



# Solway Buzz

[www.solwaybuzz.co.uk](http://www.solwaybuzz.co.uk)

Jan/Feb/March 2026 local news - for you - by you - about you - free to you

FREE PAPER

Issue 235

# Happy New Year 2026



Page 2  
Santas Grotto in Christ Church



Page 6  
Clinic Donates £712



Page 9  
Bantytrot Gold Results



Pages 10+11  
Christmas Tractor Run



Page 13  
Meet the New Mandy



Page 20  
Bowling Club Donates £870



## Santa's Grotto in Christ Church



Photos by: Sarah Robertshaw

Silloth Rotary Club usually host Santa on his sleigh round covering Silloth, Abbeytown, etc., but because of the severe weather forecast and the risk of his elves blowing off into the Solway, Santa decided to set up a Christmas grotto in Christ Church instead.

Santa, his elves and all the little ones really enjoyed meeting Santa in the dry and out of the wind.



## Allonby Dook 2026



Photos by: Steve Lawson and Neil Armstrong

Well done to everyone participating in the Dook, and an accurate depiction of the sinking of the Titanic — at Allonby Beach.

All proceeds raised will go to the Maryport Inshore Rescue who provided a safety team.



**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



**JayBee's**

Wide range of frozen food + Eggs / Bacon / Milk  
Key cutting / Watch batteries  
Local Shrimps / Reusable vapes  
Toiletries / DIY goods  
Good range of dog stuff from treats to jackets  
Frozen fishing bait

open 7 days a week

6 Criffel Street, Silloth, Tel: 016973 31245

*Hair She Goes  
Mobile Hairdresser*



*Silloth  
and  
district*

*Call  
Melanie  
on:  
07857 989358*

# Public Appeal: Help Us Bring Four New Life-Saving Public Defibrillators to Silloth

Silloth Community First Responders are launching an important appeal to raise funds for four new Public Access Defibrillators (AEDs) to be installed across our town. These devices save lives every year, and with growing demand and increased emergency response times in rural communities, expanding Silloth's network of AEDs has never been more vital.

AEDs provide critical treatment during cardiac arrest—an emergency where every second counts. For every minute without defibrillation, a person's chance of survival drops by up to 10%. When an ambulance is still minutes away, a publicly accessible AED can be the difference between life and death.

Over the past year, our team of Community First Responders has seen first-hand how essential these devices are. While Silloth already has some AED coverage, several key areas remain without immediate access. By installing four additional units, we can ensure faster response times, better coverage, and greater peace of mind for residents and visitors alike.

To make this happen, we are asking for the community's support.

Each AED unit—with

heated cabinet, installation, and ongoing maintenance—comes at a significant cost. We are seeking donations from individuals, local businesses, community groups, and anyone who believes in safeguarding the wellbeing of our town.

## How You Can Help

Make a donation—large or small, every contribution moves us closer to our goal

Sponsor an AED as a business or organisation

Share our campaign to help raise awareness

Silloth is a strong and caring community, and together we can ensure that life-saving equipment is available when it is needed most. Your support could one day save a neighbour, a friend, a visitor—or even someone you love.

The 4 new locations will be:

Barracks Bridge  
Skinburness Road

The Crofts

Pennine View/ Fell View

To donate or learn more about the project, please contact Silloth Community First Responders or visit our social media pages for updates.

Go fund me link: <https://gofund.me/dbd5ca928>

Or you can pay into our Cumberland Building Society account in branch.



# Silloth Military Trail



Report by: Colin Baty

Over the weekend of 15/16 November Silloth Airfield Project managed to install four out of the five locations of the Silloth Military Trail with information boards pertaining to Silloth and the local area's rich military history and combine with exploring fantastic coastal walks whilst gaining knowledge as to what these buildings were used for.

The information boards explain in informative dialogue what significance these buildings were for and have also added QR codes so that visitors can go into more depth about their importance.

The boards are at: Mawbray Banks, Silloth Golf course on the path to the West Beach from Blitterlees, Causewayhead Cemetery and the top of Grune Point.



This wouldn't have been completed without the design work of Tale Trails, funding from Cumberland Council Solway and Fells Community Panel and installation from Maryport Groundwork's. This has been a long arduous journey and has cost over £8k to complete including having to get planning permission for every location.

I do hope people of all ages and backgrounds can get out and explore and become informed about these locations as they have played a significant importance in peoples lives and can be appreciated accordingly.



# Craft Fair Raises £2,007



Report by: Christine Young  
St Matthews Church in Westnewton held their Christmas Craft Fayre on Saturday 29th November in the Village Hall.

Despite it being a cold and wet day, it was a great success and £2,007 was raised for church funds.  
St Matthews Church Committee wish to extend many

thanks to the Craft Stall holders, volunteers on stalls and selling raffle tickets and those who worked hard in the kitchen and tea room.



A Christmas Evening view of Silloth by James Smith

## GOOD COMPANIONS RESIDENTIAL CARE HOME

Long & short term stays in single en-suite rooms  
Day Care £50 per person  
(limited spaces available weekdays)

Criffel Street,  
Silloth

Tel:  
016973  
31553



[www.goodcompanions.net](http://www.goodcompanions.net)

# Winter Fuel Scams



Between April and September 2025, Action Fraud has received 2,790 crime reports relating to Winter Fuel Payment scams, with victims reporting losses totalling over £27,000.

Winter Fuel Payments are made automatically, you do not need to do anything. If you receive any text messages about Winter Fuel Payments, it's a scam.

Not sure if a message is real? Contact the organisation directly using the contact details on their official website, not the number or web address in the message. Your bank (or any other official source) won't ask you to supply personal information by email or text message.

If you have spotted a suspicious SMS or RCS message, you can report it for FREE by forwarding it to 7726.

## “Quote of the Month”

*“The joy found in simple things can brighten the darkest of days”*  
Allene vanOirschot

# D.A. Harrison



Admin: 016973 42277 Transport: 016973 44000  
Skip Hire: 016973 31000 RMC: 016973 61777  
Fax: 016973 42210 E: [info@daharrison.co.uk](mailto: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](http://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

# Silloth Walking Football Team Attracting International Talent!



A well earned rest and an escape from his daughter's garden

Report by: David Fairholme

Monday Walking Football continues to thrive with local players and as far away as Moffat in Scotland.

However no one travels further than Benjamin (Bernard) Zangerle from Kufstein, Austria well over a 2,000 mile round trip.

The cultured play maker, is a welcome guest, and makes the pilgrimage several times a year when visiting his daughter

His daughter is now beginning to doubt whether his prime motive is family or walking football?

Bernard, as he is known has ended up on the winning team on his last three visits - no surprise there.

I caught up with Bernard after his latest victory and this is what he had to say. "I often visit Silloth, to see my daughter and grandchildren. As my son in law and his family are originally from Silloth. I remember visiting one time and by chance walking past when you were playing football. I watched for a while and started talking to someone after, who told me more about the walking football and invited me along. I



A great penalty save from Mike Sewell to deny Bernard another well earned goal. However modest Bernard had the last laugh as he influenced his team to a third successive victory

# Ukes Raise £206 for RNLI



Report by: Lesley Hope  
On behalf of all Silloth RNLI Station Fundraisers

In November, Silloth RNLI Station Fundraisers held a Pie &

Pea night.  
The Ukes of Allonby kept us all entertained for the night with their music and songs.  
Paisley's steak pie was delicious.

We had a great evening, raising £206.

Sincere thanks to all who helped & supported us on the night.

loved the little get together after the football as well. It's great to chat and meet new people from all walks of life. The rest is history as they say. I always enjoy visiting, it's quiet and calm. Everyone is welcoming and friendly.

I retired as a warrant officer II in the Austrian Army, where I worked for 40 years. I also did multiple detachments for the UN, including Cyprus, Kosovo, Syria,

Bosnia and Africa. But glad to be retired and enjoying the pensioners and grandad life to the fullest"



Bernard displaying good close control as (Lto R) Peter, David and Tim look on

**P. SCOTT'S CARPETS**  
**Carpets & Vinyls to All Areas**  
**Enormous Selection**  
**Fitting Service**  
**FREE Quotations**

1 Wampool Street, Silloth  
**Tel: 016973 31224**  
**E: pscottfurnishing@gmail.com**

# Changes to The Solway Buzz Publication Dates and a Look at the Future of the Paper

Ever since the first edition of the Solway Buzz (this is our 25th year) back in August 2001 the Buzz has always appeared on schedule. Unfortunately this has been impossible recently.

