

TOPO Holiday Club



Andrew Johnstone, Football Coach and the TOPO team

Local Dad, Andrew Johnstone has recently qualified as a FA Football Coach through a community partnership project and has generously offered his services to The Old Post Office Holiday Club. Andrew's son has also been playing for some time and is proving to be quite a talent!

TOPO Children have benefited from four (2½ hour) sessions during the half term and they are keen to sign up for more during the summer holidays. The sessions were a mix of skills activities, fun warm-up and cool-down exercises together with small sided games.

Both Boys and girls enjoyed the sessions; so much so that Andrew has been asked to come along once a month for TOPO Saturday Club!

Abbeytown WI

Eight members went to Dovenby and Bridekirk and enjoyed watching a beautiful black Labrador come to life on canvas and finishing with a very filling supper.

The trip to Ambleside Hayes Garden World was enjoyed by all.

Everyone was thanked for their help and food for the Road Run. The Flower Show will be held on 28th July at 7pm and will be opened by Mrs Jessie Ostle, the judges have all been organised and the schedules are available from the Post Office, Shops and Freda, the show is open to all Parishioners. This year there are more classes for the children to try, so all you mum's please encourage your children and have a go yourselves.

Eight members are invited to Castle Carrock on 6th July, competition a flower brooch. The NFWI sent details of their website and encouraged all W.I's to register on it to help prevent so much paperwork in the future.

Our community challenge was prepared and two members will attend the Neighbourhood Forum meeting to enquire about grants.

Mrs Barritt from Penrudeock gave a really interesting demonstration of spinning and knitting. There were lots of

samples of sheeps wool which ranged from really rough Herdwick to lovely soft Merino. She demonstrated how to use the spinning wheel making it look so easy and had samples of knitting and beautiful weaving from lovely soft scarves to very modern wall hangings.

The competition for a small wind chime was won by Elsie Donald, 2nd Margaret Moore. The flower competition was won by Freda Garner, 2nd Elsie Donald.

Draw prizes were won by Margaret Brown, Margaret Moore and Muriel Mattinson.

A free computer class was held in the supper room where we enjoyed a fun afternoon learning how to use a computer. If you wish to join us phone Gladys on tel. 43964. Next month the competition is the prettiest shell and a single flower.

The County outdoor Bowls Tournament was held at Caldbeck on 12th June and enjoyed by all.

Winners were Elsie Bell (Caldbeck) Joyce Edwards (Dundraw) and skip Margaret Todd (Abbeytown) 2nd Joyce Wilson, Pam Taylor, skip Isobel Hurst (all Abbeytown) and 3rd Muriel Mattinson, Audrey Harrison and skip Joan Graham (all Abbeytown).

Well done.

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No Letters Please!

Please note that the post box at The Old Post Office, 4 Esk Street, Silloth is not in use.

It has been blocked up several times but someone seems determined to deliver their letters through it. It has been necessary to knock a hole in the new plaster on the inside wall to gain access to 'lost letters'.

All letters found have been passed into the Post Office. Please do not use this post box again.

Holme Abbey

PARISH PLAN

Holme Abbey Parish Council are looking for ideas for projects to include within a Parish Plan. Do you have any suggestions? I.e. better transport, youth facilities, sports and recreation facilities. The Parish Council are keen to hear your views.

Simply drop a line to the new Parish Clerk at 5 Burnswark Terrace, Solway Street, Silloth, Cumbria Tel: 016973 31128
E-mail: parishclerk@holme-abbey.org.uk

Tip for the Top

Long Looks

Long straight hair will never go out of fashion, but add some shine and colour to make it truly head-turning.

This season's trend for long hair will be ponytails, loose waves, curls and twisted chignons. All these styles give you that 'Beachy' look - great for summer.

Sponsors Wanted

Silloth Beer Festival needs sponsors.

You could sponsor a keg for just £25 (as many as you want).

Why not sponsor an Event, it costs more but is worth much more.

In addition, advertise in the brochure, costs start at just £30 for a quarter page up to £90 for a full page. Everybody at the Beer Festival receives and reads the brochure.

Go on - all you have to do is 'phone Alison Whittle on: 016973 31734, or Steve Hart on: 016973 31517 to place your order.

Something Fishy

Herrings in Outflakes

Ingredients:
4 filleted herrings
4oz. oatmeal flakes
- seasoned
lemon juice
butter for frying

Method:

Roll herrings in oatflakes, fry in hot butter for 3-4 minutes each side and serve sprinkled with lemon juice. Alternately, bake for 20 minutes in a moderate oven, dotted with butter. Mackerel is also delicious cooked in this way.

Silloth & District Community Transport

Don't forget this is a voluntary service provided for the use of registered groups, with trained drivers and there are facilities for able and disabled people alike. The minibus also features a tail lift, making it easier for wheelchair access. To book the vehicle please contact Rachael Blackburn on 016973 32679.



Stingy Bee
by Samantha Little
aged 7 from
Holm Cultram Abbey School

Buzzy Bee
by Emma Loftus
aged 6 from
Holme St. Cuthbert School



Mr Bee & Mrs Bee
by Bradley
from
Silloth Primary School

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