

Silloth Health Matters



Report by:
Pat Williams
(Health Visitor)

The Healthy Lifestyle Day organised by "Silloth Health Matters" in St. Andrews Hall, Silloth on 26 February, was very successful.

Over 100 members of the local community visited the 15 displays and chatted to the professionals. Advice was given on a wide range of topics from healthy eating and exercise to home and fire safety. All those visiting the stalls then enjoyed cooking demonstrations and lunch done by John Crouch, Radio Cumbria and wholefood chef.

It is hoped that some lifestyle changes for the better will be happening in Silloth now.



Sunny Silloth Bee!
by
Georgia Winter
aged 11
from
Silloth Primary School

Women's World Day of Prayer

Report by: Mrs M Lomas

The Women's World Day of Prayer was held in Christ Church on the 5th March.

The service was well supported by many ladies from all the churches - many taking part in the service which was led by Mrs Doris Fell. The speaker was Mrs Dorothy Wallis from Trinity Methodist Church. The service this year was prepared by the women of Panama.

Pottery, one of the oldest crafts in the world, is made in Panama. It is shaped

by hand or on a potter's wheel using clay or other materials. Although the various items differ in style, colour and size, all are useful and valued. In the same way as the potter moulds the clay, the Holy Spirit moulds us for service, and we become "special" in God's hands.

In scripture we read "But we have this treasure in clay jars, so that it may be made clear, that this extraordinary power belongs to God and does not come from us." (2 Corinthians 4:7).

Occasions Florist Shop

Silloth Florist will continue to Bloom

Silloth florists 'Occasions' is re-locating on 1st May 2004. The successful business established in February 1998 by local sisters Gillian Johnstone and Janet Ferguson will move "lock stock and flower vases" from 13 Station Road two doors up the street to 9 Station Road.

Eileen and John Slack have transformed the ground floor of number 9 into a shop area and preparation room. Eileen will be supported by the existing staff, Pamela Wallace and Marion Jefferson. Gillian and Janet will also be helping out especially at busy times such as Valentines day, Mothers day and Christmas.

Occasions will continue to supply the same high quality products and services: quality fresh and silk flowers, floral arrangements and bouquets, a range of giftware and locally produced vegetables and not forgetting the 'Flowergram Service', which enables customers to send flowers to all parts of the UK.

Gillian and Janet said: "We are delighted for the good of the town that Eileen and John are continuing with Occasions. We have many loyal customers whom we wish to thank for their support over the years and we are sure that they will support Eileen and John in the same way. We wish them every success".

Silloth Trawler Race

Don't forget the trawler race on Saturday 5th June 2004.

Dearham Brass Band will be playing from 12 noon to 1:30pm near the Lifeboat Station.

Judging best dressed boat and crew starts at 1:30pm and the race starts at 2pm. Music by Brian Hodgson and eats afterwards at the Albion Inn from 8pm.

Tip for the Top

Waves & Curls, Sultry Swirls, Cascading Coils, Bubbly Bobs, Wandering Waves, its all movement for the spring and summer. After the poker straight look of last year it could be great fun this summer. The must have look if you have shoulder or longer length hair is the 'Dirty Curls' look, it is Sexy and Glam. It's about getting away from the flat look of last year, 'Dirty Curls' are High-Octane Glamour with lots of height on top achieved by back-combing, use of products is vital. Shine is out 'Matt Flat Finish' is cool this summer. Products to use are Clynol Rework, Moulding Clay and Matt Finish.

Peter Josef

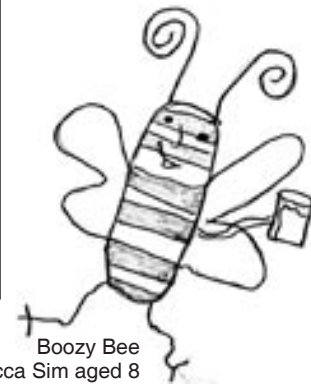
Abbeytown Flower Club

The March meeting was held in the Assembly Rooms, Abbeytown on Thursday 18th at 7:30pm.

Ruth Pingey welcomed everyone and Olive Reed read the minutes of the February meeting. Mrs Susan Pigg from Yards of Yarn Wigton had brought a very interesting selection of items from her shop. We all had a good look at them. Susan then judged the competition for a home made item, which was won by Joyce Wilson, 2nd Elsie Foster and 3rd Ruth Pingey. Everyone enjoyed tea and biscuits served by Olive Reed and Angela Middleton.

Draw prize winners were Audrey Harrison, Freda Archer, Iris Webb, Noeline Foster, Lesley Hope and Caroline Williamson.

The April meeting was on 15th with a talk and display of ceramics by Mr Richard Rawson. The competition was a spring flower.



Boozy Bee
by Rebecca Sim aged 8
from Bouncing Babies Childminding

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