As many of you know the Buzz is a community run not-for-profit paper with over 65 volunteers helping in various ways. From the start the editing and typesetting has always been done by just one person, the editor, and a current bout of bad health with two different problems arising at once has caused both the December and January edition distribution to be delayed, each by a week.

I have now been informed that I am to have an operation in the near future, probably during February. I have decided that this January edition will now be a combined January/February/March edition. Usually the combined edition is February/March.

Hopefully this will allow future editions to follow as normal, but this is uncertain.

Articles for the April edition should be submitted by late February.

I had intended to continue producing the paper until I had completed 25 years and then retire as I would be over eighty, but this may have to occur sooner than I intended.

If anyone has the skill set to take this on and relishes the challenge of producing ten editions a year, (February/March and October/November have always been combined issues) please feel free to contact me, my details are on page 14. Obviously, all data files would be passed over, including all the website files.

Producing the Solway Buzz has given me a lot of satisfaction over the years but my time for doing this is coming to an end.

# Silloth is Getting Creative!



Report by: Judy Rochester

Visitors to Silloth library in November saw a display of arts and crafts from fifty or more years ago when 'waste not want not' was the norm. Compare this

to the current 'creative recycling' ideas using scraps of fabric, wool and paper being demonstrated on television.

Artwork by local residents were on show including

watercolours, pottery and items from Big Mams shop.

Details of future 'Create' displays available in the library will be in the Solway Buzz Dates for the Diary page.



ARE YOU A TEAM PLAYER? DO YOU HAVE GOOD COMMUNICATION AND ARE WILLING TO LEARN NEW SKILLS?

## SILLOTH RNLI ARE RECRUITING!

SHORE CREW, BOAT CREW, TRACTOR DRIVER, LAUNCH AUTHORITY AND MECHANIC ROLES AVAILABLE

CONTACT US VIA EMAIL

(SILLOTH@RNLI.ORG.UK)

AND SPEAK TO OUR FRIENDLY TEAM FOR MORE INFORMATION.



**STANWIX PARK**

**Retro Music no. 21 Weekend**

**13th, 14th & 15th March 2026**

Retro Music Weekend is a twice a year celebration of music from the old days, think 60s, 70s, 80s and 90s. If nostalgia is your thing or you just want to take a trip down memory lane, RMW is for you! This event is for 18 year olds and over.

**STEVIE D, ERNEST, SARAH COLLINS & KEEP THE FAITH, GRAHAM BROWN, THE TALL FACES, LONDON CALLING, ELECTROMANTICS, ULTIMATE BOY BAND SHOW, BACK 2 BACK, U2 BABY, RITZ AND MORE!**

**Full Line Up Coming Soon.**

3 night Accommodation/pitch and weekend ticket packages now available to book at: [www.stanwix.com](http://www.stanwix.com) (18yrs+)

# Happy New Year from Friends of Silloth Green

Report by: Pat Robinson  
Photos: Caroline Turner & Georgina Lowe

Here we are at the beginning of another year and looking forward to renewing friendships, to creating new ones and watching the Community Garden grow and produce colour and interest through the seasons. This Spring we can look forward to a riot of bulbs and Polyanthus in blue, white, yellow and orange.

Being outside and working in the garden is good for health, well being and keeping fit! We meet and work in the Community Garden every Wednesday morning from 10 o'clock. Please join us, you'd be very welcome! All the tools are provided and you can do as much as you can manage or as little as you want. And you don't need any experience, there's always someone to ask. Volunteering is rewarding in so many ways and there's always a welcome cuppa and a craic when we've finished.



We recently went to an event at Wigton Co-op to celebrate the Co-op's Local Community Programme. Friends of Silloth Green were chosen to be one of their Local Causes for 2025 and we've just received £1,700 for which we are very grateful. The money will go towards replacing the wooden surrounds of the raised beds which are beginning to deteriorate.

To keep up to date with all our activities there is a notice board in the Community Garden, we have our own Facebook page which we share to Silloth Today and we appear regularly in the Buzz!



## Golden Dawn Nurseries

Nealhouse, Great Orton, Carlisle, CA5 6LH

Closed for Winter

Reopen from May 1st 2026

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

Contact: 07748 647665

w3v///pinners.Rails.Wacky



# Community Spirit Shines: Lynnwood Foot Healthcare Clinic Raises £712 for Nursing Home



The generosity and spirit of the local community were on full display over Christmas as a local business organised a fundraising raffle to benefit Silloth Nursing Home. The initiative by Alyson Devine at Lynnwood Foot Healthcare Clinic saw an impressive £712 raised, all through the fun and excitement of raffling off a specially curated hamper.

The fundraising effort centred on a festive footcare hamper, but also handmade crochet items made by her mum Lynn Devine which were sold at the Abbeytown Christmas fair. The raffle not only added a bit of excitement to the lead-up to Christmas but also brought people together in the spirit of giving.

The winner of the raffle which was drawn in December was Christina Stevens. All proceeds from the raffle and the crochet items will go directly to Silloth Nursing Home – patient amenities, helping to fund days out, entertainment and activities that make life brighter for its residents.



# Wednesday Craft Group Donate £170 to Silloth Community First Responders



Report by: Kate Barkway

The Wednesday Craft Group handed over a donation of £170 recently, to Silloth Community First Responders.

It was received by Danny Reed, one of the town's First Responders. The money was raised from the

sale of items made by the ladies in the group.

Many thanks to all those who both contributed, and bought items. We meet every Wednesday at the Silloth Community Hall beside the library, from 1 till 3.

All welcome.



## Christmas Carols for All



Report by: Tim Barker

The churches of Silloth each held their own carol services and celebrations over the Christmas period as detailed in the calendar/greetings card which we put through every door in the town. Thanks and congratulations to everyone who helped with the posting.

There were also events for the whole community beginning with the RNLI fund-raising concert in Christ Church on Friday 12th December. The Port Singers from Port Carlisle presented a programme of carols sung in lovely arrangements by themselves but with words there for any who wanted to join in. Most of the time people seemed happy to listen to the choir. There were a lot of old-time favourites with more modern

inserts like "Only a winter's tale" and "It's beginning to look a lot like Christmas". By demand the evening ended with an encore - "White Christmas."

The next opportunity for everyone was the open-air service organised by Churches Together in Silloth. The early afternoon of December 20th was fairly gloomy but became clear and bright by 4pm. The wind was sharp but not too croo-el for Good King Wenceslas, and those who braved it sang lustily. Helen Wilson led the service with prayers and readings from members of the different churches and an address by Margaret Gate. Finally, on Christmas Eve, families gathered in Christ Church for the annual Crib Service where we sang and acted out the story of Jesus' birth in Bethlehem. We had beautiful moulded figures of Mary and Joseph and all the other people in the story to remind us – even the donkey. Some young people had come dressed as shepherds and there were lots of volunteers to put on some tinsel and be angels and wise men and make up a nativity scene around baby Jesus in his crib. There was a final little bit of magic as everyone sang the last carol and the lights went off and the star came out. Reverend Eileen Reid, who is overlooking the parish while we have no rector, organised the evening with some help from Tim Barker. Thanks also to Catherine Thorpe who played the organ.

**TAXI**  
**Christine's Taxis**  
*Any Distance  
For a Friendly Reliable Service*  
 Call Christine 07917 564583

## Harrison's Store Ltd, Abbeystown

Tel: 016973 61231 ~ M: 07972 805074

**Premier**  
*Amazing Value Locally*

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

**Paypoint, Payzone, Cash Machine & Lotto**

**DOORSTEP DELIVERIES THROUGHOUT**

**Abbeystown, 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!**

## RNLI Carols in the Church



Report by: Lesley Hope  
 On behalf of all Silloth RNLI Station Fundraisers

On December 12th, The Port Singers (from Port Carlisle) came to sing for us at our Silloth RNLI annual Carols in the Church evening.

