February/March 2015

local news - for you - by you - about you - free to you - local news

FREE PAPER

Issue 132

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Council Questionnaire Deadline

Extended 'Have Your Say'

Silloth-On-Solway
Town Council Questionnaire 2015



2015 Events

24th May

Silloth Green Day

13th + 14th June

Silloth Vintage Rally

25th July

Abbeytown Carnival

23rd August

Silloth Half Marathon

31st August

Silloth Carnival

10th to 13th Sept

Music & Beer Festival





Pur views lattery 6. Town Events Celebration

Sincere thanks to everyone who returned their completed questionnaires.

 Draw took place on 12th January 2015 from the completed forms and the following prizes were won:-Michelle Hodgson/Adam Marlinkowski - £50, Sian Horsley - £25 and James Graham - £25.

Not enough questionnaires were returned to provide us with a representative response from local residents and it has been decided to extend the period for questionnaires to be returned to 28th February 2015.

This questionnaire is an opportunity for you to give your opinions on matters that are important to you and the community. The answers will be used to help the Town Council to construct a Business Plan.

The Business Plan will identify what the Council hopes to achieve over the next few years, either directly by the delivery or funding of certain initiatives or by trying to increase the influence on the relevant delivery body, such as the Borough or County Council.

Have your say on the issues covered by the Questionnaire and on anything else that concerns or interests you. You can complete the original questionnaire included in the last edition of the Solway Buzz. Copies will also be available from the Post Office and the Town Clerk or you can download a copy from the Town Council's website at www.silloth-onsolway-tc.gov.uk.

Completed questionnaires should be returned to the Town Clerk at 5 Burnswark Terrace, Solway Street, Silloth by 28th February 2015.

Your views do matter.

Silloth Post Office Re-fit



Silloth Post Office will close for refurbishment at 5:30pm on Thursday 12th March 2015. Winters Newsagents however, will remain open throughout the weekend and close the following week. Newspaper deliveries will continue as normal and anyone who would like to have their paper delivered whilst they are closed can arrange to do so, where possible.

Gary Winter is in talks with the Post Office to try and get the mobile Post Office van to call at Silloth at least once a week. This has not yet been confirmed so please enquire within the shop for an update in due course.

Whilst they appreciate this may be an inconvenience to you, Winters intend to deliver a new and improved shop space and service on 31st March. The Post Office and Shop counters will be incorporated into one, which should reduce your waiting

time and also means the Post Office will be open all weekend.

Winters Newsagents will be stocking a wider range of cards, gifts and confectionery to meet your needs.

Do you already use the Post Office as a cash machine? It is a safer way to withdraw your money. When they re-open, this facility will be available to you from 5am to closing time, seven days a week!

NatWest customers (as well as other banks customers) should be aware that they can do their banking at the Post Office. With branches closing and the Post Office being open seven days a week this facility will be of great convenience to many.

All at Winters apologise for the inconvenience this will cause and thank you for your patience during this time. They look forward to serving you all in the newly refurbished premises.

The Buzz Bee is Flying High!



This is the second fantastic aerial photograph provided by James Smith using his remote controlled DJI Phantom Vision FC200 helicopter. Showing Skinburness Road, Skinburness Drive, Solway Holiday Village and all the way back to Barracks Bridge and the airfield. These views certainly give a fresh view of our town!

Soldiers in Silloth have a Record Year

Report by: Margaret Pickering

What a year, superb weather, lots going on in Silloth and loads of visitors to our superb attractions and events, we couldn't have asked for more. The Soldiers in Silloth Museum was no exception with a record number of visitors wanting to see this exclusive exhibition of toy soldiers. The town WW1 exhibition added another dimension and provided an additional learning aid for our young school children as well as giving a picture of the people of Silloth who were part of that war. We welcomed 1,919 paying visitors with a further 158 who came just to see the WW1 exhibition. Add to this several private group visits and the school groups made a very exciting year.

Our new season starts at the February half term holidays when we hope to be open during the afternoons whilst the children are off

school. We are continuing the town WW1 exhibition this year so if you didn't get the opportunity to see it last year, it will still be available.

We are freezing our entry fees again this year so at £2 per adult over 16 years of age, £1 per child between 5 and 15 years of age and a family ticket of £5 for two adults and two children it is great value for money.

As with other organisations in Silloth, we need volunteers to welcome and chat with our visitors. During the summer months the requirement is for just three hours of your time to help keep this attraction contributing to the ambience and success of our wonderful little town. If you are interested in volunteering please ring Tim Barker on 31246 or Margaret Pickering on 33068 for a chat.

will be as successful for all our town's businesses and attractions as 2014 was.

Volunteer Drivers Wanted in this Area

Cumbria County Council is looking for volunteer drivers to help support its social car scheme.

The volunteer drivers will help people get about, do some shopping, socialise and attend groups.

Councillor Keith Little, Cumbria County Council's Cabinet member for transport, said: "Offering transport to people in your local community is very rewarding and enjoyable, and many of our volunteer drivers spend years helping out. People who can't get about by their own means rely on our fantastic pool of volunteers and we are seeking to extend this pool further."

To find out more about becoming a volunteer, contact 07788 396 194 or 07584 883 781 or email integrated.transport@ cumbria.gov.uk

Under the Voluntary Social Car Scheme, there are different types of volunteering that people can Maryport and Silloth.

sign up to, including:

- · Volunteer car drivers pick up neighbours and drive them to their desired destination
- Volunteer minibus drivers helping non-for-profit groups to go on days out
- Volunteer co-ordinators - help recruit drivers, publicise the scheme, arrange drivers and process claim forms (particularly required in Bothel/St Michael's, Aspatria, Seascale, St Bees, Kirkby Stephen, Newbiggin, Whitehaven and Drigg/ Carleton/Ireton/Eskdale).

Volunteer car drivers must hold a full driving licence and be under 76 years of age.

Volunteers are reimbursed 45p per mile to cover expenses for any journeys that they make. Minibus volunteers must have the entitlement D1 on their licence.

Priority areas to recruit volunteer drivers include: Aspatria, Cockermouth,

Get Help with **Universal Credit**

Universal Credit, which is the new benefit being introduced by Central Government, will soon apply to some local residents, and Allerdale Borough Council will be providing help and assistance to those people who are eligible to claim.

Universal Credit is part of the government's Welfare Reform programme and replaces six existing benefits: Income-based Job Seeker's Allowance, Income-related Employment and Support Allowance, Income Support, Working Tax Credit, Child Tax Credit and Housing

The roll-out of Universal Credit began on 15th December 2014. The first people affected in Allerdale were limited to new claimants who are single, or are a couple, but have no children. Those residents already in receipt of benefits will not be affected and do not need to do anything.

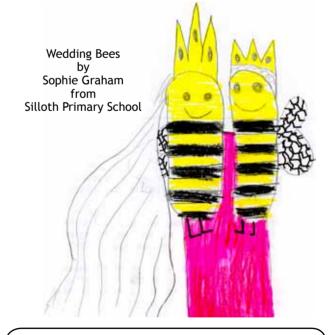
Universal Credit will be the first benefit to have a totally online claims process meaning applicants will have to use the website www. gov.uk/universal-credit to apply. To help claimants who are without access to the Internet, the Council is providing computers at our offices in Workington, Cockermouth, Maryport and Wigton (Local Links). Residents will need to bring a number of documents

with them to help with their claim including National Insurance number, their bank/building society details, rent agreement, details of any savings, details of any income and details of any other benefits.

The Council has also devised a simple guide to the new benefit and more advice can be found on the website mentioned above.

The aim of Universal Credit is to simplify the system by lumping many different benefits into one. What this means is that recipients will receive a one payment to cover all of their living costs. The Council is therefore also providing advice to residents on debt and financial management, to help those who will find this difficult.

Cllr Konrad Hansen, Portfolio Holder for Customer and Regulatory Services, said "Universal Credit brings with it a major change in the benefit system. Although it will initially only affect a few people, it is due to be rolled out to more and more groups over the coming years. This Council is committed to helping those who are most vulnerable. Therefore, I'm pleased that the Council is able to provide the support and advice that is needed to ensure people get the financial help that they are entitled to."



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Soldiers in Silloth

Toy Soldiers

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Admission: Under 16 - £1. Adults - £2

Family ticket (2 adults 2 children) - £5

Criffell St, Silloth, CA7 4BZ

Call: 016973 31373, Mob: 07753 859403 email: moregain@tiscali.co.uk The Queens, 1 Park Terrace, Silloth

New Community Bus

Have You Registered Your Household **Appliances** Does it Matter?

Cumbria Fire & Rescue Service supports 'Register my appliance' for a safer home.

Only 36% of consumers register all of their large domestic appliances leaving thousands off the radar if a recall is required.

New research published today on 15th January 2015 reveals just over a third of British purchasers currently register all of their appliances with the manufacturer, leaving many thousands of owners virtually untraceable if a safety repair is required.

To combat this, the Association of Manufacturers of Domestic Appliances (AMDEA) is today launching a new web portal (www. registermyappliance.org. uk) designed to make it quicker and easier for the public to register all of their appliances.

According to the YouGov survey for AMDEA, just over a third (36%) of purchasers of large domestic appliances make a point of always registering them with the manufacturer, with 41% of those that don't, saying they didn't think it was necessary. Yet nearly three quarters of adults (73%) went on to say that they would be likely to register when bearing in mind the manufacturer might need to contact them if a safety repair becomes necessary.

As part of the Fire Kills campaign, Cumbria Fire & Rescue Service is helping to raise awareness of 'Register my appliance, designed to provide up-to-date, accurate, contact information for owners who have acquired specific models of appliances within the last twelve years, so manufacturers can issue safety updates or repair notifications to the right homes. The website provides access to the registration



pages of 47 leading brands of domestic appliances. Over time consumers will also be encouraged and provided with the means to amend their details if they move house, sell or give an appliance away.

Cumbria Fire & Rescue Service welcomes the launch of this new web portal saying "Everybody should take this opportunity to register their domestic appliances, to reduce the risk of home fires and for their own peace of mind. Good ownership data is key to getting safety information to the people that need it and I encourage everyone to invest a little time to register their appliances."

AMDEA members have pledged that this is purely a safety initiative and the information captured will only be used if required for safety notices. They are also committed to helping consumers understand why registering is a sensible safety measure.

