CA7 4AG
Tel: 016973 33153
Mobile: 0774 2221222

DEMOLITIONS



**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 (225977) and in Scotland (SC039426)

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



**Cushions
&
Covers**

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

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

Copy Date



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.

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

Shop Opening Times
 The shop is closed until Spring.

 Thank you for your support during the year, have a lovely Xmas and a Happy New Year.

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

Church Service

St Andrews Church services every third Sunday each month

Causewayhead WI

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



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

Crafts Group

Meet in St Andrews Church Hall from 1:30 to 3:30pm every Wednesday
 You will be very 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

January 2023

26th Monthly Quiz at Mawbray Village Hall, 7pm, see advert

February

3rd RNLI Quiz Night in Mrs Wilson's, pre book in Mrs Wilson's, see advert

4th Coffee Morning with Silloth & District Pensioners in St Andrews Hall at 10am

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

8th Causewayhead WI meeting in Christ Church at 2pm: speaker tbc

8th Waver Wine Circle in Blencogo Village Hall

11th Film Club, Ticket to Paradise at 7pm, see advert

15th Silloth Nursing Home League of Friends coffee morning in Christ Church Silloth, at 10am

20th Family Panto at Wigton Theatre, 07977 835094 www.wigtontheatre.org/tickets.php

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.

February cont'd

21st Family Panto at Wigton Theatre, 07977 835094 www.wigtontheatre.org/tickets.php

22nd Family Panto at Wigton Theatre, 07977 835094 www.wigtontheatre.org/tickets.php

23rd Family Panto at Wigton Theatre, 07977 835094 www.wigtontheatre.org/tickets.php

23rd Monthly Quiz at Mawbray Village Hall, 7.30pm, see advert

24th Family Panto at Wigton Theatre, 07977 835094 www.wigtontheatre.org/tickets.php

25th Family Panto at Wigton Theatre, 07977 835094 www.wigtontheatre.org/tickets.php

26th Family Panto at Wigton Theatre, 07977 835094 www.wigtontheatre.org/tickets.php

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

March

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

8th Causewayhead WI meeting in Christ Church at 2pm: Helens Herbs

10th **RMW15 Retro Weekend at Stanwix Park**
 Tel: 016973 32666

11th Coffee Morning with Silloth & District Pensioners in St Andrews Hall at 10am

11th Car Boot Sale at Holme St Cuthbert Church 9am to 1pm, see advert

11th **RMW15 Retro Weekend at Stanwix Park**
 Tel: 016973 32666

12th **RMW15 Retro Weekend at Stanwix Park**
 Tel: 016973 32666

15th Silloth Nursing Home League of Friends coffee morning in Christ Church Silloth, at 10am

18th Film Club, Jurassic World Dominion at 7pm, see advert

25th Uke's of Allonby playing in St Andrew's Hall in aid of RNLI, £8 inc pie & pea supper

30th Monthly Quiz at Mawbray Village Hall, 7.30pm, see advert

April

1st Coffee Morning with Silloth & District Pensioners in St Andrews Hall at 10am

3rd Holme Low Parish Council meeting in Silloth Community Hall at 7:30pm

12th Silloth Nursing Home League of Friends coffee morning in Christ Church Silloth, at 10am

20th Super Quiz Night in Christ Church, Silloth at 7pm entry £5 inc supper & raffle see advert

May

6th Coffee Morning with Silloth & District Pensioners CANCELLED

8th Silloth Town Council meeting in Community Hall at 7pm

12th **Soul Weekend at Stanwix Park**

13th **Soul Weekend at Stanwix Park**

14th **Soul Weekend at Stanwix Park**

17th Silloth Nursing Home League of Friends coffee morning in Christ Church Silloth, at 10am

28th **Silloth Green Day on Silloth Green**

Have You Sent in Your Dates yet?