They sang a range of Christmas Carols, with audience participation in parts. The church looked and had a very festive atmosphere. Mulled wine and tea helped wash down the mince pies and stollen

bites.

The evening concluded with volunteers from crew, shop and fundraisers singing twelve Lifeboat days of Christmas, not forgetting the special appearance of Stormy Stan.

Sincere thanks to the Port Singers for giving their time free of charge and to all who helped on the night including Jean and Tim from Christ Church. Special thanks to everyone who came to

support us.

We received several generous donations at the end of the evening making the total raised an amazing £530, your support is much appreciated by everyone at the station.

We are working on our 2026 itinerary and look forward to sharing future events with you soon. Happy Christmas and a Prosperous New Year everyone, from Silloth RNLI

## 2025 Bantytrot Gold Results



Report by: Colin Baty

Champions: Robert Shaw Jnr and Johnny Martin — a spectacular, untouchable 48 points!

Second Place: Adrian Bennett and David Hurst — just behind on 44 points, a score that on any normal day would have been enough to win.

Third Place: Jonathon Tallentire and the evergreen

George Story — close behind with 43 points.

For some, it was a day of "shoulda, coulda, woulda". The unlucky ones included Robbie Harrison, who never scored on the last two holes, and Reece Moore, who overheated and blew up on the 18th.

A big thank you to everyone who made the day a success: Lennie Hodgins for organizing

the event, Robert Shaw for the Boogy Bus, Johnny Martin for selling raffle tickets, and a special mention to the bar staff, catering team, and of course the green keeper and staff.

The event also raised funds for a local small organization, yet to be decided, making the 2025 Bantytrot Gold not just a fantastic competition but a day that gives back to the community.

# The First Christmas Tractor Event From Silloth Airfield Around Local Villages and Back to Silloth



Report & Photos by: Daniel Dockeray

The Christmas Tractor event Was raising funds for the Great North Air Ambulance Service and the North West Ambulance Charity.

It was dark, wet, windy, and miserable on a December Sunday evening. Still, in Silloth on one special night when most people would be sitting by a fire watching some TV, having their tea, a community came together to spread hope and a Christmas spirit with a line of tractors and wagons decorated with Christmas lights flashing in the distance bringing hope and joy who ever is lucky enough to experience the wagons and tractors passing by their homes. With plenty of farmers and volunteers, some showing the Christmas spirit by dressing up as Christmas elves, flashing the joy and happiness that Christmas brings.

This was the first event, and I hope this will be the first of many tractor event runs and will bring hope and joy to many people in the Solway area who may need a pick-me-up in a miserable time of year, when it's dark, cold, wet and windy, seeing some brightly coloured Christmas lights in the distance spread by a line of tractors and wagons spreading the solidarity of Christmas within the community.



**SILLOTH SHARE & SUPPORT**  
A COMMUNITY FOOD HUB  
FOR EVERYONE!

**COMING SOON TO SILLOTH!**

A warm, welcoming space to:

- Enjoy tea, cake & chat
- Buy food at low prices
- Get support for health & wellbeing
- Join fun activities

**WE NEED YOU!**

Help us make it happen! Volunteer for:

- Deliveries
- Food setup
- Welcoming guests
- Serving drinks & treats
- Or any way you can help!

Just a couple of hours makes a big difference!

**📍 Venue:**  
Pending confirmation

**✉ Email:** [FellsandSolway@cumberland.gov.uk](mailto:FellsandSolway@cumberland.gov.uk)  
**Call:** 07827 232620 (leave a message)

A poster for a book and jigsaw exchange at Mawbray Village Hall. It features the hall's logo with a green roof and yellow cross, the text 'MAWBRY VILLAGE HALL' in red, 'BOOK & JIGSAW EXCHANGE' in large orange letters, the event details '1<sup>st</sup> & 3<sup>rd</sup> Thursday of every month' and '3.30pm – 4.30pm', and two descriptive sections with icons: one for books and one for jigsaws.

## Mawbray Village Hall Clubs

**MAWBRAY VILLAGE HALL**  
**MONTHLY QUIZ**

**Thursday 29<sup>th</sup> January**  
**&**  
**Thursday 26<sup>th</sup> February**  
**7.30pm**  
**£2.00 per person**

**Prize for the winning team**

**Bring your own drinks, snacks and glasses**

The logo features a blue and white stylized foot print icon at the top left. The word 'Abbey' is in blue and 'Tots' is in yellow, both in a bubbly font. Below this, 'Tuesdays' and '(term time only)' are in blue, followed by the time '10.00am - 11.30am' and the location 'at Holme Cultrum Abbey'. To the right, a smiling baby sits on a wooden floor. In the bottom right corner, there is a graphic of three green blocks with the letters 'A', 'B', and 'C' on them. The text 'a great place for adults to meet and chat over a cuppa while their babies/toddlers play.' is in blue. Below that, 'Donations towards refreshments each session would be greatly appreciated' is in blue. At the bottom left, there is a red and white rattle icon. The text 'All welcome' is in blue, followed by '(this includes mams, dads, grandparents, aunties, uncles and friends etc)' in black.

A photograph of a group of approximately ten people of various ages walking together outdoors in a park-like setting. They are dressed in casual outdoor clothing, including jackets and hoodies. The background shows green trees and bushes. In the top left corner, there is a logo for 'walking for health' featuring stylized human figures and footprints in green and blue. In the top right corner, a blue speech bubble contains the text 'come and join us!'. The overall theme is community and health through walking.

# Your Wonderful Buzzing Letters and Poems

Dear Buzz,

A New Years resolution for the Parish Council, please get the speed cameras working? Would you buy a washing machine, then not be able to use it? It is time to name and shame, who is responsible? Are Silloth and district the only areas in the county where they do not work? Let us take a leaf out of Abbeytowns book and act now before someone gets hurt and let's provide a safer environment.

The Whinge

An Acrostic Poem - Winter - By Lina Mookerjee

When is the time to embrace the power of Winter?  
It's power to cool the hot madness of pushing progress  
'Now' is what Winter draws us to, the quietness of movement  
Taking place deep within the invisible undergrowth  
Evermore happening without us even realising  
Rejoice and savour the power becoming soon to birth



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.

*Gypsy Rose by Sophia Lodhi*

*Red petals soft with velvet grace,  
I flourish well in any place;  
In weed-stitched earth, or rocky fate:  
Diamond-dews adorn my face.*

*Each season, settled, I bloom late  
Into the year, my beauty great.  
At end: my seeds drop, germinate -  
To seek a better, fruitful place.*

*In Autumn's glory, petals fade...  
While "feathered-thieves" and wild winds take  
Some tiny offspring-seeds away:  
To frame my gypsy-destiny.....*

*And make another rose-strewn bed -  
An everlasting love, in red.*



*Wolf by Sophia Lodhi*

*Majestic and wild,  
Beneath the cold  
And distant hold  
Of a moon, magnetic and waxen-white,  
Its silver rays resting upon your silver coat to immortalise  
Your noble form  
As you lift your head to call  
Through the watches of the night,  
Guiding home the hunters of your tribe.*

*Wolf -- beautifully untamed:  
Your golden gaze  
Surveys  
Your wilderness.*

*The Winter Sun by Sophia Lodhi*

*Damp, faded stain of bitter lemon -  
Pale yellow disc: hovering and lonely  
In the half-frozen, white-grey  
Sheet of November's sky:  
The only trace of the Winter Sun.  
His Summer-powers diminished,  
He has decided to endure those months.  
Rays feeble as  
The hearts of Summer's worshippers,  
He can do little, now, to appease them:  
Unable to warm their white fingertips.  
A few birds  
Pass over his bleak,  
Hazy,  
Vaguely  
Circular outline hanging bravely  
In the cheerlessness:  
Their desperate calls  
Raw  
As the cold air circulating our Earth.  
Though bleak  
And weak,  
The Winter Sun  
Still tries to please:  
His faint, cool glow  
A rain-rinsed  
Stain of bitter lemon  
In the tapestry of a paupers' feast.*

*First Flake by Sophia Lodhi*

*The first flake:  
Lighter than lace,  
Or soft,  
white feather touching cold, hard  
ground:  
A wish  
For a peace which falls down  
Like the veil of dawn's mist,  
Before the coming storm.*

