

Honey Bee
by Ruby Beverley from Holm Cultram Abbey School

Solway Buzz

www.solwaybuzz.co.uk

January 2022

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

FREE PAPER

Issue 195

**Merry
Christmas
and a
Happy
New Year
to all Our
Readers**

Adam Walks the Wall to Help Austen Walk



**Can You
Help
Raise the
Funds to
Purchase
an
Innowalk
Machine**

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Charity Walk raises £1,200



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Stanwix Park get Awarded



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Let's all go to Allonby Dook



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Philip Gate is a Winner



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The kids are having fun



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Well done ladies



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Free Counselling for Unpaid Carers



Would you benefit from free counselling?

West Cumbria Carers is offering free counselling to unpaid carers living in Allerdale and Copeland.

An unpaid carer is someone who looks after a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

Caring can be emotionally and physically draining and many carers report feelings of stress and

depression. Counselling can help you find ways to cope with these feelings and look after yourself.

One carer told us...

"I just wanted to say how grateful I am for being offered the counselling sessions. I can honestly say that I have felt a significant improvement since I started them

and I realise that I have neglected myself for quite a while...I will be eternally grateful to her for making me feel valued, listened to, and most importantly – not judged. Thank you so much!"

We currently have three volunteer counsellors who can



provide 1:1 counselling either face to face or via telephone appointment.

Carers can access the service by completing the referral form at www.westcumbriacarers.co.uk or by contacting the volunteer team at general@westcumbriacarers.co.uk or call 01900 821976.

Winter Warmth Appeal

With the rise of fuel prices and the looming flu season, generous Cumbrians are being asked to help local vulnerable older people keep warm and well this winter.

To launch this year's Winter Warmth Appeal, run by Cumbria Community Foundation, some of Cumbria's most senior figures in business swapped a warm, comfortable bed for Honister Slate Mine, to highlight the ongoing struggle many elderly Cumbrians face to keep warm every night.

The annual appeal makes sure that older people who may have to choose between heating and eating, can stay warm and well throughout the colder months.

Andy Beeforth, Chief Executive of Cumbria Community Foundation spent a night shivering alongside David Beeby, the High Sheriff of Cumbria, Soo Redshaw, Business Coach and Charity Trustee, Sarah Dunning, Chair of Westmorland, Richard Rankin, Chief Executive, H&H Group plc and Mark Cant, Co-Founder and Sales Director, The Cumbrian Tea and Cumbrian Coffee Co Ltd.

Cumbria Community Foundation is the leading independent grant-making charity in the county and its annual Winter Warmth Appeal has raised more than £1.3 million since 2010 in a bid to protect some of the most vulnerable members of communities.

One in ten households in Cumbria currently live in fuel poverty, meaning that they spend more than 10 percent of their income on fuel. In most winters, 300 older Cumbrians die because of problems associated with not being able to heat their homes or eat properly. In worse winters, the figure has risen to 500.

Andy Beeforth, Chief



a big difference to our standard of living."

Liz from

Windermere found out that she could apply to the Winter Warmth Fund from Age UK, which works in partnership with Cumbria Community Foundation, making sure the money reaches those most in need.

The 80 year old said: "It really made a difference, especially with being on benefits. I didn't feel frightened of putting the heating on and I could put the radiators on in all rooms rather than just my lounge."

Hannah Kitching, Client Services Manager at Age UK South Lakeland, said: "For a high proportion of our clients, receiving the grant has made the vital difference between remaining warm and well at home during the winter months or being admitted to hospital, or worse. As many older people are only just managing to get by financially, the slightest rise in their outgoings pushes them in to fuel poverty, and many have to make the heartbreaking decision between eating or keeping warm. This is not sustainable and leads to a rise in preventable hospital admissions – a very vicious circle. If you find yourself in a more favourable position, we urge you to donate to the Winter Warmth Fund this year; the difference it makes is simply remarkable."

To donate online, visit <https://cumbriafoundation.enthuse.com/cf/winter-warmth-appeal>.

Alternatively, cheques can be made payable to 'Cumbria Community Foundation' (write Winter Warmth on the back) and post to Cumbria Community Foundation, Dovenby Hall, Dovenby, Cockermouth, Cumbria, CA13 0PN. Donations can also be made over the phone by calling 01900 825760 Monday – Friday between 9am and 5pm.

Executive of Cumbria Community Foundation, said: "Fuel poverty has always been an issue and each year, the Foundation steps up and raises funds for the most vulnerable in our communities who need help and support during the cold winter months. This year will see fuel prices increase and we will unfortunately see more people having to choose whether to heat their homes or cook a hot meal. When your income is fixed, as is the case for many retired, older people, rises in energy bills can quickly become unaffordable, and the only choice left in the worst cases is to endure a cold home. We are pleading with those who can, to give generously to our Winter Warmth Appeal so we can make sure the funds reach people in need this winter."

Last year, more than a thousand Cumbrians were helped to keep warm, after Cumbrians donated over £200,000 to the appeal.

Donations help people like Dorothy 83, from Carlisle. She said: "I am very grateful for the grant as it allowed me to heat my home when it was cold. It also made things easier for me as I was struggling financially, due to splitting up with my partner and I have multiple health problems. For people like me, this money makes



Tropical Bee
by Cole Stevens from Holme St Cuthbert School

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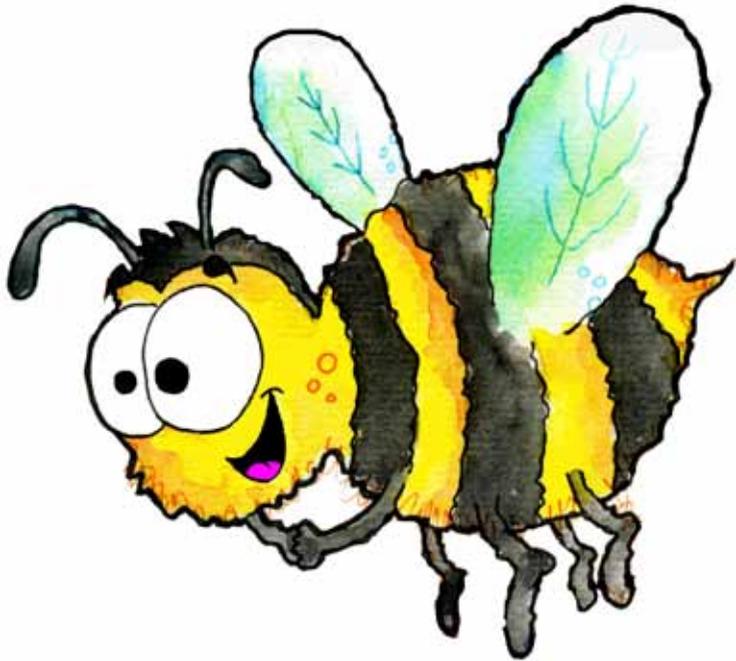
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A Tim Stead Bee!



Local childrens author and artist Tim Stead has very kindly created this bee for the Buzz to use, Many thanks Tim.

Charity Walk Raises £1,200



Well earned drink at Jack's Surf Bar Allonby for the Over the Hill Gang after the charity walk

Alan Rowntree,
Silloth Over the Hill Gang

On Saturday 9th October we did the Bill and Marilyn Amyes Charity Walk from Silloth to Allonby.
Some walked on the coastal

path while others braved the beach.

The weather just about stayed dry until everybody was sinking a beer and eating at the Bay Watch Hotel in Allonby.

Everybody did their bit getting

sponsors or contributing cash and we raised an amazing £1,200 which we split evenly between Eden Valley Hospice and the Great North Air Ambulance. We wish to thank everyone who donated for their generosity. THANK YOU!

Can You Help?

Links Close, W. Silloth 25 properties

If the Buzz paper does not fly through your letter box in the areas we cover, it is because we have not found a volunteer.
If you would like to join our hive of volunteers we would be pleased to hear from you, call Peter on 016973 32180 for more info.

Flower Bee
by
William Falcoln
from
Silloth
Primary
School



Jack
by
Maisie Stalker
from
Silloth
Primary
School



Causewayhead WI

Report by: Jenny Stride

Unfortunately as we were unable to access the hall we didn't have a meeting in November.

At our December meeting Olga gave a very interesting talk on Christmas traditions and foods through the years. Many of our Christian traditions have their roots in Pagan rituals connected to the Winter Solstice, Roman celebration of Saturnalia, where they gave a single gift, also St Nicholas who was known for giving gifts to the poor.

Germany and Scandinavia had Odin as a bearded old man who flew through the sky on an eight legged horse and left a gift for children who left carrots and straw for the horse.

Mistletoe was a sacred plant to the Romans who performed fertility rites. Romans also

used to decorate trees outside their homes with metal ornaments. This was also a German tradition brought to the UK by Prince Albert on his marriage to Victoria.

Food was also an important part of these Pagan festivities and as Christmas is so close to the Solstice the feasting element became a big part of Christian Christmas festivities.

Over the years these foods have changed a lot and after Olga's description of how they used to cook certain items I for one am glad they have.

After the talk Olga produced a quiz and a small prize was won by Dawn. This was followed by some carol singing and tea/coffee and mince pies and biscuits.

The raffle was won by Susan Kenny and Joyce Bailey.



Women's
Institute

Army Awards Stanwix Park a Certificate of Commendation



After several cancellations due to Covid, Lieutenant Colonel Jim Turner, commanding officer of Catterick Garrison was able to make the journey to Silloth to present Stanwix Park with a Certificate of Commendation.

