

Silloth Medical Practice

Open 8:30am to 6:30pm

Please do not 'phone before 8:30am unless it is an emergency requiring a Doctor.

Prescriptions:
Please do not 'phone before 10:30am for prescriptions. Allow 48 hours for collection from the Chemist or 24 hours if collecting from the Surgery

The following can be dealt with by our nursing team:
Blood pressure checks
Holiday vaccinations
Blood tests
Sutures (stitches) removed
Dressings

There are also:
Diabetic Clinics
Asthama Clinics
Cytology Clinics
Hypertension Clinics
Well Man / Well Woman checks

Silloth Community Bus

We pick up all passengers around Silloth from about 2pm and visit Silloth Library on the following dates:

July	8th & 22nd
August	5th & 9th
September	2nd, 16th & 30th
October	14th & 28th
November	11th & 25th
December	9th & 23rd

To join the bus telephone 016973 31257 for details.

Production Team

Production & Treasurer:
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Email:
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Editorial Content
This is down to you, we can only publish items if you send them to us.
When sending articles in, please supply a contact name and number in case something requires clarification.
We will accept letters, faxes or emails, but we do prefer emails as we do not have a typist to type your articles out.

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Silloth Library

Opening Hours

Monday	2pm - 7pm
Tuesday	closed
Wednesday	10am-1:30pm 2:30pm - 5pm
Thursday	10am-1:30pm 2:30pm - 5pm
Friday	10am-1:30pm 2:30pm - 5pm
Saturday	10am - 12 noon

Books
Large print request service
Reference & Information
Videos
Talking Books
Audio CD's



Allison Design Partnership

Plans & Applications for:

- New Builds
- Conversions
- Fire Plans
- Grant Work
- Change of Use

Contact Bill or Mark
The Albion
Eden Street, Silloth
Tel: 016973 31321
mark@allisondesign.fsnet.uk

Holme Low Parish

Commemorative Tankards were given to all the children in the Parish under the age of 16, in celebration of the Queen's Golden Jubilee.

The tankards were distributed by members of the Parish Council.

Vintage Rally Winner

The winning number in the Vintage Rally lucky programme prize draw with a prize of £50 was 227.

HOLME LOW PARISH COUNCIL

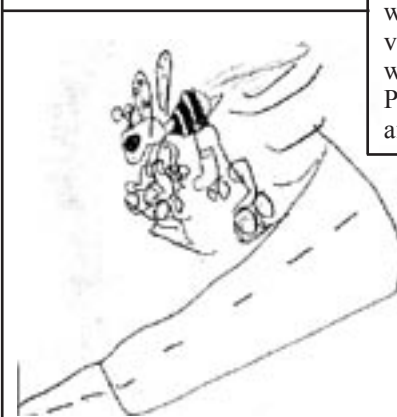
require a
Parish Clerk
enquires to:
Council Chairman
Mr J Graham
Longcummercattiff
Causewayhead
Silloth
CA7 4PE
Tel: 016973 31491

Dog Poo . . .

Could we have the first town in Allerdale with no dog poo?

Well could we?
If we did, we could challenge the whole of Allerdale and would probably make the national Press. From the number of complaints councillors get about this problem I think you will agree that it is most unpleasant.

Worse than that though is the danger to your children's health. All it would take is for YOU to clean up after your dog!



Community Organic Garden

Following the recent successful "Let's Cook" sessions with John Crouch a suggestion has been put forward that many of the simple but tasty recipes would be even better using local organic vegetables.

The suggestion is that we could have a Community Organic Garden in which we would be able to grow our own favourites. This notification is to assess the possible interest in the idea.

We would be pleased if you would let the Town Council, via the Town Clerk, know what you think of the idea. Polite responses only please, after all its only an idea.

Speedy Bee
by
Jack Phillips
aged 6
from
Holm Cultrum Abbey School

Clyndol hair

Stylist Required Full-Time
Training in our techniques will be provided if necessary

Peter Josef
27 Eden Street
Silloth
016973 31333
www.nhfuk.com

Est. 1970