*Merry Christmas from Silloth Scouts  
by Kathryn Shires*

*To the Beavers, Cubs and Scouts of Silloth  
And the leaders who leaders the way,  
We celebrate all you've gathered and built  
On this joyful Christmas day*

*From the shores of the Solway, bright and wide,  
To the badges earned with pride,  
You've hiked the paths and learned the knots,  
With kindness as your guide.*

*To the Beavers for their wonder,  
To the Cubs for every feat,  
To the Scouts for every challenge met,  
You make our group complete.*

*And to the leaders, giving time and heart,  
A thank you, deep and true,  
The spirit of Silloth shines so bright,  
Because of all you do.*

*But our thanks go out much further still,  
To the town we call our home,  
For the support from every resident,  
Wherever we may roam.*

*To the people of Silloth, we send our thanks,  
For the kindness and backing you show,  
Your encouragement fuels our Scouting heart,  
And helps all our youngsters to grow.*

*So here's to the campfires and the fun,  
And the year that's passed us by,  
May your Christmas be filled with Scouting joy,  
Underneath the Cumbrian sky.*

*Merry Christmas everyone!*

**Volunteer Deliverer Needed  
for the Free 'BUZZ' community  
paper in the following area:**

**Station Road, Silloth**

*We look forward to your call  
Contact Peter or Kath on 0750 180 5775*

**Remember – you can join the library, search the library catalogue, renew and request books online at [cumbria.gov.uk/libraries](http://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

Sunday closed

Tuesday CLOSED  
Thursday CLOSED  
Saturday 10am to 1pm  
Tel: 016973 31944

## Do You Get the Buzz?

If the Buzz paper does not fly through your letter box in the areas we cover, it is because we have not found a volunteer.

If you would like to join our hive of volunteers we would be pleased to hear from you, call Peter on 0750 180 5775 for more info.

## Non-Commercial Tourism Websites

[solwaybuzz.co.uk](http://solwaybuzz.co.uk)  
[sillothgreen.co.uk](http://sillothgreen.co.uk)  
[silloth-on-solway.co.uk](http://silloth-on-solway.co.uk)  
[sillothgolfclub.co.uk](http://sillothgolfclub.co.uk)  
[vintagerally.co.uk](http://vintagerally.co.uk)  
[sillothmotorcyclemuseum.co.uk](http://sillothmotorcyclemuseum.co.uk)  
[silloth-on-solway-tc.gov.uk](http://silloth-on-solway-tc.gov.uk)  
[visitcumbria.com/wc/silloth](http://visitcumbria.com/wc/silloth)  
[solwayplain.co.uk/silloth1.htm](http://solwayplain.co.uk/silloth1.htm)  
[facebook.com/sillothgreen](http://facebook.com/sillothgreen)  
[facebook.com/silloth-carnival](http://facebook.com/silloth-carnival)  
[facebook.com/groups/soldiersinsilloth](http://facebook.com/groups/soldiersinsilloth)  
[facebook.com/groups/121042258051545 \(Silloth Today\)](http://facebook.com/groups/121042258051545)

# Slimming World Transformed My Life!

Report by: Michelle Blakeley

## A New Me at 66: How Slimming World—and Ditching Processed Foods—Transformed My Life

By the time I turned 66, I was overwhelmed—not just by my weight, but by the creeping realization that my lifestyle was slowly wearing me down. I had spent years locked in a cycle of fad diets and convenience eating, leaning heavily on ultra-processed foods: the grab-and-go meals, sugary snacks, and microwave dinners that promised ease but delivered long-term harm.

I wasn't alone. Studies now confirm what many of us are learning the hard way: ultra-processed foods are directly linked to an increased risk of heart disease, obesity, type 2 diabetes, and even early death. In 2023, a comprehensive study published in The British Medical Journal found that high consumption of these foods raised the risk of dying prematurely by up to 25%. Another large-scale review in The Lancet connected ultra-processed diets with chronic inflammation and faster biological aging. It was eye-opening—but for me, it was also personal.

I had been suffering from recurrent chest infections and worsening mobility. I was tired, anxious, and increasingly aware of how much these struggles were affecting my mental health. Then came the catalyst: my family booked a holiday to Florida. What should've sparked excitement only filled me with dread. How could I walk through theme parks all day when I could barely keep up at home?

That's when I made a life-changing decision. In February 2024, I joined Slimming World in Silloth. My sister was already a member, and my husband joined for support. I was nervous at first, but the moment I walked through those doors, I felt a shift—there were no judgments, only encouragement.

Slimming World gave me a plan built around real, nourishing foods—over 350 "Free Foods" that could be enjoyed without weighing or counting. I never felt hungry, never deprived, and crucially, I was no longer relying on the highly processed foods that had been silently sabotaging my health. Staying in a group taught me how to change my habits. If I wanted a curry there were so many options available without reaching for the nearest take away. If I was short of time I could use a frozen Slimming World meal



Mandy Hodgson at 66 years young

which is all made from fresh ingredients full of free foods or set everything off in the slow cooker in the morning so that it was ready for tea time. There are also the Slimming World Kitchen boxes which are delivered straight to your door and are amazing, full of fresh tasty ingredients. And the results? I've now lost over six stone-reaching my Personal Achievement Target in August—and walk three miles five times a week. I recently earned my Silver Body Magic award as every milestone is celebrated. I cook almost everything from scratch now—simple, satisfying meals made with whole ingredients. I avoid ultra-processed options, knowing what they could cost me.

When I boarded that plane to Florida in November last year, I felt like a new woman. For the first time in years, I didn't need a seat belt extender. I wasn't trailing behind my grandchildren—I was walking alongside them, full of energy and confidence.

I returned not just with new clothes, but with a renewed sense of self-worth. My health markers have improved too. Losing 10% of my

body weight, which is recommended by health professionals, has made such a difference and is something that Slimming World celebrates. Achieving my Club 10 target reduced my risks of heart disease, stroke, high cholesterol, and type 2 diabetes. It's more than weight loss—it's a shift in lifestyle that may very well extend and enrich my life.

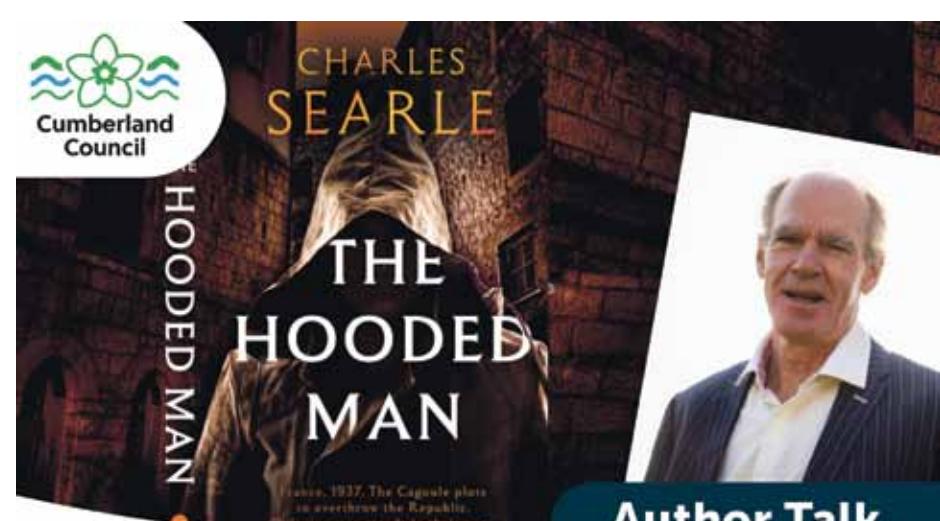
To anyone reading this who feels stuck or scared: please know it's not too late. Science tells us that when we reduce ultra-processed foods and increase whole, nutritious ones, our bodies respond—at any age. I'm proof of that. And I couldn't have done it without my



Can you spot the difference?

support team: my incredible consultant Michelle, my husband Nigel, my sister Ann, and my dear friend Sue, whose own transformation inspired mine.

Slimming World didn't just change how I eat—it gave me back my life.



