



Solway Buzz

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September 2024

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

FREE PAPER

Issue 222

200 Years of the RNLI Celebrated at Silloth



Report by: Rebecca Clark
(Lifeboat Press Officer)
Photo by: Eric Stanwix

On Thursday 1st August, Royal National Lifeboat Institution (RNLI) representatives from Silloth participated in a special photo moment – One Moment for One Crew – to create a photographic record of those involved with the lifesaving charity in this, its

200th anniversary year.

Silloth crew, fundraisers and shop volunteers gathered outside station for group photo.

The charity, which was founded in 1824, asked its volunteers and staff from around the UK and Ireland to take a photo of themselves, their crew or their team, at as close to 18:24 on 1.8.24 as possible.

Whether lifeguards on a beach, lifeboat crew at a station, fundraisers at an event, or volunteers in a museum – all involved with the charity have been encouraged to submit a photo of themselves representing their RNLI role at wherever they may be on this date and time.

Representatives including lifeboat crews/

fundraisers/shop volunteers from RNLI communities in Silloth have taken part. The photos have been uploaded to an online portal and will be used to create a montaged image.

The RNLI celebrated its 200th anniversary on 4 March this, and this photographic moment is one of a range of events and programmes which the

charity has organised to mark its bicentenary.

Anjie Rook, RNLI Associate Director, who is overseeing the RNLI's 200th anniversary programmes, says: "The RNLI has been saving lives at sea for 200 years thanks to its incredible people – the courageous lifeboat crews and lifeguards who put their own lives at risk to save others; the

dedicated fundraisers who raise the income to power those rescues; the committed volunteers who give their own time in a range of other roles such as giving out water safety advice or helping to run our retail shops and museums, and the staff who provide vital support to our volunteers.

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~~25th & 26th August
Silloth Carnival
on Silloth Green~~

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Firebird full report



Leavers Day at Holme St Cuthbert Primary



Report by: Brian Bailey (Church Warden)

19th July was the last day for seven children at Holme St Cuthbert Primary school to move onto senior school.

After a service in the church

the seven leavers were treated to a trip up the church tower, a long-established tradition at the school.

During the service, long serving Teaching Assistant, Liz Gilroy

having been with the school over 18 years was presented with a special gift and joined the children up the tower, as it was also Mrs Gilroy's last day at the school.



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Silloth Green awarded the coveted Green Flag Award

Report by: Wendy Jameson

Silloth-on-Solway is celebrating after receiving a Green Flag Award for Silloth Green for the 12th year in succession. Silloth Green at Silloth and Castle Park at Penrith, Distington Hall Crematorium and the cemeteries at Alston and Penrith also received Green Flag Awards.

The news that Silloth Green has achieved the accreditation – the international quality mark for parks and green spaces – is testament to the hard work and dedication of the team that care for the green space so that visitors and residents alike can enjoy it.

Councillor Owen Martin, Mayor of Silloth said: "Once again, the town has been given the prestigious Green Flag Award. This shows the council's continued commitment to maintaining the Green to such a high standard. The maintenance team – Dave, Mark and Peter – are doing a great job of keeping it the jewel in the crown. Alongside the dedication of the marvellous Friends of Silloth Green volunteers who maintain the community garden and woodland area. As with any town, we continue to work on a tight budget, but still strive to maintain excellent standards of work which shows."

Silloth Green is one of the largest village greens in the North of England, boasting spectacular views over the Solway Firth to Criffel and the Caerlaverock Hills in the North, and the Lake District to the South. The Green forms a green link between Silloth's grand Victorian townscape and the sea front promenade, for many years attracting visitors seeking fresh sea air and recreational facilities.

Silloth Green boasts a modern Water Splash Park, a woodland adventure play area and a BMX track. There's also a Pirate Ship Play Area, next to the Water Splash Park, for children aged 0-5 years. Another popular attraction is the 'Big Fella' sculpture created by artist Ray Lonsdale and gifted to the town by a local resident to make people smile. There's also the replica Hudson bomber which has undergone extensive refurbishment this year and returns to its prominent position opposite the RAFA club.

Beautiful oak picnic tables and benches are to be found in various locations, with accessible footpaths linking the various features. Along Criffel Street, some Victorian style lighting was installed, in-keeping with the heritage of the town. The

Edwardian ladies' toilets built in 1910 and the spectacular Victorian pagoda overlooking the sea were also sympathetically refurbished in 2012.



The Community Garden, situated on the corner of Criffel Street is cared for by the volunteers of the Friends of Silloth Green. It provides a vibrant entrance to Silloth Green and a pleasant place to sit and watch the world go by. The Bee Garden is situated closer to the sea, with a bee hotel in the middle of a striking display of rose bushes, plants and shrubs which have created a haven for the local bee and butterfly population, again cared for by dedicated volunteers.

Silloth Green plays host to several popular events which draw in crowds of visitors to the town. This year we saw the return of the Silloth Green Day event in May, the Solway Coast Cycling Festival and the Silloth Pride event in June. There was also a new event for the calendar – the Firebird Festival in July, also the Silloth Vintage Rally and Soul on the Green in July, and the Carnival in August, including a visit by Circus Montini. Commenting on Silloth Green's success, Councillor Bill Jefferson, who has accompanied the judges on every Green Flag visit said: "I am delighted we have been awarded the Green Flag again, at a time when we have lost a complete layer of local government and funding. The Green Flag is always a rigorous and thorough examination of our work, and we rely more than ever on ourselves. We are blessed with an excellent town team led by Wendy and a dedicated group of volunteers. There have been significant improvements noted yet again in this mystery shopper year and we can all feel rightly proud of our town."

Councillor Melanie Irving, Chair of the Parks and Play Equipment Committee added: "Fantastic news once again to receive the Green Flag Award. Our volunteers from Friends of the Green and our maintenance team work tirelessly every year in keeping the Green and community gardens looking beautiful throughout the year.

Brass Band Extravaganza



Report by: Mason Bell (Year 7)

On the evening of the 18th July at Solway School, the community braved the oven like temperature in the hall and were treated to a wonderful musical extravaganza.

Our year 7 and 8 students have been learning brass instruments since they started at Solway Community School and this was an opportunity for us to showcase our progress over the year. We were lucky enough to

be joined by representatives from Flimby, North Lakes, Cockermouth Mechanics, Cleator and Workington. It was so inspirational to hear the way that they played their instruments and they have set us all a target to aim for.

The concert was free with tea, coffee, cakes and biscuits provided by staff volunteers and the event was well supported by family and friends of the school.

There was a wide selection of

music to suit all tastes ranging from 'Crazy in Love' by Beyoncé to the well known Irish song Danny Boy.

We would like to express our gratitude to our brass teacher Kaytie Harding for her energy and enthusiasm and Mrs Cuthell for having the genius idea to unite the different generations of brass musicians together to play at our concert.

My favourite part was when the adult band played the Back to the Future theme!

Sale of Crafts Raises £1,800



Report By: Christine Young

St Matthews Church Westnewton held our Summer Sale and Crafts on Saturday 20th July. The weather was nice and brought lots of visitors from near and far. There was a good selection of craft stalls and people enjoyed a browse before heading for cups of tea and coffee with lots of

homemade cakes on offer. There was also a raffle and tombola.