Douglas Herbison Chief Executive, AMDEA says, "Domestic appliances have never been safer, but we have over 100 million large appliances in use in our homes and we keep them running for ten or many more years. The incidence of safety actions is very low (between 6 -10 recalls a year) but, unlike cars, if manufacturers need to make a free safety adjustment they have no way of tracing the majority of affected models.

'Register my appliance' aims to help our industry to act swiftly to contact owners if a fault is discovered in a particular batch of products."

The site also provides advice on correct maintenance, safe usage and installation, product standards and testing, guarantees and warranties, consumer rights, a product recall listing and the AMDEA Code of Practice on Product Safety.

Further key findings of the YouGov survey include:

Over half of purchasers only register appliances sporadically: sometimes (35%) rarely (15%) or never

The majority (57%) of British adults think appliances are safer than they were a decade ago, 28% about the same and only 5% considered them less safe.

For 75% of those who have already registered, the main reason for registering is to activate the guarantee.

Less than a quarter (24%) of those who have registered said being informed of safety repairs was a motivation for registering with the manufacturer.





Aspatria Community Transport provides cost effective transport solutions for community, educational, sporting, recreational and social activities.

Aspatria Community Transport Group was formed to develop and maintain a not for profit rural community transport service for Aspatria and the surrounding parishes enabling our rural community to access social, recreational, health and educational



SealyUK provide generous £400 support to Aspatria Community Transport Group L-R: Phill Roberts (Chair, ACT Group) Keith Harrison, Financial Controller SealyUK)

opportunities.

Our minibus is a 17 seat Mercedes Sprinter and can be hired with a volunteer driver by booking in advance.

We want to open up opportunities for all in our community by providing transport at the lowest cost possible when individuals and community groups need

Phill Roberts, Chair Aspatria Community Transport said: "Community Transport in rural areas enables individual and community groups to undertake journeys that would not be commercially viable; we are also seeing a number of rural bus routes being withdrawn as subsidies are removed.

We are therefore very grateful for the continued support and funding from SealyUK.

A number of parish Councils and the Aspatria Charity Shop have supported us previously and I would also like to take this opportunity to thank them.

Rural isolation is a growing concern and studies have indicated that loneliness impacts significantly on a person's mental health and wellbeing; community transport is one part of the solution."

For further information please contact Phill Roberts 016973 21609 or 07730 284529.



Busy Bee by Aiden Martin from Silloth Primary School



016973 31438

www.golfhotelsilloth.co.uk

Valentines Celebration

Saturday 14th February

Three course Dinner & bottle of house wine 6-8:30pm

Free Disco with Eric Stanwix until midnight

£34.95 per couple



New Menu's

Happy Hour Menu

all week 5:30-6:30pm £6.95 per person add Sticky Toffee Pudding for £2.95

Winter Dinner Menu

all week 6-8:30pm Main course £9.95 Two courses £12.95 Three courses £15.95

Sunday Carvery 12-2pm

Main course £9.95 Two courses £12.95 Three courses £15.95



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St Andrews Church Christmas Fair a **Great Success**



Report by: Jennifer Bailey

On Saturday 29th November and for the following three Saturdays, there was a Christmas Fair held at St Andrew's Church Hall, organized by Mrs. Penny Stimson.

There were stalls with items for sale, refreshments served and Father Christmas

arrived to take up residence in his very beautifully decorated grotto. He had with him, one of two of his Elves who took it in turns over the weeks to help introduce the children who came to tell him the things they would like for Christmas. Santa asked the children if they'd been good and then gave each one a gift.

Blencogo Art Group

Blencogo Art Group started again in the village hall on Monday 5th January and now meet every Monday from 1:30 - 4:30pm.

This is a very friendly group who get together for painting and conviviality.

Although there is no regular tutor, the members are only too willing to offer help and advice to anyone requesting it. Refreshments are provided and summer



outings to picturesque locations are frequently arranged to sketch, paint and enjoy the delights of local tea

For further information contact 016973 61158 or 016973 61327.

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Causewayhead WI

Report by: Pat Froggatt

The first meeting of 2015 took place on Thursday 15th January and was opened by President, Margaret Durham, who welcomed members and introduced our speaker for the evening, Marion Grave who gave a talk on Red Squirrels.

Marion's talk was illustrated with slides. She explained the aims of the Solway Red Squirrel Group and then went on to give a description of the squirrels and the difference between them and grey squirrels. She also asked that members report any grey squirrels they saw as it was important that these were noted by the group so that measures could be taken to protect our native reds. Red squirrels had declined in the British Isles and could now only be seen in certain areas of the country. They were mostly in areas where they could feed on nuts, fruit, and seeds from pine cones. They usually have 2-3 kittens twice yearly whereas greys have more kittens and breed more frequently.

The greys also carry a pox which affects the reds and 99% can die within 15 days if they contract this. The pictures showing a red squirrel with this disease were horrific.

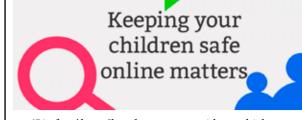
The Solway Red Squirrel group was formed in 2012 and has been working hard to protect our native species. She gave details of contacts that could be made for anyone sighting greys and anyone who wanted to help in this worthy cause.

A vote of thanks was given by Frances Jackson who stated that they all now realised that this was a critical situation and that we all now had an idea of how we could help.

After a short break the meeting continued with the General Business.

The competition for a wildlife ornament was won by Jean Vorley for an Otter and 2nd was Marjorie Dochery for a Squirrel. The flower competition was won by Frances Jackson and 2nd was Mona Kent. The raffle was 1st Susan Kenny and 2nd Val Lodge.

The next meeting will be held in Trinity Methodist Chapel, Silloth on Thursday 12th February at 2pm.



'Big four' broadband providers unite in industry first for child safety online

Mother and daughter, Sophie Ellis-Bextor and Janet Ellis launched Internet Matters last year. This is a world-leading child internet safety organisation founded by the UK's four major broadband providers; BT, Sky, TalkTalk and Virgin. The not-for-profit organisation sees the 'big four' put aside competition and join forces for the first time, to help parents safely navigate the internet with their children. The move will cement the UK's position as a world-leader on child internet safety, advising parents to 'learn about it, talk about it, deal with it.

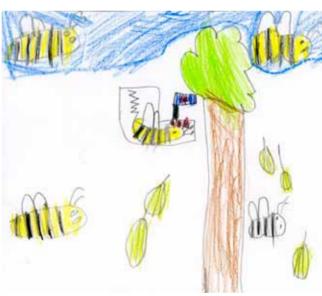
Research conducted by Internet Matters revealed that 74% of parents want more information and advice about online safety, with their preference for this information being made available to them online. To meet this demand, Internetmatters.org has been created as a one-stop hub, directing parents to valuable help and advice from the leading experts at organisations and charities in the child internet safety field. It will act as a single authoritative resource on child online safety. The initiative will encourage the wider technology industry, experts, policy makers and parents to work together to establish world-leading resources for parents which are effectively signposted. The idea is not to scaremonger but to equip parents with the information they need to make informed

Harnessing the reach of the four major broadband

providers, which extends to 90% of internet households in the UK, Internet Matters is expected to become a household name. Each broadband provider has its own child internet safety programme and network level parental controls, and InternetMatters.org will complement these activities and provide a forum for learnings and best practice.

Sophie Ellis-Bextor said: "Children these days are so lucky to grow up with access to the internet, it's an amazing place for learning and discovery. Mum and I feel really strongly about internet safety and are proud to be working together with Internet Matters to make sure parents know how to get advice. Today's parents need to deal with issues that didn't even exist when we were growing up. There's a lot for us to learn with everything changing so fast. I'm careful to keep an eye on my two boys, especially my 10-yearold who is at that age when he's starting to explore the internet on his own. I totally identify with the 74% of parents who want more information on internet safety".

Carolyn Bunting, General Manager of Internet Matters said: "The internet is an amazing tool for children of all ages and is an overwhelming force for good. Internet Matters will help parents to understand the issues children can face online whether they're five or 15. We believe this is the first time that the major broadband providers in any country have joined forces for such a venture. The UK is therefore leading the way when it comes to child internet safety."



Queen Bee of America by Kelly Swan from Holme St Cuthbert School

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Why Not Volunteer?

Make community volunteering your New Year's resolution

This New Year Cumbria County Council's Deputy Leader is urging people to make community volunteering their resolution for 2015.

Councillor Patricia
Bell's call comes against the backdrop of unprecedented council funding cuts, due to the Government's austerity drive, which will wipe £213 million off the council's budget by 2017.

Cllr Bell says given the scale of the funding cuts, the council will be increasingly looking to local people to step and help their local communities: "We're losing more than one pound in every four we have to spend, and most of the savings are coming from staff reductions

– by 2017 the council will have 5,000 staff, half the number we employed in 2010. As we downscale, we will increasingly be looking to Cumbrian's to come forward and offer their time to help their communities."

There are many ways people can volunteer, including:

- On-call firefighter – keep your local community safe

- Community volunteers – for the fire service doing homes safety visits and educational activities with schools

- Volunteer driver - give someone a lift to the dentist or the supermarket

- Snow champions – help keep your roads and pavements clear of snow and ice

Nightstop – open your

home to a young person who has nowhere to stay that night

- Neighbourhood care volunteer - tackling loneliness in your community

Cllr Bell continued: "Our volunteers provide a vital service, particularly for vulnerable adults and young people. The social benefit that they provide their communities is immense, recent national research suggests in economic terms it could top £50bn a year. The volunteers themselves also benefit, the same research showed they report higher levels of happiness and well-being. All together it's a win-win. There are many people out there with the skills and experience to make a difference: we'd love to hear from them."



Christmas Eve in Christ Church

Report by: Lawrence Marshall Photos by: Kerrie Allison

The annual cribservice was held on Christmas Eve in Christ Church and was well attended.

Seventy five parents and other family members with friends and, of course, the all important sixteen children.

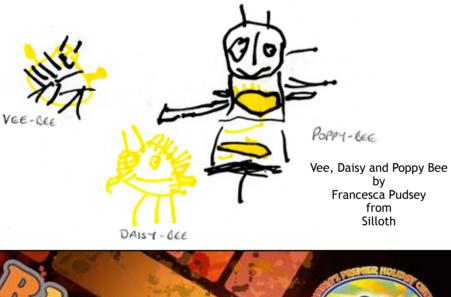
Canon Bryan Rothwell took the service leading the children to enact the story of Jesus born on Christmas day in the town of Bethlehem. Carol singing during the enactment added to the scene. Children were dressed for the occasion playing the parts of Mary and Joseph, the Kings or Magi from the east with there gifts of gold frankincense and myrrh. Also dressed up were the shepherds and sheep to complete the scene.

