

Sedbergh & District

LOOKAROUND

September 2010

Issue 281

Donation £1

This must be one of the smallest issues of Lookaround for many years but we do thank all those that have made a contribution to our pages and for those that continually support your local independent Newsletter. There are many, many events and stories that could appear in Lookaround about our community but do not. They do, however, appear in the Gazette so we are at a loss as to why they do not appear for our readers. Please tell us where we are going wrong.

Dennis & Jacky Whicker

farfieldmill

arts and heritage, sedbergh

Heritage displays, telling the fascinating history of the Mill; a unique range of **fine art and crafts** created by resident and visiting artists, **Farfield rugs and throws** produced on Dobcross looms; regular **demonstrations** of weaving, rag-rugging and lace-making, plus **Weavers Café** for superb, freshly-prepared food using local produce. **All you need for a great day out this Autumn!**

Heritage Open Days – FREE ENTRY!

Saturday 11 and Sunday 12 September, 11-4

Fun activities for all the family, to celebrate our local heritage

Children must be accompanied in all activities by an adult.

Exhibitions in September

Residency Work: felted textiles by Jeanette Appleton

Watercolour Skies: original watercolours by Alan Ingham (to 19/9)

Emerging Talent 2010: cutting edge fashion and wall art by recent MMU graduates

Traces: textile hangings by Cas Holmes (from 11/9)

Weavers Café

Traditional Sunday Lunch: (12-3) 3 or 2 courses – groups welcome, booking strongly advisable on 015396 21159. **Lunchtime Special:** (12-2) soup & sandwich, £5.95

Teatime Special: (2-4) home-made cake and tea, £3.50

Open DAILY, 10.30-5 (café from 10) 015396 21958

Just one mile outside Sedbergh - local residents enjoy FREE entry on Mondays



CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788

e-mail: lookaround@whicker73.freerve.co.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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SEPTEMBER BIRTHDAYS

Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

The recipient this month is:- Joe Dandy who is

9 years old on 10th September

Please collect your vouchers from

Sedbergh Office Services
13 Kings Yard, Main Street,
Sedbergh

which can be used in any shop in **Sedbergh & Dent.**

A Happy belated Birthday to Elsa Rainford who was two years old on 13th August and was omitted from the list with the other children.

Day	Name	Age
1	Charlotte GARDNER	4
10	Joe DANDY	9
21	Isaac BREWER	6
22	Saul JONES	10
23	Fraser SPROUL	7
23	Amy HUNTER	8
25	Alex SAYNER	3
Nonagenarian & Over		
4	Patience CAPSTICK	91
26	Rose WEARING	90

NONAGENARIANS

We are now including the details of all those aged 90 years and over who wish to have their details included. To do this, we must have the persons permission, the correct Name & Date of Birth and a contact telephone number. Please supply these details and they will appear in the relevant month. Sadly, they will not qualify for the Birthday Voucher! ☺

			6		1			
5	6						4	1
1			2		5			8
2	7						9	3
		5					6	
3	4						8	2
6			7		3			4
8	3						2	9
			8		9			

PERSONAL & SMALL ADS £1

AXFORD

Barbara & Gordon would like to thank all family & friends for the wonderful cards, gifts and good wishes received on the occasion of their recent **Diamond Wedding Anniversary**.

=====

BEECHEY/MOORE

Congratulations and well done to Kelly & Luke on the birth of a beautiful baby boy, Luke Joseph Moore on 30th July 2010 at 2:31am weighing 7lb 7½oz.



Lots of love from a very proud Nanny Chez, Auntie Siân, Auntie Lizzie and all the family. XXX

=====

DANDY

Happy Birthday Joe on 10th September. Love form Iasmina XX

=====

DANDY

Happy 9th Birthday Joe. Have a super day. Love Jean X

=====

DENT PRE-SCHOOL

Sue would like to thank everyone for their generous gifts, cards, good wishes and the surprise party! On her recent retirement from Dent Pre-School.

=====

FOSTER

Doris would like to thank everyone who sent her cards, letters, greetings and donations for UNICEF (£558) on the occasion of her **100th Birthday**.

SCARR

Yes, it is Forty Years!!!

Happy Ruby Anniversary Tom. 5th September 1970. Love from Eileen.

Sincerest apologies to Eileen & Tom for putting this in one month early and with the wrong date!!! I'm blaming the tablets. Ed.

=====

SCARR

To Mum & Dad. Have a Happy **40th Wedding Anniversary**. Love Will & Sam. XX

=====

SMITH

Congratulations to Martin and Helen on the Birth of **Emily Maisie** on 9th August 2010. Lots of Love & Best Wishes. Dad, Rachel, Paul, Andrew, Caroline & Elsie XX

=====

WILSON

The Wilson family would like to express their thanks to everyone for their kindness and cards following the sad loss of our Mum (Mary). Special thanks to Brian Goad for his support and guidance with the funeral. Mr A Fell and Mr Vick Hopkins for the lovely Service. Thank you to Sedbergh Health Centre for Mum's care and the Royal Lancaster Infirmary for their kindness and care shown in the last few days of Mum's life. Thank you to everyone who made a Donation to St Andrew's Church and to Dorothy Goad and helpers for the wonderful refreshments.

PERSONAL & SMALL ADS £1

FOR SALE

Hymer B564 Campervan. 1995 in immaculate condition. 2.5L Diesel. £12,500. Includes many extra features, eg bike rack, safari room awning, topbox. Tel: 015396 21339 or 21286.

=====

FOR SALE

Dog Guard. Will fit most small to medium hatchbacks. As new. Tel: Sedbergh 20070.

=====

FOR SALE

An electric 'Disabled' Bruno scooter in vgc. Up to 100 hours running time. £300. J Haygarth 5 Fell Close.

=====

FOR SALE

Silver Trolley Case, never used. 31"H x 21"W x 13"D. £25 ono. Tel: 07826 316452.

=====

FOR SALE

Graham Edwards 8' x 5' galvanised trailer, twin wheeled, brake system, ladder rack, full loading ramp. vgc £800. TGB 50cc Scooter with MOT & low mileage. £600. Tel: 015396 25227.

=====

FOR SALE

Indesit dishwasher IDL 530. Indesit washer/dryer. Zanussi fridge/freezer All fairly young, in good condition and not much used. Telephone 015396 20677.

FOR SALE

Double bed 4' 6" divan with drawer – excellent condition. £100. Chrome Arch fire surround and fire basket with Maple mantle in plain style, both Stovax. Plus black granite hearth. Cost £1300. Now £500. Poly tunnel 10m x 4m. Straight sides. Doors and windows made. Used for 1 year. Cost £600. Now £330. Dining chairs x 4. Black wood with upholstered seats. £40. Tel: 015396 20360.

=====

FOR SALE

Three Shelf glass/chrome TV stand H48 x D40 x W100 as new. £50 ono. Tel: 20418.

=====

WANTED

Support Worker(s) required to get a young disabled teenage lad up and ready for school 5 mornings per week. Additional hours at other times may be available. Very good rate of pay. For more information, please ring 20005.

=====

WANTED

Wooden single bed, slatted base preferred. Please ring 015396 25505.

=====

WANTED

Three Drawer Filing Cabinet. Please Tel: 25308.

=====

WANTED

Your stories and events for Lookaround.

SEDBERGH PARISH COUNCIL

Sorry there was no report last month due to holidays. The latest Council meeting was on 29th July at the People's Hall

Current issues

- Purchase of Tennis Courts/ Fishing Rights – The Council has formally responded to SLDC asking that these assets, which were formerly owned by the old Sedbergh RDC, be transferred to the Parish Council at no cost under community asset transfer arrangements. Their response is awaited.
- Acquisition of 72 Main Street - A business plan in the process of production and a survey of the building has been completed.
- Loftus Hill Car Park – We have completed an attractive tree planting scheme with new cycle racks and spaces for motor bikes.
- Ghyllas Layby – The council is looking into the possibility of building an attractive picnic area.
- Loftus Hill Toilets – Following the vandalism, running repairs have been carried out and tenders are being sought to fit replacement vandal proof basins and a baby changing facility. *(It is sad that we have vandalism in our beautiful town when so many people are doing so much to enhance our community. If you know who is causing these problems, please*

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report details to the Police who hopefully will bring a prosecution. Ed.)

Planning Committee

The council objected to the application to erect a dwelling in the grounds of Thorns Hall.

An enquiry had been made of the Health Centre as to the reasons for the apparent hold up in the construction of the new Health Centre. Their reply reassured the Council that all outstanding matters were now nearly sorted and the building should commence shortly and be completed in about 15 months.