Author Talk

## Charles Searle

### Bring The Past to Life: Writing Historical Fiction

### Silloth Library

Wednesday 25 February, 6:30pm

Join us for an inspiring talk that explores the art of crafting historical fiction. Discover how to transport readers to another time. Perfect for writers, history enthusiasts, and anyone who loves a good story!

Booking is essential. Please book either in person or scan the QR code





**because you're amazing**

**Wigton Bowling Club**

**Mondays**  
3:30pm, 5:30pm & 7pm

**Tuesdays**  
7am, 9am & 10:30am

Contact: Denise on  
07799 708465



**Caldew Hall**

**Saturdays**  
8:30am & 10am

Contact: Michelle on  
07984 998946

## Copy Date

Please let us know of any changes within this section

### Christ Church

For baptisms and other church related business please contact: Rev Eileen Reid Tel: 016973 43089 Email: ereid2002@yahoo.co.uk

### 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.

### Family History Grp

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

### 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

Proprietor:  
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 volunteers.

Copy date for the April issue is:  
**Late February**  
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 016973 31944 cumbria.gov.uk/libraries

### Abbeystown Choir

A fun friendly community choir Meets Tuesdays 6pm - 7pm All welcome, no experience necessary. For details please check Facebook page or contact Michelle on 07495 197543

### 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

### NatWest Mobile

The NatWest Bank mobile van will be here on Fridays only, outside Silloth Community Centre from 9:45am - 10.45am

### 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

### 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

### Widows & Widowers

Wigton Widows and Widowers Meets every 3rd Sunday of the month 1pm-3pm in Cornerstone Methodist Church Wigton. Join us for a light lunch and entertainment. For information please visit our Facebook page or contact Michelle on 07495 197543

### Wigton Theatre Club

Buy tickets via our website [www.wigtontheatre.org](http://www.wigtontheatre.org) or call the Box Office: 07977 835094

### Silloth Parkrun

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

### Badminton

Abbeystown Badminton Club meet on Wednesday evenings, check details on their facebook page, £5 per night

### Abbey Tots

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

# Dates for Your Diary

## Book Your 2026 Dates in NOW!

### January 2026

10th Blencogo Village Hall - Pensioners' lunch at 12.30pm - This event is free to those over 55 years who live in the parish, neighbouring area or regularly use the Village Hall. Tel. 016973 61114

21st Silloth Nursing Home / League of Friends, Coffee Morning in Christ Church, 10am

30th 'Create' group meeting in Silloth Library

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.

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

### February

2nd Silloth Town Council meeting in the Community Hall at 7pm

7th Blencogo Village Hall - 8th Harry Douglas memorial quiz -7pm. £12.50 includes pie and pea supper. Tel. 016973 61114

14th Silloth & District Pensioners Coffee Mornings in Christ Church Silloth @ 10am

15th PANTO - Jill and the Beanstalk at the John Peel Theatre, Wigton @ 2pm

16th PANTO - Jill and the Beanstalk at the John Peel Theatre, Wigton @ 7pm

17th PANTO - Jill and the Beanstalk at the John Peel Theatre, Wigton @ 7pm

19th PANTO - Jill and the Beanstalk at the John Peel Theatre, Wigton @ 7pm

20th PANTO - Jill and the Beanstalk at the John Peel Theatre, Wigton @ 7pm

21st PANTO - Jill and the Beanstalk at the John Peel Theatre, Wigton @ 2pm

21st PANTO - Jill and the Beanstalk at the John Peel Theatre, Wigton @ 7pm

25th Silloth Nursing Home / League of Friends, Coffee Morning in Christ Church, 10am

25th Author talk with Charles Searle in Silloth Library at 6:30pm, see advert

26th Mawbray Village Hall Monthly Quiz 7:30pm

27th Silloth Charity Night Cabaret Spectacular in Stanwix Park, tickets £10, from 7pm

### March

2nd Silloth Town Council meeting in the Community Hall at 7pm

11th Silloth & District Pensioners Coffee Mornings in Christ Church Silloth @ 10am

11th Strawberry Teas at Holm Cultram Abbey noon to 4pm

12th Strawberry Teas at Holm Cultram Abbey noon to 4pm

18th Vintage Rally on Silloth Green

19th Vintage Rally on Silloth Green

22nd Silloth Nursing Home / League of Friends, Coffee Morning in Christ Church, 10am

25th Silloth Nursing Home / League of Friends, Coffee Morning in Christ Church, 10am

11th John Peel Theatre Presents 'The Invisible Man' at 7:30pm, tickets from Ticketsource

10th 'Silloth Creates' in Silloth Library

11th Silloth & District Pensioners Coffee Mornings in Christ Church Silloth @ 10am

### April cont'd

13th Silloth Town Council meeting in the Community Hall at 7pm

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

19th John Peel Theatre presents 'The Haar'

22nd Silloth Nursing Home / League of Friends, Coffee Morning in Christ Church, 10am

### May

9th Silloth & District Pensioners Coffee Mornings in Christ Church Silloth @ 10am

11th Silloth Town Council meeting in the Community Hall at 7pm

20th Silloth Nursing Home / League of Friends, Coffee Morning in Christ Church, 10am

### June

13th Silloth & District Pensioners Coffee Mornings in Christ Church Silloth @ 10am

24th Silloth Nursing Home / League of Friends, Coffee Morning in Christ Church, 10am

### July

11th Silloth & District Pensioners Coffee Mornings in Christ Church Silloth @ 10am

11th Strawberry Teas at Holm Cultram Abbey noon to 4pm

12th Strawberry Teas at Holm Cultram Abbey noon to 4pm

18th Vintage Rally on Silloth Green

19th Vintage Rally on Silloth Green

22nd Silloth Nursing Home / League of Friends, Coffee Morning in Christ Church, 10am

25th Silloth Nursing Home / League of Friends, Coffee Morning in Christ Church, 10am

14th Silloth & District Pensioners Coffee Mornings in Christ Church Silloth @ 10am

14th John Peel Theatre Presents 'The Invisible Man' at 7:30pm, tickets from Ticketsource

10th 'Silloth Creates' in Silloth Library

11th Silloth & District Pensioners Coffee Mornings in Christ Church Silloth @ 10am

### August

19th Silloth Nursing Home / League of Friends, Coffee Morning in Christ Church, 10am

27th Solfest

28th Solfest

29th Solfest

30th Solfest

### September

12th Silloth & District Pensioners Coffee Mornings in Christ Church Silloth @ 10am

23rd Silloth Nursing Home / League of Friends, Coffee Morning in Christ Church, 10am

### October

3rd Cumbrian Dialect Competition 50th

10th Silloth & District Pensioners Coffee Mornings in Christ Church Silloth @ 10am

21st Silloth Nursing Home / League of Friends, Coffee Morning in Christ Church, 10am

### November

14th Silloth & District Pensioners Coffee Mornings in Christ Church Silloth @ 10am

25th Silloth Nursing Home / League of Friends, Coffee Morning in Christ Church, 10am

### December

16th Silloth Nursing Home / League of Friends, Coffee Morning in Christ Church, 10am

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

Do you have an event in the area bounded by Abbeystown, Mawbray, Silloth, Skinburness, if so please let us know.



# FUN for ALL ~ Join the Dots & Colour In

Something for All Ages to Enjoy  
Everyone Can Do This

**NEW YEAR CROSSWORD**

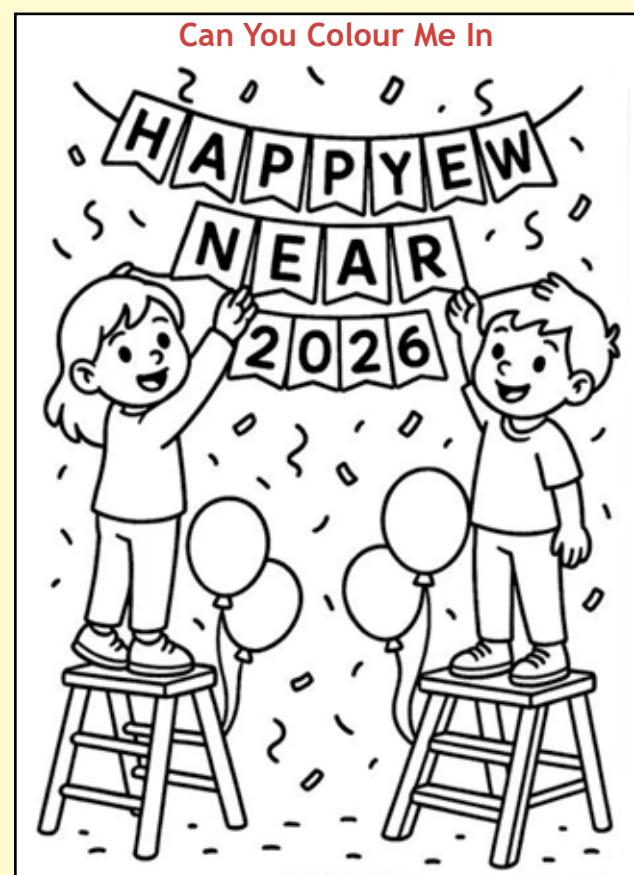
Answers on page 19

**ACROSS**

2. A mechanical or electrical device for measuring time.
8. First month of the year.
9. All the descendants of a common ancestor.
10. the point in time at which something starts.
11. Low explosive pyrotechnic device used for entertainment purposes.
12. A social gathering of invited guests.