The service ended with the singing of the carol "Away in a Manger".

Following the crib service later in the evening the midnight service was held in Christ Church.













VETERINARY

Open Surgeries Silloth Open 12am–3pm Consults 1:30pm–2:30pm Wednesday 6pm–7pm

> Aspatria consults 6pm-7pm

Appointments at other times by arrangement **016973 20242**

Silloth on Solway Golf Club Membership Special Offer



The New Year is upon us and most people will have made a new year's resolution. Some will have broken it within the first week and others will be more determined to make changes

In 2015 you should take the plunge and join Silloth on Solway. Some of you will have been members in the past and some may have played the course at some point. Silloth golf club is one of the best courses in Britain and is the best value course in Britain. 2015 subscriptions are £440 and the joining fee is £300. If you join now you will receive £275 of additional extras

Here are 5 reasons to join Silloth on Solway Golf Club

1. Silloth was voted in top 50 courses in Britain



by Golf World magazine, the 100th best course in the world by planetgolf.com and number 1 course in Britain under £60 green fees by Todays Golfer magazine

2. As Silloth is a links course it drains very well meaning you get all year round golf on a course that is kept in beautiful condition by Brian Story and his staff

3. The health and social benefits of golf are unparalleled. In a recent Swedish study they found that golfers live on average five years longer!! You burn around 1,500 calories playing a round of golf. The friendship and camaraderie you can gain playing golf is priceless. The networking potential is brilliant for businesses, helping you connect with a whole new customer base.

4. The value for money at Silloth Golf Club is unrivalled. Nowhere can you play a course of this stature for only £440 per year.

5. Our Clubhouse is a perfect place to relax and enjoy a drink and the catering by Baristas is quite superb.

All in all Silloth Golf Club is a special place, a superb golf course in a beautiful part if the world that has some great members and staff. If you would like to become a member of Silloth Golf Club either in a playing or social capacity then call now 016973 31304 or email: office@ sillothgolfclub.co.uk.

You can get more information at www. sillothgolfclub.co.uk or follow us on social media. Facebook: @Silloth on Solway Golf Club. Twitter: @Silloth Golf Club.

Quad Bike Thefts

Please be aware of a recent increase in the area of quad bike thefts. The Police would like to remind the public to keep any motorised vehicles secure and out of site preferably in a locked shed with any ignition keys

There are a number of local companies who can install tracking devices and the Police are still promoting the use of Smartwater. Smartwater is currently available from the Police



at a discounted rate of £45 pounds. Please contact your local PCSO for details.

Could You Foster a Child this Year?

Make fostering a child your New Year's resolution

Cumbria County Council is asking people to make fostering a child their New Year's resolution.

The County Council is hosting a series of drop-in events this month so people can learn more about what's involved.

Cabinet Member for Children's Services Cllr Ann Burns said: "Fostering provides a stable and caring home for children and the support and encouragement they need to flourish and do well while they cannot live at home. There are more than 600 children and young people in care in Cumbria, and this call to action is part of an on-going campaign to recruit more foster carers to help look after them across the county."

"Our foster carers are ordinary people who have chosen to something extraordinary and make a difference to a child's life. All the children in our care are different, and to meet their needs, we are looking for a wide variety of people. Fostering is a challenging role to take on but very worthwhile. If you feel that you are looking change your life then why not make a New Year's resolution that will change a child's life too?"

Foster carers with

Cumbria County Council are offered full training and support, and are paid a fostering fee and an allowance for each child. The allowance is designed

to cover the daily costs of

looking after the child and

the child.

varies according to the age of

Recruitment Officer Andy Jones said: "We need people from all walks of life - married, single, unmarried couples, gay and lesbian, have their own children, retired, a homeowner, in rented accommodation or unemployed. Don't rule yourself out, come and talk to us first. All that we ask is that you are over the age of 21 and have a spare room in your home – or even two! That way we can keep brothers and sisters together."

Anyone wishing to find out more about becoming a foster carer can contact the fostering team on 0303 333 1216 or go to www.cumbria. gov.uk/fostering or foster@ cumbria.gov.uk.

Phone Call from the 'County Council' Scam Warning

Trading Standards have been made aware that a Cumbrian resident has received an unsolicited scam phone call. The caller claimed to be from the 'County Council' and then proceeded to ask various questions (name, address etc) before asking the client "whether she had or wanted Sky TV".

Trading Standards' advice is if you do receive unsolicited or unexpected telephone calls always be on your guard it may be a scam. Never give personal or financial information out to anyone who cold calls you on the telephone. Simply hang up. In all cases if it sounds too good to be true it probably is.

If you have been a victim of a scam or require further information contact Trading Standards via Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org.

To report a fraud contact Action Fraud at: www.actionfraud.police.uk or telephone 0300 123 2040.

Follow Trading Standards on twitter at: www.twitter.com/cumbriats.



Stamper & Co Accountants & Financial Consultants Friendly * Professional * Efficient **Book Keeping Business Plans** Tax Advice Secretarial Services P.A.Y.E. Self Assessment Business Set Up VAT Accounts-Capital Raising Preparation **Motivation Training** Free Initial Consultation tel: 016973 33120 6 Eden Street, Silloth, CA7 4AD

THE CHARITY SHOP

(Good Causes, Silloth) Eden Valley Hospice Queen's Court Marie Curie Cancer Care **Criffel Street** North Lakeland Hospice at Home Silloth Macmillan Cancer Support Tel: 016973 31696 Contact: Denise Poland on 016973 33113 Closed Mondays Please help us to help them

Silloth on Solway Community Shop

- * Local people working for local causes *
- * All proceeds go back into the community *
 - * Please continue donating *
 - * Collection can be arranged *

S.O.S.C.S.

Open every day 10am to 3:30pm Tel: 32452



S.O.S.C.S. 12 Criffel Street Silloth



ROBINSON

Helping Carers to Relax

Feeling stressed? Anxious? Searching for peace and time

If you are

a Carer of a loved one who through illness or disability is unable to manage without your support, you are welcome to join West Cumbria Carers at our Free relaxation sessions taking

place this Spring in Wigton. Caring can be an emotionally draining role and many Carers report feelings of stress and depression. Relaxation therapies have been proven to aid both mental and physical well-being. Our experience trainer Maria will take you on a journey of serenity to help you achieve a sense of peace.

These sessions are open to anyone who is a Carer and take place at the Wigton



Group Medical Practice monthly on Mondays from 11am until 12pm. Please call us on 01900 821 976 to get the dates of the next sessions.

Spring Socials

We have a number of activities planned for this spring for Carers, including a cinema trip and some first aid courses. If you'd like more information about these activities and the work we do with Carers, please get in touch. We are a registered charity who provide support to unpaid Carers around West Cumbria and we offer a number of services including counselling, volunteer drivers, trips, courses, and emotional support.

Abbeytown MU

Report by: Gladys Temple

Rev David Tembey began the December meeting of the Mothers Union with a service in the Abbey. His theme was 'God is working his purpose out' and there were four readings and four hymns including 'The people who walk in darkness have seen a great light' with the hymn Jesus good above all others' and 'Let it be to me according to thy word.

One of the readings was about fear of the known and also fear of the unknown. David spoke of how Mary must have felt when told she was to have a child who would be the son of God and we sang 'For Mary mother of our Lord. We were told that all who receive him become powerful.

Prayers were included for the people of Glasgow and we finished with the hymn 'We have a gospel to proclaim.

After the service all went into the Coffee Shop to enjoy a lovely buffet supper.

Several poems were read and enjoyed then happy birthday was sung to Maureen Gibson and Freda Garner. Branch Leader Brenda Sim wished everyone a happy holiday and a healthy New Year.

The next meeting of the MU will be the AGM on Monday 26th January at 7:30pm in the Coffee Shop.



Queen Bee by Jade Fearon from Silloth Primary School



Grants Available for Community **Projects**



There is still time to apply for funding for your community project in 2014-15 – don't miss out.

Every year Cumbria County Council gives financial support to local community projects through its Community Grants process. There are a number of grants available for general projects that benefit the community, specific funding for projects to benefit children and young people and a new pilot fund targeted at Community Healthy Weight projects.

There are also funding opportunities for groups and organisations that deliver larger projects across a wider

If you are a voluntary, not for profit or community organisation, with a project that benefits the local community and you meet the grant criteria vou will be eligible to apply for a grant. We have funded a wide range of community and voluntary organisations including playgroups, resident's action groups, sports groups, youth clubs, environmental groups, community centres and local charities. The range of activities we have supported include; improvements to facilities, equipment, specialist activities, volunteer training and festivals & events

If you live in the following Neighbourhood Forum Engagement area; North West Allerdale, contact us at our Area Support Office in Workington on 01900 706010 or 01900 706009 for more information on the grants available.

Full details of the grants criteria and application forms are also available on our website at: http:// www.cumbria.gov.uk/ yourcommunitysupport/ communitygrants.asp

What Slimming World Did for Denise

Denise Broughton, a local shop owner from Wigton, had struggled with her weight for over nine years after going through a divorce and suffering a miscarriage lead her to emotional eating reaching nearly 15 stone. Now after attending her local Slimming World group says losing weight and food optimisation has changed her life forever.

Denise has been attending her local group for 12 months reaching target with a fabulous 31/2 stone weight loss. Running a convenience store and being surrounded by sausage and bacon butties, along with chocolate and crisps all day meant that it was so easy to reach for something from the shop when things were busy or in times of stress.

After trying other eating plans on the market unsuccessfully Denise read about the Slimming World Online option and decided to give it a go. Denise found the food optimisation simple and easy to follow so went along to her local group where her consultant and members welcomed her with open arms. Denise said that "every member made her feel like she belonged without humiliation. I loved that I chose my own target weight and everything was done in complete confidence. The group really encouraged me, I know I wasn't being judged here and we were all here for the same reason".





Denise before and after losing 3½ stone, she said "Slimming World boosted my confidence and reduced my

Denise quickly fell in love with food optimisation and realised "I didn't have to give up my favourite foods, just adapt them to be healthier".

The whole family love the extra easy plan and enjoy evening meals of Chicken Chow Mein, Beef curry and Bacon, egg, mushrooms with Slimming World chips and beans. All quick, simple and easy to make on a budget.

