

Silloth Rugby Club Youth Training



Report by: Jimmy Lettice

Silloth Rugby Club are pleased to announce the re-launching of part of its junior section.

As there is limited funding and volunteers it has been a struggle in the past to cater for the kids in our community. Now, with coaching from Jamie Simpson and Pete Irwin the under 14's have been reformed. It is hoped to arrange some friendly games for the boys and they have started coaching on

Tuesday nights down at the club.

There are a lot of talented lads about, if we can channel their energy and skills into sport then as a community we will all benefit. They hope also to work alongside

the schools.

The Cumbria Rugby Development Co-ordinators coaching has been going well and there is always room for extra lads, no one will be turned away unless they misbehave.

SILLOTH RUGBY CLUB

Available for Private Functions

- Birthday Parties •
- Engagements •
- Weddings • Christenings
- Fund-raising Dances •

Comfortable, modern Lounge Bar Suitable for small or large parties

Telephone Christine on: **016973 32299**

For further details or to book

Yard of Ale Competition



Kenny Ostle shows he is no slouch when it comes to competitive sports.

He has just been crowned Silloth Rugby Club "yard of ale" champion for the third year running. Kenny fought off some stiff opposition in all rounds of the competition. His toughest match was undoubtedly the final showdown with JJ Graham.

It was a photo finish with the maestro just pipping his mate by a short head.

Abbeytown Bowling Club

Report by: Gladys Temple

Abbeytown were hosts to Silloth Bowling Club, Malcolm Temple welcomed everyone and wished everyone a really friendly evening. Supper was served at half time when Abbeytown were well in front but after a lovely Buffet Silloth came back and the scores were even at the end of the match.

The raffle winners were all from Silloth: 1st Liam Elland, 2nd Sandra Grey, 3rd JOAN Lewis and 4th Brian Lewis.

Oriel Hocking thanked Abbeytown for a lovely evening and looks forward to welcoming Abbeytown at Silloth in December.

Alexander Technique

Are there any people out there who could be interested in an afternoon class on the Alexander Technique?

This is a technique where you learn to let go of unnecessary muscle tension, allowing more freedom and ease of movement. It helps

backache stress, improves posture, increases confidence, and has other advantages.

The class would be run by a qualified practitioner and would be open to all ages over 16. You would only be expected to do what you felt comfortable with

and Jackie Burrows, the tutor, would stress that you must not strain yourself in any way.

We have been going to a class where the upper age limit is in the 70's so age is no barrier.

If you are interested please contact: Bina on 31345, or Dee on 31121.

Silloth Group Medical Practice

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

IMPORTANT NOTICE REGARDING FLU VACCINATIONS

We strongly recommend that all of our patients who are over the age of 65 or suffer from chronic respiratory disease including asthma, chronic heart disease or diabetes to contact the surgery to make arrangements to have a flu vaccination as soon as possible. If you are unable to visit the surgery and feel that a home visit is appropriate please let us know so that we can arrange this for you. Also if you are a carer and require a flu vaccination this offer is also open to you.

If you are not in the above category but would like to have a flu vaccination this may be possible when all of our patients who fit the above criteria have been offered a flu vaccination. Please contact the surgery towards the end of November to check if we have sufficient stock left.

SURGERY CLOSURE

Please note that the Surgery will be closed between 1-5pm on:

- Thursday 14th December
- Tuesday 23rd January
- Wednesday 28th February
- Thursday 22nd March

This is for educational training purposes for all surgery staff.

Between the hours of 1-5pm Cuedoc will take all Emergency calls. 01228 401999

Telephone Consultations!

We are now offering telephone consultations with the GP of your choice. If you want general advice or have a query regarding your health and feel that a trip to the surgery isn't necessary then the receptionist would be only too happy to book a time for you. Please note however that due to the pressure of work we may not be able to ring you back at a specific time.

PATIENT EXPERIENCE SURVEY

A new national survey is to be introduced later this year. This survey will over time help the Government understand, from the patient's perspective, how well action to deliver national priorities is being implemented. The Department of Health are to randomly select patients from our patient list who have had an "access" experience between 16th July and 15th October 2006. These patients will then be sent the patient survey questionnaire to complete in early January 2007. Patient data to be extracted will include: Patients NHS Number, name, address, date of birth and gender.

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

Collection of Prescriptions

Please allow 24 hours before collecting your repeat prescription from the Surgery. Allow 48 hours if collecting from the Chemist

CHILD IMMUNISATIONS

Please note: Child Immunisation Clinics will be held every 1st and 3rd Thursday mornings from January. Appointments will be sent out as normal.

Don't Waste Medicines ~ THINK! ONLY ORDER WHAT YOU NEED

Overstocking of medicines wastes money and can be dangerous. Will you take all the medicines you are ordering or do you automatically order everything on your prescription? Before you ask for a repeat prescription please stop and think are you still using all the medication on your repeat prescription. If not please inform the surgery. Gillian Jones, Medicine Manager

MANA CREDIT UNION



A Community Savings and Loans Scheme

New Collection point opening at Silloth Community Hall on Wednesday September 27th, 12:30pm - 2:30pm

Savings: as little as £1 per week,

local collection points, or direct debit.

Benefits: free life insurance on all loans.

Borrowing: save regularly for 8 weeks for 1% p.c.m interest rate loans on reducing balance

Savings Per Week	Total Saved	Loan Amount	52 weekly payments	Interest payable	Total Payable
£10 for 8 weeks	£80	£160	£3.28	£10.29	£170.29
£15 for 8 weeks	£120	£220	£4.51	£14.16	£234.16

The above are example amounts

Where to find us?

Wigton market: Tuesdays 9:30am - 2pm

Maryport: Selby Terrace, Wednesdays 2pm - 3pm

Maryport: JSL computers, Wood St, Maryport Thursdays 1pm - 3pm and Fridays 10:30pm - 3 pm

Silloth: Community Hall, Wednesdays, 12:30pm - 2:30pm

Tel: 01900 816111

Email: manacredit@hotmail.co.uk

