



Solway Buzz

www.solwaybuzz.co.uk

April 2025

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

FREE PAPER

Issue 227

Shrimping on the Solway by Eric Stanwix

Solway Is Magical!



Events Diary for 2025

Silloth Green Day
24th & 25th May

Firebird Festival
5th & 6th July

Soul on the Green
26th July

Silloth Carnival
24th & 25th August

Ragnarock X
27th-29th June

Silloth Vintage Rally
19th & 20th July

Solfest
21st to 25th August

Anything Else?
please let us know

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New boys football strip



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

Free Low-Tide Shore-Walks At Allonby Bay

Ann Lingard will be leading her free walks again this year, setting off from Dubmill Point down to the bottom of the shore to catch the low tide in the honeycomb worm ('sand coral') reefs.

There'll be time to look for the variety of creatures that live in or on the shore, and to talk about the Marine Conservation Zone and the new Highly Protected Marine Area – and what it means for the animals, seaweeds – and you!

Unfortunately there are not many really low tides this year and, as always, they are at unsociably early hours – but book your place, set your alarm clock, and come and enjoy the space and wonder of the shore. All details are on the website for Ann's book, at www.thefreshandthesalt.co.uk, under 'shorewalks and events'.

Please read the information and – since numbers are limited – book your places using the contact form on the website.



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"Quote of the Month"

*"Winning isn't everything ...
but wanting to win is"*

Vince Lombard



Harry Kane Bee
by Robbie Tiffin
from Holm Cultram Abbey School



Harry's trying to
bee a star

Harry Kane



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Silloth Primary School



The Friends of Silloth Primary School would like to say A BIG THANK YOU
To Silloth Co-op and Silloth Festivals for the donations we received from them



Soul & Motown Weekend

9TH, 10TH & 11TH MAY 2025

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A Very Personal Service Direct to Your Door



Harrison's Store in Abbeytown has a well established and efficient personal shopping and delivery service providing papers and magazines for its customers in Abbeytown, Blencogo, Wheyrigg and Kelsick six days per week Monday to Saturday (Sunday papers can be reserved for collection at the shop).

They also deliver Bottled Milk,

Orange and Local Free Range Eggs on Monday, Wednesday, Friday and Saturday along with the papers. Anybody that has a standing order with us can also have groceries delivered without any additional delivery charge.

What a personalised service!

They also provide the same service seven days a week to Skinburness and into Silloth so

this area also receives Sunday papers. This has proven to be very popular so this service is now being extended to the whole of Silloth and also to Blitterlees on all seven days.

Just check out these unique features:

1. Extending the delivery area to the whole of Silloth and Blitterlees seven days per week.
2. Having Bottled Milk delivered to your door with these benefits; never run out, no plastic waste, just a recyclable foil cap and untainted Milk along with Local Free Range Eggs.
3. Papers and Magazines delivered to your door.
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Cumberland Hard Hitting Anti-Litter Campaign

Cumberland Council has unveiled a bold new campaign to crack down on littering, with the launch of 'Don't be a TO55 3R – take your litter home!'

This hard-hitting initiative aims to remind residents and visitors that littering is not only illegal but also anti-social, harmful to the environment and wildlife, and costs thousands of pounds each year to clean up.

While the campaign's striking tagline is designed to grab attention, it is not intended to cause offence—it is a direct call to action to encourage people to take responsibility for their waste.

Cumberland Councillor Denise Rollo, Executive Member for Sustainable, Resilient and Connected Places, said:

"Littering isn't just about rubbish—it's about respecting our community and environment. And while some of the things we find left behind make us do a double take (a single sock? A random glove? Dirty nappies?!), the impact of litter is no laughing matter.

"Every stray piece of rubbish harms our environment and can put Cumberland's hardworking cleanup teams at risk. These dedicated workers brave busy roads to tidy up what shouldn't have been left behind in the first place. "A cleaner, greener Cumberland is in all of our

hands. By simply binning our rubbish, we can protect our beautiful surroundings and make a difference for future generations. This campaign aims to get people thinking about how they discard unwanted items and, hopefully, encourages everyone to take litter home and discard of it correctly."

Inspired by the Keep Britain Tidy movement, the campaign will include posters and signage in public spaces across Cumberland, questioning why people continue to dump their rubbish and urging them to dispose of waste responsibly. The campaign also incorporates social media messaging, using the hashtag #DontBeATO553R, to amplify awareness and encourage community engagement.

As part of the campaign trial, VMS (Variable Message Signs) have been placed on roads across Cumberland, to help the council understand whether stronger, more direct messaging can have an impact on littering behaviour.

The most littered items in parks and public spaces include picnic debris, gas canisters, balloons, glass, disposable barbecues, cans, plastic bottles, and bags of dog waste. By using bold, memorable messaging, the council hopes to spark a shift in public behaviour and reduce littering across Cumberland.



Do you like a good 'Who-dunnit'?
Can you solve the Crime?

Then why not come down to Blencogo Village Hall

Friday 25th April at 7:30pm

Cost is £10 per head for a two course meal (Cottage pie and veg followed by apple crumble) and an exciting Murder Mystery adventure.

Bring your own drink

Call Becky on 07443 603449 to book tickets, deadline is 20/04/25

Blencogo & District Village Hall Produce Show



**An amateur event open to everyone
To be held in the Blencogo Village Hall
on Saturday 6th September 2025**

Entries on the day.

Entry fee 50p per item, children classes 30p per item
Admission 50p School children free.

Refreshments available.

10am -11:30: Staging

11:30-1:45pm Hall closed for Judging

2pm Hall opens to public.

3:30pm Presentation of Trophies.

Auction of produce. Followed

by distribution of prize money.

Prizes 1st £2 2nd £1.50 3rd £1

Points: 1st = 3 points 2nd = 2 points 3rd = 1 point.

Trophies will be awarded to the person gaining most
points in the following sections.

Bromfield Parish cup for flowers.

Harry Douglas Fuchsia Plaque.

Tom Carrick Cup for Kitchen Garden.

Ferguson Salver for Bakery.

St Mungo's Cup for Handicrafts.

Blencogo Village hall Children's Trophy for children 8
years and over.

Alfred Greive trophy for children 7 years and under.

High Aketon Trophy for most points in show.

Any schedule queries to email:

blencogovh@gmail.com

Please have a go – support your local show.

Rules:

1. All exhibits must be the work of the exhibitor.
2. No exhibit allowed that has previously won a prize.
3. Handicrafts to have been made in the last 3 years.
4. Exhibits to be staged between 10am and 11:30am and may not be removed until 3:40pm when any produce remaining will be auctioned.
5. Labels must be collected on arrival and attached to the exhibit by the exhibitor.
6. Exhibitors to provide own vases etc.
7. 1 Entry per class per person.
8. No one will be allowed in the hall during the judging except the organizing committee.
9. Entry fee is 50p per item, children's classes 30p.
10. Prizes: 1st - £2, 2nd - £1.50, 3rd - £1. No prizes will be awarded unless entries are of sufficient merit.
11. The committee cannot be held responsible for loss or damage to exhibits or containers.
12. The decision of the judge is final.
13. If any entry is submitted, it is presumed that the entrant agrees to the foregoing rules.