Denise reached target in 10 months and attended three weddings, a hen party and numerous family occasions during this time. While food optimisation nothing was out of bounds the only difference was with each event Denise's confidence grew, allowing

her to wear the outfit she wanted to rather than what fit and felt comfortable.

Swimming is now part of Denise and her youngest daughters weekly routine, something she wouldn't have considered prior to losing 3½ stone. "It's a great way to spend family time and helps me stay toned and feeling fab says Denise."

Denise has encouraged many friends and family to try Slimming World and really wants to continue to help others, so much so that Denise opens her own group on Saturday 31st January at 9am at Silloth RUFC.

You can call Denise on 07799 708465 for more information.



Army Bees by Casey Jo Wilson from Silloth Primary School



Elsa Bee by Keira Brown from Silloth Primary School

WINTERS



Newspapers Magazines Sweets, Rock Novelties **Greetings Cards** Postcards Gifts, Toys Faxing & Photocopying

> Eden Street, Silloth-on-Solway Shop: 016973 31323 PO: 016973 32957



because you're amazing

Meet at Silloth Rugby Club every Saturday morning at 9am

An hour a week can change your life!

Contact: Denise Broughton on 07799 708465



Real Food & Good Ale served 7 days a week

Friday Night Steak Deal Rump, Fillet or Sirloin: £10.10



⊚⊚ tripadvisor¹

WHEYRIGG, ABBEYTOWN, WIGTON, CA7 ODH TELEPHONE: 016973 61242

Men's Choir Xmas Concert



Report by: Lawrence Marshall Photo by: Daniel Rothwell

The Christ Church & St. Paul's Men's Choir Christmas Concert was held in the church hall on 12th December.

Once again the annual event was a sell-out. An enjoyable meal of pie and

peas, then trifle followed by mince pies and coffee. The programme consisted of two parts of 14 songs and hymns with a solo in each part.

First we were entertained to our Rector Bryan Rothwell singing "A Spaceman Came Calling" by Chris de Burgh and in the second part choir member Barry Lodge sang "How to Handle a Woman"

from Camelot. Both soloists were enthusiastically applauded.

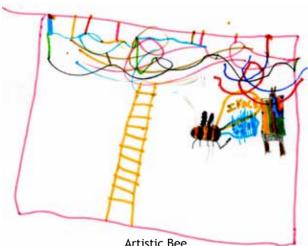
With the audience being very generous purchasing drawing tickets meant the grand total raised on the night was £973. As the church heating system is having to have the ageing boilers replaced at a cost of some £13,000 the sum raised was very welcome.

The choirs general manager is Earnest Graham and the musical director is Derek Shaw who puts a great deal of time and effort into directing and planning the programmes.

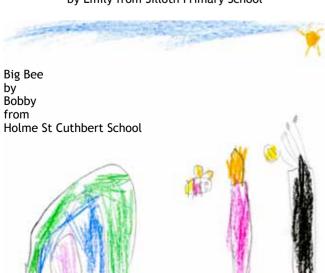
Following our concert we visited Little Acre Care Home and then Silloth Nursing Home. We were welcomed at both and warmly applauded after singing the shortened version of the main programme. The choir finished the Christmas visits with an appearance at St. Paul's Causewayhead to join in their carols and readings.



Daddy Bee by Ava-Grace Warwick from Silloth Primary School



Artistic Bee by Emily from Silloth Primary School



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Retro Music Weekend



Stanwix Park are presenting their first ever Retro Music Weekend during the 13th, 14th & 15th March 2015.

It's all things 'Old Skool' on this musical trip down memory lane, ten fantastic live acts are providing entertainment all weekend!

Here's what's lined up: Headlining Friday is the fantastic 'Solid Gold 70's Show' Like 70s music? You'll love this! Brilliant live sounds reviving the golden age of pop, it's the latest live concert show from the creators of the Magic of Motown. Also: Glamrock greats, disco hits, power ballads and party anthems from Sweet, T Rex, Queen, Elton John, 10CC, David Essex, Suzi Quatro, David Cassidy, The Carpenters, Osmonds, Bay City Rollers and more.

Headlining Saturday night: Soul Legends - The feel good show of the year!

Direct from the USA, this 13 piece fully live show has a booming brass section, three female and three male vocalists. It's the music of Aretha Franklin, James Brown, Michael Jackson, Tina Turner, Lionel Richie, Barry White, Earth Wind & Fire, Same & Dave and scores

Warming up Sunday night, Electro 80's. The UK's premier 1980's electronica

band. A lovingly recreated live show that is certain to transport everyone back to the dawn of the new wave!

Headlining Sunday Night – Got To Be Michael by Anthony Edwards. This is the ultimate Michael Jackson tribute show, celebrating the world's greatest entertainer. Moonwalking his way around the world. Anthony brings to life the sensational dancing & distinctive sound of Michael & the Jackson Five.

Doors open at 7pm on Friday Night and 12noon on Saturday and Sunday. (Entertainment all afternoon on Sat & Sun, see website www. stanwix.com for full line

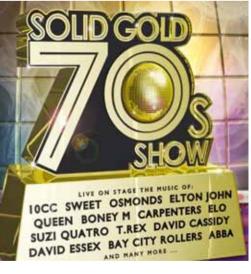
Tickets are selling fast! Weekend tickets only £55pp. Add accommodation from £99 (that's only £24.75 each for 4 sharing) Great value! Daily tickets available, Friday night: £20, Saturday (all day & night) £30,

Sunday (all day & night) £20. See you there!











Warning Computer Scam Alert!

Trading Standards is warning residents to be on their guard over the latest scam purporting to come from the Police.

The scam works like this: A window will suddenly pop up on your computer. It appears to come from the Police and looks official. It states that you have broken copyright laws and this has been traced to your computer. It goes on to state that you have been downloading illegal literature, music or pornography.

A second window then pops up ordering you to pay £100 within 48 hours. The windows do not disappear when you click on the cross in the top right hand corner so it's impossible to clear the screen without closing down the computer.

John Greenbank, Trading Standards North Area Manager said: 'The Police would never communicate with people this way and it's clearly a scam but because it looks official it's easy to fall for it. We saw this scam a number of years ago and it's now resurfacing. Consumers have to be on their guard for demands like this and if in any doubt at all report it to Police or Trading Standards'.

For general advice please contact Trading Standards via the Citizens Advice Consumer Helpline on 03454 040506 or visit www. adviceguide.org.uk

Follow us on twitter at www.twitter.com/cumbriats or join us on Facebook at www.facebook.com/cumbriats.

New Arts Project

An arts project that supports young, disabled and disadvantaged people in the county has been awarded £40k thanks to Cumbria County Council.

The council secured grant funding from Arts Council of England lottery funding, to support "The Seven Stories", a new project based at Carlisle and Penrith Libraries.

The Seven Stories, a
16 month arts project,
will target hard-to-reach
groups and local schools
through a programme of art
workshops, exhibitions and
performances. The resulting
work will be exhibited at
Carlisle Library in November
2015, with a second
exhibition and performance
taking place in February
2016.

Cllr Ian Stewart, Cabinet Member for Libraries, said: "We are always looking for new ways to engage with communities in Cumbria and this project is so important because it specifically targets hard-to-reach groups. This project will encourage project participants to use the library's collection of books as the catalyst to develop their ideas and artwork. Arts and cultural activities have been proven to increase health and wellbeing within communities, so this grant funding is very welcome – it means we are able to deliver an excellent programme of work without it hitting our budget."

The work will be directed by professional artists from Prism Arts; a Cumbrian based inclusive arts charity, which has partnered with Carlisle Library for this project.

Catherine Coulthard, Director at Prism Arts, said: "The working relationship between Cumbria County Council's Library Service and Prism Arts continues to deliver great benefits for young, disabled and disadvantaged people in Carlisle and across the county."

eller





Mrs June Fraser from Silloth kindly provided this old photo of families enjoying the paddling pool in days gone bye. As can be seen in the newer photograph below, the facilities may have changed, but the fun is still there for families to enjoy.

Kids will always love splashing about in the water and Silloth is a great place to do it.



Wisey and Stuwat by Jamie Hazell-Wise from Holm Cultram Abbey School

When Did You Last Check Your Smoke Alarm?

VALENTINE A Message from Cumbria Fire & Rescue Service

Blind Date with a Book



Looking for Love this Valentine's Day? Fancy something new and exciting?

How about a blind date with a book?

During the month of February, check out a specially wrapped book from our display.

Take it home, unwrap it, read it and enjoy!

Fill in and return the Rate your Date slip in order to be entered into a prize draw.



Only at your local Library

With the New Year underway, Cumbria Fire & Rescue Service is asking people to make their resolutions in 2015 to make sure that their smoke alarms are up to date, in the right place and that they test them every month. Why not circle the first of every month on your new calendar and tick it off when you have tested your alarms?

Many people see January as an opportunity for a fresh start, and safety should be top of the list. So now Cumbria Fire & Rescue Service is encouraging everyone to make sure they have enough smoke alarms in the home and that they work. It only takes a few seconds and saves lives.

A smoke alarm can

give someone the few extra seconds they need to escape in a fire. While the majority of homes across the country now have an alarm fitted, most people are not aware that the average alarm has a life-span of just ten years and then needs replacing.

For people who live in a multi-storey home or a larger property a single smoke alarm is simply not enough. Last year, in nearly half of all fires in the home where the smoke alarm did not give a warning the reason was that the alarm was not close enough to detect the fire. Missing or flat batteries were another major cause.

So Cumbria Fire & Rescue Service is asking people to make sure that

their alarms are up to date and up to the job.

To keep your alarms in working order:

Make sure there is at

least one smoke alarm on every level of your home. Test your smoke alarms

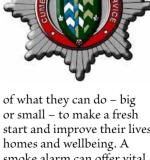
by pushing the button every month.

Check that your smoke alarms are less than 10 years old.

Fit smoke alarms on landings and hallways and near bedrooms. Also consider in rooms which have an electrical appliance, eg a heater, or other risk.

Take a moment to check on your loved ones who may need help to ensure they're fully protected.

At this time of year, many people will be thinking



of what they can do – big or small – to make a fresh start and improve their lives, homes and wellbeing. A smoke alarm can offer vital protection for you and your loved ones, but most people simply fit and forget – they don't know if it might be coming to the end of its lifespan or not working at all.