This was awarded by Catterick Garrison for outstanding generosity in support of military personnel and their families.

L-R: Graham Stanwix, Roland Stanwix, Lieutenant Colonel Jim Turner & Stephen Stanwix.

Obstruction of Footways & Pavements

Silloth Town Council's Accessibility Committee carried out a series of walkabouts around Silloth to assess how accessible the town is for wheelchair users. The number of A-boards and other obstructions on certain streets was quite apparent. A-boards by their very nature obstruct pedestrians from being able to move in a straight line along the pavement. They present a trip hazard, especially to people who cannot see them and who use mobility aids. A letter has been sent to remind all business owners of the legislation.

Footways should be kept clear of obstruction, however 'A' boards and street cafes are permitted where certain conditions are met.

The information below has been provided by Cumbria County Council.

Cumbria County Council maintains the following criteria for those businesses that wish to place an 'A' board on the footway:

Only one obstruction per premises (e.g. One 'A' board is permitted even in the event of multi-occupation)

There must be a footway width of 2 metres between the sign and the kerb. 1.5 metre would be



Silloth-on-Solway Town Council

regarded as the minimum in most circumstances.

The sign must be at the frontage of the business.

Any advertisement must relate only to the normal business of the trading establishment.

The sign must not impede vehicular emergency access.

The owner must have Public Liability Insurance to cover the 'A' board to the minimum value of five million pounds

Boards must not be attached to street furniture, lighting columns, trees or other items within the highway.

Rotating signs will not be permitted.

Bus stops / taxi ranks, etc must not be hindered.

Signs should be no wider than 800mm square in plan and no higher than 1 metre above ground level.

Signs should be presented in a legal, decent and attractive manner in accordance with UK Code of non-broadcast Advertising, Sales Promotion and Direct Marketing (CAP Code).

With regards, Street cafes – much of the same applies with the additional conditions:

The equipment/furniture shall be of such good quality and design and kept in good repair and condition.

No fixtures of excavations of any kind or damage to the surface of the highways which shall be left entirely undisturbed.

The facility must be protected by barriers or other means of enclosure, primarily to guide the visually impaired. Such barriers need to be

not less than 800mm high with no more than 150mm between the base rail and the ground. Distinguishing markings should be included to aid the partially sighted.

All barriers, equipment and furniture must be removed from the highway when the facility is closed.

No items of equipment may be stored, out of use, on the highway.



Unicorn Bee
by Isla Carr from Holme St Cuthbert School



Help Me Bee
by Summer Barrett
from Silloth Primary School



Super Bee!
by Riley Johnstone
from Silloth Primary School

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Grants Available so Apply Now

Cumbria's Police and Crime Commissioner, Peter McCall is re-opening the Property Fund and inviting organisations, charities and local voluntary groups to apply for up to £2,500.

The property fund re-invests money seized from criminal activity and distributes it into local projects, new initiatives and diversionary activities that engage in community interventions and initiatives that help to reduce crime in Cumbria.

Peter McCall comments: "Helping to support projects that engage in community initiatives and interventions to reduce crime is a key priority of mine, and over the last five years we have invested £187,965 from the Property Fund, back into community projects. As a requirement, grant applications should be for projects or activity



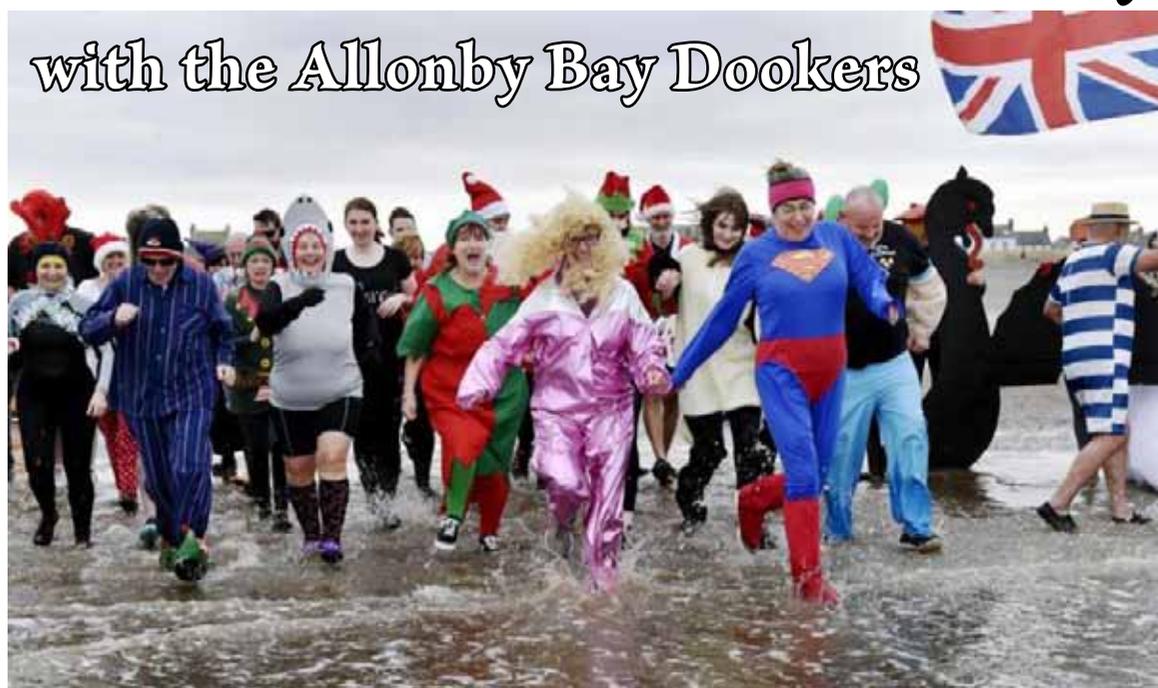
which helps to reduce crime and disorder in Cumbria and links in with one or more of the objectives in the Police and Crime Plan, which can be found on our website: Property Fund - Cumbria Police and Crime Commissioner (cumbria-pcc.

gov.uk). The fund can help to make a real difference and often provides the much-needed boost for updating resources and helping provide new kit and equipment for sporting activities for example. We will support early intervention programmes that support the reduction in the risk of offending and re-offending, and also projects that work with groups such as young people, elderly, those with a disability, ethnic minority groups and other excluded communities."

The next closing date for applications 21st February 2022.

Come for a Dook in Allonby

with the Allonby Bay Dookers



Report by: Susan Anderson

Fantastic News!

After a break last year because of the COVID-19 pandemic, the Allonby Bay Dook is BACK. The event is, as usual, supported by the lovely lads and lasses from Maryport Inshore Rescue.

We always raise money for the fantastic Maryport Inshore Rescue team but this year the people of Allonby feel it's even more important to support this excellent body of people. Several properties in Allonby suffered flooding in the heavy rains at the end of October and were supported in an amazing

way by Maryport Inshore Rescue. Please help us support this charity by joining us for The Dook.

Taking place, on Saturday 1st January 2021 at Midday. The village hall will be open from 11:30 for people to congregate and get changed, also open afterwards for a warming beverage.

Fancy dress is strongly encouraged as always but not mandatory. Under 16s must be accompanied by an adult and



everyone participates at their own risk. Come along and get wet or just come along and laugh at the shrieks as the rest of us plunge into the refreshing waters of the Solway.

Revel at the range of costumes on show. It really is a great event and guaranteed to blow away the Christmas cobwebs.

Bring some money for our stalwart supporters with buckets or donate online by scanning the QR code.

Look After Our Rural Communities

Cumbria's Police and Crime Commissioner, Peter McCall, is warning the public not to vandalise the county's rural areas.

In the last three months, Cumbria Constabulary have received 17 reports of arson in rural communities across Cumbria. Fires can quickly grow and spread causing destruction to the local environment, businesses, residencies, and lives. 86% of businesses that have a fire never recover and reopen.

Cumbria's Police and Crime Commissioner, Peter McCall, said: "We live in a beautiful, rural county that attracts visitors from all over the world but sadly some people do not appreciate this and actively destroy it. Vandalising our rural communities, including arson, can lead to a criminal charge and even end in a conviction. I would strongly advise anyone considering breaking the law to think twice and do the right thing as the laws are in place to protect everyone. Setting uncontrolled fires is extremely irresponsible and could cost the



livelihoods of our many farmers and other rural businesses that rely on our clean and healthy countryside to earn a living and, worst case scenario, an out-of-control fire could cost people their lives. I would urge anyone to report any suspicious behaviour to the Police as the public know their community better than anyone and can really help the Police build intelligence. For those who do not wish to report to the Police, Crimestoppers is 100% anonymous and can be reached on 0800 555 111. It's not worth the

risk - please follow the law and keep our county safe and clean for everyone."

Cumbria Police's Rural Crime lead, Chief Inspector Lee Skelton said: "Cumbria is a beautiful place and we continue to work closely with our partners to protect it. Any fire, either deliberate or accidental, can easily get out of control, especially in rural settings. We take all reports of fires started deliberately seriously and will take action against anyone who is deliberately or carelessly putting lives and the environment at risk."



Cookie Bee King

by Davie Armstrong Woodhead from Silloth Primary School

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Carols & Christmas Songs



Report by: Margaret English

After all the long-time of no singing during Covid, on Friday 3rd December a happy crowd came to Christ Church to listen and join in with Christmas songs and carols.