The Mawbray Film Club presents

TICKET to PARADISE

SATURDAY 11 February

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.
 Children must be accompanied by an adult.
 Please book using the contact numbers below to ensure you get a seat.

| 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

The Mawbray Film Club presents

JURASSIC WORLD

SATURDAY 18 March

The film starts at 7:00pm

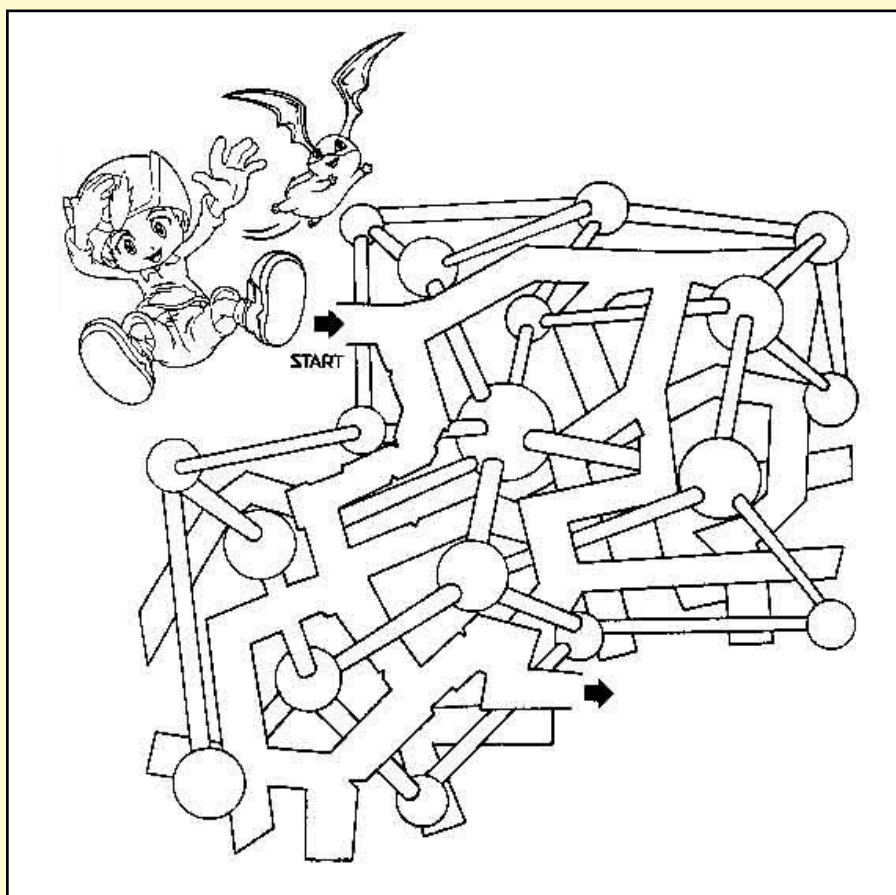
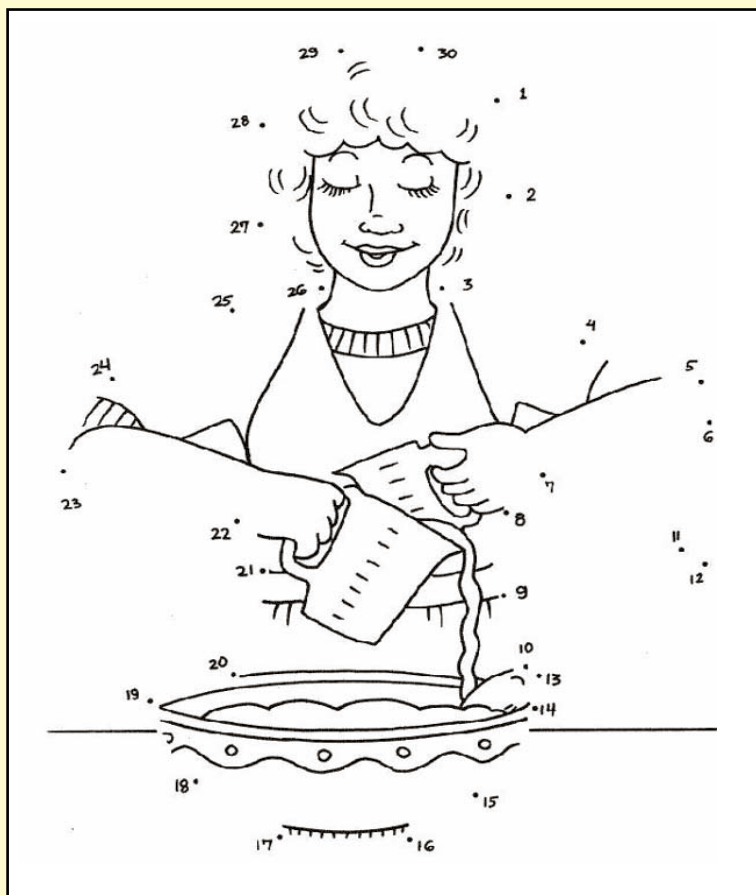
Bring your own cushions, if you wish.
 Bring your own refreshments, cups/glasses. All rubbish to be taken with you when you leave at the end of the evening.
 Children must be accompanied by an adult.
 Please book using the contact numbers below to ensure you get a seat.

