

Cafe 14/16 Win Award

Les Routiers in Britain is proud to announce that Cafe 14/16 has been accepted by the Les Routiers portfolio for its definitive Hotel and Restaurant and Pubs and Inns Guides. As one of the UK's foremost authorities on the recognition of quality hospitality, first class cuisine at an affordable price, and as a firm advocate of local suppliers, Les Routiers in Britain operates a stringent control on who is and who is not accepted by using inspectors to visit prospective and existing members incognito and on a regular basis.

Nicholas Stanley of Les Routiers in Britain said: 'We are absolutely thrilled that Cafe 14/16 is now a member of Les Routiers. The accolade both endorses their commitment to promoting local food producers and suppliers, and rewards the hard work and dedication of the rest of the team involved. Indeed, Cafe 14/16 has all the qualities and more that we look for in a Routiers member.'

Jay and Morven Anson have bags of experience as previous managers of Seatoller House in the Borrowdale Valley. They have brought their flair and passion for authentically good foods to their Café, which offers an extensive all-day lunch

menu and evening specials on Fridays and Saturdays'. For a more detailed and illustrated description and for on-line reservations, visit the website at: www.routiers.co.uk.



The Les Routiers in Britain Pubs and Inns Guide 2005 and the Les Routiers in Britain Hotel and Restaurant Guide 2005 are now available in most major bookshops and retail at £12.50 each; guides can also be ordered via Les Routiers direct. In addition to appearing on the website with immediate effect, Cafe 14/16 will feature in the next Les Routiers Guide, published every autumn. For more information about Les Routiers in Britain or to order a copy of either guide, call: 020 7370 5113 or visit the website at: www.routiers.co.uk

Arthritis Support Group

Unfortunately our Speaker was unable to attend but the AGM went ahead with 17 members present. Edna Marper welcomed everyone. The officers were appointed Edna as Chairman, Gladys Temple as Vice Chairman, Peggy Bray as Secretary/Treasurer and Committee Members Joan Gilbertson, Christine Smithson and Anne Graham who was also in charge of the tea rota. Jack Bray explained the insurance cover. Mary Thompson and Francis Green then served tea while Gladys passed round a quiz on Scottish place names. Mary Thompson and Francis Green were the lucky winners of the Quiz and Jack Bray won the raffle. The next meeting is the trip to Hetland Gardens and Sweetheart Abbey on 5th August then we return to Loveday House on 2nd September for T'ai Chi.



Mighty Muscle Bee
by
Dionne Jay Blake
aged 9
from
Silloth Primary School

Romanian Children's Choir

Report by:
Eileen Chambers

On Thursday, 18th August, a group of Romanian children are to visit Silloth.

The choir was discovered by a group of Salvation Army workers from Carlisle who visited Bucharest last year to help refurbish the kindergarten of the school for the blind and partially sighted children. The choir at this school made such an impression on the Salvation Army team that they decided to bring them over to the UK and Carlisle in particular.

On hearing of this visit, friends at Trinity Methodist Church Silloth invited them to visit the town for a day. So, on August 18th they are to visit the West Beach in the morning,

enjoy a fish and chip lunch before visiting the lifeboat station in the afternoon, followed by tea provided by the friends at the Methodist Church.

An added bonus is that in the evening they are to give a concert in the Methodist Church. As the children range in age from 10 to 21 there will be a junior and senior choir with some solo items. As well as singing songs from their native land there will be better known items such as a selection from the musical 'Oliver'

The choir will have already performed in Carlisle Cathedral, Kendal Parish Church and Penrith Methodist Church during their stay so do come and add your support for them in Silloth. The money that they

raise through these concerts is to be given to the Jigsaw Appeal for the children's hospice in Carlisle, young people helping other young people.

The concert will begin at 7pm, so please come to hear an excellent choir from abroad and support the Jigsaw Appeal for local children.

Addison Orthodontics

Denture Repair Service

54 Esk Street
Silloth

016973 32208

Lunches

From 21st July, the summer coffee mornings held in Trinity Methodist Church on Thursdays are being replaced by Summer Light Lunches. For just £1.50 sandwiches of various kinds, a cake and a 'cuppa' will be available in the school room at the Church from 11:45am to 1pm on Thursdays. There will still be a cake and bric a brac stall, so why not give it a try and enjoy a chat over lunch?

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LEGAL NOTICE

Application for a variation to a Club Premises Certificate

Licensing Act 2003

Name: **Sheona Nicoll**
Has applied to Allerdale Borough Council for a variation to the club premises certificate for:
Royal Air Forces Club,
Monomail, Petheril Street, Silloth, Wigton, CA7 4DH.

To vary the sale / supply of alcohol and to allow the holding of regulated entertainment to include: music, singing, dancing, live performers, playing of recorded sound, sporting games in the presence of audience (including but not limited to darts and snooker / pool etc.

Between the following hours: 10:00am to 24:00 each day. With an extra two hours on New Years Eve.

Any person wishing to make relevant representations on this application may do so in writing by no later than 14th August 2005 to:

The Licensing Department, Allerdale Borough Council, Allerdale House, Workington, Cumbria, CA14 3YJ or by e-mailing to:

licensing@allerdale.gov.uk.
A full copy of this application may be viewed at the above office between 10am and 4pm Monday to Friday.

Good Companions (Cumbria) Ltd.

Congratulations to all our team for gaining Investors In People

The activity programme is excellent, help is always at hand, should you require it - I wouldn't have been here for 6 years if I didn't like it.

Mrs Lizzie Simpson - Resident
PICTURED BOTTOM LEFT

We aim to help all our residents to realise personal aspirations and abilities in all aspects of their lives.

Trynie Story - Care Co-ordinator
PICTURED LEFT IN CENTRAL GROUP



INVESTOR IN PEOPLE

People of any age should enjoy life to the full, we offer a full recreational programme, utilising our own minibus, mobility scooters and local amenities.

Mary Pigg - Activities Co-ordinator
PICTURED RIGHT IN CENTRAL GROUP

We place the rights of residents at the forefront of our philosophy. We value each individual ensuring that they are treated with respect and dignity.

Jacqui Derrane - Home Manager
PICTURED MIDDLE IN CENTRAL GROUP



Contact us to find out how Good Companions can enhance the life of you or your loved ones

Good Companions (Cumbria) Ltd, Criffel Street, Silloth, Wigton, Cumbria, CA7 4BT, Tel/Fax: 016973 31553
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