It was a beautiful setting with Christmas decorations, a huge Christmas tree and many candles lighting up the newly refurbished church.

The warmth and enthusiasm produced by our RNLI treasurer Willie in his Father Christmas gear with his wife Wilma as they sang using a keyboard and the church organ. The audience had a lovely evening and supported the RNLI generously raising £381 after expenses. The RNLI stall took £78 on top of that.

Our thanks go to everyone who provided the raffle prizes. A very special thank you to Canon Bryan

Rothwell and Anne Louise his wife for all the help they gave us on the night. Finally, an enormous thank you to everyone who joined us and helped to make it such a success.

Well done everyone.
Happy Christmas!



Check Children's Online Activity

Cumbria's Police and Crime Commissioner, Peter McCall, is urging parents to check their children's online activity and speak to their kids around what is and isn't appropriate to share on the internet.

The darker and colder weather is approaching with the clocks having turned back at the weekend just past. With this seasonal change, more children will be spending more time indoors and on tablets, phones, laptops etc. This increases the chance of young people being targeted by criminals trying to gain their trust for information, images and, in worst case scenarios, to meet up in person.

Cumbria Constabulary's Cyber and Digital Crime Unit, funded by the Police and Crime Commissioner, conducted 87 investigations of online child sexual exploitation in the last 12 months. A large amount of these crimes took place on KIK (20%), Snapchat (19%) and Facebook (9%). The criminals will often befriend the children and their friends on social media so it will look like it is someone they can trust as they have mutual friends and give compliments and often offer to buy them gifts like virtual gaming money such as V Bucks on Fortnite or FIFA points to gain their trust. Once trust is gained, the criminal will start to ask for nude images. Snapchat has an accurate location map that can show exactly where someone lives, children should turn this to ghost mode to avoid being tracked.

Cumbria's Police and Crime Commissioner, Peter McCall, said: "Cyber-crime is advancing rapidly and the best way to avoid being targeted by these criminals is to understand the risks, protect ourselves as best we can and highlight these dangers to our loved ones. No one wants to see their child become a victim of online child sexual exploitation which is why it's so important that we, as parents, talk to our children about the risks and why

we shouldn't share personal information online. Several tips can help further protect children

online such as setting clear rules like: only accepting friend requests from known friends and family; never sharing personal information such as which school they attend or their address; and setting a limit on screen time. Get Safe Online has lots of great information around all types of cyber-crime so I would ask everyone to look at their website www.getsafeonline.org. If you have been targeted by a cyber-criminal or believe that your child has been in contact with someone suspicious then I would urge you to report this to the police on 101."

Detective Inspector Ian Harwood, Cumbria Constabulary Cyber & Digital Crime Unit, said: "It is vital that we speak with our children on online safety and gain an understanding of their online activity. Offenders may encourage young people to move



from a public forum, to a game, or more private chat apps or sites. It's always a good idea to remind your child to be wary of people who want them to chat privately. Have conversations with your child about the new apps they are using and who they may be talking to. The Constabulary has a dedicated unit which works behind-the-scenes to tackle online offences, track offenders and keep people safe. Many of the crimes we deal with are unseen to the public, with offenders using online technology to commit a range of offences, including the exploitation of children. Our specialist officers use an extensive array of investigative techniques and strategies to identify offenders and the evidence to bring them to justice."



Silage Bees'

by Jack David Tiffin from Holm Cultram Abbey School

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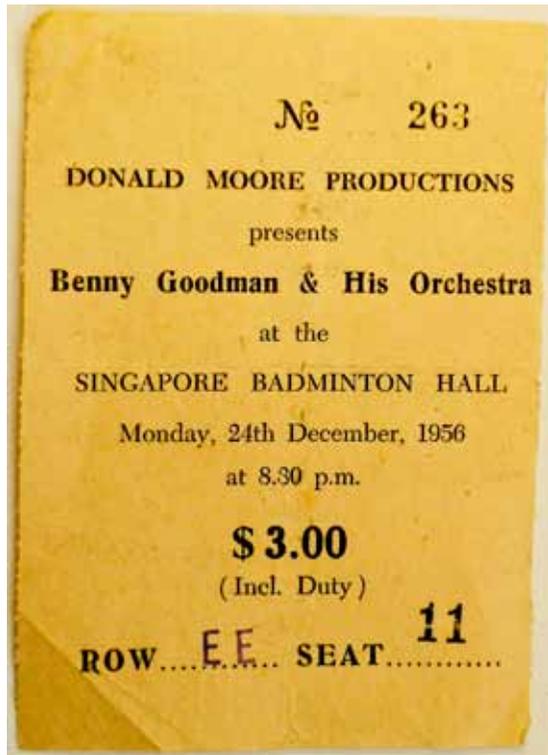
Down Memory Lane

65 years ago, this Christmas Eve, is a date firmly lodged in Michael Faulkner's memory. At the time he was serving with the 1st Kings Dragoon Guards in Malaya and based in Johore.

After spotting an article in the local newspaper, he and a group of friends decided to make the trip down to Singapore for a "Big Night Out".

The Benny Goodman Orchestra was making a "one night" appearance

at the Singapore Badminton Hall on its Far East Tour. A chance not to be missed and what a memorable night it was. It seems such a pity that today's youngsters



have missed out on the sounds of the Big Band era.. ps.....Michael wonders what the \$3 ticket would cost at today's rates?

We Med It In't End



Report by: Tim Barker

Silloth Rotary Club's Cumbrian Dialect Competition took place on November 6th after a series of setbacks.

First, Covid meant we had to cancel the event in 2020 but we felt it would be reasonable to go ahead this year. Traditional date is the second Saturday in October and we arranged to go into Christ Church as we had done in 2019. Then various covid-related problems meant the rebuilding work on the church fell behind schedule so we postponed till November.

Publicity went out, the church was open, people from all over the county prepared to travel; and on the evening before the event, the church heating system failed.

Next morning panic turned to thought and (answered) prayer and we approached St Andrew's

Church who immediately and generously said we might use their hall which was already being heated and filled with good cheer from the Pensioners' coffee morning.

Silloth Today Facebook page and Radio Cumbria published the change of venue and a notice on Christ Church door meant everyone made it.

As expected less people than usual were prepared to come out at the moment but nearly all seats were taken and six entrants provided good competition and fine entertainment. There were two first-time speakers which bodes well for the future.



Several people contributed with other readings including the President of the Lakeland Dialect Society, Tommy Coulthard, who read from his recent autobiography "Tommy's T'yale" which recently

won an award in the Lakeland Book of the Year competition.

Winners were - Best Newcomer, Davie Craddock. Most Humorous: Dick Gargett. Best over all: Phillip Gate.

Many thanks to our judges Louise Green, Tony Markley and Owen Martin. To Joe and Karen for the cakes and especially to the community of St Andrew's Church for their hospitality.



Halloween Bee by Megan Peile from Holm Cultram Abbey School



King Bee and Bodyguard Bees by Logan James Weir from Silloth Primary School

What is Lottery Fraud?

Criminals will contact unsuspecting victims informing them they have won a lottery or prize draw. The victim is then informed that they will need to pay an advance fee in order to receive their winnings. In reality, the winnings are non-existent and it is an attempt to steal the victims money, personal or financial information.

Between April and October 2021, Action Fraud received 629 reports of lottery fraud, with 89 per cent of reports mentioning well-known prize draws. Impersonation of People's Postcode Lottery accounted for almost half (49 per cent) of all reports. Almost three quarters of victims (70 per cent) were aged over 50, with those aged over

65 accounting for 40 per cent of reports.

Fraudsters use gift cards as a form of payment as they can be easily redeemed and sold on. The criminals don't need the physical card to redeem the value as they ask the victims to share the serial code on the back of the card with them. In other instances, victims reported being asked for personal and financial information in order to obtain their alleged winnings. Some victims reported providing their bank details thinking they would be sent a small payment to verify the account. In reality, criminals will use these details to steal the victim's money.

How to protect yourself

Stop: Unsolicited offers of

large sums of money in return for a small upfront payment should always raise a red flag. Taking a moment to stop and think before parting with your money or information could keep you safe.

Challenge: Could it be fake? Remember, you can't win a prize in a competition you didn't enter. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

Protect: If you think you've been a victim of fraud, contact your bank immediately and report it to Action Fraud online at actionfraud.police.uk or by calling 0300 123 2040.

You can find further protection advice around lotteries and competition on the Gambling Commission's website.

War Time Impressions of Silloth by a Hudson Pilot

Report by: Tim Barker

I was recently sent a charming book "The Box of Beautiful Letters" in which Cheryl Underhill reveals the letters her parents wrote to each other at the beginning of World War II, 1939 to 1941.

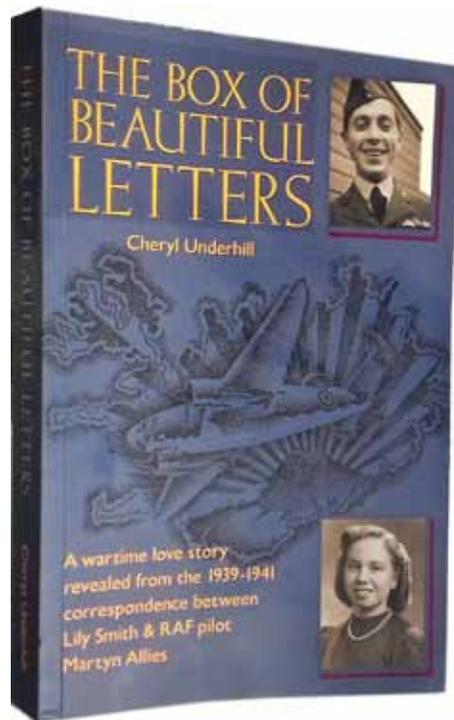
Martyn and Lily were both twenty when the war began and he joined the RAF, hoping to become a pilot. They were just beginning a loving relationship and their letters combine romance and a rich insight into everyday life on the home front and the experience of a young trainee airman.