| 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) |

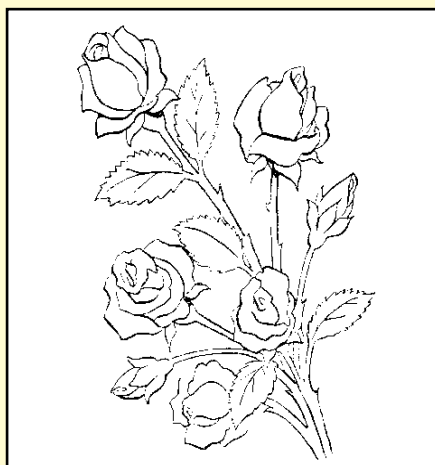
To join and/or to book contact Brian or Lynda:
 01900 881737
 07542 781234
 07926 810074

Have Fun ~ Join the Dots & Colour In

Something for All Ages to Enjoy Everyone Can Do This



Not Just for the Kids



Valentine's Day Word Search

Take a look at the Valentine's Day words listed at the bottom of the page and then find and circle each of them in the block of letters below.

They can be forwards, backwards, up, down or diagonal.

```

RDXUZXCMMNZVWNW
FDESXOVFBTEFDVH
NYOREWCKTKOGAEQ
FDQLNHNWYNZTHFP
LNGDUIFTYYEXUJY
PADGPSSSIKNLMOAE
DCSKCCEJRNMAMN
UOJXHDSDPHDFI
HMWUHTOBIKXJAHT
ZMRZIAARRHEARTHN
LTFEROVCTQCYIPE
JTEEWSLNQFUMDDL
IJDJZBOGUVGFIOA
YAOJABVLBZOPZZV
MDFICECUPIDXXA
    
```

Candy
Cupid
Heart
Hug
Kiss
Love

Pink
Red
Roses
Sweet
Valentine



Enjoy and Have Some Fun

Occupations Crossword Puzzle

Across

- Helps people learn things
- Can help your car if it isn't working
- Helps people find the books they are looking for
- Helps animals when they are sick
- Catches the bad guys

Down

- Spends a lot of time in a court room
- Can help you with your pipes
- Puts out fires
- Helps people when they are sick
- Can fix the lights if they go out



Local Tradesmen and Services

THESE ADVERTS REALLY DO WORK!

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**

Denture Repairs

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

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**



Chimney Sweep

McDermott Chimney Sweep

Fire Service & Refurbishment
Fully Insured



REGISTERED MEMBER



The Institute of Chimney Sweeps

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



Counselling & Polarity Therapy

PRAXIS THERAPY

Lina Mookerjee BSc MA
Sessions online (via Zoom) & face to face

◆ **Counselling** ◆ **Psychotherapy** ◆ **Polarity Therapy** ◆

- Anxiety, depression and stress management
- Insomnia, chronic pain and illness, ageing process
- Trauma (PTSD and complex trauma)
- Mid-life & menopause symptoms
- Grief, loss and bereavement
- Relationship issues



The Grey House Annexe | Silloth on Solway | CA7 4DU
T: **07727 483096** | lina@praxis-ppd.com | www.praxis-therapy.com

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

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**

Firewood

Seasoned Firewood Logs

DELIVERY AVAILABLE

Tel: Ashley Sharp
016973 31495
07762 772208



Now - who will do that urgent job for you?