Flowers

1. Azalea Pot Plant
2. Aloe vera in a pot
3. A single stem of any flower
4. A rose
5. Vase of sweet Peas
6. 3 Dahlias
7. Wild flower bouquet
8. Bowl of 5 floating flowers
9. Arrangement of orange flowers and foliage
10. Filled garden container
11. 5 Fuschia plant

Kitchen Garden:

12. Four fresh herbs in a tumbler
13. 3 free range eggs (one egg cracked into saucer) (laid from own chickens)
14. 3 onions
15. 4 Potatoes
16. Any other single vegetable not in the schedule
17. 3 Carrots
18. 4 Cherry Tomatoes
19. 5 Green Beans
20. Mis-shaped vegetable
21. 3 dessert apples
22. Blencogo purple peas (please get seeds for the committee/at events)

Home brew/juices/punch:

23. Any home brew
24. Home made cordial served in glass ready for drinking (200ml)
25. Elderflower fizz (500ml)

Bakery:

26. Men only: Decorated Savoury Focaccia
27. Women only: Cinnamon Roll Focaccia
28. 3 Pieces of flapjack
29. 6 Decorated cup cakes
30. Homemade Jam (label)
31. 4 Cheese scones
32. Custard Tart
33. Bacon and Cheese Turnover
34. Banana loaf
35. Homemade chutney (label)
36. Jar of Honey

Handicrafts:

- Must be own work.
37. Photo with own caption no larger than 8" x 6"
 38. Photo of a trig point, no larger than 8" x 6"
 39. Photo of an architectural pattern in Cumbria no larger than 8" x 6"
 40. Photo of some livestock no larger than 8" x 6"
 41. A handmade article of soft material e.g. woven knitted, crocheted, patch work or embroidery
 42. Handmade wooden or metal item
 43. A painting or sketch of any subject

44. Carved item (wood/stone etc.)

45. Pick up and bring a placemat

Children (must display age)

Under 7 and including 7 years.

46. Decorate a fairy cake

47. Grow a container of cress

48. Make a butterfly folded painting

49. Make a moss garden

50. Make a pine cone animal

8 years and over:

51. Homemade mini cheesecake in a tumbler

52. Make cardboard weapon

53. Make and print out a unique game design proposal

54. Make bee home

55. Make the tallest structure with 30 paper straws and 20 paperclips

Dancing into Festival Season at Taste Cumbria Wigton



Photo by: Tom Kay

Taste Cumbria is back for 2025 with another great line up of food festivals, family fun and live music.

The first event of the year takes place in Wigton on Saturday 26th April and there's loads of free entertainment for everyone to enjoy.

The centrepiece of the Wigton event takes place on Water Street car park and will feature a producers' market and hot food court, the big music stage, a climbing wall and children's rides. In the neighbouring Market Hall there will be all the family fun including, for the first time, a silent disco. There will also be madcap activities with entertainer Liam Moorhouse, while NADT Youth will be staging loads of art and crafts.

New for this year will also be a competition to create a celebratory flag for Wigton. Details will be announced soon.

Taste Cumbria Wigton will be followed by the Taste of the Sea festival in Maryport on Saturday 9th and Sunday 10th August, before the flagship Taste Cumbria festival in Cockermouth on Saturday 27th and Sunday

28th September then the second Taste Cumbria Carlisle event on Saturday 1st and Sunday 2nd November. Taste Cumbria Christmas on Saturday 6th and Sunday 7th December, also in Cockermouth, will end the year.

Trader pitches are now available for the Producers' Markets. Visit www.tastecumbria.co.uk and follow the link to the application forms. Priority is given to Cumbrian producers, but the organisers welcome enquiries from other areas.

The Taste Cumbria food festivals are organised by Cumberland Council. Councillor Anne Quilter, the Council's Executive Member for Vibrant and Healthy Places, said: "The Taste Cumbria festivals not only enliven our town and city centres, they bring tens of thousands of visitors and put millions of pounds into the county's economy. "They also showcase some of the best artisan producers in Cumbria, demonstrating the wealth of talent we have in creating amazing food and drink, arts and crafts, and lively entertainment. "I am looking forward to seeing another fabulous year of events."

Bobby Speaks in Parliament



Bobby Forbes said "It has been an absolute honour to represent the North West of England on the UK Youth Parliament's Manifesto Committee.

I'm delighted to share that my amended policy statement on special educational needs (SEN) support and accessibility to transport has been included in this year's manifesto. On 28th February I was in the House of

Commons debating the crucial issue of free transport for young people—a change that would open up access to education, work, and volunteering opportunities for so many.

One example of the challenges young people face is students from Silloth who travel to college in Carlisle. They are spending £3 each way, five days a week—amounting to a staggering £1,170 over the

academic year. This cost is a significant barrier to education and must be addressed.

I made the case loud and clear for free and accessible transport for all young people. This is an issue that affects thousands across the UK, and it's time for real change!"

Follow the link below to read our manifesto:
<https://nya.org.uk/.../UK-Youth-Parliament-Manifesto-2024...>



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- **Week 4: Driver & Fairway Metals**
- **Week 5: Re-cap Session**

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Protect Your Pa\$\$word

Home security doesn't just mean locking your doors and windows - protecting your digital devices with strong passwords is also important to keeping yourself and your personal data safe.

Perhaps you received a new phone or laptop at Christmas, or you want to help keep your family members digitally safe. Creating a strong password doesn't need to be complicated. Using three simple steps, you can protect your devices and digital data...

Create a separate, strong password for your email. Your personal email account contains lots of important information about you and is the gateway to all your other online accounts, including banking, social media and online shopping. If your email account is hacked, all your other passwords can be reset, so it's important to use a strong password for your email, that is different to

all your others.

Use 3 random words to build your password. Using three random words is the recommended way of generating passwords, as it's easier to remember and takes trillions of years for a computer algorithm to crack.

Remember to not use obvious words like your surname or the names of your pets!

Use 2 factor or multi-factor authentication on your devices. Two-factor authentication is a free security feature that gives you an extra layer of protection online and stops cyber criminals getting into your accounts - even if they have your password. Two-factor authentication reduces the risk of being hacked by asking you to provide a second factor of information, such as getting a text or code when you log in, to check you are who you say you are.



Silloth Airfield Project

Report by:
Colin Baty

Silloth Tourism Action Group was reformed in May 2024, with the proviso to create a Silloth Military Trail, so that people can be educated and inspired by exploring and appreciating the rich legacy of Military buildings Silloth and surrounding area has with the Armed Forces. This is mainly with the former RAF Base that has left so much behind and this Trail intends to allow people of all ages to get out and learn about what these structures were used for, some of which fall into the Solway National Landscapes and King Charles III coastal walk.

We hope to get information boards at each location in the



future and install a Hamilton Pickett Fort which we have excavated out of the ground from near the Airfield runway. This is currently being renovated and we hope to have this operating and on display later in the year.

The Trail has been designed by the amazing local talent Anja Gilmartin whose business is

known as Tale Trails for which we are massively grateful.

