

Port of Silloth Record Breakers

Report by:
Captain Chris Puxley

LARGEST TONNAGE OF CARGO

1. HELJO
2nd February 2003.
3311 tonnes
Bulk fertilizer from
Ellesmere Port.
2. STEYNING
26th October 1987.
3282 tonnes
cement clinker to
Magharamorne.
3. BRITISH SHIELD
22nd November 2003.
3214 tonnes molasses
from Barry.
4. VENTURE
5th July 2000.
3145 tonnes
Bulk fertilizer from
Stettin.
5. BRATISLAVA
21st February 1996.
3143 tonnes
Bagged fertilizer from
Kaliningrad.

LONGEST VESSEL (LOA = Length overall)

1. SOVIETSKIY SEVER
17th January 1995.
113.9m LOA x 13.23m
beam x 3.6m draft.
GT (Gross Tonnage)
2478. With 2481 tonnes
bagged fertilizer from
St. Petersburg. (Note:
Width of New Dock is
120m. This ship was



The British Shield squeezing her way out through the dock entrance

able to turn around
within the dock, with tug
assistance, as no other
vessels were in the dock
at that time).

2. BRITISH SHIELD
22nd November 2003.
97.9m LOA x 13.7m x
5.6m. GT 2323. With
3214 tonnes molasses
from Barry.
3. MOLOGA
26th June 1997.
96.3m LOA x 13.4m x
4.0m. GT 2914.
With 1468 tonnes (part
cargo) of fertilizer from
Runcorn.
4. BALTISKIY 102

1st December 2002.
95.0m LOA x 13.2m x
4.4m. GT 1987. With
2343 tonnes fertilizer
from St. Petersburg.

5. BALTISKIY 110
13th May 2003.
95.0m LOA x 13.2m x
4.1m. GT 1987.
With 2290 tonnes
fertilizer from
Kiliningrad.
6. VASILY MALOV
2nd April 2002.
95.0m LOA x 13.2m x
4.1m. GT 1987. With
2284 tonnes fertilizer
from St. Petersburg.

ABERTHAW FISHER 29th
July 1980.
86.6m x 16.5m x 3.35m.
To load machinery for
Flotta. (Note: Width of
New Dock entrance
at Gauge Zero is only
16.15m, but widens to
18.0 at the top. Ship was
able to pass when keel
was above 2.60m on the
Gauge. With a draft of
3.35m the height of tide
had to be above 5.95m.
The predicted and
actual height of tide at
13:54hrs on 29/07/1980
was 7.10m. Wind NE 4).

Pensioners

Report by: Derek Shaw

The Silloth and District Pensioners held their Pre-Christmas Afternoon Tea on 1st November in St. Andrews Hall.

What a lovely cake stall we had with lots of fancy cakes, pies, Christmas cakes and rum butter. We made £126 with everything sold.

We held a good raffle with 17 prizes all donated.

The first event for 2004 will be a Coffee Morning in February. Thanks to all the people who have supported the Association during 2003.

The Afternoon Tea made a total of £242.



Naughty but Nice

We have a wide variety of freshly made hot & cold sandwiches and baguettes

All day breakfasts
home made pies
fresh cream cakes
salads & pastas
ice creams &
buffets for any occasion

telephone orders
welcome

Station Road, Silloth, CA7 4AE
Tel: 016973 31672

THOMSON RODDICK & LAURIE

8 Station Road ❖ Silloth ❖ CA7 4AE
Country and Coastal Estate Agents

PROPERTY WANTED
SILLOTH AND SOLWAY COAST

Owing to numerous recent sales, we still have active enquiries for property in Silloth and coastal areas. These range from requests for quality houses and bungalows, cottage property and houses with land, to enquiries for town and terrace property in Silloth, particularly if in need of modernisation.

**For further details and a free appraisal,
contact Richard Johnston on 016973 32018.**



Silloth Group Medical Practice



Merry Christmas and a Happy New Year

Surgery Opening Times

8:30am to 6:30pm

016973 31309

Surgery Closure

The Surgery will be closed between 1pm and 5pm on:

Thursday 15th January
Wednesday 11th February
Thursday 11th March

This is for educational training purposes for all surgery staff.

During the Surgery Closures the Cuedoc Service will take all Emergency calls.

MEASLES, MUMPS AND RUBELLA – THE ILLNESSES

With all the recent headlines about MMR vaccine, it is timely to remind people about how serious these illnesses can be, and how vulnerable children who have not had MMR vaccine can be to them. Measles and mumps in particular are highly infectious and unprotected children, once exposed, are almost certain to be infected. There is a perception that these illnesses are minor but this is not true, the current measles outbreak in Lancashire has seen about a third of children admitted to hospital. Mumps used to be an important cause of viral meningitis and we all know how devastating the effects of rubella infection can be on unborn babies. Affected children can suffer from severe learning difficulties, blindness, deafness and other complications.

In many ways, the MMR vaccine has been a victim of its own success. A two dose MMR strategy has controlled these illnesses very effectively. In recent years we have seen only a handful of measles cases, relatively few mumps cases and no congenital rubella syndrome. Almost all other westernised countries use MMR vaccine to very good effect, but in the UK, some parents, scared by scientifically-unjustified allegations about the vaccine's safety, have refused to let their children have the vaccine. Others have been mis-advised and gone down the "single vaccine" route despite any scientific evidence whatever about its effectiveness or safety.

One of the co-authors of the original MMR-scare paper in the Lancet recently said in a letter to the same journal that the MMR is safe and effective. Cumbria has always enjoyed enviable vaccine uptake rates and it would be tragic if we saw local cases. Parents must of course make up their own mind about vaccination but it is up to us as health professionals to give them unbiased, complete and accurate information. When presented with the complete picture, most parents will agree that a two dose course of MMR vaccine is indeed the safest option for their children.

Health Professionals and parents alike will be able to find accurate information about these issues on Cumbria & Lancashire Health Protection Unit website – www.healthprotection.org.uk and on the Department of Health's website – www.mmrthefacts.nhs.uk.

If you require further information please contact: PATRICIA WILLIAMS 016973 31325 / 31309



Winter Fuel Payments

Over 60's

Heating allowances are now being paid. This payment can be up to £200 and more if you are over 80. Payments should come through automatically, but if you have not received yours, please contact the helpline:

08459 15 15 15

SURGERY WEB SITE

You can now order your Prescriptions online...

Visit our Surgery website on:

<http://www.northcumbriahealth.net.nhs.uk/silloth>