

## Free Fun Activities for Children

Young people in Allerdale are set for another summer of free fun activities over the school holidays. Allerdale Borough Council's Parcs scheme is back!

The fun activities, open to young people aged between 8 and 16 years of age, include rounders, football, cricket, relays, dodgeball and parachute games.

Qualified supervisors will be visiting local parks and recreation areas throughout the borough.

The PARCS scheme sports and recreation sessions are organised by Allerdale Borough Council in partnership with town and parish councils.

Rebecca Jackson, Allerdale's Sports Development Officer, said: "Schemes like Parcs are great for young people. It gives them a chance to catch up with friends over the holidays as well as make new ones. It also gets them out in the fresh air, being active in a recreational, non-competitive environment, whilst allowing them to appreciate the many wonderful outdoor recreation areas that Allerdale boasts."

The sessions will take place as follows:

**ABBEYTOWN – The Rec, morning of 8th August**

**ALLONBY – Central Green (next to play park), afternoon of 7th August**

**ASPATRIA – St. Mungo's Park, afternoons of 3rd, 10th and 17th August**

**BASSENTHWAITE – Village Green, morning of 8 August**

**BOLTON LOW HOUSES – Primary School, morning of 11th August**

**BORROWDALE – Village Green, morning of 1st August**

**BOTHEL – Primary School, mornings of 3rd August and 15th August**

**BOWNESS – Primary School, morning of 1st August**

**CALDBECK – Primary School, afternoons of 2nd and 9th August**

**COCKERMOUTH – Harris Park, afternoons of 4th, 11th and 18th August**

**DEARHAM – Pottery Park, mornings of 4th, 11th and 18th August**

**FLETCHERTOWN – Allhallows Centre, mornings of 2nd and 9th August**

**FLIMBY – The Rec, morning of 10th August**

**GREAT BROUGHTON – Welfare Field, afternoon of 3rd August**

**GREAT CLIFTON – William Street, afternoon of 10th August**

**KESWICK – Fitz Park, afternoons of 1st, 8th and 15th August**

**KIRKBRIDE – Primary School, afternoon of 8th August**

**MARYPORT – Ennerdale Road, afternoon of 7th August**

- Camp Road, afternoons of 31 July and 14 August

**NEWTON ARLOSH – The Park, morning of 31st July**

**OULTON – The Park, afternoon of 1st August**

**PLUMBLAND – Primary School, afternoon of 11th August**

**ROSLEY – Primary School, afternoon of 4th August**

**SEATON – Jackson Street, afternoon of 2nd August**

- Hunters Drive, afternoons of 9 and 16 August

**SILLOTH – The Green, mornings of 31st July, 7th and 14th August**

**THURSBY – Recreation Field, morning of 4th August**

**WIGTON – The Park, morning of 3rd, 10th and 17th August**

**WORKINGTON – Vulcan Park, morning of 2nd, 9th and 16th August**

- Beckstone School, morning of 7th August

Morning sessions are 10am to 12 noon and afternoon sessions run from 1.30pm to 3.30pm.

For more information contact Rebecca Jackson, Allerdale Borough Council's Sport Development Officer, on 01900 702714.

## Tip for the Top

Summer Hair Hangover

Client Advice

-Invest in a high quality shampoo and conditioner, something in an intensive range would be best and take with you to the pool and use daily on holiday.

-Buy a water resistant creme that will protect your hair when in the pool and sea.

-If you are a swimming pool lover then buy a shampoo that removes chlorine and hard water.

-When your sunbathing has finished and you have washed your hair, leave an enriching masque on the hair to soothe it through the night ready for the next day.

-Wake up and spray in a leave-in conditioner if hair has dried out.

-If you have been suffering with split ends on holiday buy a serum. Serums are fantastic for a quick easy fix to temporally sort out those split ends.

-If you need to use hair straighteners on holiday keep on a low heat and take your time with straightening.

-Use a cool button on your hairdryer to dry hair, it takes time to look longer but your hair will look so much healthier.

-Invest in a shine or gloss spray to make hair

shimmer at night if dry.

-If you have fine hair you will normally find only the ends and mid-length of the hair will be damaged by the sun, so try not to overload the roots with conditioner.

-Don't brush your hair when it is wet.

-Try wrapping cling film around your head (not your face) for about 20 minutes using conditioner. This will help your hair absorb more of the conditioner.

-Book yourself in with your stylist for the week when you get back from your holidays so you get a treatment put on your hair and get your hair in tip top shape.

-When visiting your hairdresser ask them to tone your hair so that you get back to the correct hair colour you had before you went on holiday.

-If your split ends are bad ask the stylist to take off your ends.

-Keep using enriching shampoo and conditioner for a month after your holiday.

-When using your Masque don't apply it to the scalp. It will clog up the roots and cause flakes.

Why not treat yourself to 'Clynol Essential Beach Bag' £18.49 from Peter Josef.

## Jigsaw Appeal

Jigsaw Appeal for a Childrens Hospice by Marjorie Littleton

A coffee morning and raffle was held in St. Andrews Hall raising the sum £216. Holiday visitors were pleased to support a childrens hospice appeal. Thanks were expressed for the helpers and generous donations and prizes given. Mrs Judith Pattinson patron of the appeal attended and thanked all for their support. Late donations were received from those unable to attend.



Bert the Bee  
by Spencer Irving  
aged 6 from  
Silloth Primary School

## Munchkins

Munchkins is a parent and toddler group held in the Church Hall at Holme St. Cuthberts near Mawbray.

It is held on Thursdays from 10am to 11:45am and costs only £1.50 per family, come along, it is lots of fun.

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# The Albion

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Honey  
by Abbie Williamson  
aged almost 8  
from Holme Cultram Abbey School



Speedy Bee  
by  
Reece Edmondson  
aged 7  
from  
Holme St. Cuthbert School



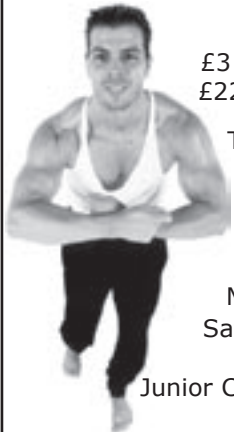
Beer Bee  
by  
Grant Lettice  
aged 9  
from  
Silloth Primary  
School

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Silloth & District OAP's

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Whist Drives:  
Tuesday @ 2.00pm  
Thursday @ 7:30pm

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

Everyone Welcome

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