



Solway Buzz

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July 2025

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

FREE PAPER

Issue 230

Silloth u14 Girls Win County & League Cups



Full story on Page 3

Events Diary for 2025

Ragnarock X
27th-29th June
Firebird Festival
5th & 6th July

Silloth Vintage Rally
19th & 20th July
Soul on the Green
26th July

Solfest
21st to 25th August
Silloth Carnival
24th & 25th August

Anything Else?
please let us know

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The Solway Buzz is a FREE community paper with a circulation of up to 5,500 copies for the area around Abbeytown, Skinburness, Silloth-on-Solway and Mawbray

Denise Says Slimming Groups are Here To Stay

A Slimming World Consultant/Manager from Wigton says slimming clubs are needed more than ever despite the growing popularity of weight loss medication. While the arrival of weight loss injections like Ozempic, Wegovy and Mounjaro have undoubtedly changed the weight management landscape, Denise, who runs Wigton Slimming World and is the local manager for groups in West Cumbria, says the drugs will never replace weight-loss methods based on lifestyle changes, like Slimming World.

Denise became a Slimming World member in 2013 after having two children, going through a divorce and then meeting her now husband suffering a miscarriage going on to have daughter joining group losing 4 stone 7 lbs overcoming breast cancer. She says: "While, of course, we know and our members are living proof that lasting weight loss can be achieved without drugs, we also understand that when you're desperate to lose weight, it can be tempting to try something new that promises instant results. The truth is though there's no magic bullet – losing weight and maintaining that weight loss requires change. Weight loss drugs need to go hand-in-hand with making changes to your diet, activity and mindset. They're not a replacement for those changes."

A recent University of Oxford study found exactly this. It showed that people who stop taking weight



loss drugs typically regained the weight they lost within a year, with full weight regain expected in under two years, if they don't maintain a healthy lifestyle afterwards. Denise says Slimming World's approach is focused on helping its members to make lasting changes. She says: "Our healthy eating plan encourages members to eat nutritious, everyday food so they lose weight without deprivation, and we have an activity programme that helps members increase how much and how often they move,

at their personal pace. In our groups, members get behaviour change support which helps them to understand themselves more deeply as a slimmer and change the way they think about food, activity and their weight. With over 55 years' expertise in helping people lose weight and transform their lives, we believe Slimming World offers the very best package there is when it comes to helping people to adopt healthy habits for life. That's why we're committed to offering support to everyone, including providing wraparound care for members who are taking weight loss drugs alongside attending Slimming World."

Currently 64 million people in the UK are living with overweight and obesity. She says: "Many people join our groups after trying to lose weight beforehand, often alone and unsuccessfully. They understand they need support because it isn't easy – and it's even harder on your own. Whether you're using weight loss medication or have had surgery, lasting change needs real support. My members form strong friendships in group, and there's nothing quite like the motivation and accountability that comes from losing weight

with others who understand the challenges. Being part of a group helps you to stay on track and committed until the changes you're making become everyday habits."

Despite more weight loss drugs now being available, a poll of 2,000 adults revealed 69 per cent of adults would still be unlikely to take them. Of those, 25% say they don't want to change the way they eat, drink and socialise, 21% worried they wouldn't be getting the nutrition they need for good health and 20% say they love their food too much.

Denise says: "I often hear from new members how amazed they are that they can lose weight without feeling like they're missing out. In fact, in a recent survey of our members conducted by OnePoll, 85 per cent told us they were surprised they could lose weight while still eating foods they loved."

The survey of members of Slimming World's 13,000 community weight loss groups and online programme found that 89% love losing weight while getting all the nutrients they need. Over three quarters (77%) of members questioned now make healthy, nutritious, filling meals that the

whole family enjoys and 76% feel proud that they're passing on healthy habits to their families. More than half (56%) report being surprised at how quickly they've lost weight since joining Slimming World.

Member Margaret has lost over six stone since joining Slimming World she says: "I'm delighted with my weight loss, it's something I never dreamed I'd be able to achieve. I have enjoyed my holidays, social events and enjoyed being able to have everyday family meals the whole family can enjoy. While I wouldn't ever judge someone for going down the route of weight loss injections, I'm personally glad I didn't choose that option because I feel confident that I've learned how to make changes I can keep up forever – so I'll never go back to the old me. I've changed the way I think about food and the expertise shared at group has helped me to see where and why my previous attempts at losing weight didn't work. Now I know my triggers, I can spot when something might have the potential to send me off track and put a plan in place to protect my weight loss. I'm so grateful to Slimming World."

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Shop Front Grants Available!

Cumberland Council is pleased to announce further funding support for the local economy.

Funded by the UK government through the UK Shared Prosperity Fund (UKSPF) and the Rural England Prosperity Fund (REPF). Details of how to apply can be found at www.cumberland.gov.uk/UKSPF

The funding has meant that Cumberland Council is able to extend their successful shop front grants programme which sees improvements to commercial properties within town and city centres across Cumberland.

An additional £105,000 is being made available for 2025-26, applications must be made before the end of August..

This will be the third year Cumberland Council has made capital funding available for this type of grant which brings pride back into our town centres and high streets. So far, more than 100 premises have been upgraded, and 11 vacant units have been brought back into use.

Previous grant recipients have transformed their commercial premises, such as 16 King Street, Whitehaven and 121 Senhouse Street, Maryport.

Leader of Cumberland Council, Cllr Mark Fryer, said: "The previous grants have proved to be a great success, and we urge businesses to apply for the funding. If you have a commercial high street or town centre property which would benefit from a new look and meets the call criteria, please do get in touch. More information on the fund, guidance notes and how to submit applications is available on our website."

The grants are available for projects that demonstrate alignment and deliverability against the criteria.

Cumberland Council is also working with the Cumbria Business Growth Hub and Enterprising Cumbria to offer grants and business support across Cumberland.

With £200,000 UKSPF and £400,000 REPF funding being

made available, Cumbria Business Growth Hub is again able to offer both business advice and grant funding to small/micro and medium sized businesses.

Capital grants are available for: Equipment/improvements to productivity.

Works to improve business premises.

Improvements to tourism heritage assets.

Support for farm diversification projects.

Revenue funding will provide vouchers to secure specialist consultants of your choice and the business adviser team will be



available for one-to-one support alongside a range of workshops and programmes aimed at business survival. Working with the Farmers Network additional workshops will also be available to agricultural businesses.

Contact info@cumbriagrowthhub.co.uk for more information.

Through a further £200,000 revenue funding, Enterprising Cumbria is able to expand their Accelerator programme across Cumberland to offer:

Free tailored business support for start-ups and existing businesses.

Intensive one to one innovation support to help businesses with real growth potential.