Advertise Here!

in the Tradesmens Section

only **£184**

for ten issues

or a 6.5cm box for

only **£322.50**

for ten issues

(Pay over 10 months at £32.25 per month)

Big Hearted Christmas Lunch

Report by: Jackie McCormick

Last month on Christmas Day 24 people came to Silloth Rugby club for their Christmas lunch. This is the seventh one that has been available in Silloth.

There was transport available for the people attending thanks to the generosity of Ricky Robinson and Spencer Graham coaches.

This would not be possible if it was not for the generosity of the people of Silloth. Tommy Hornsby who has provided the delicious turkey every year. Alison Henderson who has helped in one way or another every year. The Solway Holiday Village for their lovely veg contribution. Berry's Bakery for their lovely mince pies and other food donations on the day. To Enkev for their fabulous donations of food and money that saw everyone there going home with some lovely wine, biscuits or chocolates to enjoy once home.

We also received Christmas puddings and money from people in the town. Also I am very grateful to my helpers who helped me organise, peel the veg, cook the turkeys and do the dishes, it really wouldn't happen without you all Owen Martin, Joe Scott, Melanie Irving, Carole Blake and John Cook. Lastly

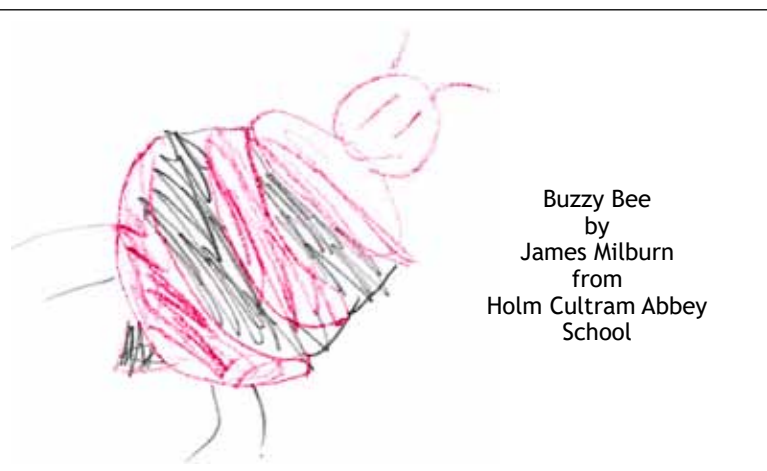


to the Silloth Rugby Club for kindly letting us host it there again.

This is a special day and lets people on their own or unable to make their own Christmas lunch have a lovely meal while talking

to others and also take something away for the rest of their day. I really could not do this on my own and really appreciate all the help I get to make this possible.

Silloth is a lovely community.



Buzzy Bee
by
James Milburn
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 | Stanwix Park | 016973 32666 |
| Allerdale & Eden Roofing | 01900 813517 | The Charity Shop | 016973 31696 |
| AMC Scrap Metals | 0774 2221222 | Triple TTT | 01900 810008 |
| British Heart Foundation | 01900 358783 | Upholstery, Irene Armstrong | 016973 31836 |
| Carpet Shield | 07555 217822 | West Silloth Motors | 016973 32833 |
| Christine's Taxis | 07917 564583 | Wheyrigg Hall Hotel | 016973 61242 |

| | |
|-------------------------------|--------------|
| D A Harrison | 016973 42277 |
| Devonshire House Dentures | 01228 529128 |
| Fairydust Emporium | 016973 31787 |
| Fairydust at the Lowther Arms | 01900 881044 |
| Green View / Stella's | 016973 31743 |
| Hair She Goes | 07857 989358 |
| Harrisons Store Ltd | 016973 61231 |
| Ian the Electrician | 07727 127000 |
| J Hill & Sons Undertakers | 016973 42635 |

