

Action on Elder Abuse



The sheltered housing schemes at Pennine View in Silloth and Burnside in Wigton, joined forces to raise awareness on Elder Abuse by arranging an Open Day at Pennine View.

Tenants from both Schemes, Older People from the community, Social Services, Health Professionals, Police Officers, Colleagues from 'Home' other people who either work with or who are connected to Older People came to a buffet lunch, and listened to a very informative discussion provided by Age Concern.

Sue Parslow the Scheme Manager at Pennine View spoke briefly about how the Older Persons Services tries to combat elder abuse, and Elaine Keeler the Scheme Manager from Burnside introduced some of the new services we are able to provide for older people both within our schemes and for other older people in the

community.

Alarmingly in the UK alone 500,000 older people are victims of some form of elder abuse, each year, and we suspect that many more cases go unreported.

The afternoon was very well attended and using the opportunity to socialise and share experiences lightened a disturbing and serious subject.

The buffet lunch, which was provided, by Pennine View tenants and helpers was greatly appreciated by all.

We raised awareness and people left with leaflets and information on where and whom to contact if elder abuse is suspected, and all enjoyed the afternoon.

If anyone suspects elder abuse in the community please contact either Sue or Elaine, and they will be able to give advice.

Sue Parslow and

Elaine Keeler.
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Food & Drink Festival



Julie Allison (Rays Shrimps) gets tips from Annette Gibbons

The second Solway Food & Drink Festival was a great success.

Organiser Morven Anson from STAG said "we are delighted with the attendance this year, we had a larger marquee and more exhibitors who were all very busy."

The festival is organised by STAG and funded by Silloth Festivals Ltd and Solway Coast AONB.



Jay Anson's Organic Bread



Robin Barton & Emma Wilkinson from Cock Robin Cider

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Tennis Club Race Night

Thanks to everyone who supported the Race Night held at the Rugby Club, £344.50 was raised towards Tennis Club funds.

Race winners were:
Race 1: Lenny Hodgins
Race 2: David & Mary Williamson

Race 3: Chloe Aird
Race 4: Brown Family
Race 5: Amy Aird
Race 6: Hannah Story
Race 7: Dennis Reay
Race 8: Danny Baxter
Tricast Winner:
Dilys Muir

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Our Helpers:
Robert Jefferson, Ryan Johnstone, William & Lorraine Graham
And a special mention to Danny Baxter, who donated £40 of his £50 winnings to the club.

Hair Zone 4 U

Fine Hair

We may have been born with fine hair but we don't have to live with it.

You may be surprised to read that 50% of women in the UK have fine hair or thinning hair. We all lead stressful lives, take more medication, go on crazy diets, all of which can cause our hair to thin! In addition pregnancy, thyroid problems, chemotherapy and ageing may cause hair loss. Where do you turn for expert help and advice? Peter Josef is an excellent place to start, they use a specialist hair care range called 'Nioxin'. Healthy hair begins with a healthy scalp and the reason for recommending 'Nioxin'

to our clients is that it treats both. Nioxin is skin care for the scalp; it cleanses and nourishes the scalp and helps to create the best possible growing environment for stronger, thicker and healthier looking hair. As well as helping to maintain a healthy scalp it uses ingredients that add body and volume to fine hair, leaving it vibrant shiny and manageable. The key is to start using it sooner rather than later, it doesn't matter whether you are 20 or 50, male or female prevention is better than cure.

Nioxin have an open day Tuesday 4th September from 10am to 2pm all are welcome.

Peter at Peter Josef

Tuesday
4th Sept.
10am-2pm

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