Of interest to us are the letters Martyn wrote when he was posted to RAF Silloth in March 1941.

Cheryl has given me permission to quote his letter of March 25th.

"My dearest girl, now let me tell you about Silloth. It is a much larger place than I had imagined, but don't get the wrong idea, it is by no means a big place. It is a very bleak little holiday resort presumably frequented by the people of Carlisle. There is no "front" but the street which is nearest to the sea looks out on to a strip of green which borders the lower cliff. The street is paved with cobblestones and short knobbly trees line the pavements. The hotels have flat, geometric, undecorative fronts painted in the drabest colours of grey, dirty white and brown. In fact the town looks just like a tiny French seaside place - a miniature Dieppe!

I should think the town boasts



as many shops as Theydon Bois and every shop sells everything, from soap to sardines!

There is one cinema, which is rather smaller than the Lecture Hall, but the programme is changed three times a week.

Silloth is actually a small port and is handling quite a lot of traffic, now that places like Bristol and Glasgow have been bombed. This morning I have done my first one and a half hours flying on Hudsons. I think I'm going to like these aeroplanes very much, though at present I am quite bewildered by the masses of instruments, levers, knobs etc,

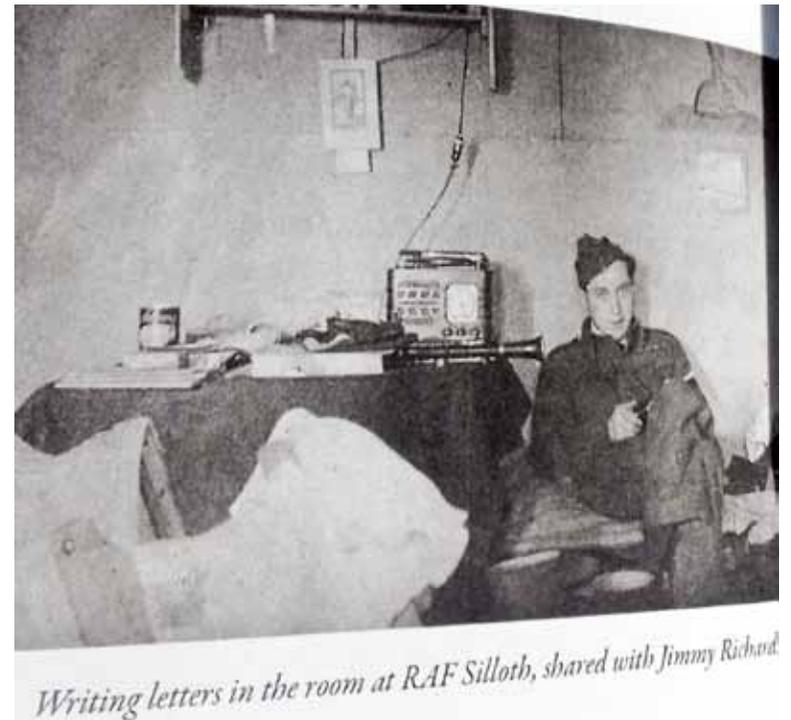
with which the pilot is surrounded. It takes quite a time to get used to them I fancy."

Author Cheryl mentions the model aircraft on the Green by the RAFA Club which is Silloth's testimony to the young men who flew Lockheed Hudsons and to so many who died in training. Martyn was one of the lucky ones. On May 4th he wrote:

"You'll no doubt be pleased to hear, Lily, that my usual flying luck held up last night when we had a crack-up in night flying. Unfortunately I was the pilot when the crash occurred but to my relief we none of us received more than slight bruises and we managed to get

well clear of the wreck before the flames spread.

Only two days later he had something more cheerful to report. My dearest girl, this afternoon we all became budding film stars as some men from Fox films came down to take sequences for a new film called A Yank in the RAF



Writing letters in the room at RAF Silloth, shared with Jimmy Richard

which stars Tyrone Power!

Three of our machines flew in close formation up and down the Solway while a fourth, which carried photographers, cruised around us and took pictures from various angles. I was in the leading machine of the formation and in case you ever see the film this was aircraft Q"

The film is on YouTube and about an hour in there is a sequence of Hudsons taking off and flying over the unmistakable Silloth skyline with Carrs Mill and Christ Church clearly visible. I didn't spot aircraft Q though.

The Box of Beautiful letters, by Cheryl Underhill. ISBN 978-1-913425-94-4



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Contact: Denise Poland on 07999 752713

Closed Mondays

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Silloth on Solway Community Shop

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- * All proceeds go back into the community *
- * Please continue donating *

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Christmas Munch Lunch

£2,142 Raised

Report by: Laura Sim

On Thursday 2nd December we were able to hold our Christmas Munch Lunch again in Holme Cultram Abbey.

We prepared 66 meals as takeaways and served approximately 78 seated meals with Grace being said by Reverend Canon Bryan Rothwell.

It was lovely to see so many people enjoying a meal together. A wonderful total of £2,142.30 was raised from all the meals and a raffle.

Thank you to all those who generously donated towards this delicious Christmas Munch and made it such a successful event.



Thank you also to all our volunteers who worked tirelessly to prepare and serve all the meals we couldn't have done it without them.

We wish you all a Merry Christmas and a Peaceful New Year and look forward to seeing everyone in 2022.



Silloth Playgroup



Report by: Megan Wise

The children from Silloth playgroup celebrated their Christmas party at Dobbies soft

play. Where they met Santas elf and had lots of fun.

Huge thank you to Peggie Richardson and Maureen Irving for all their hard work, kindness and commitment running the group.



Buzz by Louie Pearson from Silloth Primary School



Bee Land by Maisie Emmerson from Holm Cultram Abbey School

SILLOTH CAFE

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Monday-Saturday 12am--8pm

Pensioners Meal Deal:

Sunday 12am to 7:30pm

Monday - Friday

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Percy by Artie Robinson from Silloth Primary School

Peppa Pig Bee by Hannah Wise from Holme St Cuthbert School



A Large Turnout for Remembrance Sunday



Report by: Lawrence Marshall

Remembrance Sunday service was held at Christ Church on 14th Nov. There was very good attendance in the recently altered church which can now be used for a variety of activities.

The Remembrance service was conducted by Canon Bryan Rothwell with Rev'd Alistair Smeaton providing the sermon.

At 10:45am the congregation moved outside to the cenotaph for a short service for the two minutes silence at 11am. More people were waiting to join in this part of the service.

The RNLI had arranged for a cannon to be fired at the start and end of the 2 minutes silence. They had also arranged for a vehicle to be placed on the main road to stop traffic passing during the service.

Sixteen wreaths were laid at the cenotaph. Sheona Nicoll laid for the Royal British Legion and town mayor Mark Orchard for Silloth Town Council. It was a very pleasant day for Remembrance day.



Christmas Fayre at Holm Cultram Abbey

£2,620 Raised

Report by: Laura Sim

Holme Cultram Abbey were delighted to have their Christmas Fayre on Saturday 27th and Sunday 28th November, it was lovely to have some sort of normality after almost two years of Covid restrictions.

Sadly Santa was unable to attend as he was shielding so that he didn't catch Covid before Christmas Eve!

In his absence children of all ages wrote and posted letters containing their wish list along with some lovely pictures to him. Santa's elves are now busy working on all the children's wishes and he looks forward to delivering all of them on Christmas Eve.

We all had an enjoyable weekend and special thanks go to all our stall holders, volunteers and everyone who supported us over the weekend, without your support the event wouldn't have been a huge success.

We are pleased to say that we raised a fabulous £2,620.81 which will go towards the running and restoration costs of the Abbey.

Margaret Rees said: "My own contribution was to provide a display and demonstration of Corn Dolly making: several little children went home happily with the little corn dolly they'd made themselves - and the grown-ups learnt a bit about the ancient stories and traditions: corn dollies go back eight thousand years to the beginning of farming, and I'm one of the few people still making them."



Well done the catering crew



RNLI Quiz Night



on Friday 28th January at 7:30pm in Mrs Wilsons, Criffel Street, Silloth

Entry £6 per person including supper Teams of up to 4. Numbers are limited.

Please pre-book £3 per head at Mrs Wilson's.

Tel 016973 31155

MAWBRAY VILLAGE HALL

WISHES EVERYONE A



Lots to look forward to in 2022.

Regular Activities

- Jill Chester's Popular Exercise Classes
- The Craft & Chat Club
- N.I.A. (Non-Impact Aerobics)
 - The Pool Club
- Book & Jigsaw Exchange
- Tai Chi Classes
- Indoor Bowling
- The Monthly Film Club

Everyone Always Welcome to Join Us

The Mawbray Film Club presents

PADDINGTON 2

SATURDAY 22 January
The film starts at 7:00pm

Bring your own cushions, if you wish. Bring your own refreshments, cups/glasses. All rubbish to be taken with you when you leave at the end of the evening. Masks must be worn when moving around the hall or in conversations. Children must be accompanied by an adult. There are limited spaces available due to social distancing, so pre-booking is essential.