Many thanks to all who helped and also donated raffle prizes, items for sale and baked goods. Your support is much appreciated.

We raised a total of £1,800 which will be put to use on the ongoing upkeep of St Matthews Church.

And not forgetting the ladies that maintain the Bee Garden which I personally enjoy walking round most days with all the different scents that surround the area. Well done to all involved you deserve the recognition."

Keep Britain Tidy's Green Flag Award Scheme Manager, Paul Todd MBE, said: "I would like to congratulate everyone involved at Silloth Green on achieving a Green Flag Award. Silloth Green is a vital green space for communities in Cumbria to socialise, enjoy nature, for children to play safely and it provides important opportunities for park users to improve their physical and mental health.

We know that staff and volunteers work tirelessly to ensure that it maintains the high standards of the Green Flag Award, everyone involved should feel extremely proud of their achievement.

It is important that our free to use spaces are maintained to the Green Flag Award standard, making them accessible for all members of the community while ensuring the environment is protected."

Come Along & Join Friends of Silloth Green

If you would like to join us, as a volunteer, no experience required, or just want to come along for a chat you can find us in the Community Garden every Wednesday at 10 o'clock. Happy Gardening!



Report by: Pat Robinson
Photos by: Judith Scott

The Community & Woodland Gardens have been in full bloom this Summer creating colourful and scented displays. The sensory

raised bed has proved particularly popular and we would like to thank the Silloth-on-Solway Community Shop for their donation which helped us buy the herbs & sensory plants.

It's good to see locals and visitors enjoying the Gardens and the volunteers are very appreciative of all the lovely comments from passers-by and in response to our posts on our Facebook page which we share on Silloth Today.

For those of you not on Facebook we have just installed a new information board in the Community Garden, thanks to a generous donation from The Beer Festival, where we will post notices of forthcoming events.

And of course, you can follow our activities here, in The Buzz.



We severely pruned the shrubs in the Criffel Street borders at the end of last year.

We also added a lot of colour

along the street in the form of Spring bulbs, Summer annuals and new trees which are all establishing themselves very well.



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Kids are Delighted with West Silloth Play Park

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Do You Keep Birds?

In England and Wales you must register up to 49 poultry or other kept birds by 1st October 2024. This includes any birds you keep as pets.

You're breaking the law if you do not register.

You do not need to register psittaciformes or passeriformes (such as budgies, parrots, cockatiels and finches) if they are both:

- fully housed in a dwelling (your home or another indoor structure)
- kept indoors at all times with no

access to outdoor spaces.

By registering:

• the Animal and Plant Health Agency (APHA) will contact you with updates and guidance if there's a disease outbreak (such as bird flu) in your area

• you'll help prevent the spread of disease and protect all kept birds, including back yard flocks

We'll ask you for:

- your contact details
- details of the owner of the birds (if this is not you)

• the location where you keep the birds

• details of the birds you keep (species, number and what you keep them for)

Registration should take about five minutes.

Registering 50 or more birds:

- It's a legal requirement to register if you are the keeper of 50 or more birds.
- You must register to be a keeper of 50 or more poultry or other captive birds.



Department for Environment Food & Rural Affairs

MANDATORY BIRD REGISTRATION

Keepers need to follow these new requirements by 1 October 2024.

SOSCS Donates £14,250

Silloth on Solway Community Shop: Funding given out to local causes recently totalled £14,250, thank you for all your donations. The recipients were:

- Silloth Junior Football Club
- Silloth Amateur Football Club
- Silloth Rugby Football Club
- Silloth on Solway festivals
- Silloth Tourism Action Group
- Silloth Sports Association
- Silloth Community First Responders
- Silloth Rotary Club
- Silloth Friends of the Green
- Silloth Scout Group
- Silloth Christmas Lights
- Silloth RNLI
- Great North Air Ambulance
- Jigsaw, Eden Valley Hospice
- Hospice at Home
- British Heart Foundation

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If you're considering swimming in our county's rivers and lakes, please remember that while deep water may feel warm on the surface, it can be icy cold below.

Entering this icy water can lead

to panic and cold water shock.

For important information about how to stay safe around our lakes, rivers and coastline, please visit: www.cumbriafire.gov.uk/water-safety

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Be Secure Be Safe

Don't give burglars a window of opportunity.

Make sure your home is safe and secure during the warmer months.

Follow our advice on protecting your home during the spring and summer:

If you're enjoying the garden, make sure your front door is locked and any windows a thief could reach are closed.

- Don't leave valuables in sight.
- Lock all doors and windows before you go out.
- Make sure your house and keys are secure before you go to bed.
- Don't leave downstairs windows open after you go to bed.
- Always pack away tools after a day in the garden or doing DIY – make sure they're locked away and out of reach.
- Remove keys from locks and keep them out of reach and out of sight, not on a hall table.
- Make sure valuable are not stored in vehicles overnight.
- Consider installing real or dummy CCTV.

If a crime is in progress or it is an emergency, call 999 straight away.

If it is not an emergency, you can call 101 - or report online at: Report a crime | Cumbria Police

**LOCK UP
PREVENT CRIME**

- If you're enjoying the garden, make sure your front door is locked and any windows a thief could reach are closed.
- Don't leave valuables in sight
- Lock all doors and windows before you go out
- Make sure your house and keys are secure before you go to bed
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- Remove keys from locks and keep them out of reach and out of sight, not on a hall table
- Make sure valuable are not stored in vehicles overnight
- Consider installing real or dummy CCTV

RNLI 200 Year Celebration



Continued from page 1

We have encouraged anyone who has some form of involvement with the RNLI to participate in this special One Moment for One Crew photographic event, to capture a record of everyone who, at this moment in time, is playing some part in the RNLI's lifesaving work, continuing its legacy and securing its future.

During our 200th anniversary year we have been remembering our past, celebrating the lifesaving service we provide today, and aiming to inspire future generations of lifesavers and supporters. One Moment for One Crew is very much about

celebrating the people of today's RNLI and, we hope, inspiring those future generations who will take the RNLI into its third century of lifesaving.

Following an appeal from Sir William Hillary, who lived on the Isle of Man and witnessed many shipwrecks, the RNLI has continued saving lives at sea throughout the past two centuries. Today, it operates 238 lifeboat stations around the UK and Ireland, including four on the River Thames, and has seasonal lifeguards on 238 lifeguarded beaches around the UK. It designs and builds its own lifeboats and runs domestic and international water safety programmes.

Beware of Phishing Scams!

Over 32 million suspicious emails have been reported to the Suspicious Email Reporting Service (SERS), with more than a third of all emails reported in the last year, new figures reveal.

The reports have led to more than 329,000 websites addresses being removed by the National Cyber Security Centre. Action Fraud, the national fraud and cybercrime reporting service, launched a national phishing awareness campaign on 24th June 2024, as reporting reached its highest level since SERS launched. New data shows a rise of 44% year-on-year, with almost 11,611,400 reports made to SERS in 2023, up from 8,074,200 reports in 2022.

Alongside emails, there has also been a huge number of text messages reported to 7726. In

March 2024, more than 60,000 malicious websites were removed as a result of being reported using 7726. This is a free service, offered by mobile network providers, allowing customers to report

on their official website.

