

Silloth & District OAP's

Weekly Whist & Domino Drives

Whist Drives:
 Tuesday @ 2pm
 Thursday @ 7:30pm

Domino Drive:
 Monday @ 7:30pm

in the Recreation Hall
 Eden Street Playing Field
 Silloth - 50p entry

Everyone Welcome



Richard Bee
 by
 Tom Beaty
 aged 5
 from
 Holm Cultram Abbey School



The Bee Bros
 by
 Rebecca Holden
 aged 10
 from Silloth Primary School

S.O.S.C.S. Appeal

To help us continue with our grants to the local organisations, we urgently need gifts of good clean clothes plus bric-a-brac etc. All the monies this shop raises are directed back into the Silloth Community, with the exception of our shops expenses i.e. electricity, rent, insurance etc. No salaries are paid to any member of the staff. We thank you for your continued support. The amount we have paid out to local groups since we opened to April 2004 is £35,326.56. A yearly list of all the organisations we have given monies to is displayed in our window after the August annual general meeting. Volunteers to help in the shop are always welcome and are essential please call in or tel. 016973 32542.



Buzzy Bee
 by
 Hayley Pearson
 aged 10 from
 Holm Cultram Abbey School

Christ Church Treasure Quest

Christ Church put on a holiday club for junior school aged children from 26th to 30th July in the church hall. The children who took part set sail in HMS Seeker on a voyage of discovery about the Christian faith. The young 'sailors' were divided into teams named for precious stones and they competed for pieces of gold which were stored in their team's treasure chest.



Each day was spent in various activities, learning songs and memory verses, craft work, team games and times for thinking about Jesus and why he died and rose again. A short drama was presented each day to illustrate the themes of the day which provided the leaders with a chance to dress up and try to act out a story and hopefully to amuse the sailors! One of the favourite activities were the parachute games held in the grounds of the church and which provided



plenty of opportunity for running around and working up a thirst for the mid morning drinks served back in the hall.



Community Transport

At the moment the future looks uncertain, the reason being the lack of volunteer drivers, our appeal last month got us one volunteer, for which we are grateful, more help is needed. We really need more people who can give occasional time to drive for us. Please give this plea some consideration, help us to help others in the community. When we got our first vehicle the number of volunteer drivers were mostly ladies, whilst the number of men have



stayed steady the ladies have decreased in numbers dramatically. Come on ladies, you can spare the time, with your help we can maintain our successes in the future. Please, if you can help, give Rachel a ring on Silloth 32679. A lot of people depend on our volunteers, we would be grateful to hear from you.

Silloth Group Medical Practice

Opening times: 8:30am to 6:30pm Tel: 016973 31309 Fax: 016973 32834

Silloth Patient Care Fund Donations

We would like to thank everyone for their donations over the past years. Throughout the years' the Patient Care Fund has helped us provide patients with additional services and equipment.

- ie
- Setting up of the Baby Massage Clinic
- 24hour BP Machines
- High delivery Oxygen cylinders for resus
- Donations are always appreciated

Drug Name Changes

Due to an EEC directive, several drugs in common use are changing their names, these drugs will now be known by the same name throughout Europe, which obviously makes a lot of sense.

- eg
- Frusamide changes to Furoseamide
- Thyroid changes to Levothyroxine
- The Pharmacist will explain to you if any of your drugs names are changed.
- There will be no change in the drug itself.

FLU CAMPAIGN

KEEP THE FLU AT BAY AND GET YOUR FLU VACCINATION

Vaccinations are arriving in October

We will be running Open Surgeries on the following dates:

- Friday 22nd October from 9am to 12pm
- Friday 29th October from 9am to 12pm

NO APPOINTMENT REQUIRED JUST POP ALONG, OR call in to one of these Community Centre

- Abbeytown Hall
 Monday 4th October 10am to 12pm
- Allonby Village Hall
 Wednesday 6th October 10am to 12pm
- Silloth Church Hall
 Thursday 7th October 10am to 12pm

CONGRATULATIONS!



Well Done To Pam Sewell who is our Health Care Assistant.

Pam has recently completed her NVQ3 in Health Care

Congratulations to Pam from all at the Surgery

SURGERY CLOSURE DATES

Please note that the Surgery will be closed between 1pm and 5pm on:

- Thursday 9th September
- Tuesday 12th October
- Wednesday 10th November
- Thursday 9th December

This is for educational training purposes for all surgery staff.

Between the hours of 1pm to 5pm Cuedoc will take all Emergency calls.

016973 31309



SURGERY WEB SITE

You can now order your Prescriptions online...

Why not visit our Surgery Website on: www.northcumbriahealth.nhs.uk/silloth