Audit Committee

Agreement was given to an extra £5,000 towards the costs of the Townscape Initiative and £5,000 as a delegated budget to the Amenities Committee for general repairs etc of the Council's assets around the town.

Queen's Gardens Committee

The Queen's Gardens committee are now considering setting up a Friends of Queen's Gardens group and are looking at possible future uses of the garden. We are still waiting for a decision by English Heritage on the listing of the monument and the possibility of a designation as a Historic Garden.

Grants Agreed

Sedbergh Tourist Information Centre £5,000

Sedbergh Townscape Initiative

The appointment of consultants has been completed and there is a separate report from the Parish Council Chairman Hilary Hodge, on



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this issue.

The next meeting will be on **September 30th** at 7.30pm at the People's Hall Committee Room.

Members of the public are welcome and there is always an opportunity, usually around 8.30pm, for you to participate. The agenda will be posted in the Parish notice board and Community Office a week before the meeting. **Please note that from now on meetings will normally be on the last Thursday of each month. This means that one or two dates have been changed.**

Meetings are listed in the Parish Council notice board on the corner of Main St and Joss Lane.

For any further information please contact the clerk Colin Robertshaw. (Tel 01539 730597 email clerk@sedberghparishcouncil.org.uk or at the Community Office around midday each Wednesday)

DENT PARISH COUNCIL

A full account of the August council meeting is contained in the minutes, published on www.dentdale.com (follow the parish council link) and obtainable as hard copy on request from the parish clerk. A selection of the current issues that the council is dealing with are outlined below.

Grants

The council is introducing a different procedure for awarding grants to local organisations this year, in order to try and overcome the difficulties we had last year in prioritising the applications. This year, organisations requiring funding will be asked to complete and submit a short application form by 30th September

so that recommendations can be put to the council for decision at its meeting on 1st November. For more details and an application form please contact the parish clerk (details below)

Neighbourhood Watch

Unfortunately this summer has seen more thefts than usual in the dale, and so the police are currently reminding everyone of the importance of locking houses and other buildings when unattended. Research shows Neighbourhood Watch schemes can have a positive effect in reducing crimes like this, which is why the parish council is currently investigating ways of improving the network here. I appealed last month

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for help in co-ordinating the Neighbourhood Watch network and we are now also looking for volunteers to receive information by email from the police and pass it on to other residents. If you would like to help with this, please contact dentparishcouncil@btinternet.com.

Broadband Conference

One of the frustrations for residents of upper Dentdale is the poor or non-existent broadband coverage, and so one of the targets of the parish plan was to investigate ways of remedying this. For that reason, two representatives from Dentdale will be attending a conference on September 18th in Penrith on ways in which industry, government and local people can work together to bring good broadband coverage to this area.

Bridge Repairs

The recent repairs to the parapet of Stonehouse Bridge will be the first of three bridge repairs to take place in the dale, following representations from the parish council to Cumbria Highways. In addition to remedial work to Church Bridge, done with traffic lights in operation, there will be more major repairs carried out on Ewegales Bridge which will involve a road closure.

Housing Developments

The government is currently engaged in a consultation process about ways of enabling communities like Dentdale to carry out small affordable housing developments without planning permission. Called

ST ANDREW'S CHURCH, SEDBERGH

THANKSGIVING DAY LUNCHESES



Wednesday 9th September
11:30 am to 2pm
Served in the Church Rooms

the Community Right to Build, the present proposals would require the agreement of between 80% and 90% of the community, and so some critics have suggested that rather than making development easier, it will simply enable a small minority to block it.

However, if the proposals go through, they could be a means of obtaining affordable housing here, and so the parish council has responded to the consultation by urging the government to reduce the percentage needed for approval, and to ensure that the scheme applies to all planning authorities, including National Parks.

No allowances

As in previous years, councillors decided at the August meeting not to claim allowances for their work.

VAT payments

Following the decision at an earlier meeting, the council has now paid VAT on all its car park income since 2005, amounting to almost £12,500. Although we had been keeping this sum in reserve, it is still a double



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blow: we are now unable to spend this money on community projects, and the car park's profitability is considerably reduced.

You may recall that the situation has not been straightforward. Because a council in the Isle of Wight is contesting in the courts its VAT liability for car park charges, it is just possible that VAT is not payable – but the advice we have taken on this issue has been to pay up now and claim it back if the courts rule in the Isle of Wight's favour.

Annual Audit

The August meeting heard that the council's auditors had approved the 2009-10 accounts without comment. The accounts are now available for inspection on application to the parish clerk (details below).

Council vacancy

If you are looking for an opportunity

to contribute to the community you live in, the parish council would like to hear from you, as it is currently has a vacancy. If you would like to know more about the role and how to become a member, please contact me or any member of the council. Training about the role will be available for anyone who becomes a councillor.

Contact the Clerk

The parish clerk, Tracy Fletcher, can be contacted on 015242 72768 or at dentparishclerk@live.com.

Next Meeting

The next meeting will be held at 7.30pm on September 6th in the Sedgwick Room. As usual, the public are welcome to attend and to raise any matter that concerns them during the public forum at about 8pm.

Jock Cairns, Chair Tel: 25655 e-mail: dentparishcouncil@btinternet.com

THE POETRY CENTRE

As the season changes, this month's poem looks at the variety of colours to be found in and around Sedbergh. The poem is by Sandra Gold-Wood. Already well known locally as a playwright and actor, here she shows her talent as a poet.

You can hear Sandra read her poem in Sedbergh's cafes during this month's **The Write Idea** series of book events which commences 17th September (see advert in this issue).

Pick up a brochure from the Tourist Information Centre or other locations in the town.

Sedbergh Colours

Dawn can be grey, or white, brown, blue.

Operation Christmas Child
SHOE BOX APPEAL
COFFEE MORNING
Saturday 11th September
 10 am to 12 noon
 U.R.C. Rooms
 Raffle 
 Homemade Cakes ~ Bric-a-Brac Stall
Please come and support us.

Market stripes, red cars on black tarmac.
 Cracked stones marbled with rust, worn away.
 A rush of green, a bush, a tree, wind of glassy hue.

Rainbow coaches, ramblers' mud-brown legs,
 maroon with haste, splattered and pink against the cold.
 Breeze-drifted sludge, white wool on dead bracken.
 Yellow gorse, stone and slate, silver drizzle dregs.

Sun high, bursting with white fire breaking free,
 inviting ivory, orange smiles, heads tilted up in hats.
 Colourful chaffinch, hedgerows shaded mauve.
 Wild rivers stained with froth of fresh-brewed tea.

Sandra Gold-Wood

If you would like to publish your poem in Lookaround, please send it to poetjohnrice@btinternet.com. Book Town pays £10 for each poem published.

John Rice

SEDBERGH PEPPERPOT CLUB ORCHESTRAL WORKSHOP

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SATURDAY SEPTEMBER 11th
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All Orchestral Instruments Welcome

Adults £5.00 18 & under free

Registration & Refreshments from 11.00

Morning Session 11.30-1.00

Afternoon Session 1.45-3.15

Family & friends are invited for Tea 3.15 & Play-through 4.00 Day ends 4.30

=====
Free light refreshments will be available throughout the day but please bring your own packed lunch
 =====

Booking forms from Sedbergh Pepperpot Club
 Yan Tethera Queen's Drive Sedbergh LA10 5DP
 tel: 015396 21196 email: yantethera@aol.com

farfieldmill

arts and heritage, sedbergh



free entry on heritage open days

11 & 12 Sept 2010, 11.00-16.00

- lace making, weaving, rag rugging demonstrations
- storytelling and children's Victorian activity room
- bran tub, tombola, treasure hunt and sweet craft
- Sedbergh Town Band and Victorian costume competition
- oral history and history society exhibition
- art and heritage exhibitions
- café with a Victorian daily special - café open 10-5

Supported nationally by



**join us and help
celebrate our
local heritage**

NEWS FROM THE PEWS



It is a small congregation that regularly gathers on a Sunday evening for a shortened version of Evensong. I might add that it is "Evensong" only on special occasions. Being too few of us to sing we enjoy an "Evensaid" service. However, one Sunday evening in August as the service was about to begin, heavy footsteps could be

heard coming in through the north door. What a surprise! Nine young people and two adults came smiling into church to join us. Also, a young couple with their little girl of two years took their seats with us in the choir stalls. Our congregation was swelled several hundred-fold.

After the service we always make time to have a chat, passing on messages and a catch up of the latest happenings with folk we have mentioned in our prayers. Naturally, this time, we wanted to chat to our visitors and find out what brought them to Sedbergh and into St Andrew's. The young people explained they were taking a music

course at Sedbergh School, and it was their idea to come to church on Sunday evening, bringing the adults with them. We remarked how good it was to hear their strong voices joining in with the psalms and responses.