Do not use the number or web address in the message. Your bank, or any other official source, will not ask you to provide sensitive information by email.



suspicious text messages in order to prevent other people from receiving them too.

Here's some practical advice you can follow when it comes to dealing with suspicious messages and calls:

If you have any doubts about a message, contact the organisation directly using the contact details

Received an email that doesn't feel right? STOP! Report suspicious emails by

forwarding them to: report@phishing.gov.uk. Send emails to this address that feel suspicious, even if you're not certain they're a scam – they will be checked.

Always report suspicious text messages or scam call numbers, free of charge, to 7726. Your provider can find out where the text came from and block or ban the sender.

To report a scam text, forward it to 7726 and then send the sender's number when prompted.

To report a scam call, simply text 7726 with the word 'Call' followed by the scam caller's number.

If you've lost money or provided financial information as a result of a phishing scam, notify your bank immediately and report it to Action Fraud at actionfraud.police.uk or by calling 0300 123 2040. In Scotland, call Police Scotland on 101.

Greenrow Pentecostal Church, West Silloth

Coffee Morning



Saturday 26th October 2024



10:00 - 12:00

All welcome



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Crime is Down in Cumbria



Cumbria's newly elected Police, Fire and Crime Commissioner, David Allen, welcomes the drop in crime across the county at his Public Accountability Conference (PAC) on Tuesday 16th July 2024.

Between April 2023 and March 2024, crime decreased by 8.3% with 3,227 less crimes recorded, and therefore victims of crime, compared to the same time period last year. When the public has called 999 over the last year, 94.7% of calls were answered within 10 seconds, the national target being 90%. Between April 2023 – March 2024, 95.7% of 101 calls were answered within five minutes.

Positive outcome rates increased to 19.4% from 14.8% in the same time frame. A positive outcome refers to when a criminal has been correctly identified and has faced the appropriate sanction or takes part in a restorative justice programme, if applicable.

Cybercrime fell in the county by 14.5%, Neighbourhood crime - vehicle offences, theft, burglary and robbery – decreased by 3.2% with 261 less recorded crimes. Offences involving firearms has almost halved at 46.4% - 13 less offences than the previous year. Cumbria has seen a 6.8% reduction in violence with injury offences, dropping from 4,942 in 22/23 to 4,607 in 23/24. Drug offences increased by 45.6% in 23/24 compared to the previous year. However, positive outcomes reached 80.2%. Sexual offences including rape has decreased, with 123 fewer reports in 23/24 compared to the previous

year. Cumbria also saw a rise in homicides, increasing from one to four. Offences involving knives or sharp weapons also increased in this time frame, with 11 extra reports in 23/24. Cumbria roads have seen a reduction in the number of killed or seriously injured collisions from 294 to 273. Fatal collisions reduced by 27%. Anti-social behaviour (ASB) has decreased by 6.6% with the majority of ASB reports being categorised as nuisance.

Between April 2023 – March 2024, shoplifting offences have increased by 9.9% compared to the same period last year – the positive outcome rate for shoplifting is 36.8%. In the same time frame, possession of weapon offences has increased by 16.2%, with 75 additional offences recorded. Violence against the person has decreased by 8.8%. Arson and criminal damage have also decreased in this period by 13.2% in comparison to last year. Public Order Offences dropped from 4,702 to 3,337 – a 29% decrease. Domestic abuse between April 2023 – March 2024 decreased by 7.3% compared to the same time period last year with a positive outcome rate of 12.9%. Hate crimes reduced from 917 to 668. Violence against women and girls dropped from 9,378 to 7,797 – a 16.9% reduction.

Drug offences have increased and this is a result of Cumbria Constabulary proactively carrying out a greater number of stop searches since the end of 2022.

Cumbria's Police, Fire and

Crime Commissioner, David Allen, said: "This is my first Public Accountability Conference as Police, Fire and Crime Commissioner with Cumbria Constabulary and I am pleased to see that crime has decreased in the county over the last year by 8.3%. Public Accountability Conferences provide me with the opportunity to publicly hold the Constabulary to account over what the public's concerns are around crime and how they are tackling these issues. Anti-social behaviour is an issue that was continuously raised with me during my campaign for PFCC, so it is positive to see that this has decreased over the last year and, with the extra £1m funding to tackle ASB hotspots, I expect these numbers to decrease even further in our next performance PAC. I am the voice of the Cumbrian public within Policing, so I intend to use these public meetings to hold the Chief Constable to account over the concerns of residents. I want to see the Police to continue to improve and be one of the best Constabularies in the country so that we can continue to protect Cumbria's safety. As the name suggests, these meetings are public so if anyone wishes to come along to the next PAC, please contact my office at commissioner@cumbria.police.uk"

If you wish to report to police you can do so online at Report a crime | Cumbria Police. You can also phone on 101. Always phone 999 in an emergency or if a crime is in progress.

Bowling Club Raise £825

Report by: Margaret Spence

Sorry to all concerned this should have appeared in Buzz earlier.

At Silloth Bowling Club on 24th March 2024, we held an Entertainment and Charity day combined. The music was provided by the sensational 'HI Dynamics', our chosen charity was JIGSAW, the Eden Valley cancer hospice.

Many raffle tickets were sold to the kind people who attended for the fantastic prizes provided by the business people of Silloth.

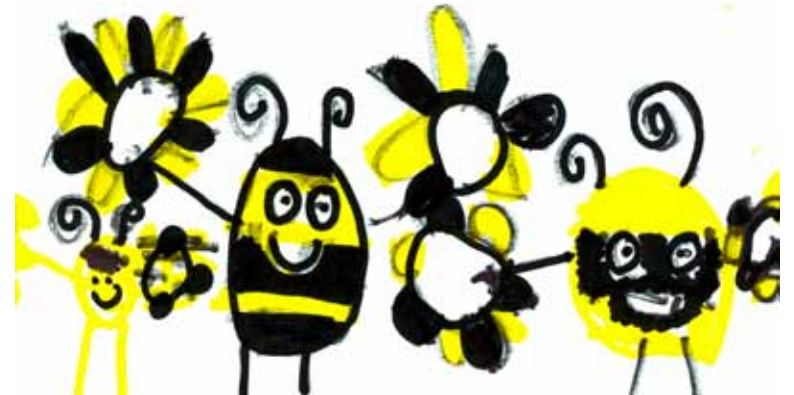
We would like to thank everyone who donated prizes especially: Cove Holiday Village, Green View Stella's, Mrs Wilson's, Jaybees, Corner Cafe, Fairydust Emporium, Kirkup Butchers, Leckerbites, La Orla hairdressers, Mama's Big Bottom Drawer, Top 2 Toe.

Also Mrs Olivia did a sponsored swim from Cove, a holiday for four people and restaurant vouchers which she auctioned for the charity.

We Raised £825 for JIGSAW. Well done Silloth.