Pre-Start activity to assist individuals looking at starting their own business with potential financial support to help towards their business launch.

Contact lucyjohnson@enterprisingcumbria.org.uk for more information.

Silloth Scouts & Brownies

Report by:
Kathryn Shires

The Beavers Cubs and Scouts commemorated VE80 by learning all about Scouts in the wartime years. We learned that they used staves for lots of different reasons and that 'Scout Pace' is really difficult to do! The badges were much harder as well – we had a good go at attaining the athletics badge from the 1940s.

We are also very grateful to Graeme and Archie from the Greenview Guest House who kindly gave us all official SCOUT VE80 badges.

On 15th May we did some archery and the following week we were back at Esk Road where we did some weeding, litter picking and mowed the grass. We also made a well dressing that you may have seen by the well on Green



Day.

As always, our aim for the summer term is to get out and about, come rain or shine, so look out for us around town and come and say hello.

If you would like to join in

and experience all this fun and adventure, give us a call. We have room for boys and girls aged 6 to 13 and especially for 6 and 10 year olds. Contact Kathryn 07803 000216 or Kathryn.shires@cumbriascouts.org.uk



Perfect Season, Treble Winners!

Report by: Amy Wise

On the 11th May Silloth U14 Blacks girls completed the end of a perfect season winning the County



Cup final to go alongside the League Cup and League title.

Coach Peter Wise said "it's all down to the girls and their work ethic! The team set a goal at the start of the season to try and win all three, but to go unbeaten all season, only conceding 12 goals is testament of how far they have come."

The team formed back in early 2020 just prior to the Covid pandemic entering the league at U10's. After just one season the girls were promoted to the top league competing against girls a year older. At U12's the girls got their first taste of success winning the League, League Cup and County Cup again unbeaten.

The following year at U13's, again playing in the higher league

they reached the County Cup final, just narrowly missing out. In the same year the girls got the opportunity to play in the mixed team, playing 11 a-side. This was a fantastic opportunity for them playing in the boys league. The games were super competitive and Silloth came out on top winning the league by a single point!

It's truly amazing to think how much the girls have achieved in such a short period of time. The level of commitment, determination and sheer hard work running through the team is the key to their success. We are all super proud of the achievements of the team and the way they represent the club and the town.

We look forward to seeing what the future holds for them.

Have Your Say on a New Political Map for Cumberland Council

New boundaries are being proposed for council wards in Cumberland Council.

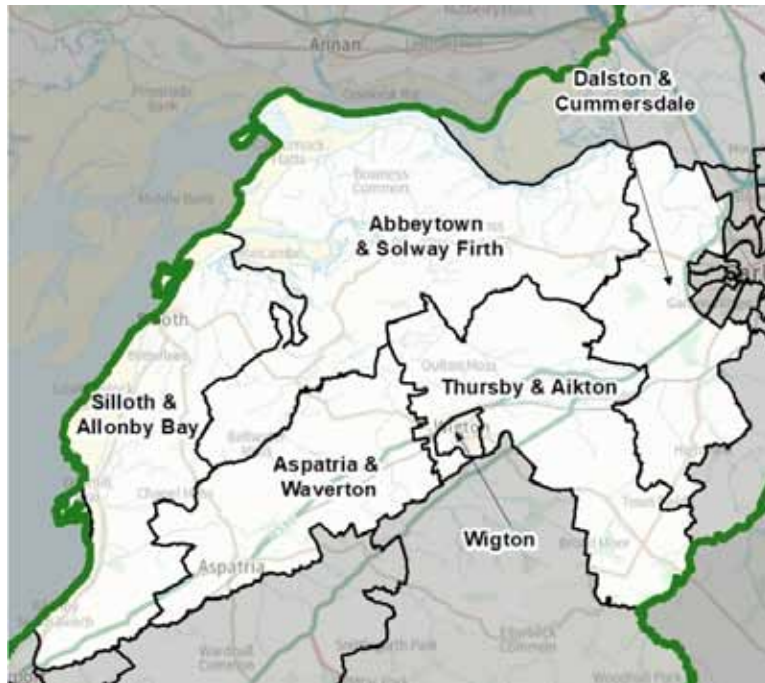
The Local Government Boundary Commission wants to hear what residents and local organisations think about the proposals.

A ten-week consultation on the proposals will run until 11th August 2025.



The Commission is the independent body that draws these boundaries. It is reviewing Cumberland to make sure councillors will represent about the same number of electors, and that ward arrangements will help the council work effectively.

The Commission has published proposals for changes to Cumberland. It is proposing that there should be 55 single-councillor wards across the authority, all but two wards will change.



Proposed changes include recommending a ward that keeps the built-up area of Egremont together. This will have more electors than average but we think is justified on the basis that it will reflect communities in this area.

The Commission has a dedicated section on its website where people can see the detail of the proposals and comment on the names of wards and their boundaries:

<https://www.lgbce.org.uk/all-reviews/cumberland>

People can also give their views by e-mail at:

reviews@lgbce.org.uk,

and by post:

Review Officer (Cumberland)

LGBCE

7th Floor

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"Quote of the Month"

*"Yesterday is history
Tomorrow is a mystery
Today is a gift"*

Can You Help? Between the Seas



Poems of Silloth for an Arctic Installation

Join poet Melisa Davies to explore how Cumbria and Norway's seascapes connect. Over drinks and nibbles we'll create a renga (community poem) considering Silloth's unique landscape.

Between the Seas is a project creating visual connections between two landscapes and the finished poem will be installed north of the Arctic Circle as fabric flags which winter elements will 'weather' before they return to be exhibited in Cumbria.

Tuesday 22nd July from 6 to 9pm

No poetry/writing experience needed.
Adults and children aged 12+ welcome.

This is free to attend, places must be booked.

Email: thecreativityspacecumbria@yahoo.com

Message: 07457 416766 (via Whatsapp). or 'The Creative Space' via Socials

RNLI Quiz Night Raises £288



Report by: Lesley Hope

Another fun and well supported Quiz night in Mrs Wilson's.

Thanks go to Willie and

Wilma for setting the questions and being Quiz masters on the night.

The winners of the night were two RNLI shop volunteers Anna

and Sheena with their husbands. Thank you to all who attended and to Annie and staff for their continued support, we raised £288 on the evening.

Never Too Old to Score a Goal

Report by: Trevor Grahamslaw

Silloth Walking Footballers have been kicking off at 1pm beside Silloth Tennis Courts most Mondays for nine years.

Founded by Cornerstone

Methodist Church, the matches are slightly competitive, played in good spirit and always fun. There are few rules and no contact.

Games are free and after the match, if you wish, you can enjoy refreshments and a good "crack", at Christ Church, Silloth. New players male or female, aged fifty or over are more than welcome.