**DOWN**

1. January 1st
3. A white sparkling wine associated with celebration.
4. A firm decision to do or not to do something.
5. Counting numerals in reverse order to zero.
6. A person one knows and with whom one has a bond of mutual affection.
7. Twelve o'clock at night.



**Connect the Dots**

printablesforlife.com



**New Year Anagram**

answers on page 19

Ya Renew (3,4) \_\_\_\_\_  
 Amy Hogan (8) \_\_\_\_\_  
 Best Hell (3,5) \_\_\_\_\_  
 Hid In Mtg (8) \_\_\_\_\_  
 Insure Tools (11) \_\_\_\_\_  
 Nasally Nudge (4,4,4) \_\_\_\_\_

Not Just for the Kids

Enjoy and Have Some Fun



## Decorator

## PAINTING &amp; DECORATING

Interior & External work carried out

**Free Estimates Est 1991**

Recent work can be viewed on Instagram (marcusgardiner1)

**0759 6609 717**

Silloth & Surrounding Areas



## Electrician

## 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

## Local Tradesmen and Services

## Joinery

## AM Jones Carpentry

**07983 489212**

General Joinery  
Kitchens  
Bathrooms  
& Wet Rooms  
Laminate, Hardwood  
& LVT Flooring

## Roofers

## Allerdale &amp; 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](http://www.allerdaleandedenroofingservices.co.uk)

## Firewood

## Seasoned Firewood Logs

## DELIVERY AVAILABLE

Tel: Ashley Sharp

016973 31495 or 07762 772208

## Advertise Here!

## in the Tradesmens Section

up to 6 lines only **£220** for a full year

or a 6.5cm mono box for only **£388** for a full year

(Pay over 10 months at £38.80 per month)

# National Year of Reading 2026

## 'Go All In'

In Cumberland Libraries we're really excited to announce that next year is the National Year of Reading. It's all about embracing the joy, power, and magic of reading like never before. Whether you're losing yourself in a gripping story, exploring fascinating facts, or sharing books with friends and family, reading opens doors to new worlds and endless possibilities.

Throughout 2026, we want everyone in Cumberland to Go All In to make books and stories a part of everyday life. Rediscover old favourites, discover new voices, and celebrate the incredible benefits of reading for all ages.

Reading is a powerful plug-in to the things you already love – it's



a great way to go deeper into your existing passions so if you're into it, read into it. Go All in and see how reading in all its forms can unlock more of what you love.

Join us as we turn the page on an exciting year – when we read together amazing things happen!

Check us out on facebook:  
<https://www.facebook.com/CumberlandLibraries>

## Plumber

## M Taylor

Plumbing & Gas Central Heating Engineer  
Gas Safe Registered  
Mob: 07773 069856

## Timber Care

## TimberCare

Timber Treatment Specialists with over 40 Years experience

Woodworm treatment  
Dry rot  
Wet Rot  
Subfloor ventilation

For a free, no-obligation estimate, call  
Mobile/Whatsapp: 07453 984590  
Email:  
[timbercare.cumbria@gmail.com](mailto:timbercare.cumbria@gmail.com)

## Windows &amp; Doors

## WWWindows Carlisle Ltd

supply and install window and door systems for any project, 24/7 emergency callout service  
Tel: 01228 810404  
E: [info@wwwindows.co.uk](mailto:info@wwwindows.co.uk)



## PM Roofing Specialists

*Proprietor Peter McKie, Established 1980*

**No job too big or small** • uPVC Guttering, Facias & Soffits  
• Re-slating • Tiling • Chimney Stacks  
• Flat Roofing Specialists (Firestone rubber cover & GRP Fibreglass with 30 year guarantee)  
Insurance Claims \* Free Estimates

**Tel: 01228 548591 or Mob: 07931 362163  
or 07833 305647 or 07534 050007**

## Windows &amp; Doors

## THE WINDOW DOCTOR

Est 1996

Steamed Up Double Glazing - Broken Locks and Hinges

## Your Local Window &amp; Door Repair Specialists

NO CALL OUT FEE TO LOCAL AREA - COMPETITIVE RATES

**07394 378 195**

[thewindowdoctor1996@gmail.com](mailto:thewindowdoctor1996@gmail.com)  
[www.thewindowdoctorcarlisle.com](http://www.thewindowdoctorcarlisle.com)

# Police and Communities Together Survey (PACT)

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

The responses have been analysed and Road Safety concerns have been raised as a priority across Silloth, Aspatria, Abbeystown and surrounding villages.

Our local officers will continue to address local concerns and respond to crime and disorder in your area and we encourage the local community to continue to report any incidents.

We will be conducting a further survey in three months time.

Please continue to report any



incidents of crime or anti-social behaviour.

## Enhance Allerdale

Officers in Allerdale are continuing to tackle and prevent anti-social behaviour to make your streets safer. Police are out day and night in the winter weather speaking to residents and businesses, making arrests and securing community behaviour orders to protect our communities.

Patrols continued throughout November including Bonfire night when our officers were out preventing anti-social behaviour.

Across the whole of Op Enhance in October, Officers carried out 36 stop searches, 40 intel submissions, 3 uses of ASB powers and seven traffic offences were reported.

You can keep up to date on the work of Op Enhance by also following the Allerdale Police Facebook page where we post regularly about the work that is being done to tackle anti-social behaviour.

Op Enhance has been made



possible thanks to £1 million of extra funding secured by David Allen, Cumbria's Police, Fire and Crime Commissioner from the Government's Hotspot Response Fund.

As part of the operation, the public is encouraged to report anti-social behaviour by visiting the constabulary's website <https://orlo.uk/gKvGc> or our non-emergency number 101. In an emergency always call 999. Information and intelligence from the public is vital so we can work together to tackle issues in their communities.