| | |
|----------------------------|--------------|
| Jaybees | 016973 31245 |
| KL Express | 016973 33033 |
| KMG Plumbing & Heating | 07590 522621 |
| McDermott Chimney Sweep | 07878 147444 |
| Meadows Retreat lodge Park | 016973 23895 |
| Mike Jones Decorator | 07842 355486 |
| Mike Taylor Plumbing | 07773 069856 |
| Mrs Wilson's | 016973 31155 |
| No. 17 Delicious | 016973 32458 |
| P Scott Carpets | 016973 31224 |
| PM Roofing Specialists | 07931 362163 |
| Praxis Therapy | 07727 483096 |
| Queens B & B | 016973 31373 |
| Seasoned Firewood Logs | 07762 772208 |
| Slimming World Loretta | 07766 118556 |
| S.O.S.C.S. | 016973 32452 |



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 |
| Electricity Power Cut | 105 |
| 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: | 01900 876189 |
| MP, Mark Jenkinson: | 01900 325013 |
| Neighbourhood Forum: | 101 |
| 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 |
| Water & Waste Problems | 0345 6723723 |
| West Cumbria Carers | 01900 821976 |

Advertisers entries are always Free in the Phone Book

Please, let us know what you want included

STANWIX PARK

Retro Music Weekend 15

10TH, 11TH & 12TH MARCH 2023

3 night accommodation or pitch & weekend ticket packages available to book at www.stanwix.com
T: 016973 32666

WEEKEND TICKETS £65.00PP
Friday Night: £25.00
Saturday: £35.00
Sunday: £25.00

LINE UP INCLUDES:
SNEAKY FINCH
90'S EXPLOSION
CHILL PARTY BAND
JAMESON BAND
ROY G HEMMINGS SOUL & MOTOWN BAND
LOGAN PAUL MURPHY
THE SWING COMMANDERS
ROXY MAGIC
LOS PERROS
PRE AMPS
STEVIE D

EXPLOSION
THE ESSENTIAL COLLECTION IN CONCERT

Festive Molasses Delivery to Silloth Dock

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



Silloth's most regular visitor, molasses tanker ZAPADNY, made her final call of the year in late December. She had loaded her syrupy cargo in the Belgian port of Zeebrugge by ship-to-ship transfer from a larger vessel. The exotically named bulk carrier NORD STINGRAY would have dwarfed ZAPADNY as she pulled alongside. The molasses originated from India where they are produced as a by-product of sugar refining. The bulk carrier had set sail three weeks earlier reaching Zeebrugge via the Suez Canal.

December Shipping at the Port of Silloth

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

Silloth had one main vessel arrive and depart without incident during the month of December, our old faithful, Zapadny, with a cargo of Molasses again for use in the Ungulates market for feedstock.

Also visiting and in over Christmas were the fishing vessels Bounteous and Alert, now owned by Camm fishing in Fraserburgh.

Other report information is still basically the same, however some locals and visitors may have noticed some nice new signposts being put up by the Environment Agency designating the route for the coastal footpath.

It is to be noted that some of these, towards the beach end of the pathway are in the wrong place and will be moved when the pathway eventually gets agreed and designated. The port has not had a final plan from Natural England (NE) and therefore has not been able to dispute the placing of signage.

December

22nd Zapadny with a cargo of Molasses from Zeebrugge then on to Sea for orders.

There's no shortage of photos illustrating ZAPADNY's visits to Silloth, some more dramatic than others. Occasionally the ship is reluctant to enter dock without touching the sides! She has a reputation amongst pilots for being awkward to handle. Overcoming her bad habits requires special skills learned from experience. Unpredictable currents at the dock entrance add to the difficulties for pilots bringing her in. Despite her poor manoeuvrability, the specialist tanker is in high demand to deliver cargos across northern Europe. After more than thirty years of service she just keeps on going. Silloth is one of a small number of regular ports of call. It must be like a homecoming each time she arrives at one of these.