For more information contact George Denholm on 016973 43922, or better still just turn up, all you need are a pair of trainers to join in.

Photo: Some players from a June game. The game kicked off with six a side and ended 7-7, you don't get scores like that in the Premier League!



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07799 708465

Silloth RUFC
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Contact: Michelle on
07984 998946

It's All Blooming Beautifully on Silloth Green



In the Community Garden we have taken out the old Winter bedding and replaced it with mass planting of Geraniums with different habits, trailing, upright and variegated leaves which will bush out and provide a riot of colour during the Summer.



We will be having another plant stall on Wednesday 25th June at 10 o'clock in the Community Garden. We will have an array of Summer Planters available for a donation, including wall and hanging baskets, window boxes and a variety of pots.

We have been busy potting them up in the last few weeks with a selection of dwarf Dahlias, Cosmos, Marigolds, Nasturtiums, Lobelia and Petunias.

All money raised will go towards buying more plants and supporting our wonderful volunteers without whom the Community Garden would not look so good!



Report by: Pat Robinson
Photos: Caroline Turner & Judith Scott

Hopefully you've enjoyed the warmer weather of late and have been able to get out and about. The Irises and Roses in the Community Garden have certainly benefited!

After saying I couldn't fit in any more plants in my small garden I bought two trays of inexpensive Pansies and Violas and have been rewarded with a colourful display. Using just one or two different types of plant can give great impact!



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Changes to Waste and Recycling Collections



Cumberland householders can now download, bookmark and print the next four months of waste and recycling collection information.

The collection information is available at www.cumberland.gov.uk/waste/binday

Householders can check the dates for June through to the end of September 2025 by entering their post code and clicking on their home address from the drop-down options. As well as viewing on screen, they can also be printed, saved or bookmarked.

As more changes to collection dates are planned in late September, householders are advised to continue checking their collections as they may be subject to change.

Changes to waste collections in the former Allerdale area are now into their second week and residents are being urged to check their collection dates.

Fortnightly waste collections started on Monday 26th May.

Residents are also being urged to check their updated collection dates at www.cumberland.gov.uk/waste/binday

The council has received more than 10,500 requests and are continuing to deliver replacement 180 litre bins. We've started the delivery of replacement 180 litre bins. If you have provided an

email address when requesting a replacement bin, you will be contacted a day or a few days before the delivery.

We've had more than 10,500 requests for bins, so if you don't get your replacement bin before the start or beginning of fortnightly collections, carry on using your existing bin and recycle as much as you can. If you can't fit all your waste into your bin, you can put out up to two bags of excess waste.

We can't take orders for replacement 180 litre bins at the moment, but there will be another chance to order one between Tuesday 1st July and Thursday 31st July.

Due to the large number of requests, they are advising residents that don't get their new bin over the next few weeks to carry on using their existing bin and to recycle as much as they can. If they can't fit all their

waste into the bin, residents can put out up to two bags of excess waste.

Householders may also be eligible for an even larger or extra bin if they have a large household, young children in nappies or your household produces extra waste due to medical needs. Apply at www.cumberland.gov.uk/waste/largerbin

Stay informed and up to date by visiting www.cumberland.gov.uk/wastechanges



Musical Twitterings



Report by: Jenny Wren
Photo by: Albert Ross

The sounds of summer in Silloth.

There are many things we love about living in Silloth but the best, the sounds of a Silloth summer. We bet you have your own favourite sounds. Is it the tune of the ice cream van as it drives the streets encouraging children out for a cornet or lolly, perhaps it's the gulls fighting over chips down by the RNLI station, Soul on the Green filling the town with music and visitors or children squealing as they run through the water play area. These sounds are what make Silloth and summer special.

Our favourite sounds are the birds that fill the skies with their unique songs so evocative of this time of year. We particularly love Cuckoos and Skylarks.

Skylarks are with us in the Silloth dunes all year round and although we can hear the male singing right into December, we get their 'top of the pops' tunes over the spring and summer months. Like so much bird behaviour it's all about protecting their home and hunting ground and impressing the ladies. Like the female Skylarks we can't help being drawn in by these little feathered Romeos.

The birds take flight rocketing up into the sky as much as 300 metres (about 1,000ft) on what are called song flights. The birds hover up there effortlessly singing their hearts out for just a few minutes or as much as an hour. Their song is often described as a 'silvery thread of sound', 'liquid warbling', and is a seemingly unending stream of delicate rising and falling notes that rain down around you as you sit, walk or lie in the dunes. Once the bird starts to parachute back down to the ground the magical song stops.

Second in our Top 10 of summer singers is the Cuckoo. We know it's not fancy, it's not pretty and it repeats itself almost as much as the adverts on terrestrial TV, but it just screams at us that summer is really here.

Like Skylarks the Cuckoos two note call is all about finding a mate. It's the males that have the instantly recognisable cuckoo which give the bird its name.

Although many of us will easily recognise the sound of a Cuckoo few of us have seen one. This is partly due to their brief visit to the UK during the spring and summer months; arriving in late April and leaving June or July. In recent years numbers visiting the UK have also fallen drastically.

Did you know that Cuckoos don't build a nest or feed and raise their own young? The female Cuckoo simply lays a single egg in another bird's nest such as a Meadow Pipit or Dunnock. She will go on to do this time after time in other nests over the next few days.

Having dropped the egg off, she then totally abandons it. The care of this egg now falls to the poor unsuspecting parent of all the other eggs in the nest. In this horror story things go from bad to worse! Not content with simply 'adopting' a new parent, once all the other eggs have hatched, the Cuckoo chick will push other chicks or eggs out of the nest. The 'new' parent will feed its only baby and even though the Cuckoo chick grows to twice the size of its 'adopted' parent this doesn't raise suspicion or trigger the happy new parent to throw out its unfamiliar looking child.

For nature lovers this behaviour still shocks us every time we read about it. However, even as we think about all those poor frazzled parent birds with a giant chick twice their size to feed, we still feel that thrill when hearing first faint sounds of a Cuckoo and believe summer has truly arrived.

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Life After VE Day



During May, Silloth Library displayed VE Day information, books and memorabilia as well as some children's activities, all curated by Judy Rochester.

Visitors, Anne Winter and Linda Wignall, were among those who had a chance to look at old photos and items donated for the display by local residents.

National Creativity Day Activities in Silloth Library



Report by: Judy Rochester

This year, May 30th was designated "National Creativity Day". The purpose of the day was to encourage and celebrate creativity in all its forms, whether an artist, writer, musician, photographer, gardener, flower arranger etc!

It was a day to share ideas and hopefully inspire all ages to create something, however simple, that is special to them.

