

Tip for the Top

Short Crops

- Crops are the perfect choice if you want a fuss-free style that is low maintenance. Just be prepared to have trims often.
- Alter the texture of your hair, use Clynol Gel or Hard Wax.
- Leave a little length on top and you can change your look.
- Fancy a change? Why not try a bold new colour.



Silly Bee
by Emily Nattrass aged 8
from
Holme St. Cuthbert School

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Now Open

Volunteer Warden

The Solway Coast Area of Outstanding Natural Beauty (AONB) Unit, based at Solway Rural Initiative offices at the new Solway Coast Discovery Centre, on Liddell Street Silloth, is pleased to announce that it is re launching the Volunteer Group.

The (AONB) is now managed by the AONB unit and the unit is solely responsible for the management of the Solway Coast.

To enable us to manage our various projects we require volunteers who like us, are concerned

about the well being of this beautiful area.

A Meeting is being held at the AONB office next to the Solway Coast Discovery Centre on Wednesday 28th August at 7pm, where we will be explaining our role and role of the Solway Coast Community Volunteer Group.

Anyone interested in attending will be made welcome.

If further information is required please contact Rose Wolfe or Graeme Proud on 016973 33055.

Sweetie
by
Jonathan Wright
aged 7
from
Holm Cultram Abbey School



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Do you have thinning hair or a scalp problem? An expert from Nioxin will be holding FREE consultations at Peter Josef on Tuesday 8th October.

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