The couple explained they had stopped for a break in Sedbergh on their return journey home to Sheffield, concluding with the comment they did not want to leave the town; they wanted to stay.

Unexpected meetings such as these make one realise how lucky we are to live and work in such a wonderful place. Now for an appeal. Coming up on Wednesday 8th September is the annual Thanksgiving Day for St Andrew's when we hope that the black cauldron the Vicar and Churchwardens bring out for the occasion will be filled with [the] Gift Aid envelopes and any loose change that can be spared. Our beautiful church depends largely on such generous donations and they are greatly appreciated.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

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LOCAL ARTISTS' OPEN STUDIOS

As part of the annual Green Door Studio Art Trail, this year two local artists - Pauline Lawton and Deborah Windsor-will be combining to display their work from Friday evening 24th September (6pm-9pm) and on Saturday 25th and Sunday 26th (11am-6pm on both days).

Pauline's paintings in acrylics and mixed media are influenced by trips to Morocco, Egypt and other desert regions. Deborah's paintings, prints and mosaics are inspired by nature, landscape and the environment.

Directions from Sedbergh: A684 (Kendal direction), first right B6257 to Firbank, approx 3 miles then first right to Lowgill after passing under the Motorway Bridge. (No 2, Railway Terrace, Lowgill.)

Further information can be obtained from www.greendoorstudios.co.uk with respect to the rest of the Trail.

SEDBERGH SWIMMING CLUB

Junior Lessons

6:30 on Tuesdays and Thursdays.

Adult Recreational

Tuesdays 8.00 - 8.30

Thursdays 7.30 - 8.30

All ages Saturdays 10.00 - 11.00

Membership fees per year

Adults £15, Juniors £8

Swimming session fees

Adults £2 (£1.50 Tues), children £1

Swimming lesson fees

£18 term, average of 9 lessons.

Lesson fees due

14th or 16th September,

January 2011, April 2011.

AGE UK SOUTH LAKELAND

(was Age Concern)



Employed by Age UK South Lakeland, I am the new Village Agent for Sedbergh and Dent and can offer people access to a wide range of services, advice, support and information.

What your village agent can do for you?

- Carry out a benefit check
- Explain your utility bill and if necessary, query it
- Provide information relating to social services/ carers/ residential homes
- Arrange a free home safety check through Cumbria Fire and Rescue Service
- Help you find local social events

- Provide details of cleaners and gardeners who may be able to help you

- Advise you on how to get disability aids

- Help with filling in forms

And of course, help you find out about the many services that Age UK South Lakeland offer from foot care and lunch clubs to falls prevention.

I can also help you set up exercise classes, book clubs, coffee mornings etc.

I held the first of my advice sessions in the Sedgwick Room, Memorial Hall, Dent and will be there every 2nd Friday of the month from 1.30 – 3.00pm. I will be available in the

Community Office, Sedbergh every 1st Wednesday of the month starting on 1st September from 10.00am - 12.00pm. No appointment is needed and whatever your question or problem I will try and help. All the advice services are confidential and completely free of charge. You can either just turn up or contact me by calling the Age UK helpline on 01539 728180.

On Friday 10th September, I will be in the Sedgwick Room, Dent Memorial Hall from 1:30 to 3pm. The Sedbergh & District History Society will also be there with a selection of photographs from their archives presented by Shirley Tebay to assist in reminiscing those days of old. If you have any old photographs of the area, why not bring them along too.

I look forward to meeting you

Linda Greensmith

See also pages 37 & 48

FAMILY MUSINGS

Driving along together on one of the really lovely days that have been somewhat lacking this summer, everyone seemed to be stripping off and I made a comment about it, without taking his eyes off the road or altering his voice, hubby just said "I won't mind if you don't!". So I didn't, just proves I really am an obedient wife. The next morning I got my slippers wet in the dew as I checked the fruit trees and decided to wash my face in the dew, I did draw the line at putting my whole self in the morning dew! One must have some self-control sometimes must not one especially when one is the Chairman of the Village Hall Committee ..

Mitts, our Cat, took a couple of days to trust the lady who came to look after her while we were on holiday but then was always very pleased to see her, she, the cat not the lady then sat with her back to me the first day we were home. Just to make a point I suppose. Our holiday was fab, the caravan great and we even had good weather. They do like their roundabouts down in Northamptonshire & Warwickshire thank goodness hubby did the driving. They reminded me of a time when a group of us had been to Theatre in the Park and then would go to someone's house in Morecambe, I was driving and there were roundabouts so one friend would talk me through what to do, I can still hear her in my mind

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whenever I approach one of them, indicate, get in lane etc.

Calling on family in Warwickshire we returned home with golden plums and wild cherries, well rested and encouraged after our holiday. Now, in our own garden we can pick fresh home-grown vegetables to eat and enjoy, going out and picking Pea Pods and eating them reminds me of being a little girl and Dad growing Peas for us to eat. We took two currant bushes on holiday with us as they had to reach my family in Warwickshire and they got various comments as the week progressed. One year a lady took her tomato hanging baskets with her on holiday and hung them from her caravan. It does really take all sorts doesn't it .. but you know what folks, you must make the most of your family and close friends, enjoy the milestones, celebrate the happy things because none of us know how we will be health-wise in the future and if that means stripping off and bathing in the dew, so be it, just make sure the gate's locked!

Sarah

SEDBERGH TOWN BAND

The Band in 1909

A recent perusal of the Parish Council's minutes of 1909 has revealed two most interesting allusions to the town Band of the time. The meeting of March 19th revealed the fact that James Wadeson had been commissioned to paint "12 garden chairs three front gates" and to tar the roof of the "circular bandstand." It was added that instruction had been conveyed "to give them all two good coats of paint." On completion of the work he was paid £1-14-3d.

Eleven days later on 30th March 1909 the Council indicated that a letter had been received "from the secretary of the Brass Band Committee, F.E. Ward, to ask if the Brass Band could play in Queen's Park (*sic*) on Easter Sunday and "upon any other occasion they may wish." The Chairman "reported that he had taken responsibility of granting permission for them to play on Easter Sunday" - his actions were approved by other members of the Council.

The request and the Chairman's decision clearly led to a discussion and consequently certain provisos were agreed upon. Thomas Punch proposed and George Birkett seconded that the Band be allowed to play in Queen's Garden on any weekday but on Sundays only "between the hours of 3 and 5 in the afternoon on Sundays and only

sacred music must be played, a programme of which must be submitted to the Chairman of the Parish Council on the Friday next preceeding the Sunday on which such music is proposed to be given."

The Band is grateful to Elspeth Griffiths for submitting these extracts, particularly as material relating to the original Town Band before its cessation in 1914 is extremely limited. Questions are raised in this account - where was the 'circular bandstand' located and what became of it? Did the Band play on Easter Sunday and subsequent Sundays, and if so what 'sacred music' was played? Did they avail themselves for the permission to play 'on an weekday'? How often? What was the programme of music? How many players were there in the Band? (A photo of 1901 shows 18 players).

If any *Lookaround* reader has an answer to any of the above questions or knows of anything relevant to the early years of the Band please get in touch.

Concert in Scotland

As usual the summer months of July and August have been quiet for the Band, at least as far as public engagements are concerned. However weekly rehearsals on Wednesdays and the additional well-attended Monday sessions have continued on a regular basis with the added incentive of widening the repertoire with a view to a combined concert with the Creetown Band at

The Gate House of Fleet Parish Church on Sunday 5th September.

Director of Music Alan Lewis met up with his opposite number in Creetown and discovering striking similarities between the bands decided that a joint Concert would be popular with all concerned. It is intended that the Bands will play together for the whole programme with items to be played evenly dictated by the two bands. Thus Creetown have decided upon their seven choices (with an understandably Scottish emphasis) all of which are unfamiliar to the Sedbergh Town Band and are occupying summer rehearsal time. Likewise Creetown will no doubt be

similarly occupied working upon the Sedbergh choices for the Concert.

Members of the Band will be going to Scotland a day before the concert and will be staying in a local hotel or nearby caravans. An 'impromptu' concert will be held at a pub on the Saturday evening followed by a barbeque. Sunday morning will see a combined rehearsal with the Creetown Band with the Concert in the afternoon and return to Sedbergh in the evening.

Thus the fairly regular travelling of the Band continues - Slovenia 2005, Blackpool 2006, Italy 2007, Dumfries 2008 and a return to Scotland, Creetown 2010.