For most of us, there is nothing more important than keeping our loved ones safe and secure. So if your alarm is getting past its best or your top floor is missing an alarm of its own, make your New Year's resolution to fit new ones, test them on the first of every month and protect your loved ones in 2015

Children's Centre

Opening Hours:
Monday 9:30am to 12:30pm
fortnightly for the
Childminders group also
Monday 1pm to 3 pm term time
Tuesday 1pm to 3 pm term time
Wednesday 9:30am to 12:30
for Tots n Toddlers

Open at other times when the rooms have been booked, if you wish to use the Centre please call to make arrangements. We are more than happy to show people around, chat on a one to one basis or in small groups.

Contact Numbers: Silloth CC - 016973 31230 Aspatria CC - 016973 22777 Wigton CC - 016973 49555

Arthritis Support

Wigton Area Arthritis Support Group meet on 1st Friday each month at Loveday House, South End, Wigton @ 1:30pm, details from Gladys 016973 43964

Silloth Tots/Toddlers

Silloth Tots & Toddlers meet in the Children's Centre, Silloth and is open to all children aged from 0 to 4 accompanied by a parent/carer.

Sessions are on:

Wednesdays:

10pm to 11:30am
term time only
Entry is £1 per family and this includes refreshments
All Welcome
Call in for a friendly chat

Abbeytown Library

Abbeytown mobile library will stop outside the Wheatsheaf Inn at 1pm for an hour every Monday

Christ Church

For Christ Church baptisms and other church related business please contact: Rev Bryan Rothwell The Vicarage, Wigton Road Tel: 016973 31413

Civic Amenity Sites

Operated by Cumbria County Council. Tel: 01228 606060 Maryport Tip, tel 01900 66922 open daily 8am to 6pm Wigton Tip, tel 016973 45617 open Tuesday, Thursday, Saturday & Sunday, 8am to 6pm

Production Team

Proprietor:
Peter McRobert
Barn Cottage
Skinburness, CA7 4RA
Tel: 016973 32180
Email:
office@solwaybuzz.co.uk

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. Published by: Peter McRobert with the support of the whole community and an army of

volunteers.

Please let us know of any changes within this section

Copy Date



Football Training

Silloth Football Club

Sports Hall

under 7 years Wednesdays 4-5pm over 7s years

Wednesdays 5-6pm

Men's Team

Wednesday 7pm to 8:30pm

Open to boys and girls.

Membership forms available
from all coaches.

Secretary: Stephen Hart 32706

Martial Arts

Mixed Martial Arts Club train in Christ Church Hall on Thursdays under 12's 6:45pm to 7:30pm 12's & over 7:30pm to 8:30pm NEW MEMBERS WELCOME

For further details contact

Stephen on 07811 761033

Silloth Dragons

Wednesday Bunch

Silloth Evangelical Free Church, Eden Street Wednesday Bunch, at 5pm every Wednesday, (except in school holidays) Fun, bible stories, quizzes, craft, games for 5-11s

Kickboxing Club

The Kickboxing Club is held in Christ Church Hall every Thursday night from 6:30pm to 7:30pm. All welcome. www.solwaykickboxing. webeden.co.uk

Ladies Fellowship

Silloth Evangelical Free Church, Eden Street Ladies Fellowship is on alternate Thursdays at 1:45pm. Warm fellowship, refreshments, and good speakers. All welcome

Breast-feeding Group

Mondays 10am to 11:30am Wigton Bowling Club, West Road, Wigton

Have a cup of tea and meet other breast-feeding mums. Support and advice is available from trained Breast-feeding Peer Supporters and from Health Visitors or Midwives. For more information call Wigton Health Visitors: 016973 66608

Abbeytown Lunches

Holm Cultram Abbey C of E School are providing Community Lunches every 2nd and 4th Friday of the month. Two courses and a drink for only £3.50 at 12:30pm (we can deliver locally too!) to book tel: 016973 61261

Bridge Group

Meet on Wednesday evenings from 7 till 9pm, at the Golf Club to play Duplicate. Information from mike.md@btinternet.com.

Copy date for the April issue is:

1st March 2015

If your organisation has an event to promote or you have something to say, please note the next copy date.

Dates for the Diary

Get your Dates for the Diary in NOW!

January 2015

30th RNLI Quiz Night in Mrs Wilson's, Criffel Street at 7:30pm. Teams of 4 at £4 per person inc sandwich supper, Tel: 016973 31155 to book

31st Old Time Music Hall in St Andrews Church Hall with a professional magician from 7pm to 9pm. Tickets £5 from SOSCS after Christmas

February

3rd Silloth Town Council meet, 7pm in Community Hall

7th Coffee Morning in the Recreation Hall at 10am with Silloth & District Pensioners

10th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

10th Holme Low Parish Council Meeting at 7:30pm in Community Hall, Silloth

12th Causewayhead WI meeting in Methodist School Hall at 2pm with talk by Julie Bailey about Red Squirrels

13th Carnival Disco in Silloth Rugby Club from 6pm to 8pm, free entry, children must be accompanied, Carnival Queen will be selected

14th Crunch Service in Skinburness Road Car Park from 8am to 9:45am

24th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

Crafting Group

Interested in crafting?
come along to Silloth Crafting
Group on Wednesdays from
1:30 to 3:30pm at the
Methodist Church Hall.
We are a well established
group, friendly people
with a variety of crafting
talents-willing to share their
knowledge. Enjoy the chat and
learn from the other crafters,
or just sit and chat.

First Responders

Silloth Community First Responders train on the first and third Tuesday of every month in Silloth Fire Station at 7pm.

Indoor Bowling

Mondays until the end of March from 7pm to 9:30pm in Abbeytown Village Hall

Slimming World

Saturday Slimming World group meet in Silloth RUFC at 9am. Every Saturday all year. Tel Denise on 07799 708465.

Tourist Information & Library

Silloth Local Link Opening Times

Monday 10-1pm 2-5pm Tuesday CLOSED Wed 10-1pm 2-5pm Thursday CLOSED Friday 10-1pm 2-5pm Saturday 10-1pm Tel: 016973 31944

March

2nd Silloth Town Council meet, 7pm in Community Hall

7th Coffee Morning in the Recreation Hall at 10am with Silloth & District Pensioners

7th Night of Music with the Nicola Farnon Trio in Culterham Hall, Mawbray at 7:30pm, tickets £8, to book tel 016973 31925

10th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

12th Causewayhead WI meeting in Methodist School Hall at 2pm with talk by Audrey Dorman about Well Dressing, also members night

13th Retro Music Weekend at Stanwix Park

14th Crunch Service in Skinburness Road Car Park from 8am to 9:45am

14th Retro Music Weekend at Stanwix Park

15th Retro Music Weekend at Stanwix Park

24th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

April

7th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

8th Causewayhead WI meeting in Methodist School Hall at 7:15pm with talk by Stephanie Diver about Hand Bell Ringing

11th Coffee Morning in the Recreation Hall at 10am with Silloth & District Pensioners

13th Silloth Town Council meet, 7pm in Community Hall

21st Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

Errors do occur in Dates \ for the Diary. Please check before attending an event.

SILLOTH LIFEBOAT STATION

SHOP OPENING HOURS

The shop will reopen at Easter

Thank you to all our customers

who have supported us

throughout the year and we

look forward to seeing you in

Blencogo Art Group

Every Monday from 1:30-4:30pm

in Blencogo Village Hall where

members help each other.

Refreshments provided, regular

outings, tel 016973 61158 or

Metafit Training

High Intensity Interval Training

30 Minute MetaFit sessions, to

push you to the Max, combines

traditional bodyweight

exercises with the latest

interval and Tabata techniques

to set the metabolism on fire!

Every Thursday at Silloth Sports

Hall, 5:30pm & Fridays, Wigton

Market hall, 5:30pm. for more

info Call Gayle 07725 990062.

RNLI Shop

May

2nd Coffee Morning in the Recreation Hall at 10am with Silloth & District Pensioners

5th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

11th Silloth Town Council meet, 7pm in Community Hall

12th Holme Low Parish Council Meeting at 7:30pm in Community Hall, Silloth

13th Causewayhead WI meeting in Methodist School Hall at 7:15pm with Cookery Demonstration by Sarah Keaveney

16th Silloth-A Craft Trail, call 016973 31816

16th An Evening Of Music With Zing! at Holme Cultram Abbey

19th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

24th Silloth Green Day

June

1st Silloth Town Council meet, 7pm in Community Hall

2nd Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

Coffee Morning in the

Recreation Hall at 10am with Silloth & District Pensioners

7th Fashion Show By Bron-ja's of Wigton at Holme Cultram Abbey

10th Causewayhead WI meeting in Methodist School Hall at 7:15pm with Woodturning Demonstration by Jimmy Jackson

13th Silloth Vintage Rally14th Silloth Vintage Rally

16th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

30th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

July

4th Coffee Morning in the Recreation Hall at 10am with Silloth & District Pensioners

6th Silloth Town Council meet, 7pm in Community Hall

8th Causewayhead WI meeting in Methodist School Hall at 7:15pm with talk by June Gerrard about Belly Dancing

14th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

25th Abbeytown Carnival

28th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

Please note that articles, letters and virtually all content of the Solway Buzz are contributed by YOU, the local community. The Editor reserves the right to control what is included, however, no responsibility whatsoever for the content of the Solway Buzz can be accepted by the Editor, or the Publishers.

August

11th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

11th Holme Low Parish Council Meeting at 7:30pm in Community Hall, Silloth

23rd Silloth Half Marathon

25th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

31st Silloth Carnival

September

5th Coffee Morning in the Recreation Hall at 10am with Silloth & District Pensioners

7th Silloth Town Council meet, 7pm in Community Hall

8th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

9th Causewayhead WI meeting in Methodist School Hall at 7:15pm with talk by Pauline Mole about Poems and

10th Silloth Music & Beer Festival

11th Silloth Music & Beer Festival

12th Silloth Music & Beer Festival with The Jam

13th Silloth Music & Beer

22nd Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

October

3rd Coffee Morning in the Recreation Hall at 10am with Silloth & District Pensioners

5th Silloth Town Council meet, 7pm in Community Hall

6th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603 10th Cumbrian Dialect

Competition in the Golf Hotel

14th Causewayhead WI meeting in Methodist School Hall at 7:15pm with talk by Paul Heslop about The Jacobite Rebellions of 1715, 1745 and Bonnie Prince Charlie

20th Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

November

2nd Silloth Town Council meet, 7pm in Community Hall

3rd Solway Tea Dance in Westnewton Village Hall 1:45-3:45pm, Tel: 016973 51603

7th Coffee Morning in the Recreation Hall at 10am with Silloth & District Pensioners

12th Causewayhead WI meeting in Methodist School Hall at 2pm with talk by Mona Kent about Ideas for Christmas

Do you have an event in the area bounded by Abbeytown, Mawbray, Silloth, Skinburness, if so please let us know.