On leaving Silloth on this eighth visit of the year, ZAPADNY steamed south passed the Isle of Man heading towards Ireland. It was Christmas Eve and the ship's anchor was dropped in a sheltered bay to the south of Dublin. Crew of the Ukranian operated vessel took a well-deserved rest day to celebrate before their onward sailing. No doubt ZAPADNY will be a familiar sight at the docks in the coming year with deliveries of its vital ingredient for local animal feed production.



Silloth Golf Club Junior Section Prizegiving



Junior Championship - Graham Claret Jugs

2022 Green Champion: Matthew Ellwood
 2022 Black Champion: Caitlin Ellwood
 2022 Red Champion: Tristan Ochal



Report by: Peter Ellwood, Junior Organiser

£2,044 for Eden Valley Hospice



Well done to Carole Story and everyone at Silloth on Solway Golf Club who have managed to raise £2,044 for Eden Valley Hospice during 2022.

Carole was the lady captain during 2022 and kindly chose the hospice as her charity of the year. The money was raised in various ways including putting competitions, a casino night and a bunker jar.

SILLOTH WARM SPOT
 at
Silloth Community Hall
Every Monday
from 11am to 1pm

Pop along for a hot drink
 and a warm welcome. Open to everyone.

2022 Prize Giving

As the year 2022 has drawn to a close, it is time to reflect on the great year the junior section has had.

We held our Annual Prize Giving in November. It was fantastic to see both experienced and new players in the section receiving silverware. It was the first season back after the Covid 'break' and it was encouraging to see so many juniors returning to golf.

The evening was very enjoyable watching the juniors collect their trophies and prizes, I'm not too sure who was prouder the players or their parents.

Well done to all the juniors who won prizes.

We continued the same format for the Championships for 2022. A qualifier was held mid-year for players using the Red tees, Black tees and Green tees. This then led to the semi-final and final being played on Finals Day.

Pauline and Gordon Graham were past members of the club and Pauline devoted a lot of time to the juniors over the years. As well as supporting the club in being Lady Captain.

It was kind that the donations given in their memory were passed to the Silloth Junior Section. It was decided that due to their involvement in the development of the juniors over the

years, that some of the money should be used to buy trophies for the Green, Black and Red Championships. The sections that Pauline would have been involved in. This is the first year we have played for the Graham Claret Jugs.

2022 Green Champion:
 Matthew Ellwood

2022 Black Champion:
 Caitlin Ellwood

2022 Red Champion:
 Tristan Ochal

Congratulations to the inaugural winners of the Graham Claret Jugs presented by Junior Captain Amber Hagan.