We have produced an initial batch of 250 leaflets and I have passed them round establishments in Silloth and Mawbray. We will produce more leaflets once we have more funding and moved the project on, once planning permission has been approved.

Centenary Celebration 100 years of Dundraw WI



Report by: Jan Grant

Our regular monthly get together on February 4th saw the Dundraw ladies competing for prizes and trying their luck with a fun game of Bingo!

The first prize in the flower competition went to Mary's dwarf iris which managed to survive storm Eowyn. The challenge to find an unusual, entertaining mechanical device was won by Lesley's beautifully crafted and decorated 'scrap' book with a surprise musical movement within its back cover.

On February 12th, 1925, Mrs Court-Brown and Mrs Mitton formed a WI group in Dundraw, Cumberland.

Their early meetings were held in the Reading Room opposite the church hall on the third Tuesday of each month and presided over by Miss Russell from Waverbridge school.



From their earliest days the women of Dundraw WI enjoyed outings to places such as Southport, Glenridding, Whitley Bay, Castle Howard, and, later, Leith (to see the Royal yacht Britannia). They participated in music festivals and local carnivals becoming an integral part of the local community and connecting with other WI groups across Cumbria.

And so to February 12th,



2025 when today's Dundraw WI gathered to celebrate this landmark centenary of our, still thriving, group. We were joined by the Chair of Cumbria County Federation of WI, Kathleen Bowron, for a delicious lunch, entertainment from the Dundraw players and (comic) madrigal singers, and cake!

Our March meeting saw the ladies of Dundraw WI eyeing up a wonderful array of beautiful jewellery all made by our guest speaker Lesley Connolly.

In a fascinating talk, Lesley described some of the techniques she uses to craft her unique, artisan jewellery. We learned about the types of stones, such as hematite, malachite and the wonderfully exotic cinnabar as well as pearls, amethyst and jade. Of course we'd need beautiful boxes to keep our jewels and Lesley described how she covered the lids in sheet pewter with art and craft type



designs.

Lesley has sourced her stones from as far afield as China and Vietnam but also finds antique fairs and charity shops have recyclable 'gems'. She has made silver necklaces and earrings from

spoons and sugar tongs!

Our Dundraw WI knows just how special artisan jewellery can be ... and have some wonderful inspiration for accessorising those special occasion outfits.

New members very welcome!



Outings with Owls!



Short Eared Owl photographed with a 600mm lens at f/5, ISO 500, in West Cumbria by Paul Donachy

The Twitterings is a monthly bird themed column from Jenny Wren and Albert Ross.

This month owls are on our minds after several amazing local encounters Bert and I have had with both Barns Owls and Short-eared Owls. As a nation we love owls. The romance of lying awake at night listening to Tawny owls hooting out in the darkness, or the beautiful ghostly white coloured Barn Owls we catch fleeting sight of as we drive to work along country roads or are out walking as the sun sets or rises. We meet owls early in our lives learning to love them through books and films such as Winnie the Pooh and Harry Potter.

Until recently apart from the hooting and those fleeting sightings I had never properly seen an owl in the wild. Now that I know a little bit more about what I am looking for and where and when to look I can see an owl most weeks in the late Autumn, Winter and early spring and I still catch my breath every time it happens. Although I'm still waiting to catch sight of my first Tawny Owl.

The Silloth and Solway Coast

area provides loads of great countryside for watching owls, particularly Barn Owls and Short-eared Owls. Farmland, farm buildings, small patches of woodland and sand dunes are all places they love to nest and hunt for voles, mice and small mammals.

Bert and I are lucky enough to have a regular Barn Owl visitor that hunts in fields at the bottom of our garden or in farmland across the road out front. They arrive as the sun starts to set and look truly beautiful gliding low to the ground hunting for voles and mice. We always keep our eyes peeled on the first night after a period of heavy rain. Owls don't have very weather tight feathers so struggle to hunt in the rain, if they've missed a night or two of hunting, they'll be hungry and keen to get out early and hunt for longer.

We often head off to the beach with binoculars, plenty of layers and a good supply of Tunnocks caramel wafers to try and catch sight of a Short-eared Owl. There is a resident population around the area but like other species these numbers

are boosted in the Winter by migrants from Northern Europe.

You need to be patient, give yourself an hour or so, but imagine, a view towards Criffel and down the coast, the beautiful pale grasses of the dunes and suddenly flying low the most beautiful owl. A heart shaped face edged with darker feathers, the most dazzling large yellow eyes and a huge wingspan. The owl easily blends into the landscape and if you do too (it doesn't have to be full on camouflage, green or dark clothing works) they can come remarkably close. It's the kind of encounter that will stay with you and bring you back to the beach time and time again.

Owls need time, space and peace to hunt so although we'd be really keen to hear about your owl sightings, please don't give too much detail we don't want to overwhelm these lovely creatures with too many visitors.

Thanks for reading, we'll be back. In the meantime, don't forget to watch the skies, look in hedgerows or just out your kitchen window and see what you can see.



Waste Matters



Changes to Waste and Recycling Collections

We are making our waste and recycling collections fairer and more efficient.

We are also making it easier for you to recycle.

Garden Waste Collections

From week commencing Monday 31st March 2025 if you have a garden waste bin you will still get one bin collected for free but any additional bins will have a collection charge.

There will be a yearly charge of £40 for each extra garden waste bin.

Collections are fortnightly between March and November.

Residents will be able to make a payment for extra bins on our website or by contacting our customer contact team from week commencing 10th March.

Waste and Recycling Collections

We want to make it easier for you to recycle and also make sure our services are consistent.

Your waste collection is changing from every week to every two weeks from May 2025.

Your glass, cans, tins and plastics recycling will remain the same and will continue being collected every two weeks.

Your cardboard and paper recycling will continue to be collected every four weeks but will increase to every two weeks from September 2025.

Householders will be given the opportunity to request a free replacement 180 litre bin (most residents have a 120-litre bin). Requests can be made on our website or by contacting our customer contact team from April on 0300 373 3730 or go to <https://www.cumberland.gov.uk/bins->



recycling-and-street-cleaning/waste-collections.

How to sign up for additional garden waste bin collections

You can now make a payment for extra bins on our website: <https://www.cumberland.gov.uk/bins-recycling-and-street-cleaning/waste-collections/changes-waste-and-recycling-collections>

Go to the bottom of the page for the link.

Alternatively, contact our customer contact team on: 0300 373 373.

Collections are fortnightly between March and November each year.

We will collect a maximum of four garden waste bins from a property.

Find out more about the changes at www.cumberland.gov.uk/wastechanges

West Silloth Motors

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Silloth RNLI Kings Coronation Presentation



Report by: Rebecca Clark
Lifeboat Press Officer

On Sunday 9th February 2025, lifeboat crew, family and friends joined together to witness ten crew members being awarded the King's Coronation Medal presented by David Beeby, Deputy Lord Lieutenant of Cumbria.

The presentation started off with a speech from John McVay, RNLI Area Operations Manager. He introduced himself and explained what his role and

responsibilities were. He then went on to talk about Silloth Lifeboat Station and its crew members.