Find out more about Operation Enhance: <https://orlo.uk/ec9p7>

## 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

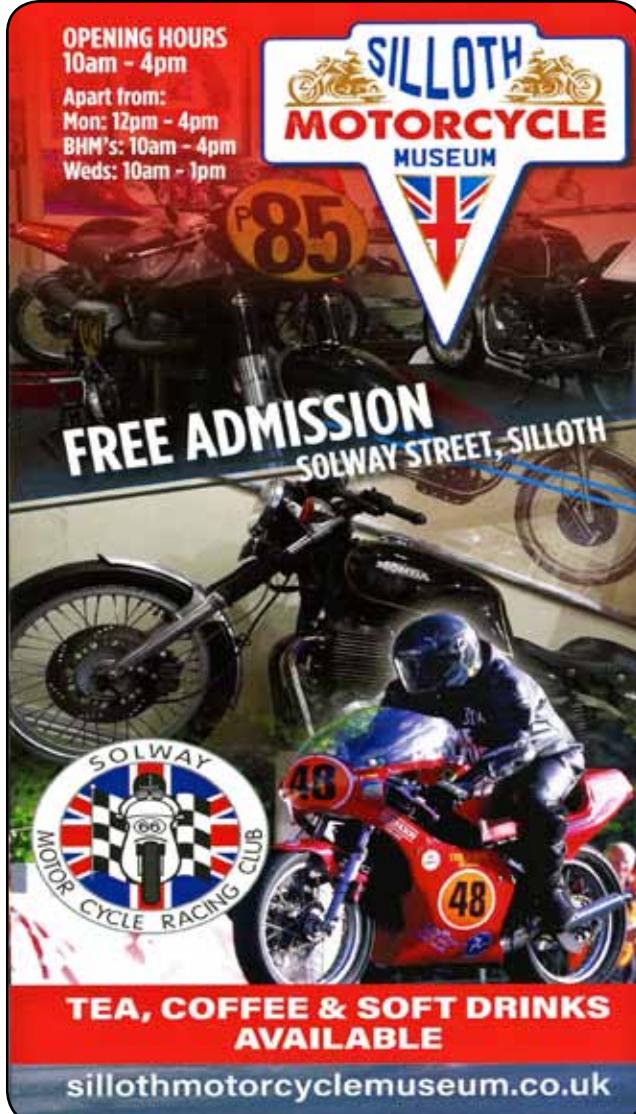
## THE GOOD CAUSES CHARITY SHOP

1 Queen's Court, Criffel Street,  
Silloth

Contact: Denise Poland  
on 07999 752713

Closed Mondays

Please help us to help them



## 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	West Silloth Motors	016973 32833
AM Jones Carpentry	07983 489212	Wheyrigg Hall Hotel	016973 61242
Christine's Taxis	07917 564583	Window Doctor	07394 378195
D A Harrison	016973 42277	WW Windows UK	01228 810404
Devonshire House Dentures	01228 529128		
Fairydust Emporium	016973 31787		
Golden Dawn Nurseries	07748 647665		
Goood Companions	016973 315533		
Green View / Stella's	016973 31743		
Hair She Goes	07857 989358		
Harrison's Store Ltd	016973 61231		
Ian the Electrician	07727 127000		
J Hill & Sons Undertakers	016973 42635		
Jaybees	016973 31245		
Mike Taylor Plumbing	07773 069856		
Mrs Wilson's	016973 31155		
P Scott Carpets	016973 31224		
Painting & Decorating	0759 6609 717		
PM Roofing Specialists	07931 362163		
Seasoned Firewood Logs	07762 772208		
Silloth RUFC	016973 32299		
S.O.S.C.S.	016973 32452		
Slimming World (Denise)	07799 708465		
Slimming World (Michelle)	07984 998946		
Stanwix Park	016973 32666		
The Charity Shop	016973 31696		
Timbercare	07453 984590		
Upholstery, Irene Armstrong	016973 31836		

## Useful Phone Numbers

Age Concern Home Safety Scheme	0800 678 1602
Age UK	01900 844670
Chemist, Silloth:	016973 31394
Church Catholic	01900 814826
Community Grants:	01900 325013
Crime Stoppers:	0800 555111
Cumberland Council	0300 373 3730
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	
Abbeytown:	016973 61261
MP:	
Markus Campbell-Savours:	07733 330593
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 Town Clerk:	016973 31128
Silloth Tourist Information Centre:	016973 31944
Solway Buzz:	0750 180 5775
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

# The 'Exe Shipping' Fleet at Silloth Dock



Report & Photos by:  
John Forrester

More coverage of shipping at  
Silloth can be found at [www.cumbriashipphotos.weebly.com](http://cumbriashipphotos.weebly.com)

One of the attractions to ship spotters is collecting photographs and recording details of the ships seen. These days, digital technology is an enormous help to store and retrieve information. Dedicated enthusiasts will have spreadsheets containing details of ship arrivals and departures etc. Electronic records are easy to search to check if visiting ships have been seen before.

As well as a means of identification, ships' names are a fascinating subject for enthusiasts. Some fleet operators use their company name as a prefix when naming their ships. A name is completed by the addition of an item of interest, such as a maritime city, historic character or geographic landmark, resulting in a neat fleet list. An unusual example is found with 'Exe Shipping' whose ships have been seen at Silloth over recent years. The UK company, based in Devon, has named its fleet after West Country rivers, for example, the Axe, Otter and Plym, but rather than simply naming

them River Axe etc, they chose the prefix 'fluvius' Latin for river. The resulting FLUVIUS AXE is a much more interesting name.

For photographs of the 'Exe Shipping' fleet we need to dig into the archive. The first example, FLUVIUS AXE, was last seen six years ago outbound from Silloth on a blustery afternoon. She had arrived on a night tide so this was the only opportunity to photograph her under way. As high water approached she was eased away from her berth before squeezing through the dock entrance and onwards into the Solway. Over the years it has become customary for crew members to give a wave as their ship passes by.

The most recent member of the fleet to visit Silloth was FLUVIUS PLYM. The 3,000-ton vessel called last year with a cargo of fertiliser from Belgium. The Barbados registered ship looked to be maintained to a high standard when she was photographed approaching the port to make her entry. One difference in appearance was spotted, a new livery of the Dutch company, 'AMASUS', with their name prominently displayed along the hull. The company flag was flying from the foremast and a new funnel logo in place. This large shipping company has taken over day-to-day operation of 'Exe Shipping' but thankfully, the unique 'fluvius' prefix has been retained.

In the final month of 2025, tracking the 'fluvius' ships online shows them to be busy in UK waters as well as further afield, such as visits to Italy and Sweden. Hopefully 2026 will see the return of one of these ships to Silloth.



## Silloth Tide Tables

JANUARY 2026		SILLOTH							
Date		HTS ABOVE NEW DOCK GAUGE (1.8m ABOVE CD)							
		High Water		Low Water		Morning		Afternoon	
		Time	m	Time	m	Time	m	Time	m
1 TH		09 31	6.4	21 57	6.7	03 51	-0.2	16 25	-0.3
2 F		10 27	6.8	22 54	7.0	04 54	-0.4	17 29	-0.6
3 SA	O	11 19	7.2	23 47	7.2	05 52	-0.6	18 28	-0.9
4 SU		12 07	7.4	06 45	-0.7	19 22	-1.1		
5 M		00 35	7.3	12 54	7.5	07 36	-0.8	20 14	-1.1
6 TU		01 24	7.2	13 40	7.5	08 22	-0.7	21 00	-1.0
7 W		02 09	7.0	14 26	7.2	09 05	-0.6	21 42	-0.8
8 TH		02 52	6.6	15 09	6.9	09 44	-0.3	22 22	-0.5
9 F		03 35	6.2	15 53	6.5	10 22	-0.1	23 02	-0.2
10 SA	C	04 20	5.8	16 41	6.0	11 02	0.2	23 45	0.2
11 SU		05 10	5.4	17 37	5.5	11 47	0.5		
12 M		06 12	5.0	18 43	5.1	00 34	0.4	12 46	0.7
13 TU		07 21	4.9	19 55	5.0	01 35	0.6	13 57	0.8
14 W		08 31	5.1	21 03	5.2	02 41	0.6	15 06	0.7
15 TH		09 30	5.5	21 58	5.5	03 40	0.4	16 07	0.4
16 F		10 16	5.9	22 43	5.8	04 32	0.2	16 58	0.2
17 SA		10 56	6.3	23 21	6.1	05 17	-0.0	17 43	-0.1
18 SU	●	11 32	6.6	23 55	6.4	05 58	-0.2	18 26	-0.3
19 M		12 06	6.9	06 37	-0.3	19 06	-0.5		
20 TU		00 28	6.6	12 41	7.1	07 16	-0.5	19 45	-0.7
21 W		01 01	6.7	13 16	7.2	07 55	-0.6	20 24	-0.7
22 TH		01 37	6.8	13 53	7.2	08 33	-0.6	21 01	-0.7
23 F		02 14	6.7	14 30	7.1	09 09	-0.5	21 35	-0.6
24 SA		02 53	6.6	15 10	6.9	09 45	-0.4	22 10	-0.5
25 SU		03 34	6.3	15 55	6.7	10 23	-0.2	22 50	-0.2
26 M	●	04 24	6.0	16 49	6.3	11 09	0.1	23 40	-0.0
27 TU		05 24	5.6	17 59	5.8			12 08	0.3
28 W		06 45	5.4	19 25	5.6	00 48	0.3	13 29	0.4
29 TH		08 10	5.5	20 47	5.8	02 14	0.3	15 00	0.2
30 F		09 23	6.0	21 57	6.2	03 37	0.1	16 20	-0.1
31 SA		10 24	6.5	22 54	6.7	04 47	-0.2	17 27	-0.6

# Silloth Truck & Tractor Run Raises Over £7,300

Report by: Ian Ward

Photos by: Bobby Forbes

Silloth truck and tractor run on Saturday 20th December from Silloth to Carlisle. This fantastic event raised over £7,300 for Cancer Research UK and Growing Well, it was organised by local businessman Ian Ward.