Silloth Tide Tables

| FEBRUARY 2023 | | | | | | | | MARCH 2023 | | | | | | | | | |
|---------------|--|-----------|---------|-----------|-----------|-----------|---------|------------|-------|--|-----------|---------|-----------|-----------|-----------|-------|------|
| SILLOTH | | | | | | | | SILLOTH | | | | | | | | | |
| Date | DEPTHS ON NEW DOCK GAUGE (1.8m ABOVE CD) | | | | | | | | Date | DEPTHS ON NEW DOCK GAUGE (1.8m ABOVE CD) | | | | | | | |
| | High Water | | | | Low Water | | | | | High Water | | | | Low Water | | | |
| | Morning | Afternoon | Morning | Afternoon | Morning | Afternoon | Morning | Afternoon | | Morning | Afternoon | Morning | Afternoon | Morning | Afternoon | | |
| | Time | m | Time | m | Time | m | Time | m | | Time | m | Time | m | Time | m | Time | m |
| 1 W | 08 49 | 5.2 | 21 17 | 5.3 | 02 52 | 0.5 | 15 34 | 0.5 | 1 W | 06 43 | 4.8 | 19 33 | 4.7 | 00 42 | 0.9 | 13 39 | 0.9 |
| 2 TH | 09 48 | 5.6 | 22 14 | 5.7 | 03 59 | 0.4 | 16 38 | 0.2 | 2 TH | 08 18 | 4.9 | 21 01 | 5.0 | 02 14 | 1.0 | 15 10 | 0.7 |
| 3 F | 10 35 | 6.0 | 22 57 | 6.0 | 04 52 | 0.2 | 17 29 | -0.0 | 3 F | 09 28 | 5.3 | 21 59 | 5.5 | 03 36 | 0.7 | 16 20 | 0.3 |
| 4 SA | 11 13 | 6.4 | 23 33 | 6.3 | 05 36 | -0.0 | 18 11 | -0.3 | 4 SA | 10 15 | 5.9 | 22 41 | 6.0 | 04 36 | 0.4 | 17 11 | -0.0 |
| 5 SU | 11 47 | 6.7 | | | 06 13 | -0.2 | 18 48 | -0.4 | 5 SU | 10 52 | 6.4 | 23 15 | 6.4 | 05 19 | 0.1 | 17 51 | -0.3 |
| 6 M | 00 06 | 6.5 | 12 18 | 6.9 | 06 47 | -0.3 | 19 21 | -0.5 | 6 M | 11 25 | 6.7 | 23 45 | 6.7 | 05 55 | -0.2 | 18 26 | -0.5 |
| 7 TU | 00 36 | 6.7 | 12 48 | 7.0 | 07 20 | -0.4 | 19 53 | -0.6 | 7 TU | 11 56 | 7.0 | | 6.7 | 06 28 | -0.4 | 18 57 | -0.7 |
| 8 W | 01 07 | 6.7 | 13 20 | 7.0 | 07 53 | -0.5 | 20 25 | -0.6 | 8 W | 00 13 | 6.9 | 12 24 | 7.1 | 07 00 | -0.6 | 19 28 | -0.8 |
| 9 TH | 01 38 | 6.7 | 13 50 | 6.9 | 08 26 | -0.5 | 20 56 | -0.6 | 9 TH | 00 41 | 7.0 | 12 53 | 7.2 | 07 32 | -0.8 | 20 00 | -0.9 |
| 10 F | 02 10 | 6.6 | 14 20 | 6.8 | 08 59 | -0.4 | 21 27 | -0.4 | 10 F | 01 10 | 7.0 | 13 22 | 7.2 | 08 05 | -0.8 | 20 32 | -0.8 |
| 11 SA | 02 43 | 6.4 | 14 52 | 6.6 | 09 31 | -0.3 | 21 58 | -0.2 | 11 SA | 01 41 | 7.0 | 13 52 | 7.1 | 08 38 | -0.7 | 21 01 | -0.7 |
| 12 SU | 03 18 | 6.2 | 15 30 | 6.4 | 10 05 | -0.1 | 22 32 | -0.0 | 12 SU | 02 13 | 6.8 | 14 24 | 6.9 | 09 09 | -0.5 | 21 29 | -0.4 |
| 13 M | 04 01 | 5.9 | 16 18 | 6.0 | 10 44 | 0.2 | 23 15 | 0.3 | 13 M | 02 48 | 6.5 | 15 03 | 6.5 | 09 40 | -0.3 | 22 01 | -0.1 |