John then introduced the Deputy Lord Lieutenant of Cumbria who read out each recipient of the medal, stating how many years service they had and explaining what their roles were within the station.

The presentation ended with tea, coffee and a light buffet where the crew and their friends and

family could celebrate such a special achievement.

Medal recipients were; Steven Henderson, Chris Clark, Mark Ware, Stuart Henderson, Jim Blake, Tom Stalker, Mick Satterthwaite, Kev James, Andrew Rowe and Dr Darren Hymers.

Rebecca Clark, Press Officer for Silloth RNLI said: "It was such a special event and one that was shared with so many people who help support us."

EMERGENCY SERVICES DAY

COME MEET THE EMERGENCY WORKERS AND VOLUNTEERS

SUNDAY 27TH APRIL 2025

11AM-2PM

AT SILLOTH GREEN

SILLOTH RNLI LIFEBOAT, MARYPORT INSHORE RESCUE,
SILLOTH FIRE SERVICE, BLOOD BIKES AND MANY MORE



EVENT SPONSORED BY SILLOTH RNLI LIFEBOAT AND SILLOTH ROTARY CLUB

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For weekday admission phone:

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Admission: FREE Donations welcome

Criffell St, Silloth, CA7 4BZ

Fantastic for Families!

Toy Soldiers



Wellbeing Service

The Wellbeing Service in Eden and in Keswick & Solway offer a range of **free** informal groups and informative courses.

For further information, including booking tickets, please scan QR Code or email: wellbeing@ncic.nhs.uk

Wellbeing Walks

Short group walks in various locations
Contact us for more details

Wellbeing and Sleep

2 hour / 2-part workshop
A set of two workshops exploring sleep myths and tips for achieving your sleep goals

Compassionate Mind Training

2 hour / 8-part workshop
Helping you to develop skills to support yourself when negativity starts to affect your quality of life

Strategies for Wellbeing

2 hour / 4-part workshop
A set of 4 workshops using self-help tools to manage stress, worry, anxiety and low mood



SCAN ME

Compassionate Way to Health & Wellbeing

2 hour / 6-part workshop
Designed for pre-diabetic patients, making sustainable changes to manage their condition through diet & exercise

Wellbeing and Menopause

2 hour / 4-part workshops
Open to all women who would like to learn more, especially those who are pre / peri / post menopause.

Keeping on Track

One off 2 hour workshop
Have you worked with a Living Well Coach or attended one of our workshops? Come along to review your goals and strategies for achieving them.

Wellbeing and Loss

2 hour / 3-part workshop
Loss, of any kind, can have a significant effect on our wellbeing. Explore coping strategies for dealing with grief in a safe, supportive space.

happierhealthiercommunities

Don't Pick Wild Flowers



Police and plant experts warn that picking wild flowers is an offence under the Wildlife and Countryside Act 1981. Penalties include a fine up to £5,000 or six months in jail.

On private land the owners permission is required.

Just picking one or two flowers can still damage delicate ecosystems. The penalties protect the beauty and biodiversity of our countryside.

Tigers Half Way on Their Fundraising



Report by: Jimmy Lettice
Secretary Silloth Rugby Club

Silloth Rugby Club are proud to announce they have reached half way on their ambitious and much needed Ladies and young girls changing room refurbishment plans.

The total cost will be just over the £20,000 mark but we have just reached half way with some fantastic support and successful grant applications from funders, the facilities we need are for the ladies who are our priority at the moment

because of the fantastic progress they have all made as individuals and a team is to be admired, many are new to sporting activities and most have never played or dreamed of taking up Rugby as a social activity, with health and wellbeing a massive and vital link to participating week in week out.

Funding has become

more difficult to target and obtain due to many reasons, some acceptable some not so.

If anyone can help our club source additional funding we would be very grateful. We intend to work to always grow the aspirations of the current and future generations.



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

There are murmurings of Spring in the Community Garden, signs of life on shrubs, roses and trees. Last year we planted masses of bulbs in the borders and they are rewarding us with their cheerfulness. The wide assortment of birds that visit us are also busy enjoying the bird feeders and the odd tasty morsel turned over by our forks and spades!

All our hard work last year will hopefully reward us with colour, scent and less work this year. The new Shrubs under the port sign and in the new gravel garden are doing well and we look forward to seeing the bulbs planted around them later on. We also planted some new David Austin roses in the small borders these will have large, blousy blooms with a heady scent in the Summer.



During our last few gardening sessions last year we mulched the

Come and Join the Friends of Silloth Green this Wednesday



borders with wood chippings, kindly donated by Cove at the Solway Holiday village. This will help suppress the weeds so perhaps we can look forward to less weeding, we can live in hope!

Before the true gardening season began we did all the necessary repairs and maintenance - painted the Potting Shed on the Green, cleaned the gardening tools and equipment, built new raised beds and cleared out the clutter in the Potting Shed on the Allotment.

There are a multitude of jobs to do in the garden and we meet every Wednesday morning in the Community Garden, from 10 o'clock please come and join us, no experience required and all tools supplied or just come for a craic, you're always welcome!

We will be having plant stalls during the Spring and Summer and you can find more information on our Facebook page or the Notice Board in the Community Garden. Happy Gardening!



Many hands make light work, join us and have some fun!

MAWBRAV VILLAGE HALL



Thursday 27th March 3pm

You are invited to a talk given by Claire Keyes Detective Constable in the Economic Crime Unit, on how to avoid scams in our modern society.

This is one not to miss, scams can affect us all

Mawbray Village Hall Clubs

Here are the dates for April

Pool Club
1st, 15th & 29th
7pm – 9pm



Craft & Chat
9th & 23rd
2pm – 4pm



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



MAWBRAV VILLAGE HALL

Come and Join us to enjoy an afternoon of fun playing popular board games
Sunday 6th April 2025
2pm – 4pm



Tea & Biscuits * Free Entry *



QUIZ NIGHT

Friday 11th April

7.30pm

MRS WILSON'S



Entry £8 p.p. Includes sandwiches & crisps.
Teams of 4 Please book with Lesley at
30 Solway Street Tel: 016973 33071 or
07753720221



MAWBRAV VILLAGE HALL MONTHLY QUIZ



24th April

7.30pm

£2.00 per person

Prize for the wining team

Bring your own drinks,
snacks and glasses



VE DAY CELEBRATIONS

10TH MAY 2025

1PM – 6PM

BBQ AND TRADITIONAL GAMES
1940s dressing up competition

RAFFLE
Face Painting AND LOTS MORE!

MAWBRAV VILLAGE HALL

PLANTS and CRAFT FAIR



Sunday 11th May - 10am till 4pm
Lots of Plants

Also an assortment of crafts, gifts, jewellery, cards, jams and chutneys.
Tea room with delicious home cooked light lunches, a selection of home baked cakes, teas and coffees.
Take away available.

Your Wonderful Buzzing Letters and Poems

Dear Buzz,

We seem to manage it every year, plenty talk and no action. Solway Street close the road and do not turn up on the date. What excuse will they use next for not doing the job, that also applies to the street trees, trees are a lot easier lopped or pollarded when there are no leaves on. Maybe we could do with some of Maryports millions to sort out Criffel Street and turn it back to a road instead of a rollercoaster, after all we do pay poll tax. What chance any of the outstanding jobs are completed.