Cumbria's Children's Hospice



Buzz Cheerleaders
by Hannah Shaw aged 5 from Silloth

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Photos from the 5th Soul on the Green 2024



Photo by: Helen Stables



Photo by: Anne Crayston



Photo by: Steven Pattinson



Photo by: Steven Pattinson



Photo by: Anne Crayston

The **5th** **Soul On The Green**
 Saturday, 27th of July, 2024
 11am to 8pm
 All your favourite Soul,
 Motown and Ska
 sounds brought to you
 by the **SOUL COLLECTIVE**
 & friends



Photo by: Helen Stables



Photo by: Helen Stables



Photo by: Helen Stables

Another Look at the First Firebird Festival this July on Silloth Green



Report by: Simon Keel
Photos by: Kevin Irwin

After eleven months of relentless planning and unwavering determination, the very first Firebird Festival was launched on Silloth Green on 6th and 7th July, a modestly sized committee of nine members, along with several kind hearted volunteers, managed to organise a great weekend of entertainment and attractions for all the family.

This included an impressive choice of fairground rides including Dodgem Cars, and the biggest Ferris Wheel to ever appear on Silloth Green, and stalls selling various merchandise and catering, including ice cream and a mobile licensed bar adding to the mix.

The main attraction being a variety of great live music for all tastes, which was kicked off by nine year old Caleb H, who lit the fuse for this new event to explode into action with a high octane set of the extraordinarily phenomenal drumming skills he has honed since he was just two years old. It's a privilege to have this talented young man living just a couple of miles away from town.

Soon after, The Moondogs took everyone back to the 1950's and

60's with a set of classic tunes of the time, after which local Cumbrian act Northern Threads managed around half of their set of well written, self penned numbers in the style of 90's Britpop, before having to stop the show after bravely playing through a sudden, grim and unforgiving deluge, leaving them soaked to the skin for their trouble.

Whilst the rain clouds began to subside, young Isobella Hayes took us all through a small set of solo West End style numbers adding yet another twist to the event. A local makaton choir then performed along



to a set of well known tunes whilst displaying the lyrics in sign language despite being rather damp after waiting to get on stage.

The headliners of the day brought out the sunshine to dry everyone off with a great set of their own SKA style music, along with some great covers which had the now not so large crowd dancing away right up until the end.

Day 2 began with LJ Cheer's Cheerleading style dance class of all ages, including two very small and loveable toddlers swinging their pom poms around to a set of upbeat



tunes, followed by a ripping set of classic rock tunes performed by local Silloth band Somethin' Brewin'

The warm sunny weather by now bringing swarms of people onto the green to fill up the imaginatively designed and cosy arena. This was chased up by a very well received set of Northern Soul numbers played out by the fabulous North Eastern band, The Odels.

The grand finale of the event had the impressive stage taken over by



this happen, including the Sound & Lighting Engineers, the Stage Owners, Fairground Operators, Caterers, all Stall Holders, Silloth Town Council for the use of the green, St John's Ambulance Crew,

and all the bands and Entertainers for putting on a great show.

Wheels are already in motion, and plans going into action to run again in 2025.

We hope to see you all there.

Vintage Rally Highlights



Photo by: Wendy Jameson



Photo by: Ian Walton



Photo by: Jamie Bell



Photo by: Jamie Bell



Photo by: John Lightfoot



Photo by: Ian Walton



Photo by: Jamie Bell



Photo by: Ian Walton

SILLOTH CARNIVAL

AUGUST 25TH & 26TH 11-6PM
SILLOTH GREEN

FUNFAIR - CRAFT STALLS - FOOD STALLS
LIVE MUSIC - KIDS ENTERTAINMENT
FACE PAINTING - FOOD STALLS
& MUCH MUCH MORE
CHARITY DOG SHOW SUNDAY 1PM

THEME - DISNEY & MARVEL

PARADE MONDAY 12PM

FREE ENTRY

Rotary Club of Silloth on Solway

MAWBRAY VILLAGE HALL MONTHLY QUIZ

Quiz

29th August
7.30pm
£2.00 per person

Prize for the winning team

Bring your own drinks, snacks and glasses.

??????????????

CAR TREASURE HUNT

21 SEPTEMBER 2024 10AM
MEET AT BLENCOGO VILLAGE HALL TO JOIN THE FUN! £10 A CAR

TREASURE HUNT AND RAFFLE, FINISHING AT LOCATION WITH REFRESHMENTS AVAILABLE

MAWBRAY VILLAGE HALL MONTHLY QUIZ

Quiz

26th September
7.30pm
£2.00 per person

Prize for the winning team

Bring your own drinks, snacks and glasses.

??????????????

BLENCOGO VILLAGE HALL

LADIES' NIGHT

A night for the ladies...
With tasty food from Liz's Country Kitchen
Cocktail on arrival
Music and dancing
Bring your own bottle

SAURDAY 5TH OCTOBER 2024 @ 7PM

TICKET EVENT £10
MESSAGE US ONA MOB: 07398769356

Walking for Health - Silloth

come and join us!

part of Cumbria Walking for Health Programme
www.facebook.com/groups/WalkingForHealthSilloth

Come along and join our weekly Wellbeing Walk every Tuesday at 2pm

Your Wonderful Buzzing Letters and Poems

Dear Buzz,

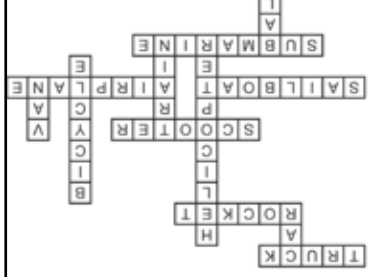
I just recently visited Cockerthorpe and would you believe there are no weeds or litter on pavements or in gutters. Not a cut-off lamp-post in sight, mind, the trees were nearly starting to get as bad as ours, you would hardly credit that we are in the same electoral district. Silloth and the surrounding area always seem to be at the back of the queue when it comes to repairs and maintenance. One of these days lightning might strike and we will get rid of them? Mind we have just added another to the collection near the Cumberland Inn, after all five years is no time at all! Must say I was very impressed with the Community Hospital, it was clean, tidy and efficient. Now- what about those poor giraffes?

The spoilsports went and cut the grass in Causewayhead old churchyard and are now looking for a new home, possibly the old Catholic church or West Silloth Chip Shop might suffice.

Keep smiling
The Whinge



No Peeking
now at page 15
kids Crossword
answers



Do you have a poem
or letter for the Buzz?

We welcome all
entries, there is no
charge.

Please remember to
include your
contact information.

A letter to Silloth Town Council,

In June this year myself and my husband came to Bassenthwaite for a short break but as we had just lost a close friend to cancer, and he and his family had spent many happy family holidays in Silloth, we decided to drive up and take a look. It was well worth it. We walked along the promenade viewing Scotland across the Solway, weather was kind, people very friendly, lots of dog walkers but no dog poo, everything looked well cared for and a very enjoyable walk. But the reason I felt I should send this email was the public toilets! they were super clean, lovely tiles, loo paper, hot and cold water. The best public toilets I have ever used.

The other thing that impressed me was the play facilities dotted around for children of all ages.

A true credit to the town, keep it up.

An impressed visitor

Dear Buzz,

Thursday 15 August was the most important anniversary date of the year, but where were you? The day marked the end of World War II. How important was that? My father spent it watching the news, across all channels, to see what celebrations were held around the country. What did he see? NOTHING.

The press made a great song and dance about the Prime Minister of the day, not staying for all the events held to remember Victory in Europe Day and all those who gave their lives.