Letters

Dear Buzz,

Solway Scout Troop Reunion

I want to thank you for the help you gave us in advertising the re-union. The presentation was great, it was eye-catching and it was even presented in colour. You certainly pulled-out all the stops and did us proud! Unfortunately, it was all to no avail: we had no response at all. The Committee discussed the matter and decided to have the re-union anyway: both of us attended at the venue Wetherspoons, Botchergate, Carlisle. Before we started, a youngish female declared her interest in the proceedings! After a short discussion, it was decided that she be offered full membership and she was duly sworn-in, following the ceremonial administration of the 'Scout Promise'. The committee were soon pleased to learn that she had one of the attributes, that come naturally to good scouts, in that, she immediately offered to buy a round of drinks. Please note, she had been sworn-in and was, regardless of sex, entitled to all the privileges of a full-blown scout. The committee resolved that there could be no discrimination, and, treating her as equal in every way, accepted her offer. (A pint of Guinness and a mini-brewery ale). Supper was taken and the reminiscing began. As the time to close the meeting approached, the meeting was declared a success. And such a success, that instead of waiting another year: the next annual reunion would be held the next evening at the same venue, this must be some kind of record, worthy of the Guinness Book of Records. That re-union was again enjoyed by all and

this time it was decided to venture over-seas: the 1915 re-union will be held in the Republic of Ireland. Once again, thanks for your kind assistance.

> THE COMMITTEE Geoffrey Bland Samuel Ritchie

Dear Buzz,

Cynthia Akitt and family would like to thank everyone for the cards and condolences received following the death of Colin Akitt.

Thanks also to David Mounsey, for the funeral arrangements, Margaret Gate for the service and to all who contributed to the collection for Silloth First Responders, raising a total of £271.

Colin was born in Silloth and apart from a spell in the Royal Navy, lived and worked all his life here, and will be greatly missed by his family and friends.

The Akitt Family

Poems

Christmas Day by Mrs Jennifer Bailey, Silloth

'Twas the morning of Christmas all bustle and shouts, Grandma was sitting there peeling the sprouts, Grandpa decided to come in for a chat, Fetched water for pooches, tripped over the cat.

Somebody had set all the table with glee, And someone had busily festooned the tree, The cooker was hubbling and bubbling away Getting the Christmas Day lunch on it's way.

The dogs needed "walkies" to settle them down On a park with a lake, quite near to town. Then our Kate and William arrived for their lunch And we all gathered round the table to munch.

Then there were all the gifts to unwrap With surprises and treats for us all. There were thin ones and fat ones and packets with cash And gifts that were precious and small.

When it's all over and we are replete, And the memories start fading away, We'll say how relieved we are that it's gone, Then start planning for next Christmas Day!

Tinkerbell Bee by Leah Ćurran from Holm Cultram Abbey School







The National Poetry Day Competition Winner for Allerdale was Kia Barnes, well done Kia.

Poem by Kia Barnes age 12

Open a book and you will find people and places of every kind;

Open a book and you can wondrous words you find in there

Open a book and I will too you read to me and I'll read to you!

Solfest Bee Josh Williamson from Holm Cultram Abbey School



Portraits and Commercial Photography Photography by Peter Tel: 016973 32180



Masthead Winner

Carlisle Embroidery are generously donating a Solway Buzz embroidered hoodie to the winner. This is in addition to the usual Winners Certificate and £5 Gift Voucher. So, come on kids, get drawing, the Buzz is always looking for more imaginative bees and yours might be the next winner. Send them in to the address on page 10 and a quality Solway Buzz embroidered hoodie from Carlisle Embroidery could be yours.

declared another success.

it when we have a whole

bunch of successes.) The

Committee now knew that

they were really on a roll:

(We organisers really enjoy

This month the winner is Lucv Sturrock from Holm Cultram **Abbey School** with a bee drawing called "Mr Lazy Fat Grump".

Well done!

You don't have to be at school here to send a bee to us. If you are here on holiday we would love to receive your bee drawing. Pick up a form from Silloth Tourist Information and return it there or send it to us, our address on page 10.

Remember you can join the library, search the library catalogue, renew and request books online at cumbria.gov. uk/libraries Visit Silloth Library in the Discovery Centre

Cumbrian Reads

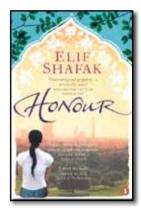
Relax with a good book this Winter

Honour by Elif Shafak

Leaving her twin sister behind, Pembe leaves Turkey for love – following her husband Adem to London. There the Topraks hope to make new lives for themselves and their children. Yet, no matter how far they travel, the traditions and beliefs the Topraks left behind stay with them - carried in the blood. Their eldest is the boy Iskender, who remembers Turkey and feels betrayal deeper than most. His sister is Esma, who is loyal and true despite the pain and heartache. And, lastly, Yunus, who was born in London, and is shy and

Trapped by the mistakes

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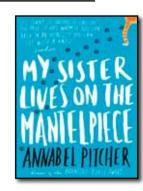
of the past, the Toprak children find their lives shattered and transformed by a brutal act of murder...

Will everything end in tragedy?

My Sister lives on the Mantelpiece by Annabel Pitcher

Ten-year-old Jamie Matthews has just moved to the Lake District with his Dad and his teenage sister, Jasmine for a 'Fresh New Start'. Five years ago his sister's twin, Rose, was blown up by a terrorist bomb. His parents are wrecked by their grief; Jasmine turns to piercing, pink hair and stops eating. The family falls apart. But Jamie hasn't cried in all that time. To him Rose is just a distant memory.

Jamie is far more interested in his cat, Roger, his birthday Spiderman T-shirt, and in keeping his new friend Sunya a secret from his dad. And in his deep longing and unshakeable



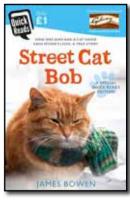
belief that his Mum will come back to the family she walked out on months

When he sees a TV advert for a talent show, he feels certain that this will change everything and bring them all back together once and for all.

Street Cat Bob by James Bowen

When James Bowen found an injured, street cat in the hallway of his sheltered housing, he had no idea just how much his life was about to change. James had been living on the streets of London and the last thing he needed was a pet.

Yet James couldn't resist the clever tom cat, whom he quickly named Bob. Soon the two were best friends, and their funny and sometimes dangerous adventures would change both their lives, slowly healing the scars of each other's troubled pasts.



This tale is heartwarming, uplifting and full of hope.....

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H Is For Hawk by Helen Macdonald

As a child Helen Macdonald was determined to become a falconer. She learned the arcane terminology and read all the classic books, including T. H. White's tortured masterpiece, The Goshawk, which describes White's struggle to train a hawk as a spiritual contest. When her father dies and she is knocked sideways by grief, she becomes obsessed with the idea of training her own goshawk. She buys Mabel for £800 on a Scottish quayside and takes her home to Cambridge. Then she fills the freezer with hawk food



and unplugs the phone, ready to embark on the long, strange business of trying to train this wildest of animals





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A SMOOTH RUNNING, STRESS FREE EXPERIENCE

On the Water Front

Report by: Captain Slog

December 2014
30th Nov. Edzard Cirksena
from Antwerp with fertilizer,
then in ballast to Drogheda.
5th Zapadnyy from
Amsterdam with molasses,
then in ballast to Klaipeda.
12th Lady Alexandra from
St Nazaire with
wheat, then in
ballast to Birdport.

wheat, then in ballast to Birdport. 20th Nordica Hav from Brunsbuttle with wheat, then in ballast to Colraine. 24th Wilson Avonmouth from Muuga with

Muuga with fertilizer, then in ballast to Belfast. 27th Hav Snapper from

Mukran with fertilizer, then in ballast to sea for orders.

The Early Silloth Lifeboats
(1860-1896)



RNLI Badge 1859 - 1907

The Royal National Lifeboat Institution (RNLI) was founded by Sir William Hillary in 1824. He was already at that time, a volunteer crewman at an independent lifeboat station at Douglas Bay on the Isle of Man. Prior to 1824, there were a number of independent lifeboat stations dotted around the British coastline, each with its own design of rescue craft,

but Sir William
recognised the need for
a nationally organised
lifeboat service. With
royal and parliamentary
support, he formed the
'National Institution for the
Preservation of Life from
Shipwreck' That rather
long-winded name for the
organisation was changed in
1854, to become the 'Royal
National Lifeboat Institution'

Following a number of shipwrecks in the treacherous waters of the Solway Firth and the opening of the new Silloth Dock in 1859, which itself brought more shipping into the area, the RNLI decided that it would be prudent to open a new lifeboat station at Silloth. A local Victorian philanthropist from Carlisle, Miss Angela Burdett-Coutts,

offered to fund
the building of a
lifeboat, if other
subscribers would
fund a boathouse
and the ongoing
maintenance of
the station. Local
volunteers were readily
available to crew the
proposed lifeboat. The appeal
was successful and the Silloth

Lifeboat Station was officially

opened on 25th June 1860, with the boathouse located just north of the dock entrance, exactly where it is today. This exciting event received national recognition, by way of an article in the 'Illustrated Times' dated July 14th 1860, describing this momentous occasion.



Engraving from the 'Illustrated Times' of the first Silloth Lifeboat 'Angela & Hannah' 1860-1867

The first Silloth lifeboat was named 'Angela and Hannah' after Miss Burdett-Coutts and her sister, whose generosity funded the boat. It had been designed by the Admiralty Naval Architect James Peake and built by Forrest & Son of Limehouse, London, at a cost of £148. It was manned by a crew of eight volunteers. In 1864, the lifeboat was modified to accommodate a crew of ten men, capable of being rowed or sailed and now with an improved self-righting capability. This particular lifeboat served until 1867, when it was found unfit for further service and withdrawn.