The Whinge



Dear Buzz,

We've had another good month at Blencogo Village Hall with usage being high. Harry's Memorial Quiz in February saw a great turn out. Coming up in April we've got an exciting new event in the form of a murder mystery night which includes a two course meal, a bargain at £10 per head! You can find more details elsewhere in the Solway Buzz. May sees us joining in the National celebrations of Victory in Europe day with a fun filled day and a BBQ for all on the 10th May. Other events are being planned so watch this space and check out our socials, we're on Facebook and Instagram as well as our website blencogo.com"

Gary Bickley, Chairman
Blencogo & District Village Hall
Committee

Page 15 Crossword Answers, no peeking!



Page 15
Anagram
Answers

Happy Easter
Good Friday
Easter Bunny
Egg Hunt
Easter Egg
April

Dear Buzz,

Marjorie and family of Graham would like to thank family, friends and neighbours for their love and support during this very sad time. We appreciate all of the lovely cards, flowers, messages and donations in Grahams memory. We would also like to thank Margaret Gates, Brian the Vicar and Time Barker for their prayers. Graham was a loving husband, dad and grandad and had many many good friends, he will be sorely missed by all.

Thank you all
Mrs Marjorie Wilkinson

Broken Pottery by Sophia Lodhi

Today, I am broken pottery,
Shattered at the hands of the uncaring;
Cast asunder by Winter's storm-swept skies:
Cruel and overbearing.

Buried deep within those remains of broken clay,
My spirit is unchanged.
From life's strange jigsaw of motion and time,
I shall, one day, emerge, to be moulded once more;
And beauty, from brokenness, will surely shine

Like Summer: my many precious pieces again made whole
To form their elaborate mosaic of moments,
A precious jar of fragile fragments
Assembled in the miracle of my numbered days on Earth.

"I am forgotten by them as though I were dead; I have become
like broken pottery." ~ from Psalm 31, verse 12

Beneath Dementia by Sophia Lodhi

Just for a little while,
You were my Mum again,
Just for a precious, flickering moment in time:
Caring;
Sharing;
Listening well to every word that I was saying.

Your love:
Glowing, candlelit,
Soft and swaying
Like the wings of a dove,
Encircled me once more...
And, for some stolen seconds, I was whole,
Restored.

Then darkness and the power cut came:
With the storm and tears of rain...
Heartbreaking; devastating;
Taking and breaking and shaking
What is yours
And mine;

Twisting loose
Those fraying bonds, which should,
Forever, be entwined.
Yes...only for a lovely little while,
Like a daydream afloat in a moment of time,
You were, beneath dementia, my Mum
Again.

Guardians of the Storm
by Frances Sherratt

When winds howl loud and waters rise,
Beneath the fierce and stormy skies,
They answer calls, both day and night,
The guardians of life, our guiding light.

The Lifeboats brave the ocean's roar,
To seek the lost from shore to shore.
Through crashing waves, they carve their path,
Defying nature's fearsome wrath.

The Air-Sea Rescue soars on high,
Their choppers slicing through the sky.
They scan the depths where dangers creep,
To pluck the stranded from the deep.

On rugged peaks or forest trails,
Through blinding rain or icy gales,
The rescue teams, with steady hands,
Will cross the earth's untamed demands.

Their courage fuels each steadfast stride,
When lives hang fragile, like the tide.
No thought of risk, no room for fear,
Their mission clear: to persevere.

So when the storm clouds break the blue,
And danger casts its shadow true,
Remember those who face the strife—
The silent heroes saving life.

For every soul they've brought back home,
Through fire, water, heights, or loam,
We owe them thanks, unspoken prayer—
Our rescuers, beyond compare.

Snowdrop by Sophia Lodhi

The snowdrop: purest, softest, milk-white flower
Threads a touch of winter's awesome, falling power
Through snowstorms passing through
this needle's eye of change:
Blustery might to light spring showers,
Bearing just a glinting thimbleful or two or rain.

...And where melting, sparkling ice and snow once lay
On wayside paths
So grim and grey...
Our winding journeys now are blessed
With myriadfold sweet, nodding flowers:
White and bright through every hour.

Do you have a poem or
letter for the Buzz?
We welcome all
submissions.
Please remember to
include your contact info.

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 cumbria.gov.uk/libraries
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

Tuesday CLOSED
Thursday CLOSED
Saturday 10am to 1pm

Tel: 016973 31944

Non-Commercial Tourism Websites

solwaybuzz.co.uk
sillothgreen.co.uk
silloth-on-solway.co.uk
sillothgolfclub.co.uk
vintagerally.co.uk
sillothmotorcyclemuseum.co.uk
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visitchumbria.com/wc/silloth
solwayplain.co.uk/silloth1.htm
facebook.com/sillothgreen
facebook.com/silloth-carnival
facebook.com/groups/soldiersinsilloth
facebook.com/groups/121042258051545 (Silloth Today)

Silloth Scouts Group Are Expanding Join Now!



Report by: Kathryn Shires & Lauren Aldred

Since Christmas the Scout Group has hit the floor running! We learned to sew badges onto our new camp blankets which will keep us cosy by the fire when we are camping. We then celebrated National Pie Day by making our own tarts with choices of fillings.

On 30th January we held an open event to launch our brand-new Scout Troop, providing scouts

for boys and girls age 11 – 14. We have plenty of spaces available if anyone else would like to join us – any age now from 6 to 14. We meet on Thursday evenings above the bowling club in Eden Street. Contact Kathryn to find out more!

Our next meeting was for national chopsticks day (no idea where all these 'days' come from!) This coincided quite nicely with Chinese New Year – we fed each other using giant chopsticks,

learning how to work as a team and had relay races transferring smarties from one end of the hall to the other using chopsticks. We then commemorated Founders Day, the birthday of our founder Robert Baden Powell and learned about Scouts from around the world and how we are all one big family.

Since half term we had an interesting visit to look around Christ Church – thanks to Yvette for showing us around. This was towards our faith badges.

This week was national dentist day, so we thought about healthy eating. As space had also been in the news with the planet alignments, we built solar systems using different sized fruit. The

scout section learned how far away from the sun each planet is and made a scale model using toilet roll with each sheet representing 10 million miles – it went most of the way around the hall! We then all made fruit kebabs. We gave them all a travel toothbrush they could use at camps, and they had a practice!

As always, if any young person, or adult would like to join us, please get in touch to find out more. You can find us on Facebook, or email Kathryn on Kathryn.shires@cumbriascouts.org.uk

More young adventure seekers in Silloth are joining Scouts

Silloth's brand new Scout troop is encouraging even more local young adventure seekers to get out and explore!

Following a successful and action-packed launch event in January, 1st Silloth's all new Scout troop are ready to get out, explore and gain #SkillsForLife!

Meeting 32 Eden Street, Wigton, CA7 4AD, the troop, for ages 10.5 – 14 will be inspiring even more local young people to dream big and have unmissable experiences and they're in search of even more young adventurers to join their adventures!

