

Age Concern Drop-In



Susan Anderson (Insurance & Energy Development Officer) and Christine McKew (Information & Advice Officer)

Report by: Lynne Rushforth

On Wednesday 4th August, Age Concern Northwest Cumbria will be starting a new Drop-In for older people in the Pennine View Sheltered Accommodation Communal Building in Silloth.

The Drop-In will be held on the first Wednesday of every month from 2pm to 4pm. No appointments are necessary – just call in for help and information on a wide range of issues and services. A specialist Information & Advice Officer will be on hand to help with benefit checks, attendance allowance, filling in forms, housing issues, problems with goods and services, aids and adaptations and much more.

Also available will be Age Concern Insurance and Energy Services, providing free no-obligation quotations for home and contents,

travel, motor and motor breakdown insurance designed specially for the over 50's, gas and electricity with exclusive cold weather payments, funeral plans and aid-call (instant help at the touch of a button).

On alternative months, these services will be joined by PIPP (Promoting Independence Partnership Project), which can put you in contact with many different local services to help maintain your independence at home, or find new opportunities and interests.

Age Concern Active Living Manager, Mary Nicholas, said: "We are delighted to be able to start a regular Drop-In in Silloth, thanks to the support of Home Housing, and hope that many older people will come along to find out more about our services and how we can help you."

Silloth Nursing Home

Silloth Nursing Home (the Convalescent) would like to thank everyone who supported and helped in any way the Strawberry Cream Tea event held on Friday 25th June. A grand total of £532 was raised which will help provide much needed special equipment for the Home. Once again many thanks.

Silloth Tide Table

August 2004
TIMES OF HIGH WATER
AT SILLOTH
(Courtesy of A.B.P. Silloth)
Times in GMT
(for BST add 1 hour)

Heights in metres					
	Time	Ht	Time	Ht	
1ST.SUN	****	**	1205	7.3	
2ND.MON	0020	7.8	1253	7.4	
3RD.TUE	0108	8.0	1340	7.4	
4TH.WED	0154	7.8	1423	7.2	
5TH.THU	0237	7.5	1504	6.9	
6TH.FRI	0320	7.1	1544	6.4	
7TH.SAT	0403	6.5	1626	5.9	
8TH.SUN	0448	6.0	1714	5.4	
9TH.MON	0543	5.4	1816	5.0	
10TH.TUE	0655	5.0	1936	5.0	
11TH.WED	0815	5.0	2051	5.2	
12TH.THU	0920	5.3	2146	5.7	
13TH.FRI	1012	5.7	2229	6.2	
14TH.SAT	1055	6.1	2308	6.6	
15TH.SUN	1132	6.4	2344	6.9	
16TH.MON	****	**	1207	6.6	
17TH.TUE	0016	7.1	1240	6.7	
18TH.WED	0050	7.1	1315	6.9	
19TH.THU	0125	7.2	1349	7.0	
20TH.FRI	0200	7.2	1425	6.9	
21ST.SAT	0238	7.2	1503	6.7	
22ND.SUN	0321	6.9	1546	6.4	
23RD.MON	0409	6.4	1639	6.0	
24TH.TUE	0510	5.9	1746	5.5	
25TH.WED	0626	5.4	1911	5.4	
26TH.THU	0754	5.4	2036	5.7	
27TH.FRI	0917	5.9	2143	6.5	
28TH.SAT	1018	6.5	2236	7.2	
29TH.SUN	1107	7.1	2322	7.7	
30TH.MON	1152	7.4	****	**	
31ST.TUE	0005	8.0	1233	7.5	

International Solfest



Sunset at the Solfest site at the Tarns

Cumbria's most eagerly awaited, and ambitious music event of the year, SOLFEST, is already creating a stir nationally and internationally.

The attraction of some of the most dynamic contemporary roots and world music acts, coupled with a site that boasts some of the finest views these Isles offer, has seen tickets selling to all corners of the UK.

Ticket sales and enquiries are also now flooding in from throughout the world, Ireland, Bulgaria, Romania, Peru, Africa, India, The Netherlands, Australia, Greece, Scandinavia, France and Germany. On top of this the SOLFEST world-class mix of music will bring acts from Galicia (Spain), Africa, France and more, creating a truly vibrant and international flavour to proceedings. Not forgetting the host of Folk-Rock, Celtic, Singer-songwriters, dance acts and more

that will grace SOLFEST with their presence, its hardly surprising so many will be heading to North West Cumbria from 3rd-5th September this year.

Taking place over the weekend of 3rd, 4th and 5th September 2004 at Tarnside Farm, The Tarns, just outside Silloth in North West Cumbria, the three day event hosts not only the finest names in contemporary folk but the most happening exponents of roots and dance music crossover, Celtic music's most vital acts, exhilarating world music artistes, a healthy selection of up-and-coming singer songwriters plus rockabilly, blues, drumming, the cream of local talent and much more besides.

The Siskyn Café will be providing cheap wholesome food for the duration of the weekend and raising money for the Siskyn Centre, a children's hospice that is being built in West Cumbria.

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West Silloth Gas

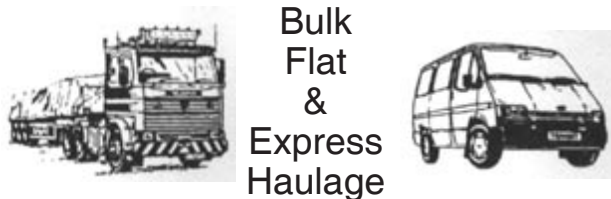
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Rear of West Silloth Motors
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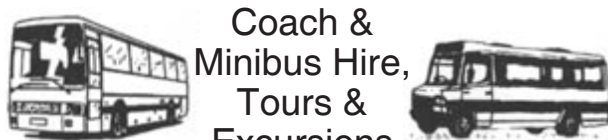
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solfest

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Cristina Date band

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Flook



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