GB

THE WRITE IDEA

Late Summer Book Events in Sedbergh
(All events take place in People's Hall)

Friday 17 September 7.30pm, £8.50/£7
Inside the Hidden World of the Pathologist

a talk by science writer **Sue Armstrong** which will enthral all crime fiction enthusiasts

Saturday 18 September 10am – 12noon,
free admission

The Write Idea

John Rice leads a creative writing workshop for 10 – 16 year -olds

Saturday 18 September 2pm, £7/£5
Bunting Around Briggflatts

Prof **Stephen Regan** talks about Basil Bunting and introduces a Channel 4 film about the poet famous for his major poem 'Briggflatts'

Sunday 19 September commences 12 noon
The Poetry Café

Sedbergh's writers & actors read poems & prose in The Post Office Café, Sedbergh Café & Duo Bar & Bistro

Wednesday 22 September 7.30pm, £8.50/£7
Sarah Hall

The popular Cumbrian novelist talks about her books 'Haweswater', 'The Carhullan Army' & 'How to Paint a Dead Man'

Friday 24 September 7.30pm, £8.50/£7
At the Water's Edge:

A Personal Quest for Wildness

Film & talk by leading naturalist and conservationist **Sir John Lister-Kaye**

"One of the finest nature writers in the English language." *The Scotsman*

Saturday 25 September 11am – 4pm, £10/£8
Playwriting Workshop

Professional playwright for stage, radio and large-scale theatre, **Steph Dale**, offers an in-depth approach to writing a play

Pick up a brochure from shops, library, cafes, Community Centre, school etc

Tickets from

Sedbergh Tourist Information Centre 20125
or buy online:

www.sedbergh.org.uk/bookfestival

CYCLING

Cycling is a good healthy way of keeping fit and very soon I hope to be out on my bike.

However, cyclists are subject to certain restrictions as set out in Road Traffic Law and the Highway Code. All Cyclists must conform to these which are imposed more for safety reasons for the cyclist, motorists and pedestrians. Of course, the best advice is COMMON SENSE.



Recently, I have received many complaints (even though I have been retired for nearly four years) about the number of Cyclists who ride along Main Street the wrong way and along various footpaths all around the town, including the very narrow ones between Fairholme & Bainbridge Road and Bainbridge Road & Main Street which is dangerous. It is an

QUIET DAY in the GARDEN
Saturday 18th September 25212
1 - 4pm "Rhumes", Dent
All Welcome

offence but in the community that we live in, I would hope that Common Sense will prevail.

I would therefore request that all Adults that ride their bikes in town and all parents that have children who ride bikes in town please make sure that they adhere to my request before there is an injury through bad cycling. Hopefully, this will be looked at favourably by the Police and take any necessary action required. DJW

DENTDALE METHODIST CHAPEL

It is really encouraging when things start working out, the re-plastering has been done, new heaters have been installed and the re-painting has started, helped in no small way by the Bride and Groom of the wedding in September. Emily Clarke and Kris Baldock will be married in the chapel on Sat Sept 11th and then the next two days see our Harvest Festival celebrations! For now the services are taking place in the schoolroom but we will be back in the chapel asap.

Our monthly coffee mornings are proving to be a good meeting-up place and a way of raising money, there is a possibility they will continue until October. Many thanks to all who support them and the one in the URC Rooms, Sedbergh in July.

SE Woof (Sec).

The Royal British Legion
Sedbergh Branch
presents
**'The Coldstream Guards
in Afghanistan'**
*by Major Simon Carpenter
of the Coldstream Guards*
Saturday 18th September
7.30pm
Peoples Hall Sedbergh.
*Adults £2.50 ~ Children £1
includes refreshments*
After his talk, Major Carpenter will answer questions about the role of the British Army in Afghanistan.

SEPTEMBER GARDENING

About 25 years ago we planted several seed raised Mountain Ash (*Sorbus* species) seedlings here in the Garden at Firbank, with the view that they would provide colour and interest in the late Summer and early Autumn days. They have thrived, as they were all planted as very small seedlings. I find that small seedling trees usually do best here, as they spend time getting their roots down into the stony inhospitable ground in the first years, and then begin to put on strong fast top growth.

We have five different species, all from seed, collected, (with permission,) from trees at Thorpe Perrow Arboretum, near Bedale. *Sorbus* species are generally apomictic – they come true to type from seed, so it is easy to make a collection of trees with very different characteristics. Our *Sorbus* show a wide range of leaf size and berry colour. *Sorbus commixta* has large leaves arising from large fat winter buds and fine bunches of big red berries; *S. vilmorinii*, rather blue/green leaves and clusters of fruit which turn from dark rose red in August to pink, then white in Autumn; *S. 'Joseph Rock'*, pale yellow berries and brilliant Autumn colour; *S. aucuparia* our native red berried Rowan, and *S. species unknown*, (someone lost the label) which has small, many leafleted leaves and bunches of pure white berries.

Other colourful fruit are born on a Spindle tree (*Euonymus europaeus*), a Northern Downy Rose, three

spreading Cotoneasters and a Guelder Rose.

Spindle has bright pink, fleshy seed cases which burst open to reveal vibrant orange seeds. Downy Rose is a native rose which has fat, rounded, slightly bristly red hips. The Cotoneasters; *C. horizontalis*, *C. microphyllus* and *C. 'Decorus'*. Are all good doers although *C. horizontalis* seems to have particularly tasty berries which are stripped from the bush as soon as they ripen. Whoever named Guelder Rose (*Viburnum opulus*) must have been having a bad day as it neither resembles a rose nor behaves like one. It has flat panicles of small white flowers (rather similar to lace cap Hydrangeas) and these are followed by bunches of glowing red berries. These last fruit make the longest lasting display in my garden, sometimes even making it through to the spring. They must be terribly sour. By midwinter they have lost their charm and resemble bunches of mouldy sultanas. I retain them until the bitter end as they are the only shrub on which I have seen visiting Waxwings feeding. *Elaine Horne*

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HOWGILL WI

Just to catch up on our news over the past two months, our Coffee Morning was successful boosting WI funds. Thank for your support.

We have been out and about enjoying monthly walks in the countryside. Our Summer Outing was spent in glorious sunshine. We met at the Gatehouse in the village of Cartmel where we were given a guided tour of this picturesque building. Then it was on to the Priory where we spent time admiring the many features as our Tour Guide gave us the history. The building is the hub of a vibrant community.

Cartmel WI welcomed us with a lovely High Tea before moving on to Yewbarrow Gardens in Grange-Over-Sands where we browsed around the gardens and enjoyed the scenery. A memorable day out.

The Open Meeting held in Howgill was well supported. Our Speaker Wendy Fraser Urquhart gave a fascinating account of her one off adventure holiday travelling with her family up the coast of Norway in a light aircraft. The slides and an excellent commentary were most impressive. A wonderful way to see the world. Maggie l'Anson thanked Wendy on our behalf. The Competition for a travel photo was won by Mary Stainton with Peggy Postlethwaite Second. Raffle winners were Anne Mason and Vera Hodgson.

Our help was appreciated when

several members served and prepared teas at the Federations' 90th Anniversary Celebrations held at Kirkby Lonsdale in July.

The August Meeting was Chaired by Vice President Dilys McCaffery who gave a warm welcome to members, our Guest Speaker and we were delighted to have Judith Stainton paying us a visit.

Congratulations were expressed to Barbara Axford on her recent **Diamond Wedding Anniversary.**

Dilys gave a warm welcome to our Speaker Sarah Scarr who has achieved a lot in her seven years in business. Hard work is the key and there has been highs and lows but despite this, she has gone from strength to strength winning Gold Awards hosted by the Guild of Fine Foods. All her produce is made from home grown or local fruit and vegetables. Sarah's product can be found in local shops, Farmers Markets, Shows, etc.

The Competition for a jam or chutney recipe was won by Barbara Axford with Judith Stainton second. Raffle winner was Audrey Hoggarth.

We were reminded of forthcoming events. Monday 20th September we meet at Lowgill for a walk by Hilary Wilson; Candlelight Evening at Great Asby; the Harvest Supper at Orton and the County Show.

We will meet on the 2nd September at Howgill when Jenny Pilgrim will speak on setting up a First Responders Group. New Members are welcome.

AH



SEDBERGH TOWNSHIP INITIATIVE

This is to bring you up to date with the Sedbergh Townscape STI initiative. As you may recall this has been set up by the Parish Council in response to local concerns over many years regarding highway issues and the way in which these relate to the functioning of the Town and its appearance - matters which have been 'pushed up the agenda' by the impending redevelopment of the auction mart site. The Parish Council undertook an initial public consultation exercise in November last year to gain some understanding of the views of local people.