Silloth library hosted an art and craft session on the day. Zoe Forster gave a demonstration of Cyan printing, using the sun to magically transform everyday items into works of art! Recycling paper into little books and using



origami to create various items was also tried by those who attended.

It is hoped that similar sessions will be held occasionally at the library in the future.

The first photo shows some of the Cyan prints made on the day. In the hustle and bustle of everyday life, many adults, and more importantly, children, have lost the desire to work with their hands to produce a unique article that is truly theirs.

Children used to sit around the kitchen table drawing pictures, cutting up old magazines for their scrapbooks, writing stories or poems, creating something unique to be treasured.

Now of course, computers and smartphones have taken



over the role, instantly creating amazing pictures with little need for individual input from the user. Children as young as three know that at the press of a few buttons



something eye-catching will appear on the screen!

However, tucked away in and around Silloth,

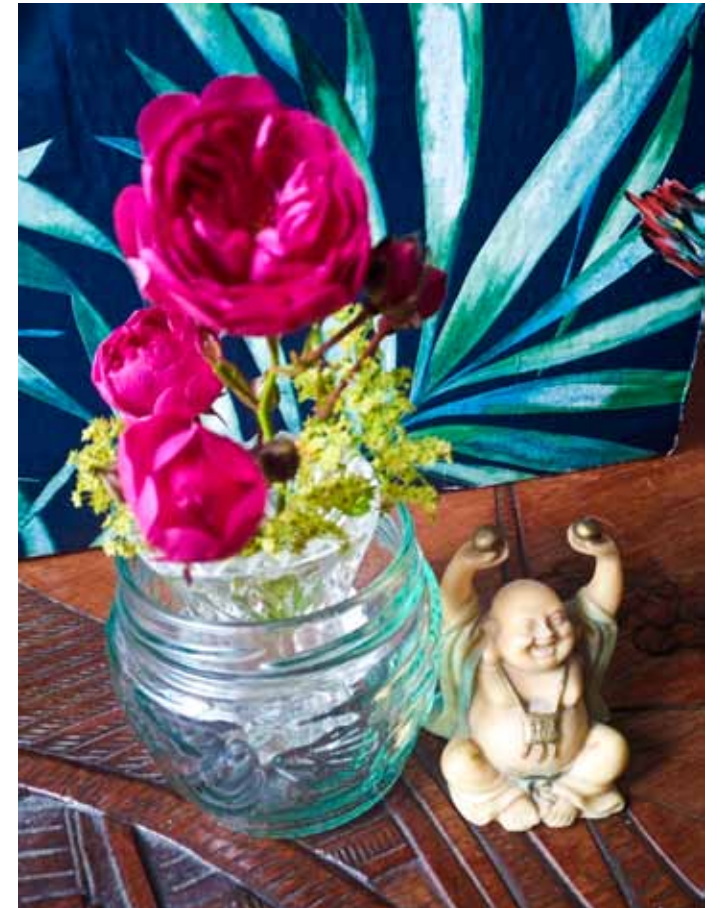
art is flourishing and we have woodcarvers, potters, china painters, textile artists, jewellery makers, knitters and others all creating their own special work. We even have a shop that specialises in promoting local art, so Silloth could soon challenge other towns that are already on the art trail. Maybe the library could become part of that if it had gallery space where the craftspeople could exhibit their work!

A simple and free way of getting creative when children say they are bored is to try Zentangle, based on a traditional Japanese art form. In medical terms Zentangle is called Neurotherapy and is used for patients with anxiety,



dementia and stress as it is a very calming process.

Basically it is "doodling" with pen or pencil to create a mini work of art. One way to try this



is to draw a circle then doodle away! Or, the Solway Buzz often has a "picture to colour" on the puzzle page which is ideal for using the Zentangle technique - try doodling within the lines instead of colouring by adding squiggles, dots and lines - and just have fun!

Yet another form of "Creativity" is Eco-Art. This comes from linking ecology with art to encompass seeing, feeling and emotional responses to nature.

It encourages everyone, no matter what age or ability, to look at the world about us. A walk through the forest or a stroll along the beach has always inspired artists and poets. William Wordsworth wrote much about nature and wildlife and was a passionate gardener.

So why not go pick a flower, find a pretty leaf, pebble or twig and start creating!

The Boys from HumberVI present
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Sunday 6th July
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Mawbray Village Hall Clubs

Here are the dates for July

Pool Club
 8th, & 22nd
 7pm - 9pm

Craft & Chat
 16th & 30th
 2pm - 4pm

Book & Jigsaw Exchange
 3rd & 17th
 3.30pm - 4.30pm

Silloth & District Pensioners

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 &
Sunday 13th July
 12.00pm - 4.00pm

Eat in and takeaway options available
 Raffle and various stalls

All welcome

MAWBRAV VILLAGE HALL
MONTHLY QUIZ

31st July
 7.30pm

£2.00 per person

Prize for the wining team

Bring your own drinks, snacks and glasses

Abbey Tots

Tuesdays
 (term time only)

10.00am - 11.30am
 at Holme Cultram Abbey

a great place for adults to meet and chat over a cuppa while their babies/toddlers play.

Donations towards refreshments
 each session would be greatly appreciated

All welcome
 (this includes mams, dads, grandparents, aunts, uncles and friends etc)

Evening Departure from Silloth Dock

Report & Photos by:
John Forrester
More coverage of shipping at
Silloth can be found at www.cumbriashipphotos.weebly.com



Some ship arrivals are just a little too early in the morning for us ageing ship spotters. At this time of year with daylight hours increasing, there's often a second chance to see visiting ships if they depart at a more socially acceptable time. This was the case with the general cargo vessel WESTEWIND which arrived over the May Bank Holiday weekend.

Despite the ship being seen at Silloth only two years ago, small coasters of this type have a character which is often missing from larger ships and attracts enthusiasts to photograph them. WESTEWIND has a full Dutch pedigree and is typical of shipping seen in UK waters. It was built in a Dutch shipyard in

2003 and is owned and registered in the Netherlands. The unusual port of registry, Wemeldinge, a challenge for us to pronounce, is the name of a village in the province of Zeeland.

WESTEWIND had arrived with a cargo of salt from the Netherlands which was quickly unloaded allowing departure the following day. In contrast to ship arrivals, the timing of departures can present enthusiasts with a problem. A ship can appear empty and ready to sail but there are factors which come into play which may delay departure. Conditions out at sea are an important consideration as well as whether the ship has orders for its next port of call. Even when everything looks good for a departure,

there can be disappointment if the master decides he's simply not going to sail on that tide.