Where were the services to remember those who died in the Middle East? Burma, for those who know, saw some of the worst cases of abuse against members of the human race.

To this day my father does not talk about the horrors he saw and experienced, as it results in him having nightmares. He is one of the last of the "Forgotten Few" who once again has been "Forgotten". SHAME on the Prime Minister, the press and everybody else, who are only alive today because of the sacrifices made by the FEW.

Philip T Tuer

Motherhood by Judy Rochester

The feelings of a mother
Are hard to understand,
Until, that is, you too behold
Your babe within your hand.

Deep feelings, much too strong for words,
Take hold of your very soul,
You see the world through different
eyes....
Your life now has a goal.

The joy of a smile,
The touch of a hand,
The stars, the moon, the view,
That once seemed insignificant,
Now mean so much to you.

Richly Blessed by Sofia Lodhi

I love standing in the kitchen
To make a cup of tea,
While looking through my window
As the breeze touches the trees!

...Some gardens host strange creatures:
Worms and snails and toads;
But mine has only ladybirds,
And butterflies, I hope!

Those who have a garden
Are very richly blessed:
In this little patch of heaven,
We see Nature at it's best!

Moving Home at Brambling Time
by Sofia Lodhi

I won't be here for brambling time...
I've walked those paths through snows and ice...
Bare hedgerows: winter's sacrifice.

...Yes, I'll be gone when briars grow wild:
Alive with snails and butterflies,
And onyx berries, low and high -
Made plump with rains and rays of light!

...I'll not be here for brambling time -
Beneath the dome of blue, blue skies -
My basket empty as my sighs!

...Oh, I shall miss sweet brambling time,
As blackbirds swoop to steal what's mine,
Their voices woven, now, with rhyme!

Snow Spider by Sofia Lodhi
(Misumena Vatia, otherwise known as the Goldenrod
Crab Spider, usually inhabiting Southern Britain.)

Spider of snow...
You shouldn't be here, do you know?
Did, perhaps, you stow
Away in some poor holidaymaker's case?

Camouflaged, hidden for several secret days,
In a handkerchief of whitest lace?
I imagine, then: bravely you ventured
Into Silloth's verdant,
Tangled etchings
Of slug and flower-rich, busy hedges.

Spider of snow:
You have travelled too far north -
Cumbrian summers can be cold,
You should return to your native home,
Further south on Britain's map...

Before you trap
Your innocent and unsuspecting prey:
Whir-winged, yellow brimstone moth,
Or humble bumblebee;
Your deadly, poisoned bite:

Kiss of white,
White on life.
.....Spider of snow,
Changing colour, slowly now,
And cleverly:
Into a glowing orb of gold,
To crouch, unseen, in yellow stamens...pollen-bowls....

Spider of snow,
I wish I could have pictured you
Before you vanished from my view...

So, snow spider,
This is how I will remember you:
Whitest white of snow
Against the backdrop
Of an onyx-clustered blackberry
Which glistened darkly,
Beautifully,
Like the night-time waters of Silloth's jet-black
Solway.

Spider of snow,
The only image I can capture now,
Is in this poem,
In those words I write for you:
A star of whitest white...
Brightest white...
Sharp and white on summer dew.

Non-Commercial Tourism Websites

solwaybuzz.co.uk
sillothgreen.co.uk
silloth-on-solway.co.uk
sillothgolfclub.co.uk
vintagerally.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)

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

Silloth Library Opening Times

Monday 10am to 4pm
Tuesday CLOSED
Wed 10am to 4pm
Thursday CLOSED
Friday 10am to 4pm
Saturday 10am to 1pm
Sunday closed
Tel: 016973 31944

We Are Better than Expected!



You said, we did - speed checks
 On 7th August, PCSO Pete Nichol carried out speed checks at Mawbray and Beckfoot due to concerns raised about vehicles speeding in both

villages.
 The highest speed in Mawbray was 27mph which is a 30 mph zone and the highest speed in Beckfoot was 39mph which is a 40mph zone.



Olympic Bees
 by Eva Herd
 aged 9½ from Carlisle

D.A. Harrison

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 Fax: 016973 42210 E: info@daharrison.co.uk
 Silloth, Wigton, CA7 4NS

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RAMBLERS WELLBEING WALKS
 Cumbria

active Cumbria

A new Wellbeing Walk...

Stroll with Poles

Fridays, 2pm to 3pm
 Meet at Silloth Medical Practice,
 Lawn Terrace, Silloth CA7 4AH
**No need to book, just turn up, & it's FREE!*

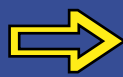
Bring poles if you have them

Contact: Simon McCall, Walk Leader
 simon.mccall@ncic.nhs.uk 07717 693062

Better wellbeing is just **a step away**

- Engages 90% of your muscles
- Burns twice the calories of just walking
- Improves balance, stability & coordination
- Reduces the impact on ankles, knees & hips
- Increase core strength & fitness

Copy Date



Copy date for the Oct/Nov issue is:
1st week Sept.
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

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

China Painting

Every Friday at Silloth Community Hall. 2pm to 4pm. All welcome.

Mawbray Nia Group

Every Thursday from 2 to 4pm in Culterham Hall, £4 per session includes refreshments. Just come along.

Wigton Theatre Club

Buy tickets via our website or call the Box Office: 07977 835094

Silloth Tennis Club

For coaching information call David Wise on 0742 547767

Cash Machines

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

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 61327

Production Team

Proprietor:
Peter McRobert
Barn Cottage
Skinburness, CA7 4RA
Tel: 0750 180 5775
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.

Silloth Library

Open Monday, Wednesday & Friday 10am to 4pm
Saturday 10am to 1pm
0303 333 1234
cumbria.gov.uk/libraries

Abbeytown Choir

Meet in the Abbey:
Adult Choir Tuesdays 6-7pm
Children's Choir
Wednesdays 4:30-5:30pm
All welcome!

Banking Hub

Maryport Banking Hub is operated by the Post Office on Senhouse Street as follows:
Monday: NatWest
Tuesday: HSBC
Wednesday: Halifax
Thursday: TSB
Friday: Barclays

Good Companions

Have a coffee morning / fundraiser on the first Monday each month from 10:30 to 11:30am. £2 entry for refreshments plus tombola, raffle and cake sale.

Monday Craft Club

Silloth Community Hall 10 - 11:30am every Monday. Bring your current project, exchange ideas, chat and have a cuppa

Family History Grp

Tuesdays at Silloth Community Hall from 6 - 8.30pm. Bring along your own research and meet fellow genealogists

Sewing Group

Every other Thursday at Silloth Community Hall. 12 - 4pm. All abilities welcome.

