

Solvay Buzz www.solwaybuzz.co.uk

August 2024

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

FREE PAPER

Issue 221

What's On During 2024

26th to 29th July
Allonby Artex
in Allonby Village Hall

27th July
Soul on the Green
11am to 8pm

18th to 21st August
Circus Montini
on Silloth Green

25th & 26th August
Silloth Carnival
on Silloth Green

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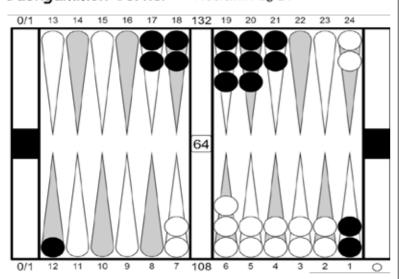


Page 10 Ragnarock IX



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

Backgammon Corner



One point match (DMP)

- Both sides are bearing off toward the right. White's home board
- White is 'on roll'.
- White leads the race by 108 to 132 (dice pips required to bear

Who is favourite to win the game, Black or White?

Tie breaker: Estimate how often the favourite will win the game out of 10 tries?

Submit your answer to Silloth Library no later than August 31st

The answer and winner's name will appear in the October issue of Solway Buzz.

For details of how to arrive at the correct answer why not attend the regular backgammon session at Silloth Library on Wednesdays from 13:30 to 15:30? We play fun and friendly games, all abilities are welcome. Free tuition as required, no entry fee



No of calls attended between June 23 & June 24

Bowling Club



Silloth Rugby Club

Mondays 3:30pm, 5:30pm & 7pm **Tuesdavs** 7am, 9am & 10:30am

All With Denise Contact: Denise on

07799 708465

Saturdays 8:30am & 10am **Aspatria RUFC** Wednesdays 9:30am 5:30pm & 7pm

All With Michelle

Contact: Michelle on 07984 998946

Backgammon Quiz? Thanks from Newton Arlosh Brownies



Report by: Sarah Shaw (1st Newton Arlosh Brownies)

A huge thank-you to all at 41 Club and the Wishing Well Fund for the donation.

It really helps towards outings,

crafts and overall outgoings for our Brownies. We are a very small unit at Newton Arlosh so every penny

As we are a non profit charity we rely on donations and weekly

SUBS. At the moment we have eight girls (six pictured) and are hoping to put the donation towards taking the girls to Clip and Climb at Maryport.

Again a massive Thank-you!

Strawberry Teas Success!





Report by: Laura Sharp

Holme Cultram Abbey's annual Strawberry Teas were held on Saturday 13th and Sunday 14th July. We were amazed at how many people supported us despite the road closures that had impacted the village that week. There was an array of tasty homemade savoury and sweet treats which were washed down with several cups of tea or coffee. On Saturday afternoon Abbeytown Community Choir entertained everyone whilst they enjoyed their teas.

We also had a raffle and tombola which were also a big success. The strawberry teas takeaway stall saw people bringing their own Tupperware tubs to fill too, and at the end of the weekend there really wasn't a lot of cakes

and treats left!

We are absolutely delighted to tell everyone that we raised an outstanding £5,855.60 towards the ongoing work of the church.

Holme Cultram Abbey PCC would like to say a massive thank you to everyone who supported the event, we are overwhelmed by the generosity and support given by you all to keep our beautiful community building open. A very special thank you goes to anyone who donated prizes for the raffle and also to all our amazing volunteers who worked extremely hard over the weekend and donated all their home baked goods, without everyone's ongoing support the event would not have been such a great success. We hope to see everyone back again next year on 12th and 13th July 2025.

Newly Restored Play Area Opens in West Silloth

Report by: Colin Baty
Silloth on Solway
Sport's Association have
listened to the people of
West Silloth and raised an
amazing £46,000 to install

25m Zip Wire.
These were all provided by Playdale.

an Adventure Play Park and

Silloth on Solway Sport's Association received grants

from the Francis Scott Trust, Hadfield Trust, National Lottery, Hellrig Fund, Cumberland Council UKSP Fund and a donation from West Side Stories.

There hasn't been a play park on the land at the back of the Crofts since the 1990's.

We hope the children will get huge benefits from using this.











Lakes College Cook-off Stars



Budding Chefs Tomas, Robbie & Jack

Report by: Mrs Telford

On Monday 17th June, 2024 we were very fortunate to have two of our year 10 Hospitality and Catering students from Solway Community School invited to take part in the Cumbria Futures Federation Lakes College Cook-off

The driving focus behind the event was Emma Donoghue of Lakes College, who has vast amounts of experience within the industry. Emma understands the range of job opportunities and the current demand there is in our area in the Hospitality and Catering industry. Emma set up the competition with intentions of giving students the opportunity to visit Lakes College, use the facilities, develop their cooking and presentation skills, meet students and the team at Lakes College as well as produce a sustainable dish to be judged by a Michelin star chef!

The initial round of the competition took place in School on Monday, 10th June. Students

were given a brief just before May half term and had to work in their teams, independently; researching and creating a resource plan that showed how they could make their dishes sustainable and locally sourced. Our two teams both used the coastal inspiration and went with fish-based dishes. Tomas created homemade battered fish with homemade chips and a side dip. Jack and Robbie went with salmon on a bed of mashed potatoes and green beans served with a homemade sauce using the juices from the salmon. It was a tough decision for Emma to make at the initial round where both teams did exceptionally well. The winning team that just edged it on the day, and the team that went through to the final was Jack and Robbie with the salmon dish. Well done Tomas for your awesome effort and for putting in a tough competition

The finals day started with an early drive through to Lakes College. Emma was waiting in

Graduates Restaurant that had been pre-prepared for us with aprons, T-shirts, hats, hair nets and shoes to allow us to work hygienically and safely in the kitchen. We had a quick team meeting and were welcomed by the Vice Principal before getting started. We were told Jack Bond, Michelin-star chef would be with us around 11am and final dishes needed to be served by 11:30am for judging. Jack and Robbie had 2 hours to prepare, cook and present their chosen dish. The first task and focus was on Jack perfecting the focaccia bread while Robbie prepared the vegetables ready to cook later on. They worked well together throughout the process and settled into a nice routine that enabled them to have the dish ready by 11:15am.

11:30am arrived and all students were asked to place their research and dish on the table in the Graduate Restaurant and head back into the kitchen to continue cleaning, or as we tried to do; keep busy and keep out minds occupied! Judging seemed to take so long! Emma explained how tough it had been to pick a winner for Iain Glendenning (Vice Principal) and Jack Bond and how close they all were in the end. We were narrowly beaten and came runner-up to a very good katsu curry from St Benedict's team.

Well done Jack and Robbie for coming runners-up. You should be so proud of yourselves, I know we are at Solway!