The sort of issues which came up included conflicts between vehicles and pedestrians, the adequacy of footways and crossings, vehicle speeds, safety of school children, accessibility for disabled people, parking for residents and visitors, traffic flows, road signs, the vitality of Main Street and the appearance of public spaces. These are all matters which are inter-related and need to be fully examined. The aim of the project is to do this and then to produce workable schemes which have local support and which will improve the appearance and economic well being of the town.

When it comes to getting the resources to implement any schemes which are suggested then we need to be in a position to influence the budget programming of other agencies and to be able to attract funds from other grant making bodies. To this end it has been

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important to work from the beginning with a number of other organisations including Cumbria County Council, South Lakeland District Council, the Yorkshire Dales National Park Authority, Sedbergh School and the Chamber of Trade. It is this group which has jointly agreed on the consultants, Urban Practitioners, who have been appointed with the task of listening to local concerns and then putting forward ideas and practical solutions.

With this in mind the consultants will be displaying some initial ideas and asking for your views by setting up a stall on Market days in Joss Lane probably sometime during October. Before then please do make your ideas and views known to your Parish Councillors or pop into the Community Office and leave us any written suggestions you may have. It is important that as many people as possible get involved to ensure that all the various alternatives can be looked at before any plans are made.

Hilary Hodge

Chairman Sedbergh Parish Council

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JULY WEATHER

Well it couldn't last could it? I suppose we were desperate for some rain but we got it in abundance! In fact we had more rain in July, 6.54 inches, than in the previous 6 months! July is often our second wettest month, after January, but in recent years it seems to have excelled itself! As befits a summer month it was reasonably warm with a maximum temperature of 73.4F. The lowest maximum was down to 60.1F but the minimum was down to 44.4F Atmospheric pressure was generally on the low side as befits a wet and breezy month. The maximum wind speed was 20.1mph but for more

than have the month wind speed was in the mid to upper teens in mph but on only on 2 days did it blow from other than the North West.

The long awaited rain gave an impetuous to grass growth. In the years I've kept sheep I have never had to feed so much during the summer. Apart from pellets, costing a small fortune, I have had to resort to hay which in July is unheard of! Once the grass started to grow it barely kept up with the rate sheep grazed it. The warm damp weather brings another problem for sheep in the form of fly strike. This is often worse for tups around their head as the tags they are obliged to have, frequently

catch on their horns rubbing bare patches on their ears. This gives the flies somewhere to lay eggs. My Jacob tup suffered in this way. You don't hear the animal rights brigade complaining about these sorts of things! The swallows did not add to their single June egg but in the middle of the month laid 4 more which hatched at the end of the month. I leave a gap in the top kennel door and they roost in the kennel but are feeding by the time I open up. We have had a lot of activity around the bird feeders so much so I am filling up nuts and fat balls every other day. It's funny to see young birds, as big as their parents, flapping their wings begging for food although when parents are not around they feed themselves quite happily. The addition of a feeder containing niger seed has brought regular visits from goldfinches and siskins. One of our resident collared doves met an

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untimely end as a bunch of feathers was all that was left on the grass one morning. One suspect is a feral cat which frequents our shippon. The mallard ducklings we rescues are flying free but still return at feeding times.

Bats are few in numbers this year and butterflies virtually non existent. We have seen the hedgehog several times. It tends to come and clean up scraps under the bird feeder. The dogs don't quite know what to make of it! Badgers have made a reappearance in the field after an absence of many months. The bees have had a poor time. Several inspections have failed to find eggs suggesting that all is not well. Colonies have been lost in the county simply starving to death apparently according to the County bee inspector. June is often a poor month but it seems to have come a bit later this year. Fruit trees did not lose much fruit last month in the traditional "June drop" but the wind and rain brought down some fruit this month. In spite of this apples have a heavy crop again.

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MEMORIES OF JACK DAWSON

“Michael don't just stand there get me out of this”

This article covers my time (15 years) working at W Dawson & Son and my memories of working with Jack Dawson and staff, I joined W Dawson & Son at the age of 19 and at that was one of the youngest members of staff that had worked there. Jack was the Boss and Michael his son second in command, Bill Metcalfe drove the bigger truck and I drove the smaller Karrier Bantam.

Dick Allen was our other member of staff, who had bent and bowed legs due to a motor bike accident but was as strong as an ox.

Dick was a character in his own right a man of few words who always had a fag hanging out of the side of his mouth, but also liked a bit of fun and banter.

I remember going with Dick one day to Stephen's farm in Garsdale and just before the farm is a gate which had to be opened, having let Dick out to open it I pulled along side and shouted at Dick to “get in and leave the gate open” no reply and no movement from Dick so I shouted again to which he opened the cab door and said

“I would but your parked on my foot” luckily for me and Dick he had a pair of boots on which were two sizes too big and the tyre was sat on the piece of boot in front of his toes.

Another time whilst having bait in the brew room Dick was telling us he had been up Boar fell on the Saturday “did you see anybody else was

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asked" eye said Dick one fellow walked past " did you speak to him" No !!.

As time went on we were joined by younger members of staff some staying and some moving on, one that stopped was my brother Graham and between us we were always playing tricks on Jack.

Jack always did the weighing and bagging of the coal and always wore bib & brace overalls, so whilst bagging we would quietly keep dropping small pieces of coal into his overalls and eventually when he finished and wanted to walk off he would find that he couldn't bend his leg due to all the coal.

Jack also always wore braces so when he got onto the tractor to go for more coal we would jump onto the tow bar on the back of the tractor flick his braces loose and then stretch them and fasten them to the top of the cab, of course due to Jack being older getting them off wasn't that easy.

Another trick I would play on Jack would be to sneak up behind him grab him either side of his waist and take him for a jog down the yard, all the while Jack would be shouting "I'm going down" and he would try and head for the sand or gravel heap and then lay down onto the heap but one frosty morning he did the same thing to find that the heap was frozen solid (ouch).

It may look as if we were cruel to Jack but as his wife Jenny will testify he loved it all, we dragged him up and down coal heaps by his legs,

hung him by one leg in the warehouse, drenched him with the hose pipe till water came over the top of his wellies, filled his pipe full of tea leaves then covered them with the dottle (ash) so he didn't know, tied him to his office chair then pushed a brush shaft up one arm across and out of the other arm then left him. This is where the title of this article comes in because whilst doing all these tricks on Jack all you would hear was "Don't just stand there Michael get me out of this" which Michael never did for all the laughing. The other saying he used a lot was "Look what they have done now Jenny" whilst handing over the buttons to Jenny which had come off in all the mayhem, and he would always get the same reply from Jenny "take them back to them boys and get them to sew them back on, but he never did. The list of tricks could go on & on but in all those years he never complained once, and in all those years the only time I ever got told off was when answering the phone one day the customer asked if "I was Mr Dawson" and I answered "No I'm just one of the men" what I

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didn't know was that Jack was stood behind me. When finished Jack was at me "Stephen your not one of the men, you don't work for me I work with you & you work with me we are a team" what more could you ask for from a boss.

Jack was a man of knowledge and great skill, no shoddy work was ever done by Jack it had to be done correctly and as near perfect as he could get it, he was to me a great Boss, a great friend, a great man and it was a privilege to have worked with him.

A sad loss to me and Sedbergh.
 Fond memories

Stephen Moore

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YORKSHIRE DALES NATIONAL PARK

A watchdog that oversees standards of conduct among Yorkshire Dales National Park Authority Members is celebrating its tenth anniversary.

The Authority's Standards Committee aims to encourage and uphold the highest values of public service by advising on ethical issues, helping Members to observe the code of conduct and ruling on complaints made against them

The committee comprises Authority and independent members.

Chairman Atiq Hassan, an independent member who lives in Bradford, said: "It's a real honour to chair the Standards Committee. A lot of its work is unseen by the public, but it does so much to ensure the high standards of conduct for which the Authority is known.

"There are few complaints of misconduct against Authority members but, when one does come in, we are there to ensure that it is rigorously dealt with, and this goes right through to our powers ultimately to punish any member who is found to have breached the code of

conduct.

"Because we don't get too many complaints, we keep up to date with occasional training exercises that keep us sharp for when a real complaint does arise".

The other independent members are Ruth Dent, a magistrate from Barnard Castle, and Andrew Markham, a manager who lives near Skipton. The five members drawn from the Authority's own membership, including retired judge Peter Charlesworth and solicitor Graham Dalton.

Over the last year, the Standards Committee has been involved in lots of work to help the Authority maintain high standards, including:

- Arranging training on equality and diversity issues;
- Considering two complaints which were received;
- Developing a protocol setting out healthy relationships between the Authority's members and its staff;
- Reviewing the register of Members' Interests

• Writing a document that describes the roles and responsibilities of Authority members.