Silloth Parkrun

Meet on the Promenade beside the Tennis Courts at 9am every Saturday morning

Badminton

Abbeytown Badminton Club meet on Wednesday evenings, check details on their facebook page, £5 per night

Scrabble Club

Meet in Silloth Library on Fridays 10:30am to 1pm

Backgammon Club

Meet in Silloth Library on Wednesdays 1:30pm to 3:30pm

Dates for Your Diary

August

25th Silloth Carnival on Silloth Green, see advert

26th Silloth Carnival on Silloth Green, see advert

29th Mawbray Village Hall Monthly Quiz - 7.30pm see advert

September

2nd Coffee Morning in the Good Companions 10:30-11:30am, entry £2

2nd Silloth Town Council Meeting in the Community Hall at 7pm, all welcome

7th Blencogo & District Village Hall Produce Show at 2pm, admission 50p

7th Silloth RAFA Leek Show, Tel: 016973 31531

7th Film Club in Mawbray Village Hall, see advert

14th Silloth & District Pensioners Coffee Morning in Christ Church at 10am

15th Wigton Widows and Widowers meet 1-3pm at Cornerstone Methodist Church in Wigton, 'Oompa Funf brass Quintet'

21st Car Treasure Hunt from Blencogo, see advert

25th Silloth Nursing Home/League Of Friends coffee morning in Christ Church at 10am

25th Wigton Theatre Club presents Handbagged by Moira Buffini. Details & times on Ticket Source

Please tell us when your group starts or stops, so we can let everyone know

Silloth RNLI Shop

Shop Opening Times
Open 7 days
Mon - Friday 1-4pm
Weekends 10-4pm
Our Shop is staffed by Volunteers and may not be open at the advertised time. We apologise for any inconvenience.

Abbey Tots

We meet on Tuesdays during term time only at Holme Cultram Abbey 10am to 11:30am, all welcome

Solway Woodcarvers

Every Monday and Wednesday evening at Silloth Community Hall from 7pm onwards

September cont'd

26th Wigton Theatre Club presents Handbagged by Moira Buffini. Details & times on Ticket Source

26th Monthly Quiz at 7:30pm in Mawbray Village Hall, see advert

27th Wigton Theatre Club presents Handbagged by Moira Buffini. Details & times on Ticket Source

28th RNLI 200th Anniversary, Time Capsule leaves Silloth by sea, 9am

28th Wigton Theatre Club presents Handbagged by Moira Buffini. Details & times on Ticket Source

October

5th Ladies Night in Blencogo Village Hall, see advert

6th Harvest Festival in Holme St Cuthbert Church, Mawbray at 9:30am

7th Coffee Morning in the Good Companions 10:30-11:30am, entry £2

7th Silloth Town Council Meeting in the Community Hall at 7pm, all welcome

8th Holme Low Parish Council meeting at 7:30pm in Silloth Community Hall

12th Silloth & District Pensioners Coffee Morning in Christ Church at 10am

12th Film Club in Mawbray Village Hall

12th Wigton Theatre Club presents Jack Rutter. Details & times on Ticket Source

18th 70/80s & Abba Music Night in Christ Church at 7pm, more info soon

20th Wigton Widows and Widowers meet 1-3pm at Cornerstone Methodist Church in Wigton, 'Movie'

23rd Silloth Nursing Home/League Of Friends coffee morning in Christ Church at 10am

26th Coffee morning in Greenrow Pentecostal Church 10am to noon, 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.

November

4th Coffee Morning in the Good Companions 10:30-11:30am, entry £2

4th Silloth Town Council Meeting in the Community Hall at 7pm, all welcome

9th Silloth & District Pensioners Coffee Morning in Christ Church at 10am

10th Silloth Nursing Home/League Of Friends coffee morning in Christ Church at 10am

10th Christmas Craft Fair in Mawbray Village Hall 10am to 4pm

17th Wigton Widows and Widowers meet 1-3pm at Cornerstone Methodist Church in Wigton, 'Abbeytown Community Choir'

December

2nd Coffee Morning in the Good Companions 10:30-11:30am, entry £2

2nd Silloth Town Council Meeting in the Community Hall at 7pm, all welcome

7th Silloth & District Pensioners Xmas Party

7th Wigton Theatre Club presents Charlie Dore and Julian Littman. Details & times on Ticket Source

11th Silloth Nursing Home/League Of Friends coffee morning in Christ Church at 10am

December cont'd

7th Christmas Fair in Caldew Hall 10am-4pm in aid of Silloth RNLI

15th Wigton Widows and Widowers meet 1-3pm at Cornerstone Methodist Church in Wigton, 'Christmas Dinner'

January 2025

14th Holme Low Parish Council meeting at 7:30pm in Silloth Community Hall

Anyone can draw a bee, give the bee a name, add your name and town then send it to the Solway Buzz by email or post. Our details are on the bottom left corner.

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

Have You Sent in Your Dates yet?

MAWBRAV VILLAGE HALL FILM CLUB



Saturday 7th September
The film starts at 7pm

The Village Hall invites you to join them at this month's feature film.

You can bring your own drinks & snacks. Children must be accompanied by an adult. Everyone must be a member
Lifetime Membership - Adult £5, Couple £8, Family £10

Entrance on the night Adult £3, Child £1.50
Contact Lynda - 01900 881 737 / 07926810074

hare cry

FUN for ALL ~ Join the Dots & Colour In

Something for All Ages to Enjoy Everyone Can Do This

Transportation

Crossword Puzzle

Crossword answers are on page 12



OLYMPICS ANAGRAM

hare cry _____
 no bat mind _____
 aloft lob _____
 stonked airbag _____
 ah matron _____
 glyconic _____
 macs stingy _____
 bleak blast _____

Help the bear find his way to the cave.

Join the Dots and Colour In

Not Just for the Kids

Enjoy and Have Some Fun



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 Whitehaven: **01946 313103**
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 6.5cm mono box
 for only
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 for a full year
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 or **07833 305647** or **07534 050007**

THESE ADVERTS REALLY DO WORK!

Protect the Road Workers

Cumberland Council continues to improve road safety measures with the launch of new signage which is visible throughout the road network.

Launched in April, this initiative has seen an increasing number of signs installed across Cumberland. It addresses safety concerns raised by the council's staff and aims to deter the public from speeding through road works or attempting to pass through road closures while works are ongoing.

The new, prominent signs display images of Cumberland's dedicated Highway teams and their children, emphasising the importance of road safety and urging caution. The goal is to ensure that all council staff return home safely to their loved ones.

Cumberland Councillor Denise Rollo, Executive Member for Sustainable, Resilient, and Connected Places, stated:

"Every day, our Highways teams perform their duties with dedication and professionalism. Unfortunately, some individuals disregard road closures, trying to bypass them or abusing our staff.



This behaviour not only disrupts their work but more importantly, can also pose an unnecessary risks to their safety.

"To tackle this issue, we have introduced new signage to remind the public to exercise caution in roadworks areas. Our primary

goal is to create a safer working environment for those who tirelessly serve our community. By adhering to road closure signs and driving carefully, we can help ensure that our dedicated staff members return home safely to their loved ones."



Are You Interested?



There are many sources of information about Silloth on Solway old and new on the internet, the photo above is on the facebook page 'Silloth History Group' which has a vast amount of interesting entries about both places and people. For up to date information the facebook page 'Silloth Today' is also very popular:

Silloth History Group: www.facebook.com/groups/400987930077539

Silloth Today: www.facebook.com/groups/121042258051545/

The website www.youtube.com has many interesting short videos about Silloth, here is a small selection:

Silloth History Story 1, by John Molyneux, duration 14:07 minutes

Silloth History Story 2, by John Molyneux, duration 12:49 minutes

Old Silloth, RAF Silloth 1997 Revisited, by Graham Innes, duration 4:43 minutes

Old Silloth, Silloth Airfield 2015, by Anna Malina, duration 23:05 minutes

Silloth Railway: A Celebration, by Cumbria Archive Service, duration 28:44 minutes

The Solway Part 2: includes a section on Silloth, duration 23:43 minutes

Silloth on Solway: Story of a Golf Club, by Cookie Jar Golf, duration 5:47 minutes

Solway Buzz Phone Book

This section recognises those whose financial help keeps the Solway Buzz going. If you wish to contribute in this way without taking an advert, please contact the Buzz, it costs only £52 a year.