Abbeytown Eco Group Say Thanks



Report by: Amy Beverley

A special thank-you to Silloth and District 41 club for the donation of £25 from the Wishing

Abbeytown Eco group at the

school will be using it towards developing the garden areas at Abbevtown school.



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"Quote of the Month"

"Alone we can do so little -Together we can do so much"

Helen Keller

Fells & Solway panel Provide Funding for Local Projects

COMMUNITY Panels are continuing to invest in vital grass roots projects in Cumberland communities.

The Fells and Solway panel recently met and agreed funding for projects ranging from a website to a memorial garden.

Silloth on Solway Sports
Association was awarded £4,000 towards installing a fitness trail next to the promenade, near Skinburness Road.

Watchtree Nature Reserve was awarded £7,000 towards boardwalks in their Education Zone. Visits to this muddy area are increasing and the boardwalks will conserve and regenerate this part of the reserve.

Holme Abbey Parish Council received £3,500 towards creating a garden with accessible seating in Abbeytown. It will include two raised planters which the Eco Church will maintain. Two pieces of historical farm machinery will also be displayed there.

Wigton Burial Joint Committee received £4,000 towards improving the entrance to Wigton Cemetery.

Blencogo and District Village Hall Committee was awarded £3,000 towards buying Blencogo Village Hall from the Diocese of Carlisle. This popular village hall is used by around 175 people each week, but changes to the terms of a new lease meant buying the hall was the only way to keep it operating. The investment is dependent on additional funding being agreed by other organisations, including the Community Ownership Fund.

Wigton Theatre Club received £2,500 towards CCTV at the John Peel Theatre in Wigton. The club has recently suffered vandalism and the police suggested the cameras to prevent further instances.

The panel also noted other investments – less than £1,500 – which had been agreed separately:

£1,000 to Friends of St
Cuthbert's School towards
improving their outdoor space.
£500 to Holme East Waver Parish
Council towards developing a

website. £550 to Richmond Hill Primary School towards road safety pavement signs. £1,320 to Kirkbampton Parish Council towards a bus shelter for Little Bampton. £1,180 to Kirkbride Bowling and Tennis Club towards energy efficient LED lighting.

The Chair of Fells and Solway Community Panel, Cllr Tony Markley, said: "These projects show a great range of community provision, and we are lucky to have so many community organisations keen to make life better for our residents. I look forward to seeing these projects move forward and make a difference."

Cllr Lisa Brown, Cumberland's Executive Member for Adults and Community Health, said: "Every one of these fantastic projects helps support the council's core priority – the health and wellbeing of all. From creating seats where everyone can stop and chat, to helping a village hall remain at the heart of its community – these projects are concrete ways of improving lives and I'm proud that our panels are funding them."

Community Panels distribute Cumberland Council funds to grass roots community projects, as well as bringing together funders, spotting gaps in provision and using a community network to find out what is needed in each area.

Fells and Solway Community Panel covers the wards of Dalston and Burgh, Solway Coast, Thursby, Aspatria and Wigton. You can find out more about it here: Fells and Solway | Cumberland Council.

Cumberland Council has eight Community Panels, covering the entire council area. Community group representatives wishing to find out more about Community Panel investment should visit How to apply for investment from a Community Panel | Cumberland Council. Those interested are advised to seek advice from the community development officer for their area before making a formal application. Contact details are available at Community Panels | Cumberland Council. The deadline for the next round of investment is 14 August.

1st Silloth Beavers & Cubs



Report by: Kathryn Shires

During June the Beavers and Cubs have been as busy as ever. First of all we played with water rockets on the green. The Scouts had great fun with these as always – but why was it the leaders who got wet?

The next week we went on a short hike from Blitterlees, across the golf course and beach back into town. It had been a really wet day and the evening wasn't much better but everyone had huge fun in all the puddles!

Next, we had a great time learning how to play bowls. Many thanks to Silloth Bowling Club for hosting us.

Our fire lighting was then rained off – again! It's clearly not happening this term, so we all completed our level 1 air activities badge instead.

Last week we looked at all things USA as we were meeting on 4th July (and didn't want to



think about general elections!) We played baseball on the green which was great fun and tried very hard to cook hot dogs which was challenging in the wind to say the least!

Next week we are finishing the summer term with a beach party – look out for the rain!!

We would like to make everyone aware that we are holding our AGM at Silloth Bowling Club on Thursday 12th September at 7pm and anyone and everyone is more than welcome to join us and hear more about what we have done over the past 12 months. We hold an open election process and invite nominations of anyone who would be prepared to join us on our Trustee Board. Please contact Kathryn for further information but we promise that your involvement and support would mean the world to us but would only need to involve you in a couple of meetings a year should that be all you are able to offer.

As always, if you would like to join in with our adventures then get in touch – we have spaces for girls and boys between the ages of 6 and 11. Beavers and Cubs meet together on Thursday evenings, usually at the Bowling Club on Eden Street, from 6pm until 7:15pm. The fun isn't just for children though – us adults have lots of fun too – come and find out more! Message through our Facebook page, or ring Kathryn on 07803 000216.



Dolly Parton & Joe Skelly Part 4

a look at Dolly's current projects. Rockstar is the 49th studio album released by the country music icon. Released on November 17th 2023. The album was released by Dolly's own label "Butterfly Records" and "Big Machine".

A huge trip into the world of rock music. Dolly had recently been inducted into the Rock & Roll Hall of Fame (February 2022). She quipped "Well I might as well do something to earn the award....I'll record a rock album".

Dolly had previously been nominated and declined the offer as she was a firm Country Music artist after all. The completion and recognition of "Rockstar" would pave the way for the humble receipt of the award after all.

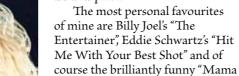
The release didn't disappoint!! The first single was entitled "World of Fire" which was a statement about the state of the world we live in and how things will soon be too late to rescue if we as a race continue to ruin the planet. There followed a plethora of single releases after that. A total of seven

During the making of the album a myriad of stars from the world of rock joined in on the project. 2022 "Rock & Roll Hall of Fame" inductees to name a few. Pat Benetar, Neil Giraldo, Simon Le Bon, Rob Halford, Pink, Brandi Carlile and Sheryl Crow.



The impressive line up of other artists/performers: Richie Sambora, Sting, Steve Perry, John Fogerty, Kid Rock, Steven Tyler, Warren Haynes, Stevie Nicks, Peter Frampton, Joan Jett, Miley Cyrus, Debbie Harry, Elton John, Linda Perry, Emylou Harris, Paul McCartney, Ringo Starr. In a special exclusive version "Maneskin" performed on Jolene.

One of the outstanding tracks from the release was "Stairway to Heaven". The song is a firm favourite with Carl. Dolly's husband. The track differs from her previous recording of it several



Parton herself. Incidentally, the song "World on Fire" was accompanied by a lavishly produced and very slick HD music video. Showing the then

Never Said" which is penned by

77 year old superstar at her finest. It was a huge step for Dolly moving totally away from her country music comfort zones. The album racked up an amazing 30 tracks. Other releases of the album where bonuses were included totalled the full track listing to an amazing 39 tracks in all.

