


**Blue Dolphin Cafe**  
 All Day Breakfast  
 Kids Menu  
 Hot & Cold Snacks  
 Sunday Lunches  
 Eat In or Takeaway  
 Cath & Gerry  
 Wampool Street, Silloth  
 Tel: 016973 32157

**Brownrigg Equestrian**  
 near Abbeytown  
 New and Second Hand  
 Horse & Rider Tack  
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 directions, please 'phone:  
 016973 61208 or  
 078 1224 7065  
 Steve Thompson,  
 the horse behaviourist,  
 can also be contacted at  
 Brownrigg

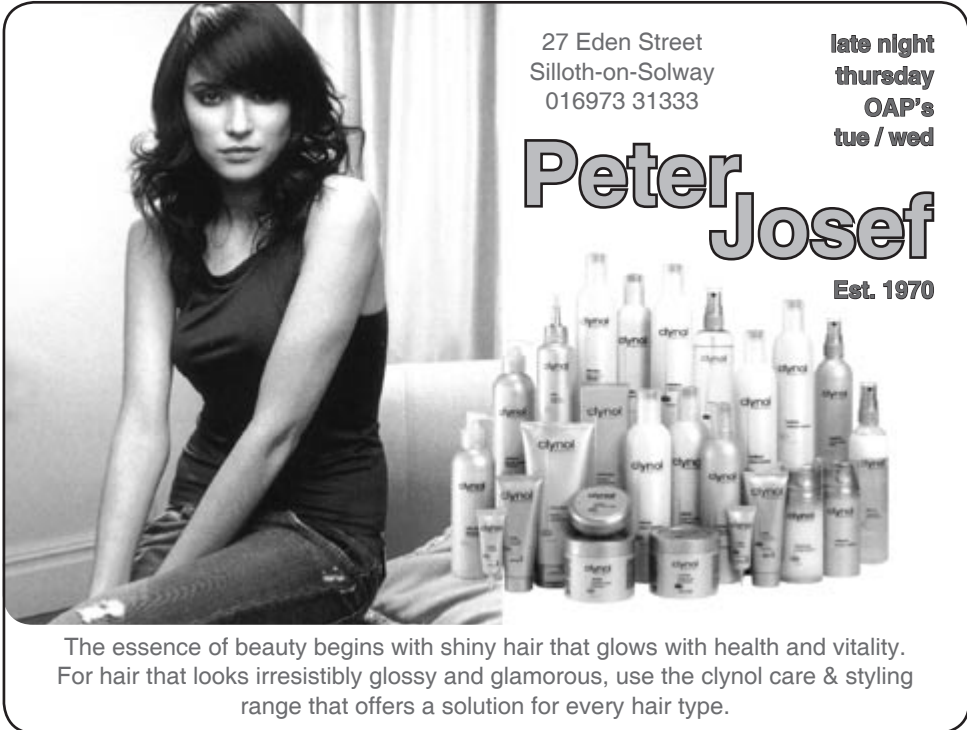
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 Your local driving school  
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 or call after 6pm at: 30 Esk Street, Silloth



**Silloth Then & Now**  
 Following on from its successful exhibition in Carlisle, the 'Then & Now' display will be at the Discovery Centre, Petteril Street, Silloth from the 25th to the 29th of October.  
 There will be memorabilia, newspaper cuttings, a computer slideshow, and much more showing the history of the railway line running between Silloth and Carlisle. On 27th at 7:30pm there will also be a slideshow by Mr John Huggon.  
 All enquiries to the Discovery Centre or Brian Irwin (01228 545626).

27 Eden Street  
 Silloth-on-Solway  
 016973 31333  
**Peter Josef**  
 Est. 1970  
 late night  
 thursday  
 OAP's  
 tue / wed



The essence of beauty begins with shiny hair that glows with health and vitality. For hair that looks irresistibly glossy and glamorous, use the clynol care & styling range that offers a solution for every hair type.


**First Responders**  
 The team would like to thank everyone who contributed to our funds by means of buying tickets on Carnival Day for the giant teddy bear and the three Russ bears. The money raised is being used towards buying new equipment, necessary to maintain the standard of service which we provide to the general public. The winners were: Patsy Wilson - giant teddy and Emma Bell, Hazel Graham and June Shaw (Carlisle) each won a Russ bear.  
 There are still spaces available for our Heartstart UK two hour training sessions on Thursday 30th September and Thursday 28th October. The course is free of charge and you will be given training in emergency resuscitation.  
 If anyone is interested, please telephone either Peter Gilmour on 32622 or Elaine Bell on 31492 for more information.

**Tip from the Top**  
**Fringes**  
 The key to fringes is to always keep them trimmed. Avoid using heavy products where you require movement, instead use light ones such as Clynol Shine Spray's and Clynol FreeFlow finish spray to style.  
 Melanie at Peter Josef


**Silloth Carnival Memories**  
 John Jackson Brown who long ago lived in Silloth and who now lives in Somerset sent in these timely photos showing the 1950 Silloth Carnival. (The Buzz has readers everywhere).  
 He knows the Carnival Queen was one of the Messenger girls who lived in Waver Street, but isn't sure whether it was Sally, Ellie or Margaret. He also wonders who the other girl was and who owned the Humber car. The man on the bike is George Dixon who was Physical Trainer for the local Air Training Corps. When the Aerodrome closed he went to be Chauffeur to the Bishop of Carlisle and then went to live in Dalston. If anyone knows the answers to these questions, please send them to the Buzz.



Carnival Queen passing near her house



Carnival Queen passing Alma Terrace



George Dixon on bike

**Accident Prevention & Home Safety Scheme**  
 Age Concern A.P.H.S. Co-ordinator Vince Gray and the van



If you are aged 55 and over, you can find practical help and advice to improve the level of safety and security in your home - at low cost, through the Age Concern Accident Prevention & Home Safety Scheme.  
 Funded by the National Lottery Community Fund, A.P.H.S. provides:

- A home safety survey to assess the risks in your home.
- Minor household repairs to reduce the chances of having a serious fall or accident, for example: repairing loose floor coverings, stair carpets or broken curtain rails, replacing light bulbs, electric fuses, plugs or iron flexes, fixing loose wires, replacing tap washers or broken toilet seats, unblocking sinks, preventing water leaks, clearing and repairing garden pathways or gates etc.

The fitting of security equipment to protect your property and reduce the risk of burglary, including: door and window locks, bolts, security chains, viewers, security lights, carbon monoxide detectors etc.

- The fitting of small adaptations, such as hand or grab rails, levataps or tap turners to improve your safety and help you maintain your independence.

You can also pick up a free Information Pack with advice on how to improve safety in your home from the Information Resource Centre at Old Customs House Whitehaven or from Age Concern shops in Maryport, Workington, Cockermouth, Cleator Moor, Egremont and Whitehaven.

Age Concern Northwest Cumbria will provide an estimate of all costs prior to any work being carried out. Materials will be charged at cost price and a small charge will be made for labour. For those on low incomes, who would otherwise find it difficult to pay, essential materials and labour charges will be free.

For more information, contact the Accident Prevention & Home Safety Scheme on 01946 815950, or write to A.P.H.S., 73A High Street, Cleator Moor, Cumbria CA25 5BW.

You can also find details at the Age Concern Drop-in in the Pennine View Communal Building in Silloth on the first Wednesday of every month from 2pm to 4pm.