FIRE WALKING

I am interested in applying the principles of Tai Chi to everyday life and recently I have been observing how we walk and run. In Tai Chi, all movements of the arms and legs should be circular, not straight lines. The hip and shoulder joints certainly have the capacity to rotate (in several different planes) but when we are walking, swinging the arms, we usually only use a back and forward movement of those joints.

I should like to invite you to carry out an experiment to see if these movements can be made circular.

Begin by rotating the shoulder joints together, nine times forwards and nine times backwards. Repeat as

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often as it takes to make these movements smooth. Now do the same thing again using the spine to motivate the movement. Feel a wave passing up the spine from the tailbone to the neck. Notice how the spine allows for an easier movement of the shoulders and that the hip joints (at the top of the inside of the leg, where it meets the body) rotate in the same direction as the shoulders.

In Qigong (movement for health) the fire cycle is a vertical oval around the head and trunk, which comes up the spine, over the head, down the front and through between the legs. The same oval, travelled in the opposite direction, up the front, over the head and down the back, is called the water cycle. These cycles are worked in Qigong, both physically, as in the shoulder rolling exercises above, and using visualisation. If you are cold, or feeling sluggish, use the fire cycle to

generate movement and warmth. Conversely if you are too hot, or over-excited, the water cycle can cool you down and help you feel calmer.

Going back to the experiment: rolling the shoulders forwards uses the fire cycle and rolling backwards uses the water cycle.

Now try walking, taking small steps and swinging the arms in the natural way (opposite arm to leg). Begin to make the swing of the arms part of a forward rolling movement. The arms still move alternately but the top part of the roll brings the arm forwards and the bottom part brings it backwards. Do this for a while and you will notice that the hips are rolling in the same direction as the

shoulders. This is what I am calling fire walking (no coals involved). People walking with poles may well be fire walking already, as it is the natural circle for the poles.

Water walking is the same thing, but rolling the shoulders backwards. Take small steps and let the top part of the roll swing the arm backwards and the bottom part of the roll bring the arm forwards. This should feel different from fire walking and may be less familiar.

Fire and water running are possible in the same way, but keeping the arms bent.

My observation is, that fire walking and running are natural for increasing speed. Water walking and running are good for relaxing over longer distances and give more control going up or downhill. Give it a try over one of your usual routes (or even just

round the house) and see what you think.

My Wild Goose Qigong class restarts on Monday 20th September and runs until Christmas, on Mondays 10.00 to 11.30 in the URC Hall. This is movement for well-being, flexibility and balance, helping you to find an exercise routine with genuine health benefits. As well as the usual general health exercises, we shall be learning a new short sequence of movements called Kunlun Bagua. Continuing students will be able to complete Wild Goose I and II if they so wish.

For enquiries or bookings, please phone me. My telephone number is (015396) 20972.

June Parker

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CHURCHES TOGETHER

The last week in July saw this year's Holiday Club take place at The People's Hall for children aged 4-11. After months of planning, by a dedicated team, the week finally arrived and so did more than sixty children! As always there was plenty of fun to be had by everyone with games, crafts, activities, Bible stories and songs. The theme was based on stories of the disciple Peter from the book of Acts and the name of the club was Rocky's Plaice – so named after the Fish and Chip Shop which featured in the daily DVD. In his chip shop, in the fictitious town of Little Widdlington by the Sea, Rocky ran a 'Chip Shop Church' for the local

youngsters. However, everyday he somehow managed to lose his notes, resulting in various friends having to help him out throughout the week by telling different stories from Acts. Stories covered included the Ascension, Pentecost, Peter and John healing the man who couldn't walk, Peter and Dorcas and Peter and Cornelius. The children explored these stories in their smaller groups which gave them time with their leaders and helpers to discuss what they felt the stories meant or taught us. On the Saturday morning, everyone was welcome and the children brought along their parents, grandparents and friends so they could find out what had been going

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<p>on during the week. Everyone involved seemed to have a really great week with the children learning lots and being keen to join in with all aspects of the programme. Most importantly, everyone had lots of fun!</p> <p>Following on from the Holiday Club, Churches Together are going to be running a new after school club, also called 'Rocky's Plaice', for children in the school years Reception to Year 3. This club will complement the existing range of clubs run by our churches which already cater for the older age ranges – such as Ignite, for school years 4-8, Chameleons for years 3-6, Barrel of Fun (BOF) for years 7 upwards and The Monkey House, for Years 8-13. All of these clubs are run by volunteers from the local churches and everyone, within the specified age ranges, is most welcome to attend. For further information on when and where these clubs meet, please refer to the Churches Together Notice Board (opposite the Chippy) or speak to any member of the local clergy.</p> <p>The evening of Friday 13th August saw the Charity Treasure Hunt</p>	<p>around Sedbergh, organised by Churches Together, in Aid of the Charity Hope HIV. The day had brought showers, which, as the time of the treasure hunt approached, turned into more steady rain. However, thankfully, the people of Sedbergh are a hardy bunch and were not deterred by a drop of water. Amazingly, considering the weather, sixty people turned up and took part in the treasure hunt which took them on a route around parts of the town and the grounds of Sedbergh School searching for the answers to forty questions. Most people completed the route in around an hour and a half and then returned to the hall to dry out, have refreshments, purchase cakes from the stall, chat and learn a little more about the charity Hope HIV. When it came to the marking, the top results were incredibly close with only one point separating the top three scores. The winning team was Stephen, Tim and Janet who only got one question wrong and completed in a time of 1 hour 29 minutes. They won a voucher, kindly donated by Duo. Only half a point behind them in</p>

second place, were Tony, Julie and Liam, and half a point behind them in third place were Kirsten, Nora and Jane. The two teams with the lowest scores won a consolation prize of a map of Sedbergh, just to help them find their way around should they ever compete again! All teams were also asked to bring back something pink, a pine cone and the biggest green thing they could find. Having seen the Methodist Church garden wheelie bin dragged into the hall by three separate teams, we thought that nobody was going to top this. However, then Kirsten turned up with an enormous green tarpaulin which clinched her the top spot and won her a packet of green bean seeds! Prior

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to the evening of the hunt, there had been an option for people to gain sponsorship if they wanted and so there was also an additional prize for the person who managed to raise the most money. This was won by Donna, Antony and Logan who on their own managed to raise more than £100 – a magnificent sum! The final question of the treasure hunt asked the participants to write a limerick about their evening's experience. Here are four of the best:

On Friday we hunted for treasure,
In spite of the terrible weather,
We all did our best,
To manage the quest,
But the evening gave us great
pleasure.
Sally, Haydn, Lily, Hattie & Grandad

There was an old couple of
Sedbergh,
Who, despite the inclement weather,
Tramped out in the wet,
The answers to get,
To Treasure Hunt questions together.
Ann and Brian Wright

We went for a walk around Sedbergh,
It was the most horrible weather,

The clues they were trying,
We all needed drying,
We'd about worn our shoes of their
leather.

Mark, Janice, Adam and Bethany:

Three people went hunting for
treasure,
But took no account of the weather,
They fought through the rain,
Almost washed down the drain,
And finished with hunting forever.

Stephen, Tim and Janet:

All in all the evening was a lot of fun
and in total we raised £300 for a very
good cause. Hope HIV supports
children and young people in sub-
Saharan Africa who have been
orphaned or affected by HIV/AIDS.
The charity was set up by Phil and

Wendy Wall in 2000 after Phil visited
a children's home in Johannesburg,
where he met a little girl called
Zodwa, whose mother was dying of
AIDS. Determined to do something
to help, Phil and Wendy decided to
raise money and started giving out
£10 notes, challenging people to turn
them into £100. Earlier this year, we
received one of these £10 notes and
the Treasure Hunt was our attempt to
turn it into a greater sum to fund the
charity and help children like Zodwa.
Thank you to everyone who turned up
on the night, baked, gave their time to
help, or money in sponsorship. Your
efforts are greatly appreciated and
will help to change people's lives for
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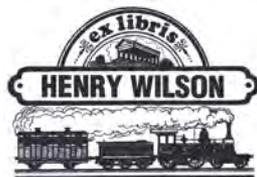
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DRAMA IN THE GARDEN

Do you have a bird –table? So do I. I don't think there is anything which is more guaranteed to give hours of free fun .. except of course that it isn't free. I'm spending £££'s a week to feed my habit of bird watching. It takes me ten times the minutes to wash up as I watch my feathered visitors feeding on their expensive nuts and seeds. I also have a furry visitor in the shape of a red squirrel that comes three times a day to tuck in to gourmet hazel nuts and curl up in the 'squirrel proof bird feeder'! A spotted woodpecker is a regular visitor and strains to extend his beak to take the hazel nuts to a



nearby tree where he drills into them to reach the kernel. One rainy day I, being lazy and not wanting to get wet threw a few hazel nuts out of my kitchen window onto the grass. Later I saw a mouse run swiftly from a wall open his mouth to cavern proportions and run back with it to his nest. Now I think this is very cheeky. I feel sad that I cannot discourage the mice from thinking I am running a wayside café for them, because I know they will find some way into the house later in the year and therefore into the traps which I am forced to set. I know, you will say there are humane traps. Yes, I've tried those and have caught mice