The album was successful too. Reaching No 5 on the UK Albums chart and No 1 on the UK Americana Albums chart. Proudly No 1 in the USA Billboard Top Country Albums and many more high positions around the world. Achieved "Gold" status in the United States of America (RIAA) at 500,000 sales and streaming figures alone.

The screening of a preview of the forthcoming album made it into movie theatres world-wide.

At the time of writing Dolly is about to release a full family participation album entitled "Dolly Parton & Family: Smoky Mountain DNA - Family Faith & Fables. This will be Dolly's 50th. yes 50th studio album release. There will be thirty songs on there and has her family telling the family life stories. There is also a Broadway fully orchestrated show about Dolly's life in full production.

Look out for the new cookbook too written by Dolly & her sister Rachel. Phew it's all go!!!

Look out for our next article in the series here at "Solway Buzz". I'll tell you about the self-deprecating Dolly, my own appearances on the BBC's National Lottery Tv show, The Paul O'Grady TV Show, BBC Radio, Breakfast Television and UK Ty news channels.



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stary Car Scheme provides transport to Cumbrian residents of any age (under 18's must be accompanied by an adult) who cannot make their journey by public or private

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Sharing Scheme

Typical journeys include getting to the shops, doctors, dentists, making public transport connections and visiting friends

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If you would like to make use of this service or are interested in driving for the scheme, please contact:

Mark on 07554 726094 Available Mon - Fri, 9am - 5pm

Find out more at cumberland.gov.uk



Spare time on your hands?

Volunteer drivers needed in

KIRKBRIDE, BOWNESS-ON-SOLWAY & SILLOTH

The Voluntary Car Scheme provides transport to Cumbrian residents of any age (under 18's must be accompanied by an adult) who cannot make their journey by public or private

Volunteer Drivers use their own car to provide journeys which are co-ordinated locally Expenses are reimbursed.

Fun and helpful

- Getting to know people in your community A hobby for when you retire

If you are interested in driving for the scheme and would like an informal chat, please contact: Katy on 07788 396194

facebook.com/cumberlandcouncils

cumberland.gov.uk/voluntarycarscheme

Accessibility Committee

Report by: Owen Martin, Mayor

On 15th July, the Council's Accessibility Committee held a meeting with Denise Rollo, Karl Melville and Amber Sykes from Cumberland Council to discuss key issues within the town. The meeting was very productive. We have a plan to move forward. Given the huge undertaking of some of the issues, they will take a number of years to complete but we have given our unwavering commitment for this.

Some issues below will be completed in the short term to address immediate needs:

Weeds and general cleanliness within the town, including weed spraying and removal.

Town clean-up day working with Cumberland Council.

Surface works on Criffel Street setts

in the worst affected areas.

Removal of redundant lamp post columns.

Additional dropped kerbs to be installed.

Survey of town trees to take place and maintenance to be scheduled.

Diagonal parking on Wampool Street to be addressed.

Re-surfacing work on the remaining part of Solway Street which may need to be done in two phases.

Some of the longer-term issues to be addressed:

Full relaying of Criffel Street. More dropped kerbs to be added.

Looking at line markings for dropped kerbs.

Ongoing tree maintenance. Key stakeholder group to be formed, to help with ongoing issues & development.

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Silloth Town Plan Launch



On Saturday 13th July Silloth Town Council held a public meeting in Christ Church to allow the public to view the 2024 Silloth-on-Solway Town Plan which has been under development since March 2021.

Copies of the plan were available to collect and

councillors were on hand to answer questions, there were also refreshments available. The Town Plan can also be viewed on the web at:

https://silloth-on-solway-tc.gov.uk/wp-content/ uploads/2024/07/Silloth-Town-Plan-compressed.pdf



The First Firebird Festival on Silloth Green



Report by: Stephen Hart Photos: Simon Keel

The weekend of 5th, 6th & 7th July saw Silloths' new Firebird Festival take off.

The web address is: www. firebird.co.uk, Friday evening saw the Soul Collective play the first of three nights in the RAFA club. They are back on Silloth Green for Soul on the Green on the 27th July.

Saturday lunch time saw Silloths' own amazing nine year old Caleb H open the festival with a superb drum session, his sister Isabella also sang some tunes later on, followed by Moondogs, Northern Threads, the Makaton sign language choir and the Skapones.

The evening saw several acts

playing in the bars of Silloth, all were well supported bringing the good times back.

Sunday was more like it with the weather improving, we enjoyed Something Brewing, Odels and then Greenhaze headlining.

There was also a large variety of stalls, a superb funfair, thanks to Col Rumney for the superb stage and sound system, to the committee for all their hard work, the sponsors, Stanwix Park Holiday Centre for all their help, Paramount Amusements, the RAFA Club, the Rugby and Bowling Clubs, A&M Services, Allison Henderson, the SOSCS Charity Shop and many more, watch out for next year we aim to go one better.













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Silloth Pride on Silloth Green on 29th June























Ragnarock IX at Silloth Rugby Club









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Saturday 27th July

Sunday 28th July

Monday 29th July





Culterham Hall Mawbray



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Come and find out.

The 22nd Silloth Vintage Rally on 20th & 21st July

Despite the inevitable rain on Saturday, which thankfully managed to hold off until later in the afternoon, the event was enjoyed

Report by: Wendy Jameson 2024 was the 22nd Vintage Rally on Silloth Green and continues to attract exhibitors and visitors from far and wide, with an array of vintage tractors, classic cars, stationary engines, commercial vehicles, motorbikes and much more

There's something for all the family including fairground rides, food stalls, trade stalls and a range o

In the main arena this year, To





ongton entertained the crowds over the weekend with his sheepdog display and demonstration. For over 20 years he has performed at shows arge and small – from large country shows or small village fetes. True to form, one of the geese decided to nisbehave and try to escape from the arena but was rounded up by one of our marshalls.

Jason the Juggler wandered around the Green, attracting crowds wherever he stopped with his witty dialogue, juggling, bubbles and

Double Trouble, the fantastic double act were also at the Rally to entertain the kids with their anforgettable comedy clown show and amazing circus skills.

The Border Concert Band entertained on the Sunday with



also on stage as compare and singing

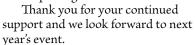
some classic hits throughout the





months. We also rely on the support of local businesses and sponsors to enable us to stage the event, the support of the Town Council in allowing us to use the Green and the valuable assistance provided by the grounds' maintenance team.

Grant funding this year came from Cumberland Council - £1,500 towards the purchase of some new pedestrian barriers which will also be available for other events on the Green, £1,000 from Solway Firth Partnership, and £990 from the Silloth Music Festival towards the cost of putting on the event.