Over 65 trucks, buses and tractors set off in convoy from Silloth then visited Maryport via Blitterlees, Bankfoot, Mawbray and Allonby via Dearham, Crosby Villa, Aspatria, Wigton, Thrusby, Durdar, M6 J42, Carlisle London Road and Eastern Way before arriving at the finishing point at Harrison and Hetherington's Borderway Mart at Rosehill.

Prizes were awarded on the day for the best turned-out vehicles:

Best Tractor: Richard Bell of Cockermouth - John Deere 185

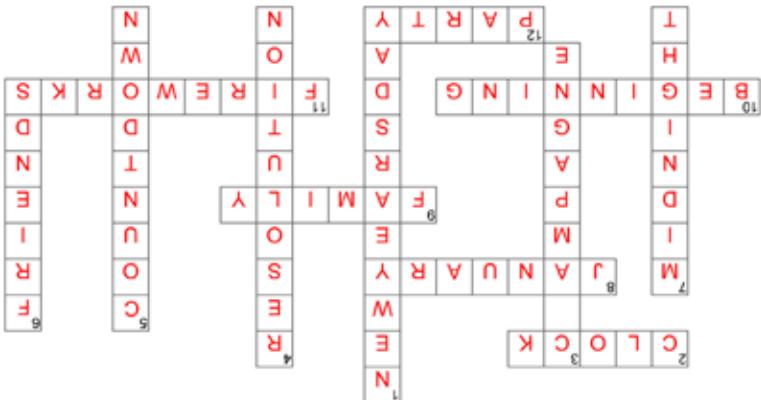
Best Classic Tractor: Mark Nelson - New Holland TM155

Best Classic Truck: Clive Wilson

Best Truck: Gary and Jaqui Foster - Scania tippers



Page 15 Crossword Answers



**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](http://www.devonshirehouselab.co.uk)

Est. 1876

**J Hill & Sons**  
 Funeral Undertakers  
 Wigton

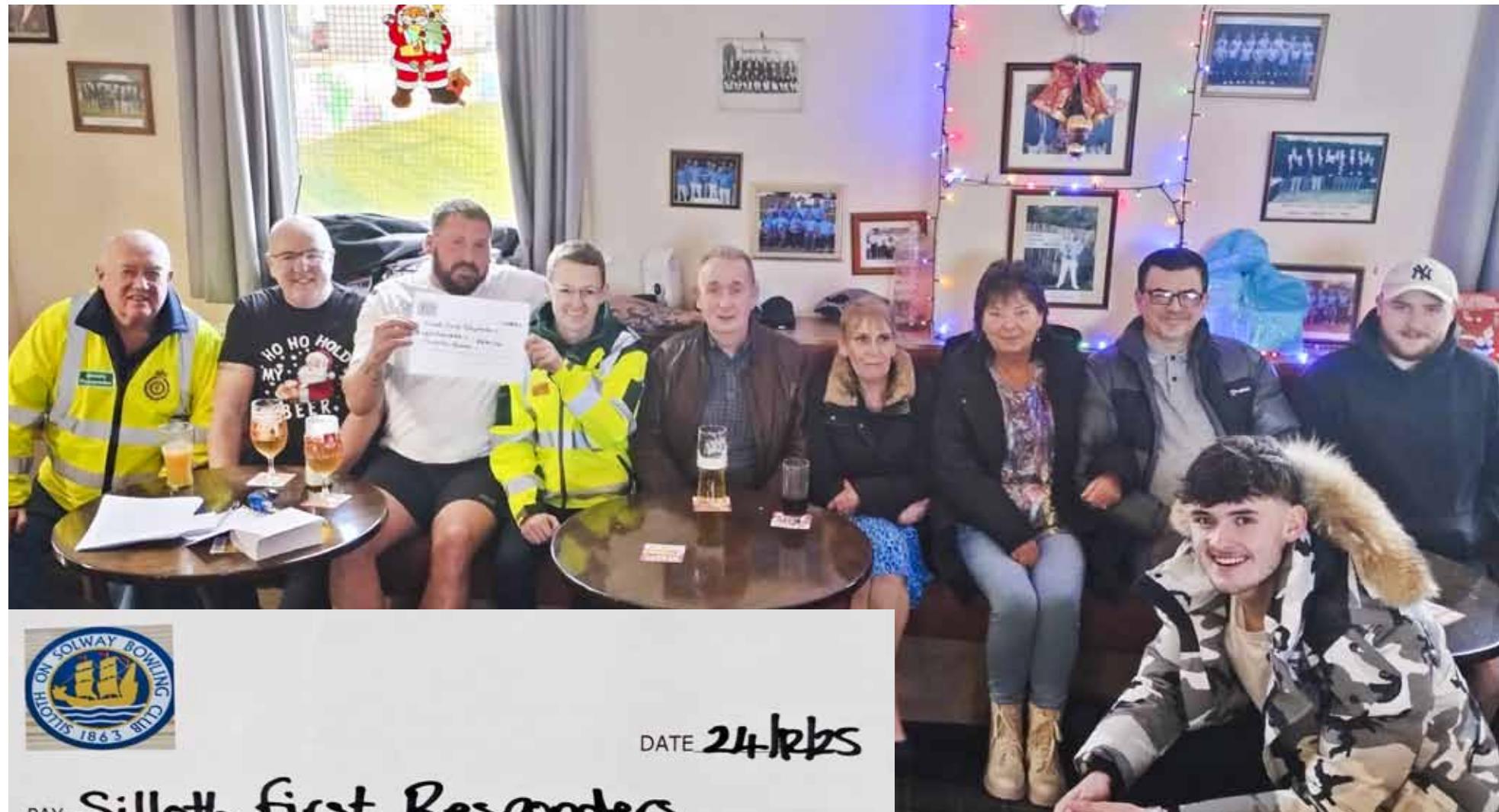
Email: [info@jhillandsons.co.uk](mailto:info@jhillandsons.co.uk)  
[www.jhillandsons.co.uk](http://www.jhillandsons.co.uk)

**016973 42635**  
 Station Road, Wigton CA7 9AE

New Year  
 Anagram  
 Answers

Auld Lang Syne  
 Resolutions  
 Midnights  
 The Bells  
 Hogmanay  
 New Year

# Silloth Bowling Club Donates £870 to Silloth Community First Responders



PAY Silloth first Responders

Eight Hundred + £870.00  
Seventy Pounds

ON BEHALF OF THE MEMBERS OF SILLOTH BOWLING CLUB

SIGNED 

DATE 24/12/25

Report by: Andrea Gibson

Thanks to the support of our members, the raffle at their Christmas Party raised an amazing £870 which was donated to Silloth Community First Responders.

The cheque was handed over by the members to Owen Martin and Danny Reed representing Silloth Community First Responders.



## Now Where Will You Eat Today?



**Serving Good Food and Drink 7 days a week**

Wednesday Pensioners  
Menu 2 courses for £15  
inc Tea or Coffee

Wheyrigg, Abbeystown, CA7 0DH, Tel: 016973 61242

**Sunday Lunch**  
Served Noon to 8pm  
Two Courses £21.95  
Three Courses £26.95  
Takeaway Roasts Available

Friday Night is Grill Night  
Sirloin, Ribeye, Rump or  
Pork from just £18

*Stella's Bistro*  
at the  
*Green View Guest House*

Tel: 016973 31743  
Open Wed - Sun from 6pm, (booking advisable)  
Fully Licensed - Range of Beers, Wines and Spirits available  
1 Park Terrace, Criffel Street, Silloth, Wigton, CA7 4DQ  
enquiries@stellasbistro.co.uk W: www.stellasbistro.co.uk