Allerdale & Eden Roofing	01900 813517	Wheyrigg Hall Hotel	016973 61242
Christine's Taxis	07917 564583	White Heather Hotel	016973 51373
D A Harrison	016973 42277		
Devonshire House Dentures	01228 529128		
Fairydust Emporium	016973 31787		
Golden Dawn Nurseries	07748 647665		
Green View / Stella's	016973 31743		
Hair She Goes	07857 989358		
Harrisons Store Ltd	016973 61231		
Ian the Electrician	07727 127000		
J Hill & Sons Undertakers	016973 42635		
Jaybees	016973 31245		
Jill Glencross Funeral Director	01228 317373		
Lecker Bites	07473 997676		
McDermott Chimney Sweep	07878 147444		
Mike Taylor Plumbing	07773 069856		
Mrs Wilson's	016973 31155		
No. 17 Delicious	016973 32458		
P Scott Carpets	016973 31224		
PM Roofing Specialists	07931 362163		
Queens B & B	016973 31373		
Seasoned Firewood Logs	07762 772208		
S.O.S.C.S.	016973 32452		
Slimming World (Denise)	07799 708465		
Stanwix Park	016973 32666		
The Charity Shop	016973 31696		
Upholstery, Irene Armstrong	016973 31836		
West Silloth Motors	016973 32833		



Useful Phone Numbers

Age Concern Home Safety Scheme	0800 678 1602
Age UK	01900 844670
Chemist, Silloth:	016973 31394
Church Catholic	01900 814826
Community Grants:	01900 325013
Crime Stoppers:	0800 555111
Cumberland Council	0300 373 3730
Dentist, Alma Terrace:	016973 31270
Dentist, Emergency:	01228 603900
Doctor:	016973 31309
Doctor CHOC service	03000 247 247
NHS	111
First Responders can only be called by the Ambulance service, call:	999
Electricity Power Cut	105
Gas:	0800 111 999
Highways Hot Line	0300 303 2992
Hospital:	01228 523444
Holme St. Cuthbert School, Mawbray:	01900 881242
Holm Cultram Abbey CofE School	
Abbaytown:	016973 61261
MP:	
Markus Campbell-Savours:	07733 330593
Neighbourhood Forum:	01900 325013
Police:	101
Quakers, Wigton:	01228 523174
Register Office, Wigton:	0300 373 3730
Samaritans:	01228 544444
Silloth Community School:	
	016973 31234
Silloth Library	016973 31944
Silloth Nursery & Junior School:	
	016973 31243
Silloth Post Office	016973 31323
Silloth Town Clerk:	016973 31128
Silloth Tourist Information Centre:	
	016973 31944
Solway Buzz:	016973 32180
Paragon Vet:	01228 710208
Millcroft Vet:	016973 23898
Waste Disposal Dept:	01900 702800
Water LeakLine:	0800 330033
Water & Waste Problems	0345 6723723
West Cumbria Carers	01900 821976
Please, let us know what you want included	

OPENING HOURS
10am - 4pm
Apart from:
Mon: 12pm - 4pm
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Norwegian Ships Visit Silloth Dock

Report & Photos by:

John Forrester

More coverage of shipping at Silloth can be found at www.cumbriashipphotos.weebly.com



July was a busy month for shipping at the dock, but unfortunately for ship spotters, it was a procession of ships previously seen at Silloth. As these have been featured in earlier issues of the Buzz, it's an opportunity to look back to earlier in the year when two ships from the 'Wilson' fleet made their first call at the port. 'Wilson' ships are seen regularly at Silloth, which is not too surprising as the Norwegian company is the largest operator of European coasters. It has a fleet of more than one hundred ships. Its company motto is 'We Make Europe Smaller.'

WILSON AVEIRO was the first ship to arrive in 2024. It had completed the sailing from the Baltic Sea during the first week of January carrying fertiliser. The ship was built in 2008 and has changed ownership a number of times since then. It joined the 'Wilson' fleet six years ago. Our second featured ship, WILSON DORDRECHT, has had a similar history of ownership changes. Both are of similar design and cargo carrying capacity, and are named after European cities in common with many others of the fleet.

WILSON AVEIRO arrived off Silloth on a typical dull winter morning. The ship made a well-judged approach in calm conditions. The mood of waiting photographers was raised when a smiling crewman gave a wave as the ship passed by. It appears word is spreading amongst mariners that a wave is required upon arrival at the port of Silloth! Photographers were further rewarded when the skies brightened as the ship was being berthed.

WILSON DORDRECHT arrived later in the month during even worse weather conditions so most photographers opted out, deciding to catch it on departure the following day. Outbound for



Ayr the empty ship appeared a little shabby. This was due to ageing of the anti-fouling paint along the hull, a feature of the specialised paint which helps to slow corrosion and the build-up of marine growth. The unsightly appearance is the price paid for an efficient flow of the ship through water. No doubt a visit to dry dock for a fresh coat of paint is due shortly. None of this prevented a crewman from giving an enthusiastic wave from his lookout position as the ship exited the dock.



Celebrating Young Entrepreneurs

The achievements of nine young West Cumbrians who set up their own businesses have been celebrated at an event in Whitehaven.

The entrepreneurs, aged between 15 and 25, all took part in the Positive Enterprise programme, an initiative from Cumbria Community Foundation and the Centre for Leadership Performance (CforLP) to help young people go into business.

The nine were each given a £1,000 grant at the start of this year, and have received mentoring from an experienced business person, and skills and leadership development opportunities from CforLP.

At a celebration event at Whitehaven Civic Hall, the young people each gave a presentation about their business, explaining where their idea had come from, and talking through the successes and challenges they had faced.

The judges chose Jackson Slack, 17, of Silloth, as highly commended runner-up. His business – Football Fluidity – offers 1-2-1 football coaching at affordable prices.



Jackson said: "Football is my passion so with this business, I'm getting paid to do a job I love. I thought of the idea last year but the Positive Enterprise grant was the catalyst for the business. I wouldn't have been able to afford everything I needed without it. Equipment, insurance, first aid kit,

goals – everything adds up."

David Beeby, Chair of Cumbria Community Foundation, presented certificates to all the participants and praised them for their efforts.

He told them: "You have all shown that entrepreneurial spirit is alive."

Shipping at the Port of Silloth



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

During July the port entertained only three vessels again, the Eastern Vanquish returning with more wheat from Germany, the Waterway up from Cowes with English wheat and the Zapadnyy with molasses.

A disappointing month on the fertiliser front, hopefully this will start to increase over the next few weeks.