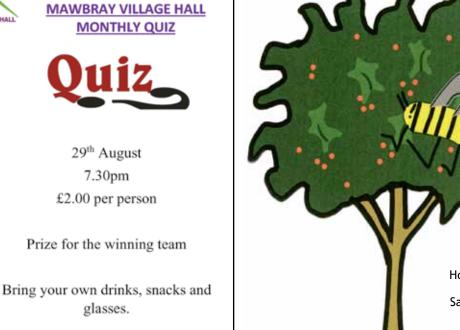
















Your Wonderful Buzzing Letters and Poems

Dear Buzz,

It is with great pleasure Keith Robinson, President of Silloth & District 41 club and members this year have presented cheques to four youth organisations in Silloth and District for £25 each from the Wishing Well fund. Unfortunately, last year we were unable to do so because vandals broke into the well, stole any money that was in it and caused so much damage that it cost over £100 to repair the well back to how it was originally<mark>, a prominen</mark>t feature on Silloth Green. So we thank those who have made wishes in the past and hope you will continue to do so in the future.

Many thanks from the President and members of Silloth 41 club

Would you believe it - the grass

Dear Buzz,

in the Crofts has been cut sorry Esk Street! The sad thing is the giraffes have had to migrate to the old churchyard at Causewayhead. Why should it take until the longest day of the year before the grass actually gets cut, I will never know? Or maybe, if they leave it long enough one cut might do. Someone must tell them tidying up is part of the job. Then the trees! Not a bit of wonder some residents are taking the law into their own hands, if you cannot maintain them properly, seek an alternative. Everything seems to have ground to a halt with the building work at the cemetery.

Polite warning, take your own

water or you will have to go

What chance do you think we

might have of sorting out the

have another tree saga on our

road on Solway Street, or do we

fishing in the beck.

hands?

The Whinge

Statement from Cumberland Council Participation on behalf of Bobby Forbes, Member of Youth Parliament (MYP)

We are aware that Bobby Forbes, MYP, has been the subject of an investigation following a complaint made to the National Youth Agency. The agency facilitates the UK Youth Parliament program, which empowers young people from across the UK to be represented by MPs under the age of 18 in the House of Commons at Westminster.

The complaint arose from an incident where Bobby challenged a statement made by Nigel Farage, who referred to the RNLI as a "taxi service for immigrants." Drawing on his personal experiences with the charity, Bobby found the comment to be very disrespectful and disappointing, particularly given the lifesaving work performed by the

Following an external review, it was concluded that Bobby was challenging a comment and not a political party. Therefore, the accusation of political bias was unwarranted

Bobby would like to extend his apologies to the councillor who took offense to his comments. However, he stands by his opinion and remains firm in his belief that such a statement from someone with significant influence is incredibly disrespectful.

Bobby finds it disheartening that anyone would devalue the critical, life-saving efforts of the RNLI in such a manner. Bobby remains committed to representing the views and concerns of young people in his constituency and will continue to advocate for the values of respect, empathy, and understanding in all his engagements.

Thank you for your understanding.

> Sincerely, **Cumberland Council** Participation

LINDISFARNE by Judy Rochester

Lovely Isle! You proudly sit on the edge of Northumberland -A tiny scrap of land so loved by generations past.

A magical aura surrounds your coast ... Where Vikings, and others, Set foot many centuries ago.

And as the sun sets, Lindisfarne Castle Becomes a place of fairy tales.

Visions of knights in armour Guarding their land and their ladies Safe from marauding robbers of days gone by.

But today, quietly inquisitive tourists Climb the ramparts Each with their own thoughts of this lovely Isle. Never to be forgotten.

Moving Home at Brambling Time by Sophia Lodhi

I won't be here for brambling time... I've walked those paths through snows and ice... Bare hedgerows: winter's sacrifice. ...Yes, I'll be gone when briars grow wild:

Alive with snails and butterflies, And onyx berries, low and high -Made plump with rains and rays of light! ...I'll not be here for brambling time -

Beneath the dome of blue, blue skies -My basket empty as my sighs! ...Oh, I shall miss sweet brambling time, As blackbirds swoop to steal what's mine, Their voices woven, now, with rhyme!

Richly Blessed by Sophia Lodhi

I love standing in the kitchen To make a cup of tea, While looking through my window As the breeze touches the trees!

...Some gardens host strange creatures: Worms and snails and toads; But mine has only ladybirds, And butterflies, I hope!

Those who have a garden Are very richly blessed: In this little patch of heaven, We see Nature at it's best!

Ship in the Night by Sophia Lodhi

We saw a ship in the night, My dog and 1: Our senses drawn to a low, humming sound, And, through darkness, And a tracery of trees, Some magical flickers of light...

Led by midnight's moonbeams, We travelled bravely and furtively Across the darkened, eerie Silloth Green: Heartbeats mingling With the hushed, haunting, Mysterious maritime hum.

Paws and feet trespassing through dewy, emerald grasses, We were pulled closer, As if by an invisible fishing net, To the familiar path by the sea -Then we soon found it: Spectacular and spacecraft-like!

Reflected perfectly In rippling, onyx Solway waters -The cargo ship: a hovering, opalesque ring of light! We watched, for some stolen moments, in awe; But in a blink of time, it sailed off quietly, to disappear once more: A fading vision in the night!

Cumbria Singers

invites you to join them for the BIG SING of Vaughan William's: Five Mystical Songs'; 'Bob Chilcott's 'Requiem' and 'Gloria' by John Rutter at Carlisle Cathedral in April 2025.

Led by the internationally renowned and inspirational conductor Matthew Owens, rehearsals begin on 14th September at Ullswater College at 10.a.m.

No auditions required.

Try one - pay later!

Don't delay-find out more today! Contact Ann: annbishop 22@gmail.com 07597 363739

visit www.cumbriasingers.org.uk

Do you have a poem or letter for the Buzz?

We welcome all entries, there is no charge.

Please remember to include your contact information.

Remember - you can join the library, search the library catalogue, renew and request books online at cumbria.gov.uk/libraries Visit Silloth Library in the Discovery Centre

Silloth Library Opening Times

Monday 10am to 4pm Wed 10am to 4pm Friday 10am to 4pm

Tuesday CLOSED **Thursday CLOSED** Saturday 10am to 1pm

Sunday closed

Tel: 016973 31944

Non-Commercial Tourism Websites

solwaybuzz.co.uk sillothgreen.co.uk silloth-on-solway.co.uk sillothgolfclub.co.uk vintagerally.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) Report by: Pat Robinson Photos by: Irene Brown & Caroline Turner

Why Join Friends of Silloth Green?

During the Covid crisis we all became more aware of the benefits of venturing outside for some fresh air and exercise. Getting out into the garden or yard, spending time with the family, concentrating on planting, tidying or just sitting outdoors helps promote physical wellbeing, alleviates stress and can positively impact your quality of life.



During our Wednesday sessions you can do as much or as little as you like, or can manage.