In this instance, WESTEWIND was cooperative and made her exit from the port on a sunny evening. It's always a relief when the pilot is spotted boarding and the crew take up the ship's gangway. With her shallow draught, the ship was able to make an early departure shortly after the dock gates were opened. Despite her modest size, WESTEWIND covers a wide range of northern Europe destinations from her Dutch base, typically as far as the Baltic Sea and Scandinavia. On leaving Silloth she would have a less testing sailing, just the short crossing to Belfast.



Silloth Tide Tables									
JULY 2025					SILLOTH				
		HTS ABOVE NEW DOCK GAUGE (1.8m ABOVE CD)							
		High Water				Low Water			
		Morning		Afternoon		Morning		Afternoon	
Date		Time	m	Time	m	Time	m	Time	m
1	TU	03 29	6.4	15 58	5.8	10 41	-0.4	22 39	-0.1
2	W	04 17	6.0	16 46	5.5	11 22	-0.1	23 22	0.3
3	TH	05 09	5.6	17 41	5.2			12 07	0.2
4	F	06 06	5.3	18 42	5.0	00 12	0.5	12 59	0.4
5	SA	07 11	5.1	19 46	5.0	01 11	0.6	13 58	0.4
6	SU	08 14	5.1	20 46	5.3	02 16	0.6	14 56	0.4
7	M	09 12	5.3	21 38	5.6	03 19	0.4	15 50	0.2
8	TU	10 03	5.6	22 21	6.0	04 14	0.2	16 40	-0.0
9	W	10 46	5.8	23 01	6.3	05 04	-0.0	17 24	-0.1
10	TH	11 25	6.1	23 38	6.6	05 51	-0.3	18 07	-0.3
11	F			12 02	6.3	06 35	-0.4	18 49	-0.4
12	SA	00 15	6.8	12 39	6.5	07 19	-0.6	19 31	-0.5
13	SU	00 53	7.0	13 18	6.6	08 02	-0.7	20 14	-0.6
14	M	01 33	7.0	13 59	6.7	08 44	-0.8	20 54	-0.6
15	TU	02 15	7.0	14 41	6.6	09 24	-0.8	21 33	-0.5
16	W	02 58	6.9	15 26	6.4	10 02	-0.7	22 14	-0.4
17	TH	03 46	6.7	16 14	6.1	10 43	-0.5	22 58	-0.2
18	F	04 37	6.5	17 11	5.9	11 30	-0.3	23 51	-0.0
19	SA	05 39	6.2	18 19	5.6			12 26	-0.1
20	SU	06 52	5.9	19 34	5.6	00 55	0.2	13 36	0.1
21	M	08 07	5.8	20 46	5.8	02 14	-0.1	14 54	-0.0
22	TU	09 18	6.0	21 50	6.2	03 35	-0.1	16 07	-0.1
23	W	10 21	6.4	22 46	6.6	04 48	-0.4	17 12	-0.3
24	TH	11 15	6.7	23 34	7.0	05 52	-0.7	18 08	-0.5
25	F			12 02	6.9	06 47	-0.9	18 57	-0.6
26	SA	00 18	7.2	12 45	6.9	07 36	-1.1	19 42	-0.7
27	SU	00 59	7.2	13 25	6.9	08 19	-1.1	20 22	-0.7
28	M	01 38	7.2	14 02	6.7	08 56	-0.9	20 57	-0.5
29	TU	02 14	6.9	14 37	6.4	09 29	-0.7	21 27	-0.3
30	W	02 50	6.6	15 13	6.1	10 00	-0.4	21 57	-0.1
31	TH	03 28	6.2	15 52	5.7	10 28	-0.1	22 29	0.2

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

FUN for ALL ~ Join the Dots & Colour In

Everyone Can Do This

9 Dots to Connect & Colour In



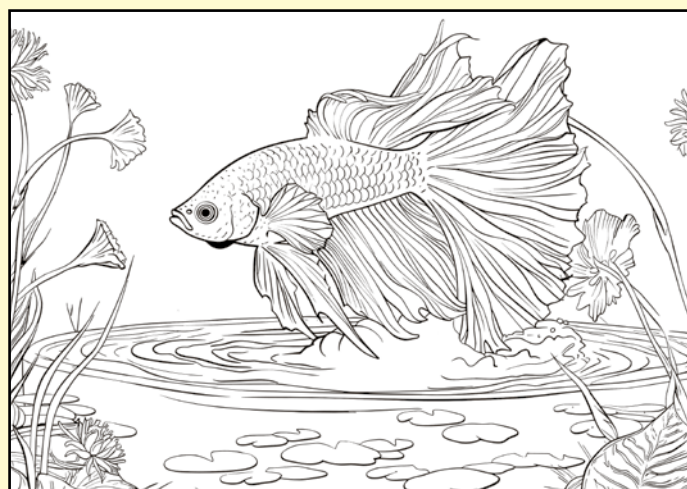
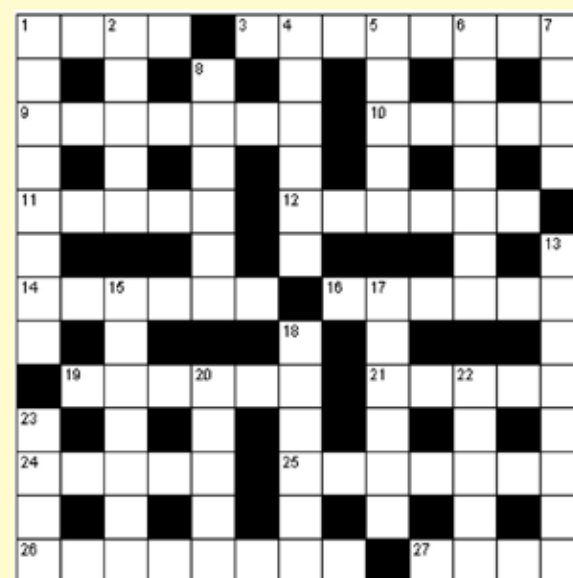
CROSSWORD

Across

- 1 Curved structure (4)
- 3 Pre-dinner drink (8)
- 9 Chewy sweet (7)
- 10 Composer of La Traviata (5)
- 11 Mar (5)
- 12 Lever for turning a rudder (6)
- 14 Something strange (6)
- 16 Pandemonium (6)
- 19 Three-legged stand (6)
- 21 Confronted (5)
- 24 Proclamation (5)
- 25 Chivalrous, dashing (7)
- 26 Roasting (anag.) (8)
- 27 Aspersion (4)

Down

- 1 Forebear (8)
- 2 Freight (5)
- 4 Courteous (6)
- 5 Competitor (5)
- 6 Underwater projectile (7)
- 7 Equitable (4)
- 8 Charm (6)
- 13 One to whom money is owed (8)
- 15 Beloved (7)
- 17 Nonsense (6)
- 18 Proverbs (6)
- 20 Donned (3,2)
- 22 Swimming stroke (5)
- 23 Nil (4)