You must be a member to participate	To join and/or to book contact Brian or Lyns.
Life-time Membership: £5.00 per adult	01909 881737
Family Night Charge: £2.00 per adult	07542 781234
£8.00 per couple (children 10)	07924 810074
£10.00 per family	

Holme Cultram Abbey

Monthly Munch

Our famous Monthly Munches are back! You can now eat in or takeaway.

On Thursday 6th January 2022 between 11.30am - 1pm At Holme Cultram Abbey Tearoom

2 Courses

Main - Mince, Potatoes & Veg

(Served with or without dumplings)

Pudding - Raspberry Jam Sponge & Custard

(alternative options available please ask)



Eat in: £6.00 includes tea/coffee

Takeaway: £5.00

(local delivery available please let us know when ordering)

To book/order or for more information please contact:

Brenda - 016973 61224 or Anita - 016973 61113

(Bookings/orders to be placed by Wednesday 5th January 2022)

Please support us if you can and we look forward to seeing some old and new faces. Thank you



Your Buzzing Letters & Poems

Dear Buzz,

Three wishes for Christmas: Cumbria Highways can budget enough money to actually complete the resurfacing of "ALL" Solway Street and if given a little goodwill properly repair the collapsed setts at the post office junction. It would also be very nice if some of the pot holes marked off were filled in, most motorists in and around Silloth are sick to death of dodging them in a bid to try and protect their vehicles. Then of course the blots on the landscape, the tree on Eden Street that's been cordoned off at least 4 months with nothing happening. Can anyone please tell me what is the point of having a conservation area then allowing scaffolding to destroy the look. It would not be so bad if any work was not still going on after a year, maybe a few fairy lights to mark the occasion? Finally, I hope everyone can remain fit and well until we beat this Covid virus.

Yours Truly
The Whinge (CB)

Dear Buzz,

Pensioners Christmas Party Many thanks must go to Stephen Stanwix and his staff for providing a great venue for the Pensioners Christmas Party 2021, for all the help setting up, staffing the bar, and clearing up. The Ladies of the Committee would struggle without all their help. Big thanks also to Liam and Miss D for the superb entertainment, quite a few could not help getting up on the dance floor when some favourite songs were sung. A lovely buffet was served by the Committee and helpers and a good raffle was held in the room. We were sorry that quite a few regulars were not with us this year, but we wish all a Very Merry Christmas and Happy New Year.

Jean Day

Dear Buzz,

I would like to take the opportunity through the Buzz to say a very big thank you to Alison Henderson and Julie Wallace for their donation of £885 to purchase a heated defibrillator cabinet and the defibrillator that now sits in the doorway beside the entrance to Silloth Bowling Club. Also a big thanks to Owen Martin, for taking the time out to show members of Silloth Bowling Club how to use this life saving piece of kit, hopefully we will never need to use it in any emergency situations, but is situated in a place covering another part of the town. Thanks again to all concerned.

Eddie Orchard
President
Silloth Bowling Club

Only at Christmas!
by Sophia Lodhi

I write about an old wives' tale
I've always longed to see fulfilled:
That pets should speak on Christmas night,
And give their owners great delight!

Christmas Eve: we made a meal...
Mince pies...then candied orange peel...
We laughed and sighed and danced awhile...
More logs were flung upon the pile...

Hot mulled wine with spice was served;
I really should have gone to bed...
But dozed lightly till midnight struck;
Was it just fate, or my good luck?

Our dog, he stirred from blankets of
Wool and fleece, so warm and soft;
Stretching tall, he stood upright:
And I am sure he said "goodnight!"

THE PHONE
by Penny Stimson

Christmas is over
the tree is packed away,
we're all back to normal
for another day.

Presents put in the bathroom
making it smell nice,
cardigans and jumpers
hidden from the mice.

Memories staked away
to think of through the year
of parties we never had
because you were not here.

But this is age and getting old
when now you're on your own
of memories of what things were
while sitting by the phone.

Hunny Bee
by
Alistair Ledingham
from
Holm Cultram Abbey
School



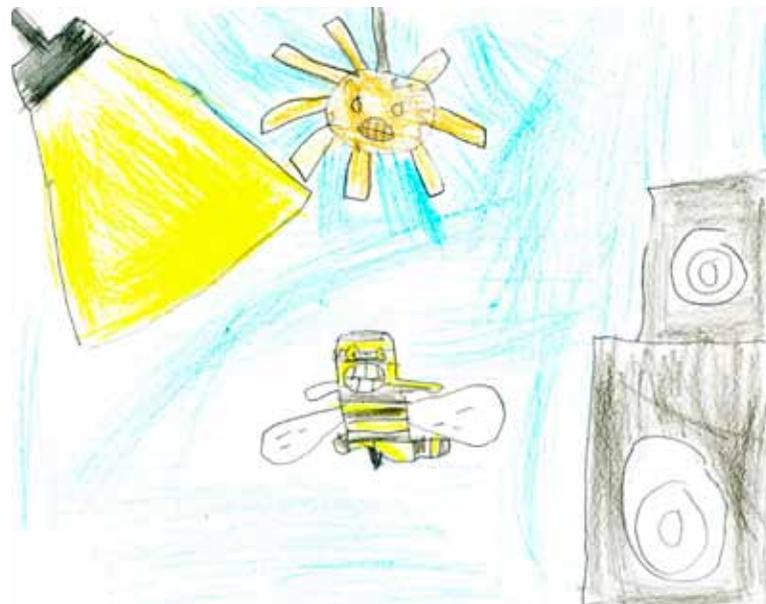
Fairy Bees
by
Zara Brew (Toole)
from
Holm Cultram
Abbey School

Dear Buzz,

Roland & Lorna Winter would like to wish their family and friends a Merry Christmas and Happy New Year. We will be sending a donation to Hospice at Home instead of sending Christmas cards as they have been an enormous support to our family this difficult year.

Roland & Lorna Winter

Do you have a poem or letter for the buzz?
We welcome all submissions, there is no charge.
Please remember to include your contact information.



Halloween Boogie Bee
by Isaac Kay from Holm Cultram Abbey School



Masthead Bee Winner

Carlisle Embroidery are generously donating a Solway Buzz embroidered Kids Rucksack to the winner. This is in addition to the usual Winners Certificate and a £5 Gift Voucher from the Solway Buzz. So, come on kids, get drawing, the Buzz is always looking for more imaginative bees and yours might be the next winner. Return to your school or post to the address on page 14 (large stamp) and a quality Solway Buzz embroidered Rucksack from Carlisle Embroidery could be yours. 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 have your bee drawing. Or send it to us, our address is on page 14.

This month the winner is Ruby Beverley from Holm Cultram Abbey School with a bee drawing called "Honey Bee".

Well done!



Non-Commercial Tourism Websites

- solwaybuzz.co.uk
- sillothgreen.co.uk
- silloth-on-solway.co.uk
- sillothgolfclub.co.uk
- vintagerally.co.uk
- sillothbeerfestival.co.uk
- sillothmotorcyclemuseum.co.uk
- silloth-on-solway-tc.gov.uk
- visitcumbria.com/wc/silloth
- soldiersinsilloth.co.uk
- solwayplain.co.uk/silloth1.htm
- facebook.com/sillothgreen
- facebook.com/silloth-carnival
- facebook.com/groups/121042258051545 (Silloth Today)

Winter Holiday Activity Programme



With the winter holidays just around the corner, young Cumbrians will be spoilt for choice of things to do with Cumbria's Winter Holiday Activity Programme.

Hundreds of different activities are on offer from more than 70 organisations through the school holidays. From farm experiences and rock climbing to Snowsports and festive crafts, the huge range of activities on offer will give young Cumbrians the opportunity to try something new and have fun this winter.

Funded by the Government's Holiday Activity and Food Programme, all the activities are free for families whose children receive benefits-related free school meals. The programme will also fund additional free places for young people in particular circumstances, with eligibility for funding depending on the

organisation running the activity. Some activities also have paid-for places available to all children and young people.

Cumbrian families are being encouraged to visit www.cumbria.gov.uk/holidays to see the activities on offer and book. All activities must be booked in advance.

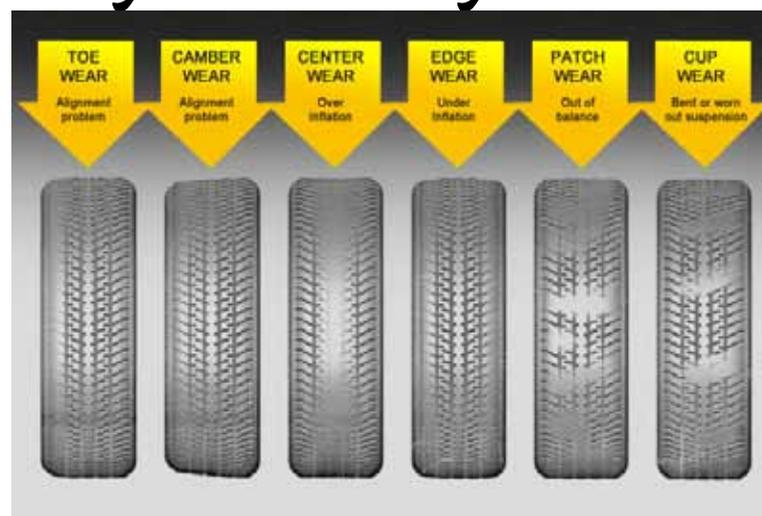
Councillor Deborah Earl, Cabinet Member for Communities and Public Health, said: I am so glad that we have been able to pull together such a comprehensive programme, with activities taking place up and down the county. The summer programme brought smiles back to the faces of the county's children and young people after a tough 18 months, and I know the winter programme will have the same positive impact again. It's great to see that over 90% of organisations involved in our summer programme are on board with us again for the winter programme, with the newly

commissioned organisations helping to add extra variety to a programme which already had so much to offer Cumbrian young people. Just like last summer, places are filling up fast, so book now to avoid disappointment."