No experience is required, there is always someone around who is happy to help and we provide all the tools! Our weekly gatherings are also an opportunity to have a chat and get to know your fellow volunteers over a cuppa.

Passing locals and visitors often stop to chat wanting to know what we are doing or enquiring about a plant that has caught their eye.



Around the Community and Woodland Gardens there are bird



Community Gardens bring together people of all backgrounds and abilities working as a team with a sense of purpose and friendship. There are many Community Gardens, like the one on Silloth Green, for people to go along and help out, to learn more about gardening and to make friends. Increasingly the medical profession is suggesting gardening as a way to help with mental wellbeing.



feeders, bug hotels and ponds. So you can just sit on one of the benches and enjoy watching the birds and listening to the hum of the pollinators. It's great to take five minutes to listen to what's going on around you.

At Friends of the Green we like to think that the Gardens are a place of solace, where friendships are made, problems solved, loneliness combated and where there is laughter & kindness. As the Amish Community say 'Friends are Flowers in Life's Garden'



If you would like to become a Volunteer or just pop along for a chat you can find us in the Community Garden every Wednesday at 10am, or visit our Facebook page for a round up of our activities.

Golden Dawn Nurseries

Nealhouse, Great Orton, Carlisle, CA5 6LH

Open 7 days a week: 9:30am to 5pm

- ♦ Seasonal bedding plants annual / perennial
 - ♦ Roses ♦ Veg plants ♦ Spring bulbs
 - ♦ Lasagna Pots ♦ Compost

Contact: 07748 647665

w3w: /// Spinners.Rails.Wacky





Please let us know of any changes within this section

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

China Painting

Every Friday at Silloth Community Hall. 2pm to 4pm. All welcome.

Mawbray NIA Group

Every Thursday from 2 to 4pm in Culterham Hall, £4 per session includes refreshments. Just come along.

Wigton Theatre Club

Buy tickets via our website or 07977 835094

Silloth Tennis Club

For coaching information call David Wise on 0742 547767

Cash Machines

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

Blencogo Art Group

Every Monday from 1:30-4:30pm in Blencogo Village Hall where members help each other. Refreshments provided, regular outings, tel 016973 61158 or 61327

Production Team

Peter McRobert Barn Cottage Skinburness, CA7 4RA Tel: 0750 180 5775 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

Copy date for the September issue is:

1st week August If you have an event to promote or you have something to say, please note the next copy date.

Silloth Library

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

Abbeytown Choir

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

Banking Hub

Maryport Banking Hub is operated by the Post Office on Senhouse Street as follows Monday: NatWest Tuesday: HSBC Wednesday: Halifax Thursday: TSB Friday: Barclays

Good Companions

Have a coffee morning / fundraiser on the first Monday each month from 10:30 to 11:30am £2 entry for refreshments plus tombola, raffle and cake sale.

Monday Craft Club

Silloth Community Hall 10 -11:30am every Monday, Bring your current project, exchange ideas, chat and have a cuppa

Family History Grp

Tuesdays at Silloth Community Hall from 6 – 8.30pm. Bring along your own research and meet fellow genealogists

Sewing Group

Every other Thursday at Silloth Community Hall. 12 - 4pm. All abilities welcome

Silloth Parkrun

Meet on the Promenade beside the Tennis Courts at 9am every Saturday morning

Badminton

Abbeytown Badminton Club meet on Wednesday evenings check details on their facebook page. £5 per night

Scrabble Club

Meet in Silloth Library on Fridays 10:30am to 1pm

Backgammon Club

Meet in Silloth Library on Wednesdays 1:30pm to 3:30pm

Dates for Your Diary

July

Mawbray Village Hall Monthly Quiz - 7.30pm

Allonby Artex 2024 in Allonby Village Hall 2pm-6pm

Allonby Artex 2024 in Allonby Village Hall 10am-6pm

Soul On The Green 11am to 8pm, see advert

28th Allonby Artex 2024 in Allonby Village Hall 10am-6pm

Mawbray Village Hall Open Day 2pm - 5pm See advert

Allonby Artex 2024 in 29th Allonby Village Hall 10am-4pm

August

RNLI celebrates 200th anniversary, 6pm at Lifeboat station

Coffee Morning in the Good Companions 10:30-11:30am, entry £2

Oulton Tractor Run see advert

Wigton Widows and Widowers meet 1-3pm at Cornerstone Methodist Church in Wigton, 'Summer BBQ'

21st Silloth Nursing Home/League Of Friends coffee morning in Christ

Silloth Carnival on Silloth Green

26th Silloth Carnival on Silloth Green

Mawbray Village Hall Monthly Quiz - 7.30pm see advert

Please tell us when your group starts or stops, so we can let everyone know

Silloth RNLI Shop

Shop Opening Times Open 7 days Mon - Friday 1-4pm Weekends 10-4pm Our Shop is staffed by Volunteers and may not be open at the advertised time. We apologise for any inconvenience.

Abbey Tots

We meet on Tuesdays during term time only at Holme Cultram Abbey 10am to 11:30am, all welcome

Solway Woodcarvers

Every Monday and Wednesday evening at Silloth Community Hall from 7pm onwards

September

Coffee Morning in the Good Companions 10:30-11:30am, entry £2

Silloth Town Council Meeting in the Community Hall at 7pm, all welcome

Blencogo & District Village Hall Produce Show at 2pm, admission 50p

Silloth RAFA Leek Show, Tel: 016973 31531

Film Club in Mawbray Village Hall

14th Silloth & District ensioners Coffee Morning in Christ Church at 10am

14th Bingo Night in Mawbray Village Hall

Wigton Widows and Widowers meet 1-3pm at Cornerstone Methodist Church in Wigton, 'Oompa Funf brass Ouintet'

Silloth Nursing 25th Home/League Of Friends coffee morning in Christ Church at 10am

Wigton Theatre Club presents Handbagged by Moira Buffini. Details & times on Ticket Source

26th Wigton Theatre Club presents Handbagged by Moira Buffini. Details & times on Ticket Source

26th Monthly Quiz in Mawbray Village Hall

Wigton Theatre Club presents Handbagged by Moira Buffini. Details & times on Ticket Source

28th RNI I 200th Anniversary, Time Capsule leaves Silloth by sea, 9am

Wigton Theatre Club presents Handbagged by Moira Buffini. Details & times on Ticket Source

October

Coffee Morning in the Good Companions 10:30-11:30am, entry £2

Silloth Town Council Meeting in the Community Hall at 7pm, all welcome

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

12th Silloth & District Pensioners Coffee Morning in Christ Church at 10am

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

Have You Sent in Your Dates yet?