| 14 TU | 04 56 | 5.5 | 17 21 | 5.6 | 11 39 | 0.4 | | | 14 TU | 03 30 | 6.1 | 15 51 | 6.0 | 10 19 | -0.0 | 22 44 | 0.2 |
| 15 W | 06 13 | 5.3 | 18 52 | 5.3 | 00 21 | 0.5 | 12 56 | 0.6 | 15 W | 04 26 | 5.6 | 16 59 | 5.4 | 11 12 | 0.3 | 23 50 | 0.6 |
| 16 TH | 07 43 | 5.3 | 20 24 | 5.5 | 01 55 | 0.5 | 14 32 | 0.4 | 16 TH | 05 49 | 5.2 | 18 40 | 5.0 | | | 12 37 | 0.5 |
| 17 F | 09 00 | 5.8 | 21 39 | 6.1 | 03 20 | 0.3 | 15 55 | -0.0 | 17 F | 07 28 | 5.2 | 20 19 | 5.3 | 01 33 | 0.6 | 14 20 | 0.3 |
| 18 SA | 10 03 | 6.5 | 22 38 | 6.7 | 04 31 | -0.1 | 17 04 | -0.5 | 18 SA | 08 49 | 5.8 | 21 33 | 6.0 | 03 05 | 0.3 | 15 44 | -0.2 |
| 19 SU | 10 56 | 7.2 | 23 27 | 7.3 | 05 31 | -0.6 | 18 05 | -1.0 | 19 SU | 09 51 | 6.6 | 22 28 | 6.7 | 04 18 | -0.2 | 16 53 | -0.7 |
| 20 M | 11 43 | 7.8 | | | 06 26 | -0.9 | 18 57 | -1.3 | 20 M | 10 42 | 7.3 | 23 13 | 7.3 | 05 18 | -0.7 | 17 50 | -1.2 |
| 21 TU | 00 13 | 7.7 | 12 27 | 8.1 | 07 14 | -1.2 | 19 45 | -1.6 | 21 TU | 11 25 | 7.8 | 23 54 | 7.6 | 06 08 | -1.1 | 18 38 | -1.5 |
| 22 W | 00 55 | 7.8 | 13 10 | 8.2 | 07 59 | -1.3 | 20 28 | -1.6 | 22 W | | | 12 06 | 8.1 | 06 53 | -1.3 | 19 21 | -1.6 |
| 23 TH | 01 37 | 7.7 | 13 53 | 8.1 | 08 40 | -1.2 | 21 07 | -1.4 | 23 TH | 00 32 | 7.7 | 12 46 | 8.1 | 07 34 | -1.4 | 20 00 | -1.6 |
| 24 F | 02 17 | 7.4 | 14 34 | 7.7 | 09 18 | -1.0 | 21 43 | -1.0 | 24 F | 01 09 | 7.6 | 13 25 | 7.9 | 08 14 | -1.3 | 20 36 | -1.3 |
| 25 SA | 02 56 | 6.9 | 15 15 | 7.1 | 09 53 | -0.6 | 22 16 | -0.5 | 25 SA | 01 45 | 7.3 | 14 03 | 7.5 | 08 50 | -1.1 | 21 09 | -0.9 |
| 26 SU | 03 36 | 6.4 | 15 58 | 6.5 | 10 30 | -0.2 | 22 52 | -0.0 | 26 SU | 02 21 | 6.9 | 14 41 | 6.9 | 09 24 | -0.7 | 21 38 | -0.5 |
| 27 M | 04 21 | 5.8 | 16 50 | 5.7 | 11 12 | 0.3 | 23 36 | 0.5 | 27 M | 02 57 | 6.4 | 15 21 | 6.2 | 09 57 | -0.3 | 22 07 | -0.0 |
| 28 TU | 05 20 | 5.2 | 18 01 | 5.0 | | | 12 12 | 0.7 | 28 TU | 03 40 | 5.8 | 16 10 | 5.4 | 10 34 | 0.2 | 22 44 | 0.5 |
| | | | | | | | | | 29 W | 04 34 | 5.1 | 17 18 | 4.7 | 11 27 | 0.6 | 23 44 | 0.9 |
| | | | | | | | | | 30 TH | 05 56 | 4.6 | 18 56 | 4.3 | | | 12 58 | 0.8 |
| | | | | | | | | | 31 F | 07 35 | 4.6 | 20 30 | 4.6 | 01 27 | 1.1 | 14 35 | 0.7 |



MEADOWS RETREAT

LODGE PARK



Subletting allowed



Open all year round



LOW site fees



No age limit on the homes



Pet friendly



Spacious plots



Double driveways

PRICES FROM £39,995

Plot deposits now being taken



BRAND NEW DEVELOPMENT

Moota, Cockermouth, Cumbria, CA13 0FF



01697 323 895 · info@meadowsretreatlodgepark.com · meadowsretreatlodgepark.com