Kathryn, a leader at 1st Silloth Scout Group said "Scouts in Silloth get the opportunity to have fun and adventure whilst learning valuable skills and being a big part of the local community."

Over the coming months,



the Scouts will not only have the chance plan their own programme but also take part plenty of adventures from archery and shooting and tomahawks, as well as being able to develop those more traditional scouting skills. They will even have the opportunity to get involved in district events, like the upcoming monopoly run!

Being a Scout is all about discovering the world on your own terms and dreaming big. It's about standing up for what you believe in and having unmissable experience, all whilst gaining new friends and #SkillsForLife along the way!

So why wouldn't you want to get involved?

If you're aged 10.5 – 14 and want to find out how you can start your own Scouting adventure contact 1st Silloth at: kathryn.shires@cumbriascouts.org.uk

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Gamer Bee
by Bella Nichol
from Silloth Primary School



Invites you to its next BIG SING in Carlisle Cathedral on 26th April at 7:30pm when it will perform 'Requiem' by Bob Chilcott; 'Five Mystical Songs' by Vaughan Williams and the uplifting 'Gloria' by John Rutter. Tickets will be available from 17th March from Beckside Books (Penrith), the Cathedral Gift Shop and Carlisle Tourist Information and online from www.carlislecathedral.org.uk/tickets.

Don't miss this opportunity to hear these splendid choral works sung in this beautiful historical setting! For further information visit www.cumbriasingers.org.uk

Copy Date



Please let us know
of any changes
within this section

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

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.

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

March

27th Mawbray Village Hall
Monthly Quiz @ 7:30pm

28th Mawbray Village Hall
Brian Melville & Girls Musical Evening - see advert

28th Silloth Master Quiz in
Christ Church at 7pm

April

6th Special Bible Talk
in Kingdon Hall of Jehovah's
Witnesses, Wigton at 10am

6th Mawbray Village
Hall- Games Afternoon 2-4pm
see advert for details

7th Silloth Town Council
Meeting in the Community Hall
at 7pm, all welcome

8th Holme Low Parish
Council meeting at 7:30pm in
Silloth Community Hall

11th RNLI Quiz Night at
7:30pm, see advert

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

15th Fells & Solway
Community Panel meeting at
3pm in Silloth Library

19th Mawbray Village Hall
Film Club, Conclave, 7pm
see advert for details

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

25th Murder Mystery Night
in Blencogo Village Hall,
see advert

NatWest Mobile

The NatWest Bank mobile van will be here on Fridays only, outside Silloth Community Centre from 9:45am - 10.45am

Abbey Tots

We meet on Tuesdays during term time only at Holme Cultram Abbey 10am to 11:30am, all welcome

Solway Woodcarvers

Every Monday and Wednesday evening at Silloth Community Hall from 7pm onwards

Silloth RNLI Shop

Shop Opening Times
Re-Opens Saturday 15th 10-4
Sunday 16th 10-4
Mon 17th to Fri 21st 1- 4
Then every weekend only until 5th April, when we reopen fully weekdays 1-4pm weekends 1-4pm
Our Shop is staffed by Volunteers and may not be open at the advertised time.
We apologise for any inconvenience.

April cont'd

24th Mawbray Village Hall
Monthly Quiz @ 7:30pm
see advert for details

26th April Spring Fair in
Blencogo Village Hall,
see advert

27th Emergency Services
Day on Silloth Green 11am to 2pm, see advert

27th Dalston Male Voice
Choir & Gala Trio in Holme
Cultram Abbey at 2:30pm
see advert

May

3rd Children's Football
Tournament

4th Children's Football
Tournament

8th VE Day inspired
menu at Stella's, Book now:
016973 31743

9th VE Day inspired
menu at Stella's, Book now:
016973 31743

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

10th VE Day Celebrations
& BBQ in Blencogo Village Hall,
see advert

11th Mawbray Village Hall
Annual Spring Plant & Craft
Fair 10am - 4pm

12th Silloth Town Council
Meeting in the Community Hall
at 7pm, all welcome

6th Memorial of Jesus'
Death in Kingdon Hall of
Jehovah's Witnesses, Wigton at 8am

13th Holme Abbey Parish
Council meeting with electors
in Abbeytown Community
Sports Pavilion at 6:30pm
followed by AGM at 7pm

21st Silloth Nursing
Home/League Of Friends
coffee morning in Christ
Church at 10am

23rd RNLI fundraising
event in Silloth Rugby Club,
tickets £5

24th Silloth Green Day

24th Art Exhibition in
Christ Church 07444 894813

25th Silloth Green Day

25th Art Exhibition in
Christ Church 07444 894813

26th Art Exhibition in
Christ Church 07444 894813

31st Meet our MP Markus
Campbell Savours at 1pm to 3pm in Silloth, call 01900 233233 for appointment

June

14th Silloth & District
Pensioners Coffee Morning in
Christ Church at 10am

June cont'd

25th Silloth Nursing
Home/League Of Friends
coffee morning in Christ
Church at 10am

21st Strawberry Teas in
Blencogo Village Hall

27th Ragnarock X at the
Silloth Rugby Club

28th Ragnarock X at the
Silloth Rugby Club

29th Ragnarock X at the
Silloth Rugby Club

July

5th Firebird Festival on
Silloth Green

6th Firebird Festival on
Silloth Green

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

12th Strawberry Tea at
Holm Cultram Abbey

13th Strawberry Tea at
Holm Cultram Abbey

19th Silloth Vintage Rally
on the Green, all FREE

20th Silloth Vintage Rally
on the Green, all FREE

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

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

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

July cont'd

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

August

10th Oulton Tractor Run

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

**Have You
Sent in Your
Dates yet?**

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.

MAWBRAV VILLAGE HALL FILM CLUB



Saturday 19th April
The film starts at 7pm

The Village Hall invites you to join them at this month's feature film.

You can bring your own drinks & snacks.
Children must be accompanied by an adult.

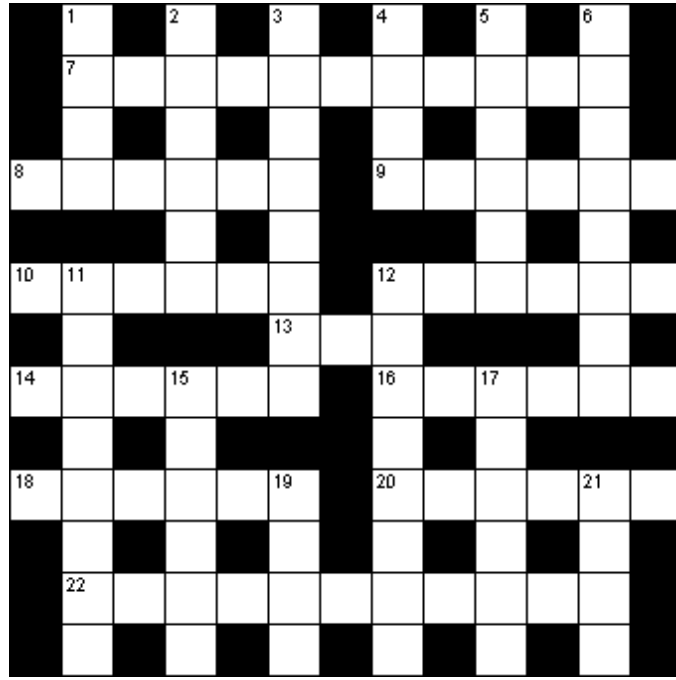
Everyone must be a member
Lifetime Membership – Adult £5, Couple £8, Family £10