October cont'd

Wigton Theatre Club presents Jack Rutter. Details & . times on Ticket Source

Wigton Widows and Widowers meet 1-3pm at Cornerstone Methodist Church in Wigton, 'Movie'

Silloth Nursing 23rd Home/League Of Friends coffee morning in Christ Church at 10am

November

Coffee Morning in the Good Companions 10:30-11:30am, entry £2

Silloth Town Council Meeting in the Community Hall at 7pm, all welcome

Silloth & District Pensioners Coffee Morning in Christ Church at 10am

10th Silloth Nursing Home/League Of Friends coffee morning in Christ Church at 10am

Wigton Widows and Widowers meet 1-3pm at Cornerstone Methodist Church in Wigton, 'Abbeytown Community Choir

30th Silloth & District Pensioners Xmas Party

December

Coffee Morning in 2nd the Good Companions 10:30-11:30am, entry £2

Silloth Town Council Meeting in the Community Hall at 7pm, all welcome

Wigton Theatre Club presents Charlie Dore and . Julian Littman. Details & times on Ticket Source

Silloth Nursing Home/League Of Friends coffee morning in Christ Church at 10am

December cont'd

Wigton Widows and Widowers meet 1-3pm at Cornerstone Methodist Church in Wigton, 'Christmas Dinner'

January 2025

14th Holme Low Parish Council meeting at 7:30pm in Silloth Community Hall

February

Silloth Town Council Meeting in the Community Hall at 7pm, all welcome

March

Silloth Town Council Meeting in the Community Hall at 7pm, all welcome

April

Silloth Town Council Meeting in the Community Hall at 7pm, all welcome

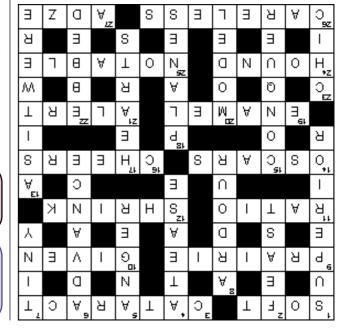
Holme Low Parish Council meeting at 7:30pm in Silloth Community Hall

May

Silloth Town Council Meeting in the Community Hall at 7pm, all welcome

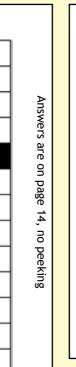
Please note that articles. letters and virtually all content of the Solway Buzz are contributed by YOU, the local community. The Editor reserves the right to control what is included, however, no responsibility whatsoever for the content of the Solway Buzz can be accepted by the Editor, or the Publishers.

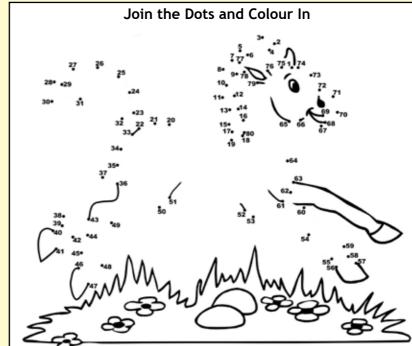
Page 15 Crossword Answers (no peeking)



FUN for ALL ~ Join the Dots & Colour In

CROSSWORD





Bottle Maze

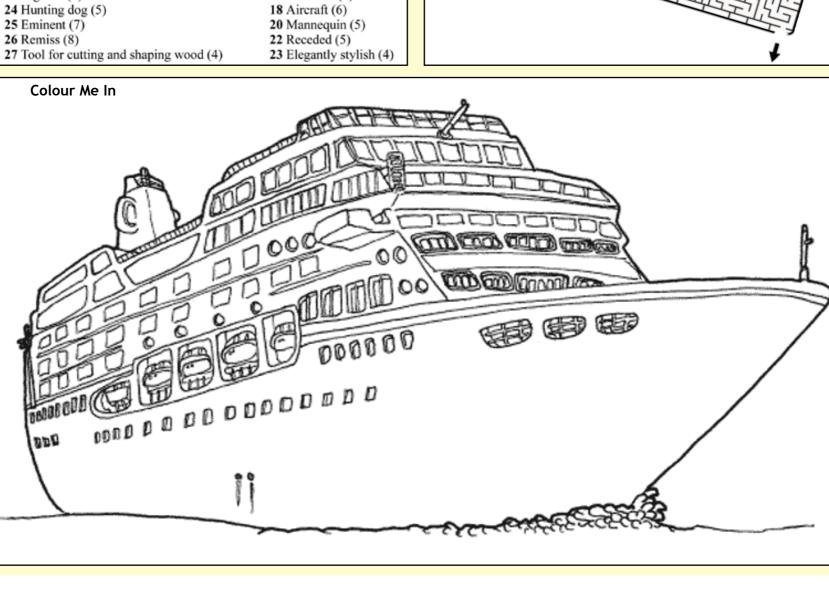
Across

- 1 Easily yielding to pressure (4)
- 3 Waterfall (8)
- 9 Open grassland in the USA (7)
- 10 Bestowed (5)
- 11 Relative magnitudes of two quantities (5)
- 12 Become smaller (6)
- 14 Academy awards (6)
- 16 Drinker's toast (6)
- 19 Natural tooth covering (6)
- 21 Vigilant (5)

- 1 Higher-ranking (8) 2 Banquet (5)
- 4 Relaxed (2,4)
- 5 Ire (5)

Down

- 6 Make progress (7)
- 7 Very small (4)
- 8 Fervour (6)
- 13 So to speak (2,2,4)
- 15 Vanquish (7)
- 17 Card suit (6)



Have Some











Local Tradesmen and Services

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Ian the Electrician your local connection

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M Taylor

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for a full year or a 6.5cm mono box for only

£358.20

for a full year
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www.allerdaleandedenroofingservices.co.uk

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Seasoned Firewood Logs DELIVERY AVAILABLE

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No job too big or small • uPVC Guttering, Facias & Soffits
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Don't Get Stung this Summer

Cumberland Council is reminding residents of its in-house pest control service.

Wasps can be a particular nuisance during the summer months and must be treated carefully.

The council's fully qualified and expertly trained pest control team can treat wasps' nests for a fee.

Wasps and bees can often be mistaken for one another. While both can give a painful sting when provoked, wasps are naturally more aggressive and can sting multiple times when attacking.

Wasps can be identified by their narrow waist and yellow dots below their head. Both have yellow stripes, but wasps' stripes are brighter and more distinct, bees have duller

stripes with a softer edge.

Both wasps and bees play an important role in our ecosystem, however, bees are protected and cannot be treated, wasps can be as they are naturally more aggressive and can be dangerous, particularly to those that

are allergic.

Cumberland Council's pest control team also offers advice and chargeable treatments for rats, mice, cockroaches, bed bugs and fleas.

Councillor Bob Kelly,
Cumberland Council's Portfolio
Holder for Environmental Health,
said: "We want to help residents
enjoy the summer months free
from pests and critters. Wasps can
be particularly unpleasant, are
aggressive when provoked and can
cause a nasty sting. It is important
that nests are treated carefully,
using the right equipment, by
professionals with the appropriate
training. If there's something

causing a nuisance on your property, get in touch with our trusted team."