'Angela & Hannah' (II) 1867-1877

The replacement self-righting lifeboat, which cost £246 and was slightly larger and manned by a crew of thirteen, was also called 'Angela end Hannah', that is until 1877, when it was renamed 'Mary Louisa', after Miss Mary Brown of Liverpool who left a legacy to maintain the lifeboat, which remained in service until March 1885.

The third Silloth lifeboat, arriving on station on 11th March 1885, was called 'Emma Frisby,' costing £310 and a gift of Miss Annie F. Howis of London. This was again, a slightly larger self-righting boat, at 34 feet long by 7.5 feet beam, propelled by oars and sails.



'Emma Frisby' 1885-1896 All the lifeboats mentioned so far were launched into the sea from

the beach, by a wooden

Tide Table

FEBRUARY 2015

MARCH 2015

		DEPTH ON NEW DOCK GAUGE							
		High Water				Low Water			
Date		Morning		Afternoon		Morning		Afternoon	
		Time	m	Time	m	Time	m	Time	m
1 2	SU M	10 12 10 55	6.3 6.6	22 35 23 15	6.3	04 36 05 25	=0.1 =0.3	17 11 17 58	-0.3 -0.5
3	TU O	11 32	7.0	23 15	6.9	06 07	:0.4	18 38	-0.6
4	W	11.00	1100	12 05	7.1	06 43	-0.6	19 12	-0.7
5	TH	00 22	7.0	12 36	7.2	07 13	-0.6	19 44	-0.8
6	F	00 54	7.0	13 08	7.2	07 43	-0.6	20 13	-0.7
7	SA	01 26	6.9	13 39	7.1	08 13	-0.6	20 42	-0.6
8	SU	01 57	6.7	14 10	6.9	08 45	-0.5	21 10	-0.5
9	M TU	02 29	6.5	14 41	6.5	09 17	-0.4	21 41	-0.3
10	10	03 03	6.2	15 15	6.2	09 50	-0.1	22 16	-0.1
11	W	03 42	5.9	15 57	5.9	10 28	0.1	22 57	0.2
12	TH ⊄	04.31	5.5	16 52	5.4	11 17	0.4	23 53	0.4
13	F	05 37	5.2	18 11	5.2			12 24	0.6
14 15	SA	07 01	5.2	19 38	5.3	01 13	0.5	13 52	0.5
15	SU	08 18	5.6	20 54	5.7	02 37	0.3	15 11	0.1
16	M	09 22	6.3	21 54	6.4	03 46	-0.1	16 20	-0.4
17	TU	10 15	7.0	22 44	7.1	04 48	-0.5	17 20	-0.8
18	w •	11 03	7.6	23 31	7.6	05 44	-0.9	18 15	-1.2
19	TH	11 49 00 16	8.1 8.0	12 32	0.4	06 36 07 24	-1.3	19 05	-1.6
20	P.	00 16	8.0	12 32	8.4	07.24	-1.5	19 52	-1.7
21	SA	01 00	8.1	13 19	8.4	80 80	-1.6	20 36	-1.6
22	SU	01 45	7.8	14 04	8.2	08 52	-1.4	21 16	-1.4
23	M	02 29	7.5	14 50	7.7	09 32	-1.1	21 55	-1.1
24	TU W D	03 14	7.1	15 39	7.1	10 13	-0.8	22 36	-0.6
25	W D	04 04	6.4	16 33	6.4	11 00	-0.4	23 24	-0.1
26	TH	05 02	5.7	17 39	5.6	11 57	0.1		
27	F.	06 18	5.3	19 01	5.2	00 27	0.4	13 13	0.4
28	SA	07 42	5.2	20 23	5.3	01 49	0.5	14 38	0.3

MARCH 2015 SILLOTH									
DEPTH ON NEW DOCK GAUGE									
	High	Water	Low Water						
Date	Morning	Afternoon	Morning	Afternoon					
	Time m	Time m	Time m	Time m					
1 SU 2 M 3 TU 4 W 5 TH O	08 56 5.6 09 53 6.1 10 35 6.5 11 11 6.9 11 44 7.1	21 29 5.7 22 18 6.2 22 57 6.5 23 30 6.9	03 10 0.4 04 17 0.2 05 06 -0.1 05 46 -0.3 06 20 -0.5	15 53 0.1 16 50 -0.1 17 37 -0.4 18 14 -0.6 18 47 -0.7					
6 F 7 SA 8 SU 9 M 10 TU	00 00 7.1 00 29 7.1 00 59 7.2 01 30 7.1 02 00 6.9	12 13 7.2 12 42 7.3 13 13 7.2 13 43 7.1 14 13 6.9	06 50 -0.6 07 20 -0.7 07 50 -0.7 08 22 -0.7 08 55 -0.5	19 16 -0.8 19 45 -0.8 20 15 -0.8 20 46 -0.6 21 16 -0.4					
11 W 12 TH 13 F C 14 SA 15 SU	02 32 6.6 03 09 6.3 03 56 6.0 04 59 5.5 06 25 5.4	14 45 6.5 15 27 6.2 16 19 5.7 17 35 5.3 19 09 5.3	09 27 -0.3 10 02 -0.1 10 46 0.2 11 49 0.4 00 31 0.6	21 47 -0.1 22 24 0.1 23 15 0.4 13 16 0.4					
16 M 17 TU 18 W 19 TH 20 F	07 49 5.7 08 57 6.3 09 54 7.1 10 43 7.7 11 29 8.2	20 30 5.9 21 34 6.5 22 25 7.2 23 12 7.7 23 56 8.1	02 04 0.4 03 21 -0.0 04 26 -0.4 05 23 -0.9 06 16 -1.3	14 42 0.1 15 56 -0.4 16 59 -0.9 17 54 -1.3 18 45 -1.6					
21 SA 22 SU 23 M 24 TU 25 W	00 38 8.2 01 23 8.1 02 04 7.7 02 47 7.2	12 13 8.4 12 58 8.4 13 43 8.2 14 27 7.7 15 12 7.1	07 03 -1.5 07 48 -1.6 08 30 -1.5 09 11 -1.2 09 52 -0.8	19 30 -1.7 20 12 -1.6 20 53 -1.4 21 31 -0.9 22 09 -0.4					
26 TH 27 F D 28 SA 29 SU 30 M	03 34 6.5 04 29 6.0 05 40 5.4 07 04 5.2 08 21 5.4	16 04 6.3 17 06 5.6 18 26 5.1 19 51 5.1 21 00 5.5	10 36 -0.3 11 30 0.1 01 10 0.7 02 34 0.6	22 53 0.1 23 49 0.5 12 43 0.4 14 07 0.4 15 19 0.2					
31 TU	09 21 5.9	21 51 6.0	03 43 0.4	16 17 -0.1					

Times shown in UTC. Add 1 hour for British Summer Time.

carriage, either down the makeshift slipway using a heavy 'block and tackle' arrangement, or drawn from the boathouse to another suitable location by a team of sturdy horses. This was a time-consuming and difficult process. Therefore during the long winter months, the lifeboat would often be kept afloat within the Marshall Dock. However this dock, (which became tidal following the entrance collapse in 1879), was leaving the lifeboat aground on the mud for extended periods during the low-water cycle. By July 1896, the Chief Inspector of Lifeboats considered that the RNLI station at Silloth was no longer viable and the local Lifeboat Committee of Management reluctantly agreed. Silloth Lifeboat Station closed on 8th October 1896, with

the lifeboat being sold out of service. The nearest RNLI lifeboat station then was located at Maryport, which had opened in 1865. However, that lifeboat station was also closed in 1949, leaving the waters of the upper Solway without any organised maritime rescue service. Seafarers and others, getting into difficulties in this extensive area, would have to rely on whatever assistance could be rendered from local fishermen or from the shore, for several years to come.



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Silloth Music & Beer Festival 2015 Band Listing





Report by: Stephen Hart

Silloth Music and Beer Festival starts on Thursday 10th to Sunday 13th September this year.

The committee are celebrating the 15th festival by bringing a fantastic line-up of acts to the giant marquee on Silloth Green. The headliners are Bruce Foxtons 'FROM THE JAM'

Friday night features 'THE
REAL THING' who are
Britains number one Soul
Band.
Top tribute

playing on Saturday night.

bands 'OASISH' and 'STEREOTONICS' are making a welcome return. Also coming are fast rising rockers 'HEARTBREAK REMEDY' and 'HIGHLY STRUNG'.

Headlining the Thursday evening are Milloms finest 'THE HOLLBORN HILLBILLIES'.

The very sexy 'CINDY HOTEN' is also returning along with favourites 'AWOL',

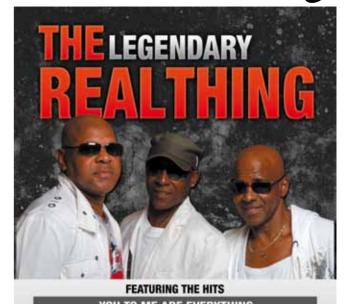


'BROKEN ENGLISH' and 'SUPERFLY'.

There are other bands still to be booked, this will be another fantastic four day extravaganza.

Tickets go on sale from 1st March with the first 200 being earlybird specials at just £35 then the rest at £48. Children up to fourteen years old are free at the afternoon sessions when accompanied by an adult. Special events will be going on in the kidszone, details tbc. Please note there are no special deals in the press this year other than the earlybird offer.

Check out Stanwix Park on www.stanwix.com for special inclusive camping and caravanning deals with tremendous savings.



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- THE REAL THING had three million selling hit singles in the 70's "You To Me Are Everything," "Can't Get By Without You" and "Feel The Force".
- In the 80's they were all remixed and became huge hits again, thanks to the band's massive following.

The Real Thing regularly perform at the Rewind 80's Festivals and the Here and Now Festivals working alongside Artistes such as Rick Astley, Boy George, Belinda Carlisle, Kool and the Gang and Chic.

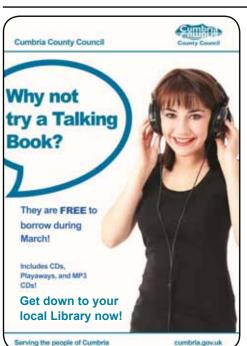


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Let's Get Physical

Have your say on the Allerdale Leisure Strategy!

Allerdale Borough Council is looking to understand what could be holding people back from taking part in sporting and leisure activities, as part of its ongoing attempts to increase the overall health, fitness and wellbeing of its local residents.