Cath Clarke from Cumbria Youth Alliance said: I'm so excited that we've been able to put together this fantastic programme for local families over the winter holidays. Activities are primarily held in the venues of activity providers, however, due in part to the time of year, we have also included more 'remote' activities which young people can do in the comfort of their own homes. Search the range of activities on offer on at www.cumbria.gov.uk/holidays."

Families can also sign up to the Cumbria Holiday Activity Programme mailing list to get the latest updates for winter programme and beyond- into 2022.

Tyre Safety Alert



Any car owner should always be aware of this information, however, Cumbria Police are encouraging motorists to double check their tyres with the changing of the season. Here is some handy tips surrounding what is required.

Tyre tread

The legal minimum tread depth for cars in the UK is 1.6mm throughout a continuous band comprising the central three-quarters of breadth of the tread and around its entire outer circumference. In wet weather tyre tread grooves help to remove water from the contact patch between your tyres and the road surface meaning your car can brake, steer and accelerate properly. Without adequate tread depth your tyres may not be able to perform properly in wet conditions, reducing your safety on the road.

It is therefore advisable to consider replacing your tyres well before they reach the legal minimum. Furthermore, drivers whose tyres fail to comply with the minimum tread depth requirements risk a fine of up to £2,500 and three penalty points for each illegal tyre

Tyre pressure

Tyres with insufficient air are also more likely to suffer from a sudden rapid deflation and will suffer premature wear on the outside edges of the tyre. The wheel rim and tyre will be more susceptible to impact damage. Over-inflation results in less comfortable ride, a reduced area of contact with the road giving less grip in the day and accelerated wear on the tread centre. The benefits of a properly inflated tyre, include reduced running costs and longer tyre life.

Tyre condition

Tyres are never manufactured with lumps, bumps or objects sticking in them, so if you see any of these, you'll need to have the tyre inspected. Tyres should be examined frequently, removing stones or other embedded objects from the tread. If the tyre has lumps or bulges it must be examined by a tyre specialist since these could indicate internal damage. Remove oil or grease with a suitable diluted detergent. Always seek the help of a professional if you are unsure about any aspect of your tyre's condition.

AMC

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Copy Date



Copy date for the Feb/March issue is: **1st week January**
If you have an event to promote or you have something to say, please note the next copy date.

Please let us know of any changes within this section

Coast Bus Timetable

60E Maryport to Skinburness the current timetable is available from Silloth Tourist Office or Winters Newsagents or www.ellenvalecoaches.co.uk/service-60e.html

Silloth RNLI Shop

SHOP OPENING HOURS
Monday to Thu closed
Friday & Sat closed
Sunday closed

We are now closed for Winter

Thank you to all our customers who have supported us and we look forward to seeing you in the Spring.

Christ Church

For 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

Silloth Tennis Club

For coaching information call David Wise on 07742 547767

Please tell us when your group starts up again so we can let everyone know

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.

Doors Open Lunch

'Our Doors Open' meets in St Andrews Church every Tuesday from noon to 1pm for a light lunch with good fellowship for a donation only.

First Responders

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

NatWest Mobile

The NatWest Bank mobile van will be here on Fridays only outside Silloth Community Centre from 9:45am - 10.45am
Queen St Car Park, Aspatria from 11:15am -noon
Market Hill Car Park, Wigton from 1pm - 2pm

Cash Machines

Are available on Solway Street at both the Spar and CO-OP supermarkets. Cash is also available at Winters Post Office

Causewayhead WI

We meet on the 2nd Wednesday in each month at 2pm in the Community Hall and visitors are welcome

Miramar Lodge

Miramar Lodge of Freemasons based in Station Road Silloth meetings every third Thursday of the month. You will be made welcome.

Art Group

Meet in the Golf Hotel from 2nd Feb 2022, 10am to 1pm. Then every first Wednesday. All welcome

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

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

Send Your Bees to the Solway Buzz
There is a Bee Shortage, we Need Yours!

Dates for Your Diary

December

15th League of Friends coffee morning in St Andrews Hall 9:30 to 11am

18th Mawbray Village Hall Film Club, Love Actually @ 7pm, see advert

29th Christmas Panto A Lad in a Manger, in Mawbray Village Hall at 2pm & 7pm see advert

January 2022

1st Allonby Bay New Year Swim in the Solway with Allonby Bay Dookers

6th Holme Cultram Abbey MONTHLY MUNCH 11:30am to 1pm, see advert

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

12th League of Friends coffee morning in St Andrews Hall 9:30 to 11am

22nd Mawbray Film Club presents Paddington 2 at 7pm see advert

28th Quiz Night in Mrs Wilson's in aid of RNLI at 7:30pm, see advert

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.

February

2nd Silloth Art Group meets in the Golf Hotel 10am to 1pm, all welcome

5th Coffee Morning with Silloth & District Pensioners in St Andrews Hall, 10am to 11am

7th Silloth Town Council meeting in Silloth Community Hall at 7pm

14th Wigton Theatre Panto: The Pie Eyed Piper of Wigton Pre-Book: 07977 835094

15th Wigton Theatre Panto: The Pie Eyed Piper of Wigton Pre-Book: 07977 835094

16th Wigton Theatre Panto: The Pie Eyed Piper of Wigton Pre-Book: 07977 835094

17th Wigton Theatre Panto: The Pie Eyed Piper of Wigton Pre-Book: 07977 835094

18th Wigton Theatre Panto: The Pie Eyed Piper of Wigton Pre-Book: 07977 835094

19th Wigton Theatre Panto: The Pie Eyed Piper of Wigton Pre-Book: 07977 835094

20th Wigton Theatre Panto: The Pie Eyed Piper of Wigton Pre-Book: 07977 835094

March

5th Coffee Morning with Silloth & District Pensioners in St Andrews Hall, 10am to 11am

7th Silloth Town Council meeting in Silloth Community Hall at 7pm

April

2nd Coffee Morning with Silloth & District Pensioners in St Andrews Hall, 10am to 11am

4th Silloth Town Council meeting in Silloth Community Hall at 7pm

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

May

7th Coffee Morning with Silloth & District Pensioners in St Andrews Hall, 10am to 11am

9th Silloth Town Council meeting in Silloth Community Hall at 7pm

28th Silloth Green Day

29th Silloth Green Day

30th Silloth Green Day

June

4th Coffee Morning with Silloth & District Pensioners in St Andrews Hall, 10am to 11am

11th Silloth Vintage Rally on Silloth Green

12th Silloth Vintage Rally on Silloth Green

24th Silloth Pride on Silloth Green

25th Silloth Pride on Silloth Green

26th Silloth Pride on Silloth Green

July

2nd Coffee Morning with Silloth & District Pensioners in St Andrews Hall, 10am to 11am

23rd Solway Truck Show on Silloth Green

24th Solway Truck Show on Silloth Green

30th Soul on the Green starts at 11am

August

27th Silloth Carnival Mega Weekend on Silloth Green from 11am to 6pm

28th Silloth Carnival Mega Weekend on Silloth Green from 11am to 6pm

29th Silloth Carnival Mega Weekend on Silloth Green from 11am to 6pm

September

3rd Coffee Morning with Silloth & District Pensioners in St Andrews Hall, 10am to 11am

8th Music & Beer Festival on Silloth Green

9th Music & Beer Festival on Silloth Green

10th Music & Beer Festival on Silloth Green

11th Music & Beer Festival on Silloth Green

Have You Sent in Your Dates yet?

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

Christmas Services in Silloth 2021

CAROLS AROUND THE CRIB

Saturday 18th December at 6.30pm - All Welcome!

Join us as we sing some favourite Carols outside Christ Church round the Christmas Crib scene.