Entrance on the night Adult £3, Child £1.50
Contact Lynda - 01900 881 737 / 07926810074

FUN for ALL ~ Join the Dots & Colour In

Something for All Ages to Enjoy Everyone Can Do This

CROSSWORD



Across

- 7 Climber (11)
 8 Relaxed (2,4)
 9 Very nearly (6)
 10 Brags (6)
 12 Warmer (6)
 13 Before (3)
 14 Be present (6)
 16 Attack from hiding (6)
 18 Largest of the Channel Islands (6)
 20 Famous public school (6)
 22 Handsome (4-7)

Down

- 1 Leave out (4)
 2 Wall paintings (6)
 3 Emphasised (8)
 4 Prima donna (4)
 5 Protective headgear (6)
 6 Belgian capital (8)
 11 Exceed in importance (8)
 12 London airport (8)
 15 London rail terminus (6)
 17 German capital (6)
 19 Yellow part of an egg (4)
 21 Riotous feast (4)

Crossword answers are on page 12

Can You Colour Me In

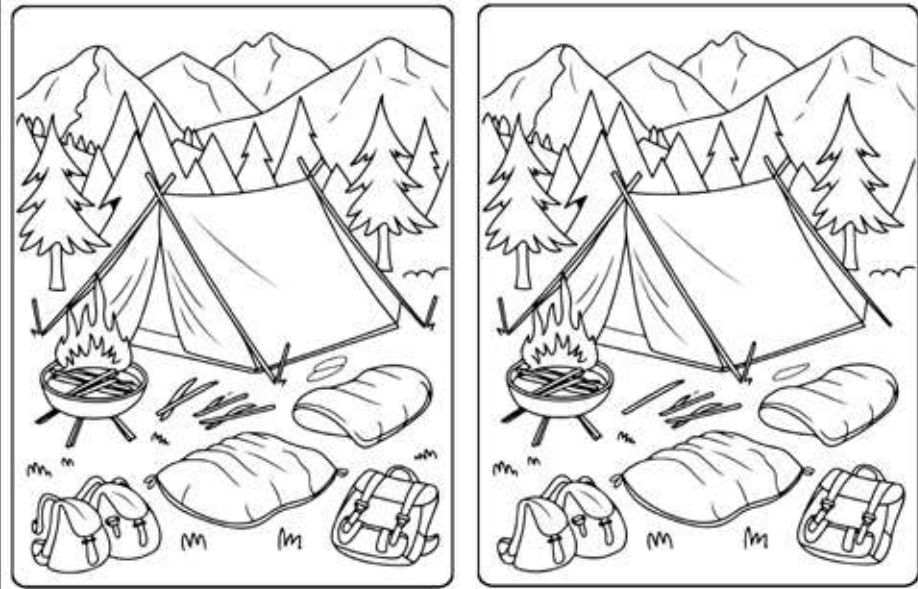


Connect the dots and colour me in



SPOT THE DIFFERENCE

Can you spot the 12 differences between these two pictures?



EASTER
ANAGRAM

larip _____
 eg restage _____
 get hung _____
 barty unseen _____
 day food rig _____
 ashtray peep _____

Not Just for the Kids

Enjoy and Have Some Fun



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Blencogo Village Hall

Raising funds for
Dermack Camp
1182790

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on the 26th of
April 25
from 11 till 3

Soup, bacon
sarnies, hot and
cold drinks
available to buy,
cash payments
only

Free entry

Raffle! £1
per ticket

Blencogo and District Village Hall



Save
the
Dates

25th April Murder Mystery night.
26th April Spring Fair
10th May VE day celebrations and BBQ.
21st June Strawberry Teas.
6th September Annual Produce Show.
October the Curry Night.
25th-31 October Blen Scare-crow trail.
29th November Christmas Market.

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Sollway the Bee
by
James Milburn
from Holm Cultram Abbey School

Can You Help Shape Future Activities in Silloth?

SILLOTH residents are invited to an event to help shape future activities in the town.

The Fells and Solway Community panel is hosting the event, which is on Tuesday 15th April 2025, from 1pm until 3pm, at Silloth Library in Liddell Street, Silloth..

The panel wants to hear what kinds of activities and events people would like to see. Everyone is welcome and it is hoped the panel will hear a wide range of views. This will help councillors see where there are gaps in provision, and support the development of those services, with possible funding and other support for partners.

The panel also wants to hear how people think the Solway Coast Discovery Centre should be used.

Attendees will be able to

fill in a survey at the event, which will also soon be available online.

There will also be presentations about the Solway Coast National Landscape, and council services like adult learning, libraries, and social prescribing. And local councillors will be on hand to listen to views and hear concerns.

There will be free snacks and booking is not required.

Cumberland Council has eight Community Panels covering the whole council area. Each links closely with its communities to decide local priorities for investment and support. Each panel has an investment fund to spend on



Fells and Solway Community Panel

projects in their area.

The Fells and Solway panel, in consultation with the community, decided one of its priorities should be 'community facilities and activities.'

Find out more about the panels and their work at www.cumberland.gov.uk/your-community/community-panels

The Panel members are:
Councillor Tony Markley (Chair)
Councillor Elaine Lynch (Vice-Chair)
Councillor Trevor Allison
Councillor Mike Johnson
Councillor Kevin Thurlow
Catherine Penrice
Claire Doherty



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.



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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
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Neighbourhood Forum:	01900 325013
Police:	101
Quakers, Wigton:	01228 523174
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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
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Millcroft Vet:	016973 23898
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Advertisers entries are always Free in the Phone Book

Sailing from Morocco to Silloth Dock

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



The year started off on a bright note for ship spotters at Silloth with a new visitor to the port. Despite it being an icy cold day there was a good turnout for the arrival of SPANACO FIDELITY. The appearance of the smart-looking vessel was a welcome sight on a sunny January afternoon during the long winter. Conditions were ideal for photography with calm waters and a blue sky. A ship making its maiden call always adds extra interest for enthusiasts.

FIDELITY had sailed

from the warmer climes of Morocco with a cargo of fertiliser. After a week at sea, and having made good progress to reach Silloth, she was delayed by a storm in the Irish Sea. Unable to complete the final leg of the sailing up to Silloth, she was forced to ride out the storm for a further three days. This worked to photographers' advantage as the arrival coincided with a midday tide. The ship was watched as it arrived off the port and adjusted its position in readiness to enter the dock. As high-water time approached,

regular ship spotters were pleased to answer questions posed by new visitors to the waterfront, such as 'is it coming in?' and 'what's it carrying?'. After a short wait, their patience was rewarded with a close-up view of the ship entering the dock. All generations were represented, and for one youngster in particular, it may have been a new experience.

