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## Silloth Tennis Champs

### Silloth Primary Take Second County Title



Silloth Primary made it two county Tennis titles out of two as another set of heroic performances took the Carlisle Sands Centre by storm.

In what was a very tough event with strong teams from the south of the county taking part, the team of Gareth Davenport, Emily Wise, Adam Story

and Joel Baker outlasted and outfought some of the best players in the county and with victories against Boltons school, Holy Family (Barrow), Black Combe (Millom) and Dane Ghyll (Barrow) who they defeated, twice, it was easy to see why the school are becoming renowned as one of the top Tennis schools in the county and why the Story of the Wise Baker from Davenport will always be remembered!

## Silloth Tennis under 16's

### Anna Makes It Three In A Row As Robert Joins Her As Under 16 Club Champ For 2005



Anna Jones made it a hat trick of under 16's titles as she carved her impressive way through the competition for the loss of only four games in another remarkable performance. With the event in only its 4th year Anna's dominance shows no sign of abating and with appearances in all 4 finals and with 2 years left at this age group it looks like her record will take some beating.

With a return to form for Dawn Graham and some fine performances from Julie Hurst, Rachel Holden (plate winner) and Hannah Story it was a very pleasing girls competition all round.

The boy's tournament was a much tighter affair as birthday boy Rory Johnstone's anticipated celebrations were snuffed out by party pooper Robert Jefferson, who not only blew out all the

candles, but he also ate all the cake and took home the presents as he took his first ever club championship in a tense final.

Rob in fact, had proved to be very solid all day, remaining unbeaten throughout the tough group stages and deserved his glory and with good performances from Steven McGill, Jamie Harrison, Ryan Anderson and plate winner 10 year old Ross Johnstone.

## Silloth Group Medical Practice

OPENING TIMES: 8:30am - 6:30pm  
Tel No: 016973 31309 Fax No: 016973 32834

### PNEUMOCOCCAL VACCINATION

#### What is Pneumococcal disease?

Pneumococcal disease is caused by the bacterium Streptococcus pneumonia. It is the most common cause of pneumonia and it can cause a number of other serious illnesses, including septicaemia and meningitis, which can be fatal. This risk increases substantially after the age of 65. If you are over 65 years of age you will shortly be receiving an invitation to attend the surgery to have a Pneumococcal vaccination. Unlike the flu vaccination the Pneumococcal vaccination can be given all year round.

### SURGERY CLOSURE

Please note that the Surgery will be closed between 1-5pm on:  
Wednesday 24th August  
Thursday 22nd September  
Tuesday 25th October  
Wednesday 23rd November  
Thursday 15th December  
This is for educational training purposes for all surgery staff.  
Between the hours of 1-5pm Cuedoc will take all Emergency calls.  
016973 31309

### INFLUENZA VACCINATION (FLU)

If you are 65 years or over or suffer from chronic respiratory disease, including asthma, chronic heart disease, renal disease, or diabetes you are invited to attend either the surgery or attend one of the following clinics being held at:

Silloth Church Hall - Tue 18th Oct, 10-12pm  
Abbeystown Village Hall - Wed 19th Oct, 10-12pm  
Allonby Village Hall - Thur 20th Oct, 10-12pm  
or

Come To Our Drop In Clinics At The Surgery  
Friday 14th Oct, 9am To 12pm  
Friday 21st October, 9am To 12pm

NO NEED FOR APPOINTMENTS

### HOUSEBOUND PATIENTS

Please contact the surgery if you require a nurse to call to give you a flu or pneumovacc vaccination so we can arrange this.

### CITIZENS ADVICE BUREAU

Don't know which way to turn?  
Debt! Marital Problems!  
Housing or Benefit problems!  
Make an appointment to speak to someone from Citizens Advice in the Surgery.  
Here every Tuesday afternoon.

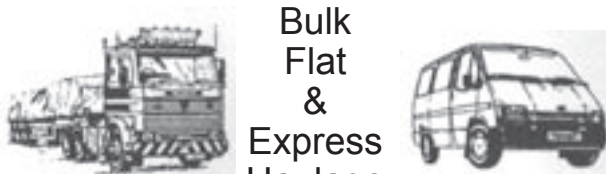
### NEW GP TO JOIN SILLOTH SURGERY

We would like to welcome Dr Christopher Downs as our new General Practitioner who is due to join us at the end of August.

### SURGERY WEB SITE

You can now order your Prescriptions online...  
Why not visit our Surgery Website on:  
www.northcumbriahealth.nhs.uk/silloth

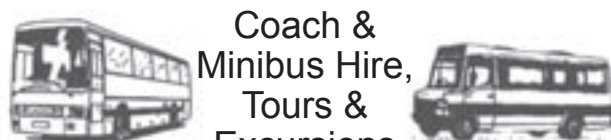
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## WEB SITES

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