CHRIST CHURCH

SUNDAY December 19th	11.00am	CAROL SERVICE
CHRISTMAS EVE	6.00pm	CHILDREN'S CRIB SERVICE
	11.30pm	MIDNIGHT COMMUNION
CHRISTMAS DAY	9.00am	CHRISTMAS COMMUNION
SUNDAY December 27th	10.00am	UNITED SERVICE

Contact Revd Bryan Rothwell 016973 31413

ST ANDREWS UNITED REFORMED CHURCH

SUNDAY December 19th 2.00pm HOLY COMMUNION with Carols
Contact Kirstine Proud 016973 32185

GREENROW PENTECOSTAL CHURCH

SUNDAY December 12th 6.00pm CAROL SERVICE
Contact Margaret Gate 016973 32248



Please join us for any of our celebrations



CORNERSTONE METHODIST CHURCH

For Methodist services at WIGTON CHURCH
Contact Revd Philip Jackson 016973 42468 philip.jackson@methodist.org.uk

SILLOTH EVANGELICAL FREE CHURCH

THURSDAY December 16th	1.45pm	FRIENDSHIP HOUR followed by Christmas Tea
SUNDAY December 19th	6.30pm	CAROL SERVICE
CHRISTMAS DAY	10.45am	MORNING SERVICE
NEW YEARS EVE	11.15pm	WATCHNIGHT SERVICE

Contact Averil Hodgson 016973 31711

OUR LADY OF THE ASSUMPTION

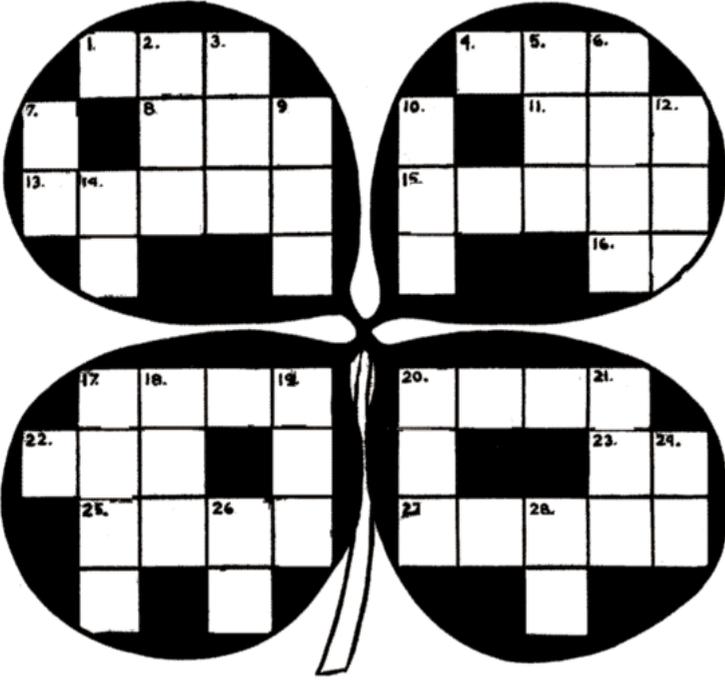
CHRISTMAS EVE 6.00pm VIGIL MASS
Contact Fr Paul Dadson 01900 814826

We wish everyone a very happy and peaceful Christmas and God's blessing for the New Year

FUN for ALL ~ Join the Dots & Colour In

Something for All Ages to Enjoy Everyone Can Do This

FOUR-LEAF CLOVER CROSSWORD PUZZLE



ACROSS

- 1. This animal purrs
- 4. Evil spirit
- 8. Jump on one foot
- 11. A grain — singular
- 13. Form
- 15. She laid the golden egg
- 16. South America — abbr
- 17. Young sheep
- 20. Makes dogs scratch
- 22. Young dog
- 23. Opposite of yes
- 25. One penny
- 27. What you chew with
- 2. Exclamation of surprise

- 3. You can spin this one
- 5. Noise made by a cow
- 6. Go by
- 7. Like
- 9. Used when you write with ink
- 10. In the past
- 12. Something to drink
- 14. Opposite of she
- 17. Brought by a four-leaf clover
- 18. Big monkey
- 19. A little piece
- 20. To be of the right size
- 21. Insect
- 24. Exclamation of surprise
- 26. North America — abbr.
- 28. Boy's nickname

RaisingOurKids.com



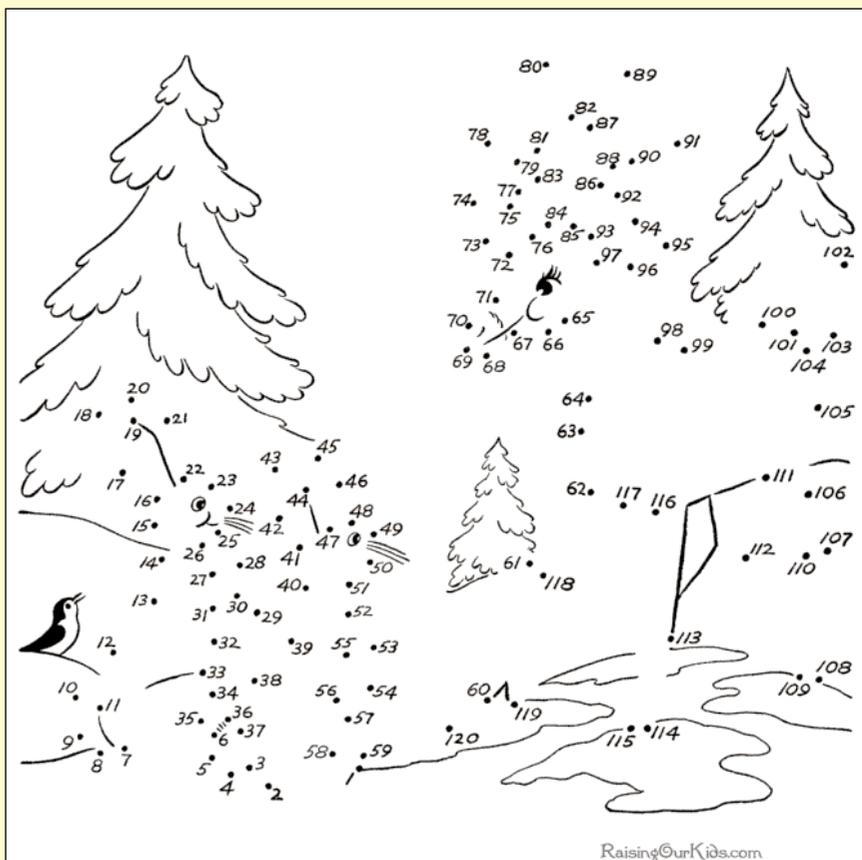
January days bring snowmen and sleds.

RaisingOurKids.com

MERRY CHRISTMAS MAZE



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Not Just for the Kids

Enjoy and Have Some Fun



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All Trades

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- Full design & landscaping
- Tree surgery

E: enquiries@triplettt.co.uk

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Autumn Cargos for the Port of Silloth

Report & Photos by:
John Forrester
More coverage of shipping at
Silloth can be found at www.cumbriashipphotos.weebly.com



As the days shorten with Christmas approaching, ship enthusiasts are frustrated by the lack of daylight for them to get out with their cameras. A feature of November was the visit of two ships operated by UK and Irish companies, rather than the usual Dutch or German ones. EASTERN VANQUISH was an example of a visitor arriving and departing under cover of darkness on midnight tides. Fortunately, she has been seen at Silloth before during daylight hours, enabling archived photos to be included here. A second

visitor, WOODLAND, was more considerate with her timing, making an entrance on a bright autumn day.

EASTERN VANQUISH was bringing a full load of fertiliser from Rostock in Germany. It had been a five-day sailing from the northern German port via the Kiel Canal and English Channel. The ship whose home port is London works on charter for 'Scotline' based in Rochester, Kent. The company is unusual in registering all sixteen of its fleet in UK ports. Photos taken on a fine autumn day two years ago show the smart-

looking VANQUISH manoeuvring off Silloth before entering the dock.

It was a bitterly cold day for the first visit of WOODLAND, a workhorse of a ship built thirty-six years ago to operate on European coastal routes. She arrived on a midday tide after making the short Irish Sea crossing from Kilroot Power Station in Northern Ireland. The power station is a source of 'furnace bottom ash', a by-product of the combustion process. This waste material is used in the construction industry to make breeze blocks. Visibility was perfect for photography as the ship approached the dock and made her way passed the south pier.

Earlier this year WOODLAND was bought by 'Coast Lines Shipping' of Cork



to operate short sailings in the Irish Sea. The ship's port of registry is Portsmouth, but not our familiar south coast port. WOODLAND flies the flag of Dominica in the Caribbean where Portsmouth is a small coastal town. This Winward Island

is nicknamed the 'Nature Island of the Caribbean' because of its unspoilt rainforests and rich wild life. It was a brief visit for the coaster which, after being quickly unloaded, was ready to set sail for a less distant picturesque destination, Holy Loch in the West of Scotland.