We provide a pest control service for domestic and commercial premises. We can provide advice and treatment if you have a problem with insect pests or vermin. We will visit you and carry out a full assessment of your pest problem to get rid of pests.

For commercial premises please contact us for a free quotation by emailing pestcontrol3@cumberland.gov.uk.

Pests we treat

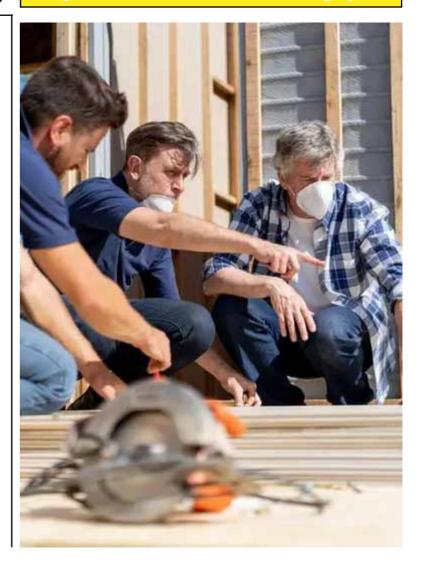
We treat a number of insects and small animals. Advice and

information will be given for each pest type:

Bed bugs Cockroaches Cluster Flies Fleas Mice Rats

To find out more about the service and its fees visit cumberland.gov. uk/your-environment/pest-control.

THESE ADVERTS REALLY DO WORK!



Beavers & Cubs get Donation



Silloth Beavers and Cubs would like to say a huge thank you to Silloth & District 41 club for their generous donation of £25 from money left in the wishing well.

We are all very grateful and we will use it to treat the Beavers & Cubs to something nice next term.

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

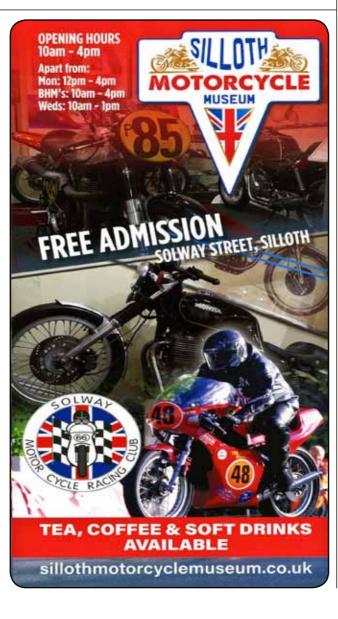
Community Shop * Local people working for local

- 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



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.

Allerdale & Eden Roofing

01900 813517 Christine's Taxis

07917 564583 D A Harrison

016973 42277 **Devonshire House Dentures**

01228 529128 Fairvdust Emporium

016973 31787 Golden Dawn Nurseries 07748 647665

Green View / Stella's 016973 31743

Hair She Goes 07857 989358

Harrisons Store Ltd 016973 61231

07727 127000 J Hill & Sons Undertakers

Ian the Electrician

016973 42635 **Jaybees**

KMG Plumbing & Heating 07590 522621 016973 31245

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Stanwix Park 016973 32666

The Charity Shop 016973 31696

Upholstery, Irene Armstrong

016973 31836

West Silloth Motors 016973 32833

Advertisers entries

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

Wheyrigg Hall Hotel

016973 61242

White Heather Hotel

016973 51373



Useful Phone Numbers

Age Concern Home Safety Scheme

	0800 678 1602					
Age UK	01900 844670					
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						
Ambular	nce service, call: 999					

105

Electricity Power Cut 0800 111 999 0300 303 2992 Highways Hot Line Hospital: 01228 523444

Holme St. Cuthbert School, Mawbray:

01900 881242

Holm Cultram Abbey CofE School

Abbeytown: 016973 61261 MP, Mark Jenkinson: 01900 876189 Neighbourhood Forum: 01900 325013 Police: 101

Quakers, Wigton: 01228 523174 Register Office, Wigton: 0300 373 3730 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

01228 710208 Paragon Vet: Millcroft Vet: 016973 23898 Waste Disposal Dept: 01900 702800 0800 330033

Water LeakLine: Water & Waste Problems 0345 6723723 West Cumbria Carers 01900 821976

Please, let us know what you want included



Ship photographers were blessed with fine weather during June for the arrival of an old favourite EASTERN VANQUISH, plus a new visitor SOLITAS-H.

EASTERN VANQUISH made two visits to the port, one from Rosyth where it had loaded wheat, and the other from Ghent with fertiliser. It operates under contract to the Isle of Wight company 'Faversham Shipping' and is unusual in being registered in London. The ship is a familiar sight in Silloth and always looks to be maintained in good condition. EASTERN VANQUISH has featured before in these articles and so more space is given to SOLITAS-H this month.

Cyprus registered SOLITAS-H caught the attention of enthusiasts as it was relatively new and the larger of the two $\,$ ships. It was built three years ago in China to a popular new design known as the 'Combi Freighter 3850'. The German owners, 'Blue Fin Shipping, own a fleet of eight of these versatile coasters. They fly the flag of 'Baltic Shipping, the company who manages their day-to-day operations. The remaining

ships in the fleet would all be new visitors to Silloth and local photographers look forward to the possibility of seeing them.

SOLITAS-H arrived after a week at sea on a sailing from the Baltic port of Klaipeda in Lithuania. This port is a regular source of fertiliser for Silloth. The ship's route had taken her to the far north of Scotland and down the west coast to Cumbria. At this time of year the crew would have enjoyed spectacular views of the islands off the Scottish mainland. The ship was photographed as it prepared to enter Silloth Dock on the midday tide. Onlookers were rewarded with a unique close-up experience of the ship gliding past as it made its way towards the dock entrance. Just fifteen minutes later the highly manoeuvrable ship had turned in the dock and was being made secure at her berth.

Arriving at the weekend meant the crew had two rest days before the ship was unloaded. Once ready for departure, SOLITAS-H retraced her steps north to pick up the next cargo from the small Scottish port of Lochaline.







Shipping at the Port of Silloth

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

A quieter month overall during June as the local community knuckle down to first cuts and fertilising their fields, further cargoes will be expected. The lambs and calves are growing rapidly, including ours!

The Eastern Vanquish was brought in to cover for another vessel which had engine problems off the North East coast and so the grain was transhipped to the Eastern Vanquish and she arrived with no further issues with the wheat from Germany.

She returned later in the month with another cargo from Ghent, the Solitas-H sliding in between her two visits with

additional fertiliser.

Apparently it is now summer and we are hoping the sun will eventually come out and warm us all up a little.

There has been no update as yet on the Fox Group and their bid for the port and as such we continue to work, business as usual under ABP. Here's to a warmer month ahead.

Tune

Eastern Vanquish from 9th Veirow with a cargo of Wheat, then on to Newport.