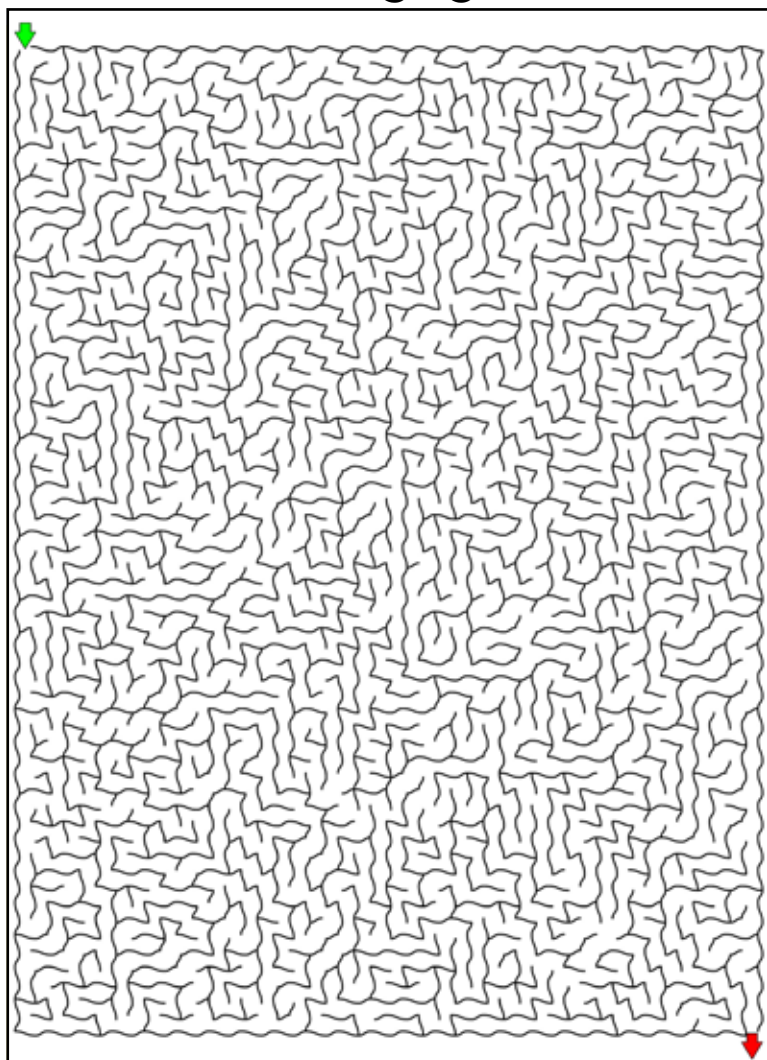


Colour us Too



Not Just for the Kids

Just for a Change
a Challenging Maze



Ronnie is Walking to All 238 Lifeboat Stations



Ronnie Barker paid a visit to Silloth Lifeboat Station on 17th June. He is visiting all 238 RNLI lifeboat stations on foot! All donations collected will go to

RNLI and Mental. He started his journey at Ramsgate on 6th February 2025 and expects it will take him three years to finish his 'Walk of Life'. We wish Ronnie the

best of luck.

You can support Ronnie by going to his Go Fund Me page <https://www.gofundme.com/f/ronnie-barker-my-walk-of-life>



Local Tradesmen and Services

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Est 1991

Recent work can be viewed on Instagram (marcusgardiner1)

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Silloth & Surrounding Areas

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Over 30 years experience
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All domestic installations
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Heating Engineer
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Whitehaven: 01946 313103

Mobile: 07518 454396

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016973 31495 or 07762 772208

**THESE ADVERTS
REALLY DO WORK!**



Silloth Wellbeing Walk

Join me on **AN AFTERNOON** walk in Silloth.

The walk lasts up to 40 minutes, it's a great chance to enjoy the fresh sea air, get moving, and have a friendly chat along the beautiful Silloth promenade. The walk will take place alternating Tuesdays at 1:30pm, starting 20th May

The walk is accessible to all abilities; and we will go at your pace for up to **about 40 minutes**.

It is a great chance to meet others and have a chat!

1st July 13.30

15th July 13.30

Contact Walk Leader **Sarah Jackson** for more information:

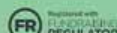
- Mobile: 07929744069
- Email: sarah.jackson4@ncic.nhs.uk



ramblers.org.uk
020 3961 3232

facebook.com/ramblers @ instagram.com/ramblersGB twitter.com/ramblersGB

The Ramblers' Association is a registered charity (England & Wales no 108317, Scotland no 5038799) and a company limited by guarantee, registered in England & Wales no 4434002. Registered office: 1 Clerk Street, 3rd Floor, London, EC2 1NR.



Advertise Here!

in the Tradesmens Section

up to 6 lines only

£213

for a full year

or a

6.5cm mono box

for only

£372

for a full year

(Pay over 10 months at

£35.82 per month)



The Old Reading Room
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W W Windows Carlisle Ltd are a specialist architectural glazing company who supply and install window and door systems for all shopfront and entrance needs for any size of commercial or home renovation project

Border City Glass Ltd are a 24/7 emergency glazier offering a board-up and repair service for windows and doors

Email: info@wwwindows.co.uk Web: wwwindows.co.uk

New £1 Million Support Fund

Community groups across Cumbria are set to benefit from a new long-term fund established by two of the county's most dedicated civic leaders.

The Matson Ground Fund, founded by Alex and Samantha Scott, will be managed by Cumbria Community Foundation and will distribute £100,000 in grants each year for the next 10 years, creating a total investment of £1 million into charitable activities across the county.

The fund aims to strengthen communities by supporting charitable organisations that bring people together, encourage local action, and enhance the natural and built environment.

Grants of up to £15,000 will be available to charities, non-profits, and volunteer-led groups working within Cumbria. Priority will be given to projects that:

- Support children and young people, particularly in rural and underserved areas
- Address the needs of vulnerable or underrepresented communities
- Promote volunteering and community participation
- Encourage environmental sustainability and climate-friendly initiatives
- Foster collective action and



community-led solutions to local issues

Alex Scott, Lord-Lieutenant of Cumbria and a trustee of Cumbria Community Foundation, and Samantha Scott, former High Sheriff of Cumbria, are passionate about supporting grassroots action across the county. The Matson Ground Fund reflects their deep commitment to local communities and aligns with the Cumbria Lieutenant's new Strategy, set to be launched in September.