Silloth Tide Table

JANUARY 2022		SILLOTH							
		DEPTHS ON NEW DOCK GAUGE (1.8m ABOVE CD)							
		High Water				Low Water			
Date		Morning		Afternoon		Morning		Afternoon	
		Time	m	Time	m	Time	m	Time	m
1	SA	10 10	7.0	22 35	7.1	04 43	-0.6	17 08	-0.6
2	SU	11 00	7.3	23 27	7.4	05 38	-0.8	18 06	-0.8
3	M	11 49	7.6			06 31	-0.9	19 01	-1.0
4	TU	00 18	7.4	12 38	7.7	07 22	-0.9	19 54	-1.1
5	W	01 08	7.4	13 27	7.7	08 11	-0.9	20 45	-1.1
6	TH	01 58	7.1	14 15	7.5	08 58	-0.7	21 31	-0.9
7	F	02 46	6.8	15 05	7.1	09 42	-0.5	22 17	-0.7
8	SA	03 34	6.3	15 54	6.7	10 26	-0.2	23 02	-0.3
9	SU	04 25	5.9	16 46	6.2	11 12	0.1	23 49	-0.0
10	M	05 19	5.4	17 44	5.8			12 04	0.4
11	TU	06 22	5.1	18 48	5.5	00 43	0.3	13 04	0.6
12	W	07 31	5.1	19 55	5.4	01 41	0.4	14 09	0.6
13	TH	08 37	5.2	20 57	5.5	02 42	0.4	15 14	0.5
14	F	09 32	5.6	21 50	5.7	03 39	0.3	16 11	0.3
15	SA	10 16	5.9	22 35	6.0	04 28	0.2	17 00	0.1
16	SU	10 55	6.3	23 14	6.3	05 12	-0.0	17 43	-0.1
17	M	11 30	6.5	23 50	6.4	05 51	-0.2	18 24	-0.3
18	TU			12 03	6.7	06 28	-0.3	19 02	-0.4
19	W	00 23	6.6	12 37	6.9	07 06	-0.4	19 40	-0.5
20	TH	00 57	6.7	13 10	6.9	07 44	-0.5	20 18	-0.6
21	F	01 32	6.7	13 45	6.9	08 22	-0.5	20 55	-0.6
22	SA	02 09	6.6	14 21	6.8	08 59	-0.4	21 31	-0.5
23	SU	02 48	6.5	15 00	6.7	09 35	-0.3	22 07	-0.3
24	M	03 29	6.3	15 45	6.5	10 14	-0.1	22 47	-0.2
25	TU	04 18	6.0	16 36	6.2	10 58	0.1	23 36	-0.0
26	W	05 15	5.7	17 41	5.9	11 53	0.2		
27	TH	06 27	5.6	18 59	5.8	00 39	0.2	13 03	0.3
28	F	07 46	5.7	20 19	5.9	01 58	0.2	14 26	0.2
29	SA	08 57	6.0	21 30	6.2	03 17	-0.0	15 47	-0.1
30	SU	10 00	6.5	22 32	6.7	04 26	-0.3	16 58	-0.4
31	M	10 54	7.1	23 25	7.1	05 28	-0.6	18 01	-0.8

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

November Shipping at the Port of Silloth

Report by: Capt Tim Riley, Harbour Master, Short Sea Pilot

A good month overall for Silloth with five vessels, including me!

With just over 12,000 tonnes of cargo and in the port, we were a few hundred tonnes short of target, but had several vessels delayed which have now rolled into December.

The fishing fleet is now with us through the scallop season off the Isle of Man and will be looking to lay alongside for a few days over Christmas to share some time with family.

We are now looking forward to a busy December as well and hope to report a successful years end in January.

Around the port we are surrounded by SSSI areas, covering almost all of our land. Having had several businesses in the past

approach us to utilize the land to create new jobs in the area, we are now at the point of determining that we can no longer look to develop the port. In discussion with Natural England it may be possible to place cattle on some of the land to help rejuvenate the fauna and flora on the site and help remove some non-native species.

We have also held discussion regarding the coastal footpath and beach access, which is still ongoing.

I would like to ask the public to bear in mind that all of the land from the end of the cobbled streets where the tarmac starts is part of the port. Access is granted by ABP to parking areas within our land and to the Golf Club. The convalescent home has a right of way and actually owns it's own area of land within the ABP estate.

Please note that we request dog walkers to take their little presents

home with them, plastic is a killer for small animals and large alike. We also request that people eating and drinking on the land respect it and look after it by taking their litter home, so that it remains of interest for future generations.

November

2nd Zapadnyy from Amsterdam with a cargo of Molasses then on to sea for orders.

11th Tim from St Petersburg with a cargo of fertiliser then on to Newport.

19th Eastern Vanquish from Rostock with a cargo of Wheat then on to Londonderry.

21st Woodland from Kilroot with a cargo of Furness Bottom Ash then on to sea for orders.

22nd Shetland Trader from Rye with a cargo of Wheat then on to Belfast.

Clive Loses an Amazing 7 Stone at Slimming World

Clive's success story!

A slimming Consultant who supports people in Silloth to lose weight each week says men shouldn't be shy about joining a slimming group as more and more blokes are giving it a try and the evidence shows they actually lose more weight than women.

Loretta Thompson, who runs the Silloth Slimming World group says: "Weight problems are common among both men and women, but figures show that men typically keep weight worries to themselves for as long as six years, many just don't like to ask for help. The good news though, is that more and more men are becoming open to the idea of getting support and there are now more than 60,000 men using Slimming World groups around the country – and I'm so pleased to say, some of them are in my

Silloth group! There are lots of reasons why the programme works well for men. Our generous Food Optimising eating plan means it's possible to satisfy even the biggest of appetites and, whether it's steak and home-baked chips, a Sunday Roast or a spicy curry, you can still enjoy all of your favourite meals – and with a beer on the side too, if you so wish. And, in group, men love the mix of support and healthy competition they get from being part of a club, as they are cheered on their journey to success. They also love the fact that, as they lose weight and gain confidence, they are supported and rewarded to get more active, if they want to. And it's definitely not a one-way street – the men in my group bring an enormous amount to the rest of us too. They're fun and friendly and help ensure that our group is always full of laughter. We'd love to welcome more



BEFORE



AFTER



blokes to the group and so my message to men who are worried about their weight is to come along and give Slimming World a try – it really does work and there are more men doing it than you think!"

Clive, from Silloth who has lost an incredible 7 stone with the group since joining in June 2021, has dropped 10 inches from his waist, says: "Joining Slimming World has been one of the best things I've ever done. Before, I thought slimming groups were just for women and not my cup of tea at all! But after an appointment with my hospital consultant, I decided I had nothing to lose by giving it a try! Before joining group, I was in severe pain from my knee, walking was difficult and very painful, and carrying out some simple tasks, almost impossible. Having been in the group for such a short period of time and having such a great loss, my knee is feeling so much better and the pain has been greatly reduced.

In June, I was given a twelve week Slimming World referral by the doctor and my treatment was delayed until I lost some weight, so I cannot wait to see my consultants face at my next appointment! I

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was pretty nervous on my first morning, but from the moment I walked into the group everyone made me feel really welcome. There were other guys there too which helped put me at ease. Now those strangers have become a whole set

of new mates, willing me on to do well each week. We have a good laugh in group, as well as share challenges, our plans for overcoming them, ideas for getting fit and active and plenty of recipes. I used to eat mostly meals that were fried and have regular takeaways and ate very few vegetables. However, by making a few small changes to the way my favourite meals are cooked, I can ensure they're still filling and full of flavour, and also good for my waistline. For example, by grilling instead of frying, swapping white bread for wholemeal and going easy on the butter, I can serve up a hearty weekend breakfast like a plateful of eggs, bacon, tomatoes, mushrooms, baked beans and toast - and still lose weight," adds Clive.

I'm more mobile now too, which makes simple walking so much easier. I have also been able to return to work since joining the group, which is a great feeling. Thanks to the great support from Loretta and the Silloth group, and my newly formed habits, I know that this fitter, healthier me is here to stay. If anything, I'd say to other men just to give it a go! You have nothing to lose other than the weight you've always wanted to shed! It might just change your life like it has mine."

Anyone who'd like to lose weight and join Slimming World is welcome at the Silloth group, which meets every Saturday at 8:30am at the Rugby Club.

To find out more visit www.slimmingworld.co.uk or call Loretta on 07766 118556.

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Help Austen to Walk Adam has Raised over £2,000 So Far



Austen with his Dad and Adam

Adam Pearson has completed a fundraising walk on behalf of a 5 year old boy called Austen who was diagnosed with a rare form of

muscular dystrophy in December 2019 which worsened during lockdown.

Austen now uses a power

wheelchair as he is unable to stand or walk unaided. There is an Innwalk machine that can help him retain strength in his legs and body core which his physiotherapist has recommended.

Unfortunately the Innwalk machine is a very expensive piece of equipment and there is no funding available towards it. Austen's family are raising funds via the Tree of Hope Charity in order to pay towards the cost of the equipment so that Austen may continue to stay active for longer and delay further deterioration of his muscles.

I completed my walk along Hadrian's Wall which I started at Bowness on Solway on Friday 12th November and finished at Wallsend on Monday 15th November 2021. This walk was completed wearing my ironman morph suit.

Day 1 - Bowness on Solway to Banks (30 mile).

Day 2 - Banks to Temple of Mithras, Carrawburgh (20 mile)

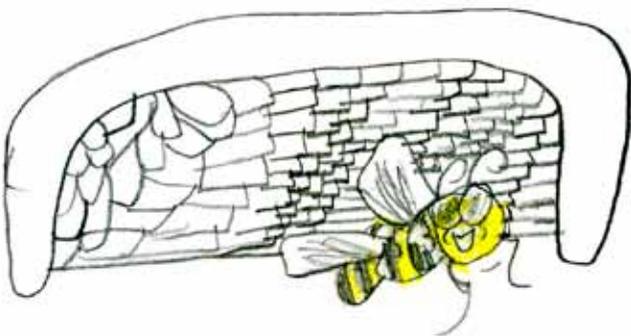
Day 3 - Temple of Mithras, Carrawburgh to Heddon on the wall (20 mile)

Day 4 - Heddon on the wall to Wallsend (15 mile)

I was joined at the start of the walk by my dad who completed 20 mile on day 1 and also a further 20 mile on day 3. Austen and his Dad joined me on day 4 for the final 5 mile. Austen was also dressed up as Ironman.

I would like to thank everyone for their donations and support throughout this walk. Definitely means so much to myself and also Austen and his family.

My personal just giving page is still open for donations towards this amazing cause, just go to: www.justgiving.com/fundraising/austensuperpower



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