

£200,000 for MND

Pedal the Ports, the 1,600-mile tandem-relay fund-raiser organised by Associated British Ports (ABP), concluded recently after raising a grand total exceeding £200,000 for motor neurone disease (MND) charities.

Starting at the Port of Grimsby in June, and ridden by a relay group of ABP employees and friends of the Company, the tandem circumnavigated Britain in an anti-clockwise direction, calling at each of ABP's 21 ports, including Silloth on 13th June, before finishing its journey at the Port of Grimsby in July.

ABP employees from every port and every department were brought together by Pedal the Ports. ABP's customers, suppliers and members of the local media also joined ABP employees in the relay. Throughout Pedal the Ports, thousands also read the trials and tribulations of the riders via a blog on ABP's website, which

eventually ran to over 30,000 words.

When the tandem returned to Grimsby, the port hosted a port community open day that saw thousands of people visit the port to have a look around the ordinarily secure area. The day included river trips in one of ABP's pilot launches, Grimsby dock-tower tours, exhibitions, fairground rides, stalls, live music and street theatre, raising thousands for the campaign.

Donations to Pedal the Ports range from substantial pledges - such as ship's agent GP Shipping's £21,000 - to smaller donations from passers-by and pedestrians who were inspired to give what they could after seeing the Pedal the Ports team cycle past. It is a testament to the amicability of the ports marketplace that the majority of ABP's competitors also contributed. ABP itself donated £35,000 to the campaign.

Silloth Docks and the Bad Lads of the 1950's

Story by: George Proud

I was interested to read in the Buzz about the harbour master and his team going into the schools to explain the dangers around the docks.

When we were kids you could walk around the docks and use the dock gates to walk back and forth to the west beach.

We did swim a lot in the docks, it used to be the safest place to swim due to it having no currants like off shore from the beach.

There was always a big gang of lads all ages swimming off the raft, used to paint the boats that came into the docks and was tied up to the dock wall next to the dock gates. We used to jump into the dock off the top crane cabins and bunch up into a ball after hitting the water to see how deep we could go. Some of the lads could bring a hand full of mud up off the dock bottom. (I think the in word for that type of thing these days is tombstoning).

Hugh Scott could do a perfect dive off the cabins and Dils English a perfect Jackknife off the raft which was only 6 or 7 inches above the surface of the water.

We used to start swimming at Easter what ever the weather and

swim right through to October, mud slides in the old dock, a little fire under the pier to boil a tin full of winkles and pick them out with a pin.

Frank Graham and I often went for a swim in the dock at night on our way home to West Silloth, after going to the picture house, down the steps in the corner near the Railway Station, swim the length of the dock and back, keeping away from the corner near the Golf House, because in those days the raw sewerage from the Golf House out flow pipe used to empty into the dock.

Even then we must

have been trespassing because we used to get chased by Charly gold and later Jimmy Pearsey, both were policemen. If caught a kick up the backside or a crack over the ear and if you went home and

told your parents you got another crack 'Happy days!'

The photo was taken by me Easter 1955/56. A gang of us after our first swim.



Back row Joe (crow) Robinson, Joey graham, Jim Elliot, John (nat) Satterthwaite, Ian (podger) Campbell
Middle row Keith MacDonald, Patty Campbell, Ron Steele, Mike Talmadge, Eddie Bosward
Front row Cecil Buchanan, John (chuck) Little, Ken Winter, Graham Winter, Warren Gibson, and Jim Elliots dog



Bar-Bee by Catherine Wilson from Silloth Primary School

Silloth Group Medical Practice

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

End of an Era !

It is with a rather heavy heart that we announce the retirement of Dr. Graham Ross from Silloth Group Medical Practice on 30th September. Dr. Ross has been a partner here at Silloth since 1978. He started as a young doctor full of enthusiasm and certainly seems to have retained that enthusiasm over the years. We will miss him greatly. It will be strange to work in a surgery which Dr. Ross is no longer part of. Dr. Ross's knowledge and experience and his down to earth common sense will be a miss as will his practical abilities of putting up shelves, sorting out boilers, stopping cupboards falling off, walls as well as his way with words when fences mysteriously disappear!

We wish him all of the very best in his retirement and hope he and Margaret have many years of health and happiness. We are sure that he will find plenty to do exploring the countryside in his camper van and obviously visiting his family and grandchildren.

We are lucky to have appointed Dr. Darren Hymers two years ago and shortly Dr. Anna Freeman who will take over from Dr. Ross. I am sure they will follow in his tradition of holistic sound medicine but warn them that he will be a rather hard act to follow.

Cancellation of Appointments

Despite making numerous announcements regarding patients who are not cancelling their appointments when they are no longer required, we are still losing an average of 60 appointments per month. These appointments could be going to people who really need them.

IT IS IMPORTANT TO CANCEL UNWANTED APPOINTMENTS!

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 48 hours before collecting your repeat prescription from the Surgery or the Chemist (72 hours for Bank Holiday Weekends)

SURGERY CLOSURE

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

Wed 17th September
Thursday 16th October
Tuesday 11th November

This is for educational training purposes for all surgery staff.

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

WANT TO STOP SMOKING?

You now do not need to see your GP first. You can self refer to the Smoking Cessation Clinic. Tel: 01900 324 222

FLU CAMPAIGN

Please watch out for posters around the town giving dates for the Flu Clinics. These are expected to be in October

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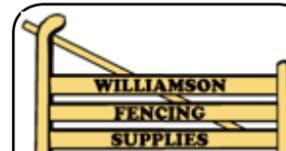
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