Alex and Sam Scott said: "We are committing these funds to support initiatives that promote a thriving, equitable community life in Cumbria. Guided by new research into civil society by the University of Cumbria, we aim to support people and organisations addressing pressing societal issues. We are delighted to collaborate with Cumbria Community Foundation to further our impact, reach, and objectives."

Applications to the Matson Ground Fund are now open. Further information, including eligibility criteria and guidance on how to apply, can be found on the Foundation's website at: www.cumbriafoundation.org/fund/matson-ground-fund

[cumbriafoundation.org/fund/matson-ground-fund](http://www.cumbriafoundation.org/fund/matson-ground-fund)

If you would like to discuss a potential application, please contact the Grants Team on 01900 825760 or email grants@cumbriafoundation.org

Cumbria Community Foundation awards around £7 million in grants annually through over 100 funds created by local people, families, and businesses who want to make a difference.

Annalee Holliday, Head of Grants Practice and Programmes at Cumbria Community Foundation, said: "We are incredibly grateful to Alex and Sam for their generosity and long-term commitment to Cumbria. The Matson Ground Fund will help strengthen the fabric of civic life across our county – supporting local people to lead change, build stronger communities, and tackle the issues that matter most to them. It's a powerful investment in the potential of Cumbrians to shape a more connected, resilient, and inclusive society."

To find out more about setting up a fund or supporting those in need across Cumbria, please contact Caroline Adams, Development Manager, on 01900 820825 or email caroline@cumbriafoundation.org

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
Christine's Taxis	07917 564583
D A Harrison	016973 42277
Devonshire House Dentures	01228 529128
Fairydust Emporium	016973 31787
Golden Dawn Nurseries	07748 647665
Goood Companions	016973 315533
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
Mike Taylor Plumbing	07773 069856
Mrs Wilson's	016973 31155
P Scott Carpets	016973 31224
Painting & Decorating	0759 6609 717
PM Roofing Specialists	07931 362163
Seasoned Firewood Logs	07762 772208
S.O.S.C.S.	016973 32452
Slimming World (Denise)	07799 708465
Slimming World (Michelle)	07984 998946
Stanwix Park	016973 32666
The Charity Shop	016973 31696
Upholstery, Irene Armstrong	016973 31836
West Silloth Motors	016973 32833
Wheyrigg Hall Hotel	016973 61242
WW Windows UK	01228 810404



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	
Abbeystown:	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	

Advertisers entries are always Free in the Phone Book

OPENING HOURS
10am - 4pm
Apart from:
Mon: 12pm - 4pm
BHM's: 10am - 4pm
Weds: 10am - 1pm

SILLOTH MOTORCYCLE MUSEUM

FREE ADMISSION
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TEA, COFFEE & SOFT DRINKS AVAILABLE

sillothmotorcyclemuseum.co.uk

THE GOOD CAUSES CHARITY SHOP

1 Queen's Court, Criffel Street, Silloth

Contact: Denise Poland
on 07999 752713

Closed Mondays

Please help us to help them

S.O.S.C.S. Silloth on Solway Community Shop

- * Local people working for local causes
- * All proceeds go back into the community
- * Please continue donating

Open every day
10am to 3:30pm
Tel: 32452

S.O.S.C.S.
12 Criffel Street, Silloth



Copy Date

➔

Copy date for the August issue is:
1st week July
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 www.wigtontheatre.org 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.

Copy date for the August issue is:
1st week July
If you have an event to promote or you have something to say, please note the next copy date.

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 / fund-raiser 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

June

26th Mawbray Village Hall Monthly Quiz - 7;30pm

27th Ragnarock X at the Silloth Rugby Club

28th Ragnarock X at the Silloth Rugby Club

29th Bryan Rothwell is retiring and holding his last service at 10am in the Abbey. He's rector of the Solway Plain Parish which includes seven churches, hence the event in the Abbey though, of course, we think of him primarily as Silloth's Rector.

29th Ragnarock X at the Silloth Rugby Club

July

1st Silloth Primary School Open Day 9:30am to 11am

1st Silloth Wellbeing Walk starts from Lifeboat Station at 1:30pm, all welcome

5th Firebird Festival on Silloth Green

5th Summer Sale & Teas Fayre at St Matthews Church, Westnewton 10am to 3pm



August

1st Silloth Vintage Rally on the Green, all FREE

19th Blencogo & District Garden Club meeting in Blencogo village hall at 7:30pm 07538 027936

20th Silloth Vintage Rally on the Green, all FREE

20th Brampton Chamber Choir in Holme Cultram Abbey at 7:30pm

22nd 'Between the Seas' in The Creative Space from 6-9pm, places must be booked

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

25th Allonby Artex 2025 1:30 to 6pm, entry £1.50

26th Allonby Artex 2025 10am to 8pm, entry £1.50

27th Allonby Artex 2025 10am to 6pm, entry £1.50

28th Allonby Artex 2025 10am to 4pm, entry £1.50

31st Mawbray Village Hall Monthly Quiz - see poster for details

July cont'd

6th Firebird Festival on Silloth Green

7th Silloth Town Council meeting in the Community Hall at 7pm

8th Holme Low Parish Council meeting at 7:30pm in Silloth Community Hall wigtontheatre.org/tickets.php

10th Goodnight Mr Tom at The John Peel Theatre wigtontheatre.org/tickets.php

11th Goodnight Mr Tom at The John Peel Theatre wigtontheatre.org/tickets.php

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

12th Strawberry Teas at Holm Cultram Abbey noon to 4pm

12th Goodnight Mr Tom at The John Peel Theatre wigtontheatre.org/tickets.php

13th Strawberry Teas at Holm Cultram Abbey noon to 4pm

13th Goodnight Mr Tom at The John Peel Theatre wigtontheatre.org/tickets.php

13th Abbeytown Quizzers in Wheatsheaf Inn at 7pm

15th Silloth Wellbeing Walk starts from Lifeboat Station at 1:30pm, all welcome

19th Silloth Vintage Rally on the Green, all FREE

19th Blencogo & District Garden Club meeting in Blencogo village hall at 7:30pm 07538 027936

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22nd 'Between the Seas' in The Creative Space from 6-9pm, places must be booked

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

25th Allonby Artex 2025 1:30 to 6pm, entry £1.50

26th Soul on the Green 11am to 8pm on Silloth Green

26th Allonby Artex 2025 10am to 8pm, entry £1.50

27th Allonby Artex 2025 10am to 6pm, entry £1.50

28th Allonby Artex 2025 10am to 4pm, entry £1.50

31st Mawbray Village Hall Monthly Quiz - see poster for details

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

August

10th Oulton Tractor Run

17th Abbeytown Quizzers in Wheatsheaf Inn at 7pm

20th Silloth Nursing Home/League Of Friends coffee morning in Christ Church at 10am