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in them. The antics they get up to to tease and scare me are horrendous. I can imagine all their friends and relations watching from behind the skirting boards whispering and tittering at me as I balance the said humane trap on a dustpan and dash out to take and release them down the road quite a long way only to see them run and beat me back to the house. Now, I have heard that a caught mouse must be taken at least a mile away from the spot it was caught. For me that means a journey in the car with a mouse until I feel it is safe to release it. It has been done, but it is not good for my blood



pressure.
 Back to the birds again .. during the nesting season I was fascinated by the variety of species I was seeing at one time and decided to make a list. In the space of twenty minutes I noted .. Blue Tit, Coal Tit, Great Tit, Gold Finch, Long Tailed Tits which resemble feathered lollipops, Robin, Green Finch, Siskin, Nuthatch, Greater Spotted Woodpecker, Blackbird, Jackdaw, Chaffinch, a male and female Pheasant pecking around the base and a Wren on the nearby wall. I'm short on Thrushes but sometimes see a Mistle Thrush in the field and during spring and autumn catch sight of Redwing and Fieldfares as they rush through to their chosen climes. Infrequent visitors have been Red-legged Partridge on the window sill, an occasional Jay, a Cuckoo sitting on a fence post, Flycatchers giving an aerobatic display and a hopeful Sparrowhawk looking for lunch. When the Sparrowhawk is in the neighbourhood the birds on the bird-table freeze and stay as still as statues for as long as he is around hoping to escape his needle sharp sight. Odd mornings I have been greeted by a litter of small feathers on the grass and know he has been there catching one of my little friends unaware.

I feel I am so fortunate to be able to see this display every day changing as the season does, and find I do not resent the cost of money when I am repaid by riches of another kind.

RAG.

Multiple Sclerosis

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ZEBRA CROSSINGS

I couldn't believe what I read in the article written by CSO Rachel Thomas in August's Lookaround. She wrote that it is 'courteous for vehicles to stop at a zebra crossing'. As far as I am aware through what has been printed before in the Lookaround by the editor, it is law for vehicles to stop at a zebra crossing and you can get 3 Penalty Points on your licence if you fail to do so.

How are we supposed to get people to take notice of Zebra Crossing's in Sedbergh and the problems we are having with vehicles not stopping when the CSO say's what she did. Perhaps she could ask one of the policemen what the law is & then write a more suitable & supporting article.

We need all the support we can get, to get Cumbria County Council to sort out the zebra crossing near the school's because as of 6th September there will be bedlam as Playgroup, Nursery and both Schools are all starting at 8.50am, which means that there will be more children, cars etc about all at the same time.

PLEASE TAKE NOTICE OF THE ZEBRA CROSSINGS BEFORE SOMEONE GETS INJURED OR EVEN KILLED.

PW

This topic was fully documented in the June 2008 issue with a full reply by Special Constable Roberts. July, October & November 2009 also carried comments. Unfortunately, I feel that a person will be knocked down and seriously injured or killed before the end of the year on one of



the Crossings. Personally, I feel that there is nothing wrong with the Crossings, just very bad driving - and that can easy be sorted out by the Police, not Community Officers who have no authority.

Every year, we hear of new and tougher Driving Tests for new drivers taking to the road. It is not them that needs the extra tuition but those that are on the road already. Apart from a Medical when you are 70 years of age, there are no checks on your driving ability until something happens - then it is too late. We need a Drivers Retest every ten years to ensure that we maintain the standard required to drive on our roads. This will create more safer roads, more employment and more money. Just ask yourself two questions - when was the last time you had a driver assessment and read the Highway Code?

Another example is I have a Full Driving Licence to ride a Motorcycle. I have not ridden one for 29 years but there is nothing to stop me buying a new 1,000cc bike, get Insurance and ride on our roads. I would be an accident waiting to happen!!!! Ed

MEN IN SHEDS

Its official ..

Age UK South Lakes are excited to announce the opening of their new 'Men in Sheds' Project, based at the Age UK Furniture Warehouse, Station Yard, Kendal.

The 'Shed' is a small Workshop area, in which local older men will spend time working on furniture renovation and small electrical repair projects. Completed projects will then be offered for sale via Age UK shops in South Lakes, and in the Furniture Warehouse itself. The Shed Members taking part in the scheme will bring a range of experience and skill to the project – the only qualification required is a desire to get involved and take part. Some participants may be experienced woodworkers or electricians, whilst others may be interested in developing a new skill – or just coming along to help out and maybe find out more.

The project is open to men aged 50 and above, as well as to Age UK volunteers who may wish to get involved. As the project develops, it

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is hoped that 'Shed Members' will bring new ideas with them, and other skills to share – welding, boat repair, toy manufacture, walking stick making and wood turning are just a few of the ideas offered thus far.

Project Coordinator for the 'Men in Sheds' scheme is John Standing and he can be contacted on 07587 - 659685 for further information regarding the Shed or alternatively contact me via the Age UK South Lakeland helpline on 01539 728180 or email va@ageconcernsl.org.uk

Linda Greensmith

See also Pages 14 & 48



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NORTH WEST CANCER RESEARCH FUND

The Committee sincerely thank all who supported the recent Coffee Morning, sent donations, or helped in any way. The wonderful total of £426.78 was raised.

This will help fund on-going research which is so necessary. Many people are now living longer as new treatments become available.

Marjorie Fishwick

SEDBERGH SQUASH CLUB

Sedbergh Squash Club has been awarded a grant of £7,400 from Sport England. The grant is to help with the revitalisation of the Club.

The grant pays for a range of activities over the next 6 months and for the purchase of equipment. The Club's coaches will be running free coaching sessions for both adults and juniors and will be going into the local schools to give the children experience of the game. Schools sessions are already fixed with Settlebeck School and it is planned to have the sessions at Sedbergh Primary School and the Kirkby Lonsdale schools arranged after the beginning of term. All the schools sessions will finish with a competition at the club's courts.

The Club will also be holding two open mornings from 10 to 12 o'clock on 25 September and 16 October

when children will be welcome to come and have a go at the game. This winter during term time one hour sessions will be run for juniors on Thursday evenings – beginners at 5.30pm and improvers at 6.30pm. These sessions will start on 30 September.

Adults who would like to have a go are encouraged to attend Club Night which runs from 7.30pm on Thursdays. There is no charge for adults wanting to try the sport. Free coaching is available during this winter at most Club Nights depending on coach availability. In addition there are specific funds available for coaching ladies.

Rackets and balls can be provided to all who wish to have a go, but please wear non marking sports shoes.

The Club provides good court facilities and has plans for making them some of the best in the County. The Club provides for all levels of ability (unless you play at county level!) from beginners to good club players. Competitive Squash is available through the internal leagues and inter club matches but many members just enjoy playing with their friends.

If you are thinking of playing either come to Club Night or e-mail Douglas Thomson at douglas@ddathomson.co.uk. Our new website www.sedberghsquashclub.org has limited further details as it is still being developed.

Douglas Thomson

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DENTDALE WI

15 WI members and friends enjoyed the Summer Outing to Keswick and took in a performance at the Theatre by the Lake. The day started with a coach journey to Keswick where the group separated to take in a spot of shopping and lunch. The more energetic ladies in the party had time to do a short walk into the countryside surrounding Keswick. We all met up at the Theatre by the Lake to enjoy a light-hearted American play called "Bus Stop" set in a 1950's diner in snowy Kansas. The matinee was followed by afternoon tea taken in the Gallery Bar.

It was here that the members found time for a short meeting. All members who helped with the Strawberry Teas at the WI Garden Party in July received a letter of thanks from Shelia Parkinson. Our president Catherine Sugden was pleased to announce that Dentdale WI had raised £197 selling cakes and sundries outside Dent Memorial Hall on Saturday 31st July. She gave thanks to all the members that generously gave up their time to provide cakes and man the stall. The WI has been asked to provide afternoon tea and cakes at Dent Gala on August Bank Holiday Monday and again volunteers from the group were asked for to provide these refreshments.

Two members of the Dentdale WI had been reckoning up their years of membership and both confirmed they had been members of the WI for over

40 years. Hopefully this will be officially recognised by the Federation in the near future. The members were also pleased to hear that the Dentdale WI will be sending an ace team for this year's Golf Tournament Challenge hosted by Frostrow WI.

