

## Neighbourhood Forum

Solway Coast Neighbourhood Forum are having their next grant approval meeting on: Wednesday 16<sup>th</sup> June.

For further details, or if you want to apply for a grant form contact either Pat Ackred, Neighbourhood Development Officer on tel: 01900 325013, email: pat.ackred@cumbria

cc.gov.org or contact Bill Allison, County Councillor on tel: 016973 31321, email: robert.w.allison@cumbriacc.gov.uk.

Princess Bee by Jenny Sim aged 5 from Bouncing Babies Childminding



## Orienteering Club

Anyone who enjoys being outdoors, enjoys walking or running and can read or would like to learn to read a map should try Orienteering.

West Cumberland Orienteering Club are holding a series of Orienteering events on Thursday evenings throughout the summer. There are courses for all, whatever your age or experience. There

are long, short and beginners courses. You can walk or run round at your own pace, you can go alone or with someone else. Don't worry if you haven't

had much experience at map reading, the beginners course is designed to get you going.

In orienteering you go round the course in your own time. You are not competing directly with others, though

you can compare your results afterwards. You are mainly competing against yourself, trying to improve your performance.

Orienteering is an excellent sport for families from young children to grandparents. You are very welcome to come to any or all of the events, but the first courses are specially designed for



absolute beginners. You can start at any time between 6:30pm and 7:30 pm.

The dates and venues are as shown but it is a good idea to use the club answerphone on the Wednesday to check the final details.

WCOC Summer Evenina League 2004

Date	Venue
27th May	Sale Fell Nr Cockermouth
3rd June	Barf & Lords Seat Nr Keswick
10th June	Binsey
17th June	Hawes End
24th June	High Rigg Nr Threlkeld
1st July	Camerton Nr Seaton
8th July	Aughertree Nr Ireby
15th July	Fleetwith & Haystacks Nr Honister
22nd July	Leaps Beck Nr Lamplugh
29th July	Southerndale Nr Bassenthwaite
5th August	TBA
12th August	Fauld's Brow Nr Ireby
19th August	Aitken Skyline Whinlatter
26th August	Blakeley Raise Nr Ennerdale
2nd September	Coledale Braithwaite, Keswick

For event details including parking check the answerphone on: 01768 895539 (available from Wednesdays before events).

## Veggie Boxes

### SILLOTH HEALTH MATTERS GROUP

#### Volunteers Needed During School Holidays

If you or your group could offer any help at all with the Veggie Box scheme during the school holidays, please leave your name and contact number at Solway School or at Margaret Snaith's Shop. Otherwise please contact

Pat Ackred on: 01900 325013, or by email: pat.ackred@cumbriacc.gov.org.



## Blue Dolphin Cafe

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Tuesday @ 2:00pm  
Thursday @ 7:30pm

Domino Drive:  
Monday @ 7:30pm

in the Recreation Hall  
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