Solitas-H from Klaipeda 22nd with a cargo of Fertiliser, then on to Lochaline.

24th Easter Vanquish from Ghent with a cargo of Fertiliser, then on to Montrose.

Was The Gazette the First Silloth Newspaper?

Consisting of SECKED, CHEME, & CROSS-OVER MONULI PROSPECT & ENGLISH MUSICISE.

Best ROUTE to ALLONBY BEST Stared, Better, Fisher, and Agriculture of the State of Canada State, on State at Canada at the State Women, London, State Office, State Office

Many thanks to Gordon Akitt for putting this image of the front page of the second edition of the Silloth Gazette from August 1860 on the Solway History Group page on facebook.

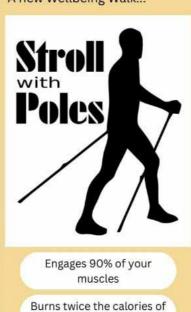
The local businesses must have been delighted to have a town newspaper as it seems to have lots of local advertising.

Anyone who has not yet seen this facebook group should really take a look at it. This is an amazing resource, especially of photographs from the past of our local area, its townspeople, visitors, or school photos, check it out!









iust walking

Improves balance, stability & coordination

> Reduces the impact on ankles, knees & hips

Increase core strength & fitness

Silloth Tide Table

WAMPOOL ST., SILLOTH GEORGE STODDART. BUTCHER

ampool. Street, Stateout, attention of the inhabitants and a of Sills in to bis Englishman.

ALL KINDS OF MEAT IN SEASON

AUGUST 2024 SILLOTH										
		DEPTHS ON NEW DOCK GAUGE (1.8M ABOVE CD)								
		High Water				Low Water				
Date		Morning		Afternoon		Morning		Afternoon		
		Time	m	Time	m	Time	m	Time	m	
1	TH	09 13	5.6	21 45	5.9	03 29	0.1	15 59	0.2	
2	F	10 15	5.9	22 37	6.3	04 41	- 0.1	17 00	-0.0	
3	SA	11 04	6.2	23 21	6.6	05 40	-0.4	17 53	-0.2	
5	SU •	11 46	6.5	23 59 12 21	6.8 6.6	06 30	-0.6	18 36 19 13	-0.3	
9	INI			16 61	0.0	Ur II	- 0.3	19 10	-0.4	
6	TU	00 33	6.9	12 54	6.6	07 48	- 0.7	19.46	-0.4	
7	W	01 05	6.9	13 26	6.6	08 20	-0.7	20 16	-0.4	
8	TH	01.37	6.8	13 58	6.5	08 48	-0.6	20 44	-0.4	
9	F	02 08	6.7	14 30	6.3	09 14	- 0.5	21 13	-0.2	
10	SA	02 40	6.4	15 03	6.0	09 40	- 0.3	21 44	-0.0	
11	su	03 13	6.1	15 38	5.7	10 10	- 0.0	22 19	0.2	
12	M 3	03 50	5.7	16 22	5.3	10 46	0.2	23 02	0.5	
13	TU	04 37	5.2	17 19	4.9	11 34	0.5		2.0	
14	W	05 46	4.8	18 40	4.8	00 01	0.7	12 46	0.7	
15	TH	07 20	4.7	20 03	5.0	01 24	0.8	14 12	0.7	
16	F	08 41	5.0	21 10	5.6	02 48	0.5	15 26	0.4	
17	SA	09 44	5.6	22 04	6.3	03 59	0.1	16 27	-0.0	
18	SU	10 35	6.3	22 50	6.9	04 59	- 0.3	17 23	-0.4	
19	M O	11 20	6.9	23 32	7.5	05 55	- 0.8	18 13	-0.7	
20	TU			12 00	7.3	06 45	-1.1	19 02	-1.0	
21	W	00 14	7.9	12 43	7.6	07 32	- 1.4	19 46	-1.2	
22	TH	00 56	8.1	13 25	7.6	08 17	- 1.5	20 29	-1.2	
23	F	01 40	8.1	14 07	7.4	08 57	-1.4	21 09	-1.1	
24	SA	02 24	7.8	14 50	7.0	09 34	-1.2	21 47	-0.8	
25	SU	03 10	7.3	15 35	6.5	10 12	- 0.7	22 29	-0.4	
26	м с	03 59	6.6	16 28	5.9	10.54	-0.2	23 18	-0.0	
27	TU	05 00	5.9	17 37	5.3	11 46	0.3			
28	W	06 21	5.2	19 07	5.1	00 27	0.4	13 04	0.6	
29	TH	07 55	5.0	20 33	5.3	02 01	0.5	14 37	0.6	
30	F	09 15	5.4	21 40	5.8	03 29	0.2	15 57	0.4	
31	SA	10 12	5.9	22 28	6.3	04 39	- 0.1	16 56	0.1	

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

Be Safe in the Water - Float To Live



Police, Fire and Crime Commissioner (PFCC) David Allen attended a water safety presentation by Cumbria Fire and Rescue Service at Ennerdale. School, to hear about the 'Float to Live' campaign and how it can save lives.

Cumbria Fire and Rescue Service attended 43 water rescues between April 2023 and April

All year-round Cumbria Fire and Rescue Service's crews visit schools, colleges, businesses and local community groups to provide invaluable water safety guidance, advice and to educate

people on the 'Float to Live' campaign.

The RNLI charity recommends that if you find yourself struggling in the water unexpectedly, you should 'Float to Live, even though your instincts tell you to swim hard. It is the cold-water shock that makes people gasp uncontrollably and breathe in water. Instead, you should 'Float to Live.'

The best way to float is to follow the five steps below:

Tilt your head back with your ears submerged. Try to relax and breathe normally. Move your hands to help you float.

Spread your arms and legs out to improve stability – and it's OK if your legs sink, we all float differently. Once your breathing is under control, call for help or swim to safety

PFCC, David Allen comments: "When enjoying the lakes, rivers and waterways around Cumbria, we need to expect the unexpected. Even when water may appear calm and safe, it can sometimes be deceptive. The average water temperature here in Cumbria, is approximately 10 to 13 degrees all year round, which means people will quickly feel the effects of cold-water shock on their bodies. Drowning is preventable. It's about keeping ourselves safe whether in, on and around water and remembering the five simple steps around the 'float to live' message. It may well save your life. As your Police, Fire & Crime Commissioner, I am the voice of residents within Policing and Fire –I am your voice. If any member of the public has a concern around water safety, or around the Constabulary or Cumbria Fire and Rescue Service, please raise it with me at commissioner@cumbria-pcc.gov. uk or call 01768 217734."

ow Where Will You Eat Today?





Restaurant: Sunday 12pm to 2pm and 5pm to 7pm Sunday Lunch 3 courses £25, 2 courses £21, 1 course £16 Wednesday Lunch 12pm to 2.30pm Main course + Sweet + Tea/Coffee £16.50

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