21st Solfest

22nd Solfest

23rd Solfest

24th Silloth Carnival

24th Solfest

25th Silloth Carnival

25th Solfest

25th Solfest

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25th Solfest

25th Solfest

25th Solfest

October cont'd

27th BlenScare-Crow Trail at Blencogo

28th BlenScare-Crow Trail at Blencogo

29th BlenScare-Crow Trail at Blencogo

30th BlenScare-Crow Trail at Blencogo

31st BlenScare-Crow Trail at Blencogo

November

2nd Abbeytown Quizzers in Wheatsheaf Inn at 7pm

3rd Silloth Town Council meeting in the Community Hall at 7pm

8th Silloth & District Pensioners Coffee Morning in Christ Church at 10am

15th Christmas Fayre in Holme Cultram Abbey

16th Christmas Fayre in Holme Cultram Abbey

25th Blencogo & District Garden Club meeting in Blencogo village hall at 7:30pm 07538 027936

29th Christmas Market in Blencogo Village Hall

December

1st Silloth Town Council meeting in the Community Hall at 7pm

3rd Christmas Dinner Takeaway's in Holme Cultram Abbey

7th Christmas Dinner Eat In in Holme Cultram Abbey

13th Abbeytown Quizzers in Wheatsheaf Inn at 7pm

13th Silloth & District Pensioners Xmas party to be arranged

Have You Sent in Your Dates yet?

Do you have an event in the area bounded by Abbeytown, Mawbray, Silloth, Skinburness, if so please let us know.

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.

Your Summer Buzzing Letters and Poems

Dear Buzz,

Two positives, the front glass door at the library has been repaired after eight months, and one of the speed signs seems to be working again, pity you cannot see it properly for the hedge, who knows when the rest will be fully operational. Everyone will have noticed how all the pollarding went and the Solway Street fracas?

No need to take a ride on the fairground rollercoaster, just take a ride down Criffel Street. These problems have been reported to our local MP because the highways division does not care or is busy passing the problems between departments. Apparently, Keswick seems to have the same problem as us with cut off lamp posts, how long have we been waiting? It would be nice if more residents attended the annual town council meetings, or are we all living in Utopia! A lot of work goes into preparing the report, try reading it. A month off has not improved my demeanour, I keep hoping.

The Whinge

Page 11 Crossword Answers, no peeking!



Dear Buzz,

Exciting News from Silloth Rugby Club!
Silloth Rugby Club is thrilled to announce that we have secured a fantastic five-figure grant from the Sport England Movement Fund Programme.



Labelled Handicapped by Judy Symms

*I live in a body labelled handicapped
stunted legs, arms askew
I live in a body I wouldn't have chosen
but then few of us do.*

*People say I'm brave
as though bravery were a choice
I learned early not to scream
for mine is an unheard voice.*

*I'm a competitive person
just ill equipped to compete
but I'm no less of a person
because I'm not complete.*

This funding allows us to launch Phase One of our much-needed changing rooms and toilet facilities project – focused on providing a safe, clean, energy-efficient, and welcoming environment for our women's and youth teams.

Supporting our women and girls is a top priority. This investment reflects our commitment to not only retain current players but to attract new talent across all abilities. On behalf of the committee, we want to say: you deserve this, and we are proud to support you every step of the way. Well done to everyone involved!

Secretary Silloth RUFC

Summer Poem by Sophia Lodhi

*Pretty daisies
multiply amidst swaying meadow grasses -
fresh, white, innocent: summer drops of snow.*

*Fair of face,
buttercups tilt their heads
toward their very own sunshine-rays,
bringing something of those sunbeams down to earth;
and scattering June's joy in yellow and gold over the fields they grace...*

*...While sweet violets - with their calming, cooling shades -
enjoy cooler evening air;
and thrive along the secret, shaded woodland paths of summer,
tiny yellow centres of pollen like luminescent, gold-flecked nougats of yellow amber.
They beautify the daytime routes of cyclists and ramblers,
and highlight -
beneath starlight -
in soft, purplish-blue shades, the nightly tracks of stealthy fox and cunning badger.*

*Foxgloves grow in hushed, wooded glens:
miraculous, living sculptures of silent bells
in deep mauve, blue and soft white.*

*Summer's birds live and rest in wildlife-rich woodlands:
swallows, swifts, turtle-doves and chaffinches, threading sweet music and aerial movement
through trees, tranquil air and cloudless blue skies.*

*Cabbage White, Holly Blue, and Red Admiral butterflies flutter in abundance,
their butter-soft wings weaving colourful ways through time, in the months of June, July and August...*

*...And, through streams, waterways and lochs: pike, salmon and rainbow trout glide
with fluid ease beneath rippling, flowing, silvery liquid - just flashes of changing colour
under
summer's lucid sunlight.*

*Skies, now, are fragrant with coming rainfall,
as vital
to nature's intricate network as the sun's rays. Droplets - pure, fresh and new - form in the feather-soft canopy of darkening clouds above.*

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.

Remember – you can join the library, search the library catalogue, renew and request books online at: cumberland.gov.uk/libraries-and-archives

Visit Silloth Library in the Discovery Centre

Silloth Library Opening Times

Monday 10am to 4pm

Wed 10am to 4pm

Friday 10am to 4pm

Sunday closed

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Thursday CLOSED

Saturday 10am to 1pm

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Volunteer Deliverer/s are Needed for the Free 'BUZZ' community paper in the following areas:

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We look forward to your call

Contact Peter or Kath on 0750 180 5775



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silloth-on-solway-tc.gov.uk

visitscumbria.com/wc/silloth

solwayplain.co.uk/silloth1.htm

facebook.com/sillothgreen

facebook.com/silloth-carnival

facebook.com/groups/121042258051545 (Silloth Today)

Silloth Veterans AFC Top of the League!



Report by: Colin Baty

May has been a very good month for Silloth, first up was an away game to Champions Carlisle City and in a tight competitive game it ended 0-0.

Next up was another stern test against County Cup winners and multiple league winners Harraby Catholic. In a rip roaring game,

where Silloth went 0-1 down, they produced a stunning performance and won 2-1 with both goals coming from Mally Graham. This is the first time Silloth have beaten Harraby in the League and Silloth went top of the League as of the time of press - 2/6/25.

Next was a comfortable 0-11 win away to AFC Carlisle with

goals from Mally Graham 6, Trevor Dowell penalty, Jonny Studholme, Gareth Lewis 2 and an own goal.

And last one to report is a 5-0 win over Museum to go into the quarter finals of the County Cup with goals from Mally Graham 3, Alan Inglis 1 and Anthony Wright 1. Another top quality performance.

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