Currently, only a third (31 per cent) of the local population manages to carry out some form of physical activity once each week. Not only is this lower than the national average, but also falls a long way short of the recommended levels of 30 minutes of exercise five times a week, which is achieved by just 16 per cent of Allerdale residents.

As such, local residents and sports clubs are being encouraged to share their views on the opportunities they have to participate in sport and physical activities, as part of a new consultation launched this week. This includes people's use of open spaces and playing pitches as well as indoor facilities.

The Allerdale Leisure Strategy is the Council's blueprint for providing the future direction for sport and leisure development across the area. The Council proposes to work with partners to provide high quality sport and

Legal & Official

APPLICATION FOR A PREMISES LICENCE LICENSING ACT 2003

Messrs' Stanwix has applied to Allerdale Borough Council for a Premises Licence for: Stanwix Park Holiday Centre for the sale of alcohol and to allow the holding of Regulated

Entertainment to include:
- Music, Singing, Dancing,
Live performers, Playing of
recorded sound, Sporting/game
competitions in the presence of
an audience (including but not
limited to, darts and snooker/
pool etc) Other forms of live
dance, Showing of a film,

dance, Showing of a film, Performance of a play; and late night refreshment - between the following hours: Outdoor bar area 1000 – 1800. Shop 0800 – 2300. All other areas 1000 – 0300. Premises open to

the public 0800 – 0300.
Any person wishing to make relevant representations on this application may do so in writing by not later than 19th February 2015 to: Licensing Department, Allerdale Borough Council.
Allerdale House, Workington, Cumbria, CA14 3YJ

Allerdale Borough Council.
Allerdale House, Workington,
Cumbria, CA14 3YJ
or by emailing to:
licensing@allerdale.gov.uk.
The full application can be
viewed at Allerdale House,
Workington, CA14 3YJ between
the hours of 10.00am to
4.00pm, Monday to Friday.
IT IS AN OFFENCE, knowingly
or recklessly to make a false
statement in connection with an
application for which you may
be liable to a fine of up to £5000
on summary conviction.

leisure facilities, vibrant programmes of activity, and enjoyment of the natural environment.

One of the Council's key priority themes is 'Improving Health and Wellbeing' and the overall focus of the Allerdale Leisure Strategy will be on:

Working with partners to create healthier communities

Providing access to quality, affordable leisure and cultural activities

Protecting and promoting health and wellbeing

The Council is already taking huge steps toward improving the provision of high quality sport and leisure facilities with the construction of the new Leisure Centre in Workington now underway. The state of the art new centre at Brow Top will have an eight lane 25-metre swimming pool, health suite, fitness suits, sports hall, squash courts, dance studios, climbing wall, and all-weather outdoor sports

The 'Make a Move' project has also seen substantial investment in new sporting activities across the borough since its launch last summer. 'Make a Move' is aimed at encouraging more women, teenage girls and young people with disabilities to get involved in sports and is run in conjunction with local sporting partners.

To share your views on the future of Allerdale's sport and leisure offering, visit www.allerdale.gov.uk/consultation and complete the survey before Friday 13th February.

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Do You Have a Spare Room?

Your spare room could change a young person's life today.

The county council is calling for Cumbrian's to open up their spare rooms to provide temporary, free, safe and secure emergency accommodation for homeless young people.

More than 800 young people needed help finding somewhere to live in Cumbria last year, with around 80 not having anywhere to stay that night.

The service, called Nightstop - is the provision of emergency accommodation for homeless 16 to 25 year olds in the homes of approved volunteers. The council need people to step forward to become Nightstop hosts, opening the door of their home to help young people in need, or become volunteer drivers taking young people to their host for the night.

Cllr Anne Burns, Cumbria County Council's Cabinet member for children's services, said: "Hosts provide a young person with a room of their own that can be used for one night at a time. As well as providing a safe environment, hosts offer an evening meal, washing facilities, breakfast, and a chance to talk, or a space in which to reflect. This already happens across the country - with over 10,000 beds for the night given in 2013. Although the service is driven by a volunteer ethos of people wanting to help others in need, all out of pocket expenses will be paid to hosts, up to £14 a night."

"We're providing a direct link between people who want to help and young individuals in a difficult position who need a bed for the night. It means young people don't have to sleep rough and have more of a chance of breaking the cycle of homelessness.

Anyone with a spare room, an open mind and a caring heart can get in touch. As a volunteer host you can offer accommodation as often or as little as your circumstances permit. Even if you can only offer a room one night a year – for someone, that could make all the difference in the world. "

Chris a volunteer host in Workington said "I've worked with young people all my life and have seen the problems being homeless can cause. Nightstop can help make a difference, and deal with the challenges that crop up. A young person may be at a crisis point with their family, and can end up with nowhere to stay that night. Giving them a meal and a good nights sleep, and having someone to talk to, can be all that is needed to stop them sleeping on the street, and can begin to fix things at home. If Nightstop can stop a young person sleeping rough even for one night, this can break a dangerous downhill cycle of behaviour and help mend a broken life."

To find out more take a look at the website cumbria. gov.uk/nightstop or contact Sharon Jackson, email: Sharon.Jackson@depauluk. org or 079 5844 7477.

Carers Benefits



West Cumbria Carers have had a busy couple of months in the office. We've had a cinema trip, a number of Carers Meets, and even some singing sessions. We've been in contact with several new carers, and our Lasting Power of Attorney service has proved to be very popular.

However, one of our projects in particular has been exceptionally busy. Gillian, our benefits worker, has met with several people this year seeking help to claim benefits. Did you know that if you care for a loved one for more than 35 hours per week you may be entitled to Carers Allowance? In addition, the person you care for may be entitled to Personal Independence Payment or Attendance Allowance, and you may be entitled to a reduction in Council Tax, depending on your circumstances.

Many people may be put off applying for benefits because they

feel the procedure is too complicated, or that they simply are not entitled to support. That's why Gillian offers free regular sessions in Silloth Library for Carers seeking information and support to apply for benefits. You can book a one hour appointment slot with Gillian who will discuss all the options with you. She will also research any additional grants or funds you may be eligible for on your behalf. To book an appointment at Silloth Library please call us on 01900 821 976.

West Cumbria Carers are a registered charity that supports Carers aged 5+ who look after loved ones who could not manage without support. We offer trips, courses, counselling, information services, and a friendly listening ear.

To find out how we can help you, please call us on 01900 821 976, visit www. westcumbriacarers.co.uk, or follow us on Twitter @ WCumbriaCarers

You Can be a Reporter!

The Solway Buzz is a community paper.

What does this mean? It means that there are no employees, just people who have the best interests of our community at heart and are prepared to put in a little effort occasionally to ensure that the Solway Buzz continues to survive. This is our fourteenth year of providing information for the benefit of all through this free paper.

At present we have a full compliment of deliverers but we don't appear to be getting as many reports from the community as before. There are many clubs and

organisations in the area who don't use this facility to tell others what the are doing.

The Buzz has no reporters or photographers to come to your clubs - so can you please appoint someone within your club to send a monthly report to the Buzz, this will strengthen your organisation and make the Buzz more interesting for everyone. Our contact details are on page 10.





Silloth Tigers Top of the League



Ellis Nixon runs another try for the Tigers

Report by: Mark Orchard

With Silloth's Christmas party over there was one more game to play before the festive break and that was the re-arranged league game against Wigton, who made the short journey to Silloth with a strong squad with many of their player having North West One experience.

This was expected by Silloth but what was not expected was the ten minutes it took Red Hot Silloth to blow their opponents away and secure a bonus point win as they destroyed their local rivals 85-5. This fixture was the first competitive league fixture to be played under Silloth's floodlights.

The Silloth squad took a well deserved three week break over the festive season then back to action against Cockermouth. Silloth rested key players and looked a little rusty but still led 14-0 at the break. With five minutes left to go it was 22–17 and game on. Silloth made the relevant changes and were back on top and won the game 22-17.

Next up was the eagerly awaited top of the table clash with league leaders Workington. Silloth went into the game confident

having just lost out to Workington earlier in the season 27-25 with a depleted team. The game started at a ferocious pace and with both teams on form Silloth held a slender 6-5 half time lead. Silloths' running game was outstanding and they eventually crashed over to extend their lead, their dominance saw them win the game 16-12.

This win moved Silloth to the top of the Cumbria League for the first time in the clubs history. The win also maintained the teams two year unbeaten home record.

The following week saw Wigton postpone there league game for the second time this season.

Next up for Silloth was Penrith in a rearranged league game as they had also postponed on Silloth earlier in the season. Before the game Silloth held a minutes applause for former player Mike Aird who sadly passed away after losing his battle with cancer. There was a huge crowd for the game and all in attendance paid their respects to Mike and his Family. Mike's wife, Shelly and his daughters Amy and



Dan Yeoman scores the last try under a flying Penrith player - a fitting tribute to his Godfather Mike Aird

Orchard and his players dedicated their teams win to Mike Aird and his family.

Mike said: "I think the players, club and the towns' supporters who turned out for the game did Mike proud. I played with Mike for many years and I know he was proud of the teams recent success, that win was for him".



L-R: Mark Orchard and Mike Aird at Mikes last match

COMPUTER PROBLEM? No Problem

Chloe were presented with

a bunch of flowers by club

behalf of all at Silloth RUFC

Captain Phillip Scott on

who are all saddened by

Mike would have

been proud of his old

teams performance as

they destroyed Penrith

in emphatic style 71-0.

as Silloth Coach Mark

Afterwards in the club house

there was a further applause

Mike's passing.

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Silloth Seagulls

Report by: Stephen Hart

Silloth Football Club held their annual Christmas extravaganza starting with the traditional old boys versus present team game, with over 30 players turning out a 6-4 score line flattering the present team.

Next up was the Christmas raffle with over £1,000 in prizes. Winners were D. White with a television, S. Wilson with a camcorder, Enda Keaveney with a Galaxy tablet, J. Carr with a digital camera. Thanks go to everyone for buying tickets.

Next was the now legendary kids Christmas party with over 100 kids and their parents enthralled by Elsa from Frozen keeping everybody entertained.

Thanks to Rob and Amanda for the food, Pat Brough for his autographs, Santa for his patience and presents and last but not least to the Rotary Club for



sending another Santa.

Thanks must also go to the SOS Charity Shop for their kind help in getting the kids team going again, and to the Rotary Club for their kind donation and to all the other sponsors. The juniors will be wearing their new kit and hoodies in February.



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