Having dredged in June to reduce the dock level, we have now once again started using water pumped onto the beach to reduce the levels of sand incursion into the dock entrance, we pump water from the base of

the south knuckle straight onto the sand and it simply washes it down to an acceptable level. Whilst doing this, at low water we can open our dock sluices and flush away many tonnes of sand in one go.

No further update on the FoxJackson acquisition, this will be a long process.

July

24th Eastern Vanquish from Veirow with a cargo of Wheat, then on to Lisbon.

28th Waterway from Cowes with a cargo of Wheat, then on to Belfast.

29th Zapadnyy from Bremen with a cargo of Molasses, then on to Gdansk.

What do Your Kids See on the Internet?

With all the time that children seem to spend online, how can you be sure that the young people in your family are safe from the issues they can encounter every day?

Check out these easy-to-follow tips to help your child enjoy a safe and confident experience online

Sit down and talk regularly with your child about their online activities - and get them to show you what they're doing. Keep abreast of new technologies and trends. Talk about the potential negatives, like oversharing, accessing inappropriate content, cyberbullying, stranger danger, uncontrolled spending and being online for too long. Set a good example yourself.

Steer your child towards safe searching, websites and apps. Check what they're watching or sharing on streaming sites like YouTube and TikTok. Encourage them to use child-friendly platforms like YouTube Kids.

Get familiar with new game

and social media trends - especially those attracting negative publicity because they may be violent, encourage gambling or leave the way open for messaging random strangers, enabling potential grooming or other types of coercion.

Don't underestimate the part social media and messaging apps play in your child's life, nor how what they experience online can make them feel, including affecting their wellbeing and mental health.

Gaming, social media, picture and video sharing and many other apps and websites have lower age limits for a reason, so you should make sure your child doesn't access those for which they're underage.

Some more advice . . .

Discuss and agree boundaries and rules from a young age, including appropriate online usage. Empower your children, but remember they don't have the experience or maturity to always make the right decisions.

features on social networking sites, safety options on search engines and safe location settings on devices and apps. Turn on your ISP's family filters.

For video calls, ensure your child's safety by updating to the platform's latest version, following its safety advice and checking that call invitations and replies can't be seen by anybody outside the agreed call group.

Online gaming is widely recognised as having many developmental benefits for young people, but talk to them about potential negatives like chatting to strangers, in-game purchases, gambling on loot boxes and excessive screen time.

Warn your child about misinformation, disinformation and fake news - and show them examples. Advise them not to believe or share everything they see or read, especially in these days of sponsored 'news' and AI-generated images, videos and text.

Warn your child about confidential information, personal details and images/video about themselves or others they share in posts, profiles, messages and chats. Consider what you share yourself.

Download apps only from recognised sources like App Store and Google Play. Add your own email address when setting up accounts and apps for your child.

Without being controlling, keep an eye on your child's online activities and know how to recognise the signs of something not being right. For example, criminals have exploited increased online use for recruiting young people into illegal activities such as malware coding, money/drugs muling or extremism.

Consider setting up parental control software and apps on computers, mobile devices and games consoles, privacy

To help ensure your kids' online safety, we recommend using parental controls, ISP filters and child-friendly platforms.

www.getsafeonline.org/saferkids #SaferKids

Silloth Tide Table

SEPTEMBER 2024							SILLOTH	
Date	DEPTHS ON NEW DOCK GAUGE (1.8M ABOVE CD)							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 SU	10 54	6.3	23 06	6.7	05 31	-0.4	17 41	-0.2
2 M	11 29	6.6	23 39	6.9	06 13	-0.6	18 18	-0.4
3 TU			12 00	6.8	06 48	-0.7	18 49	-0.5
4 W	00 09	7.1	12 28	6.8	07 18	-0.8	19 18	-0.6
5 TH	00 37	7.1	12 55	6.8	07 47	-0.8	19 46	-0.6
6 F	01 06	7.0	13 24	6.8	08 13	-0.7	20 14	-0.5
7 SA	01 34	6.8	13 53	6.6	08 38	-0.6	20 43	-0.4
8 SU	02 03	6.6	14 22	6.3	09 05	-0.4	21 14	-0.2
9 M	02 32	6.2	14 54	6.0	09 33	-0.1	21 46	0.1
10 TU	03 06	5.8	15 33	5.6	10 05	0.3	22 25	0.4
11 W	03 50	5.3	16 28	5.1	10 47	0.6	23 20	0.7
12 TH	04 57	4.8	17 54	4.8	11 57	0.9		
13 F	06 45	4.5	19 33	5.0	00 49	0.8	13 39	0.9
14 SA	08 21	5.0	20 47	5.7	02 23	0.5	15 01	0.5
15 SU	09 27	5.8	21 42	6.5	03 37	-0.0	16 06	-0.0
16 M	10 16	6.6	22 28	7.2	04 40	-0.5	17 02	-0.5
17 TU	10 58	7.2	23 10	7.8	05 34	-1.0	17 53	-0.9
18 W	11 39	7.7	23 51	8.2	06 23	-1.4	18 39	-1.2
19 TH			12 18	7.9	07 08	-1.6	19 23	-1.3
20 F	00 32	8.4	12 58	7.8	07 50	-1.6	20 04	-1.3
21 SA	01 14	8.2	13 39	7.6	08 30	-1.4	20 45	-1.1
22 SU	01 57	7.8	14 20	7.1	09 07	-1.0	21 25	-0.8
23 M	02 42	7.2	15 05	6.5	09 44	-0.5	22 07	-0.3
24 TU	03 32	6.4	15 58	5.9	10 25	-0.0	23 00	0.2
25 W	04 36	5.5	17 11	5.2	11 19	0.6		
26 TH	06 05	4.9	18 49	5.0	00 18	0.5	12 47	0.9
27 F	07 46	4.8	20 18	5.3	01 55	0.5	14 26	0.8
28 SA	09 03	5.3	21 20	5.8	03 15	0.2	15 41	0.5
29 SU	09 53	5.9	22 05	6.3	04 17	-0.1	16 35	0.1
30 M	10 31	6.3	22 41	6.7	05 04	-0.4	17 16	-0.2

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

Boost For Ladies Rugby

Report by: Jimmy Lettice

Silloth Rugby Club are delighted to announce they have been awarded a fantastic Grant from the Cumberland Council and UKSPF Funding for the Ladies Section

This brilliant Grant will allow us to continue providing quality coaching sessions twice weekly, using a much needed new Scrummage machine from world famous Rhino Rugby along with age and gender appropriate training equipment.

To continue developing the ladies individually and as a team and in preparation for when they

are allowed to join a league, we are continuing to look for friendlies and enter open tournaments in and around Cumbria but are willing to travel, we can also have the opportunity to use the main pitch, the all weather area or even the school hall with their superb support.

We have acknowledged the importance of a modern up to date efficient website so the funding has allowed us to reach out to our friend Martin Bell who is putting some ideas together for us.

Ladies rugby is a great sport and we are committed to supporting our ladies any way we

can please feel free to join them and have some fun, get yourself fitter stronger healthier and enjoy your Rugby.



WE ARE RECRUITING!

Our ladies team are looking for new players.

COME DOWN AND JOIN US ON
WEDNESDAYS 6PM & SUNDAYS 5PM

All ages and abilities welcome 16+
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