Silloth receives regular deliveries of fertiliser from Morocco. The plant at Jorf Lasfar is the largest producer in the world using locally mined feedstock. FIDELITY is typical of the ships used on this route. It was built sixteen years ago and is owned by the Maltese company 'SPANACO'. There are four other ships in their fleet whose names follow a similar theme, such as LOYALTY and RELIABILITY. Our ship was soon being carefully



turned in the dock before being brought alongside to begin unloading. It looked a tight fit for the ninety-metre

long ship as it manoeuvred between the quays, however as usual, it was successfully completed.

Silloth Tide Tables

APRIL 2025					SILLOTH				
Date	HTS ABOVE NEW DOCK GAUGE (1.8m ABOVE CD)								
	High Water				Low Water				
	Morning		Afternoon		Morning		Afternoon		
	Time	m	Time	m	Time	m	Time	m	
1 TU	01 13	7.7	13 32	8.0	08 21	-1.4	20 42	-1.3	
2 W	01 55	7.4	14 17	7.5	09 01	-1.2	21 20	-0.9	
3 TH	02 39	6.9	15 07	6.7	09 42	-0.8	21 59	-0.4	
4 F	03 28	6.2	16 04	5.9	10 30	-0.3	22 47	0.2	
5 SA	04 33	5.6	17 22	5.1	11 36	0.1	23 59	0.6	
6 SU	06 01	5.1	18 58	4.8			13 08	0.3	
7 M	07 34	5.1	20 26	5.1	01 40	0.7	14 36	0.1	
8 TU	08 48	5.5	21 28	5.6	03 06	0.4	15 46	-0.2	
9 W	09 41	6.0	22 12	6.1	04 10	-0.0	16 41	-0.5	
10 TH	10 23	6.4	22 47	6.4	04 57	-0.3	17 24	-0.7	
11 F	10 57	6.7	23 18	6.6	05 34	-0.5	17 59	-0.8	
12 SA	11 28	6.8	23 46	6.8	06 06	-0.6	18 30	-0.9	
13 SU	11 58	6.9			06 36	-0.7	18 57	-0.9	
14 M	00 13	6.8	12 27	6.8	07 05	-0.8	19 25	-0.8	
15 TU	00 41	6.8	12 56	6.7	07 34	-0.8	19 53	-0.7	
16 W	01 10	6.7	13 26	6.4	08 05	-0.7	20 22	-0.6	
17 TH	01 41	6.4	13 57	6.1	08 37	-0.5	20 52	-0.3	
18 F	02 13	6.1	14 31	5.8	09 10	-0.3	21 24	-0.0	
19 SA	02 50	5.8	15 14	5.3	09 46	-0.0	22 01	0.3	
20 SU	03 38	5.3	16 11	4.9	10 34	0.3	22 57	0.6	
21 M	04 48	4.9	17 34	4.6	11 43	0.4			
22 TU	06 19	4.9	19 08	4.8	00 20	0.7	13 11	0.3	
23 W	07 38	5.3	20 22	5.4	01 48	0.5	14 28	-0.0	
24 TH	08 39	6.0	21 17	6.1	02 59	0.1	15 34	-0.5	
25 F	09 31	6.7	22 03	6.7	04 00	-0.4	16 33	-0.9	
26 SA	10 16	7.2	22 46	7.2	04 54	-0.8	17 24	-1.2	
27 SU	11 00	7.7	23 26	7.5	05 45	-1.2	18 11	-1.5	
28 M	11 43	7.9			06 32	-1.4	18 56	-1.5	
29 TU	00 08	7.6	12 28	7.8	07 17	-1.5	19 39	-1.4	
30 W	00 50	7.5	13 14	7.5	08 02	-1.4	20 21	-1.2	



Jo Burrow's Inspiring Journey: How Weight Loss Changed Her Life



Jo Before



Jo After

Jo Burrow is a true inspiration—not just because she has lost weight, but because of the incredible transformation she has made in her life. When she started her journey in July 2018, she knew something had to change. Her biggest motivation? The dream of becoming a mother.

Jo was facing challenges in conceiving and realised that losing

weight could increase her chances of a successful IVF treatment. With her goal in mind, she committed to making small but meaningful changes to her lifestyle. She didn't have to give up her favourite foods—she just learned how to prepare them differently. Even her ultimate comfort food, chips, remained on the menu, just made in a healthier way, without

using oil. This wasn't just a win for her, but for her entire family, including her two-year-old child, who now enjoys the same family friendly meals.

Of course, the journey wasn't without challenges. One of the biggest hurdles Jo had to overcome was being too hard on herself. Learning that it's okay to have setbacks and that perfection isn't necessary was a key part of her success.

Now, Jo can do things she never imagined before—playing actively with her children, going on long walks with the dog, and most importantly, feeling confident in herself and the way she looks. While she didn't have any major physical health issues before losing weight, she believes that making these lifestyle changes made it easier for her to conceive and

achieve her biggest dream of all — becoming a mother.

Jo's story is proof that small changes can lead to a complete transformation. Her determination, resilience, and desire to create a better life for herself and her family make her journey one that inspires us all.

Slimming World offers a flexible, family-friendly approach to healthy eating, making it easier for the whole family to adopt healthier habits together. Their 'Family Affair' initiative encourages members to bring healthy practices into their homes, positively influencing everyone in the household.

Research indicates that 77% of Slimming World members noticed their children eating more healthily within three months of joining, and 41% inspired their



Jo Now

families to become more active.

To support families, Slimming World provides resources like the 'Family Affair' booklet and a dedicated app featuring food and activity swaps, as well as recipe ideas suitable for children.

For meal planning, Slimming World offers a variety of family-friendly recipes, including:

Macaroni Cheese: A comforting pasta dish with hidden veggies.

Air Fryer Chicken Nuggets: A healthier twist on a classic favourite.

Beef and Bean Chilli: A mild, one-pot wonder that's easy to prepare. Sausage, Chips, and Dippy Egg Bake: A fun and filling meal for all ages.

Pizza-Topped Chicken: Succulent chicken topped with margherita flavours.

Spaghetti Carbonara: An easy, cheesy dish ready in 20 minutes.

These recipes are designed to be both delicious and nutritious, ensuring that healthy eating is enjoyable for everyone.

By integrating Slimming World's principles and resources, families can work together towards healthier lifestyles, making positive changes that benefit everyone.

If you are interested in losing weight and joining your local Slimming world group please contact Michelle on 07984 998946 or pop along to ~Silloth Rugby Club any Saturday 8:30am or 10am.



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Silloth Tigers Rugby Club Loyalty & Discount Card Now Available



Report by: Jimmy Lettice

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AFC Boys Get New Strip!



Report by: Jimmy Lettice

Silloth Rugby Club Staff and committee members are delighted to Sponsor Kris Nichols Silloth's AFC under 12 boys team "THE BLUES".

Tiffany, Malcolm and the staff raised funds from selling spot the ball cards and holding raffles throughout the Christmas period to help purchase the new kit for the Boys team. Good luck boys, we are delighted to support all sports, we are here to support all groups in the town and help when we can.



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Amalie Scott
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