Our next meeting will be back at base (Dent Memorial Hall) on September 8th at 7.15pm when we can look forward to a talk by Eleanor Skinn who will describe a day in the life of a Vet.



LADIES NFU

Thank you to everyone who supported our Coffee Morning on Wednesday July 21st. We raised the remarkable sum of £351 which will be divided between North West Cancer and Action for Children.

Many thanks to all members who helped in any way by baking, serving and donating raffle prizes.

The next meeting is the AGM on September 21st when the Rev'd Carol Marsden (Kirkby Stephen) will be speaking on 'Mum's Junk'. New members are always welcome.

TIM FARRON MP

I wrote back in the March edition of Lookaround how pleased I was that Cumbria County Council had found the money to resurface the A684 between the M6 and Sedbergh. However, I along with many people who contacted me at the time, were extremely frustrated to see that they did not finish the job and simply stopped at Blackhorse. Back then I could not understand the reason, after all they had just been given an extra £5 million for road repairs by the last Government. Anyway, I was extremely pleased to learn that after much pressure from lots of people, including myself, they have at last found some more money and will this

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year do some much needed further resurfacing to the road. I only wish that they were quite so amenable to pressure over the crossing by Settlebeck School. I will have to keep working on that one.

Talking of spending money, I was also pleased to learn that South Lakeland District Council are dipping into their pockets and providing some well justified funding to Fairfield Mill.

I was also very happy to support the District Council's "Matchmaker" Scheme to help local people get onto the property ladder in this area. There are currently about 1000 homes in South Lakeland that for whatever reason are unfurnished have been empty for more than 6 months and the aim of the scheme is to help the owners of these properties find someone local to buy them at, ideally, an affordable price. I don't think people realise quite how much of a housing problem we have in our area, so much of our time in the office is taken up trying to help people, frequently with children, find somewhere decent to live within reach of their work and families. If we

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are able to bring these 1000 empty properties back into use that will go such a long way to solving the problem and I gather that there is at least one property in Sedbergh already up for sale through the scheme. If you know of any other empty properties that could be brought back into being somewhere for people to live do please get in touch.

Finally thanks to everyone in Sedbergh and Dent who turned up to say "hello" when my mobile "summer" surgery rolled into town. As I said in the last edition of Lookaround the point of these visits is to meet as many people as possible and hear what you are worried about so

without people turning up they are a bit pointless.

AS ever if there are any issues where you feel I can help and you did not get a chance to raise with me when we came to the area, please do write to me, Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP

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SOUP AND STAY

Soup and Stay starts again on Monday 13th September in the Methodist Schoolroom (now really smart and refurbished). Soup is served from 12 noon until 1pm and is followed by activities until 3pm. If you haven't yet joined us, please do.

There is no charge and its just the place for a good natter and a game of scrabble perhaps. You may prefer dominoes or knitting, making cards or jewellery as well as enjoying the company of others and some excellent home made soups. Those who come regularly have really enjoyable afternoons. We really would love you to come. *Ann Wright*



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EXTRA MILE AWARD

Do you know a Mini Bus driving hero who deserves this special award?

The Minibus driver Extra Mile Award is a chance for you to say a real big thank you to your driver for having the attitude for going that extra mile in making you and fellow passengers feel that extra special.

The Award is organised and sponsored by SC Driver Services through the Minibus Road safety Challenge and the Minibus Website.

Nominations will be accepted from individuals and groups who feel that their minibus driver has a polite and friendly attitude and is mindful of passengers' comfort and well-being -

in short, a true and professional who enjoys their work and willing to go that extra mile.

The award has been created to recognise and reward minibus drivers who have a positive attitude. In turn it is hoped that this will also influence other drivers to adopt a similar attitude and thus raise and maintain the standards of minibus road safety all round. The result will not only contribute towards a safer and enjoyable journey for you and your loved ones, but it will also save lives!

Whether you're a school pupil, dial-a-ride user, commuter, fellow volunteer or work colleague, help us find the minibus driver who you think

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most deserves your thanks and praise for their outstanding attitude which has gone beyond the normal expected levels of customer care.

We're not just looking for the safe and knowledgeable drivers, we need you to help us reward the driver who is the most cheerful and passionate about treating their passengers properly who is willing to go that extra mile to help those who are travelling on their minibus.

The Minibus driver Extra Mile Award will go to the driver who has demonstrated a cheerful attitude, passionate about treating passengers properly and making them feel special by going that extra furthest mile in their own most special and unique way.

The winning driver of this special award will also be presented with a special gift unique to the driver themselves. Therefore, when making your nomination we need you to tell us what would be the most ideal gift that says a special "thank you" to your minibus driving hero.

To contribute towards a more safer and enjoyable journey make sure you nominate the minibus driver who you think most deserves your thanks and praise for their outstanding attitude which has gone beyond the normal expected levels of customer care.

To nominate your driving hero for The Minibus Driver Extra mile award just visit www.minibuswebsite.com and make it your way of saying that special thank you!

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SEDBERGH SCHOOL EXHIBITION

Sedbergh School is proud to announce the opening of a new exhibition about Frederick Spencer Chapman (1907-1971) at Sedbergh School Archive and Heritage Centre.

The exhibition celebrates the astounding life of Freddy Spencer Chapman who attended Sedbergh School from 1921-26. A former Luptonian, Freddy went on to become an Arctic explorer, war hero and renowned author. Freddy is perhaps best known for evading capture during the Second World War while behind Japanese lines in Malaya. Despite facing injury and tropical disease Freddy managed to fend off up to 4,000 Japanese troops.

The exhibition opens to the public on Friday 10th September. The archive is open weekday mornings 9am to 1pm however appointments outside these hours can be arranged.

The Archive and Heritage Centre benefits immensely from the help of volunteers. If you are interested in volunteering at the centre please contact the archive for some more information.

For further details please contact Katy Iliffe,
Sedbergh School Archive and Heritage Centre, Back Lane,
Sedbergh, LA10 5BX, 015396 22275,
ki@sedberghschool.org *KI*

DOMINO DRIVE

Grayrigg Village Hall
7pm Friday 22nd October



ZEBRAS

The Zebras held their AGM on Wednesday 14th July.

Mags & Trish stepped down as Chairperson & Secretary, as a result it was decided that a group of parents would take on the general running of Zebras and Tim & Janet Widdess would take on the titles of Chairperson & Secretary.

Emma Brown is still Treasurer and does a fantastic job. Thank you Emma for all you do.

If you would like to find out more about Zebras Baby & Toddler Group come along to our Teddy Bears Fun Afternoon on Wed 8th September between 1.15pm - 3pm.

We will be decorating biscuits and having lots of fun. Bring your teddy & join in the fun.

Everyone is welcome to join us. Come & see the newly carpeted Methodist Church Hall.

There is lots more room with a safe baby area, which is been enjoyed by our new little members.

We are on every Wednesday 1.15pm - 3pm, £1 per child over 6 months old & 50p per adults which includes fruit, biscuits & drinks. If you been before and not really enjoyed Zebras come along again and see how much we've changed.

PW

THE COBWEB ORCHESTRA

The Cobweb Orchestra, now in its 14th year is open to all standards of musician, meeting regularly in groups, in Cumbria (Tebay), Co. Durham, and Northumberland. The groups come together for workshops, regular weekly rehearsals, study days, and frequently complete weekends. Its activities also include trips abroad, last year Italy was visited and recently we returned from a highly successful trip to Munich, in September a group are going to Hungary to play in a folk festival. The group meetings often receive expert help and tuition from professional musicians, often from the Northern Symphonia.

Anyone interested in Dusting off the Cobwebs from their instruments and playing for fun are invited to contact Sheila Blackwell on 015396 20056 or turn up at the Methodist Hall in Tebay on a Tuesday night from mid September.

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DENTDALE OVER 60'S

On Wednesday July 28, 53 members of the Dentdale Over-Sixties travelled by coach to The Dock Museum at Barrow-in-Furness. Arriving in time for lunch most of us spent our time there, exploring three floors of fascinating exhibits; We found out about the development of Barrow, its local industries and living conditions in the past. There was a fine collection of original ship models and an exhibition entitled 'The Living Rock' - a journey of millions of years through deserts, volcanoes, extinctions and the Ice Age - giving us a look at the long history of Furness; whilst a continuous film show,

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Tuesday 21st September
 Wednesday 20th October
 Thursday 18th November
 No Session in December
 Tuesday 18th January



highlighting Barrow's industrial past, kept many of us enthralled. In spite of a blustery day at the dockside people were not discouraged from attempting at least a part of the Channelside Walk. Meanwhile, other members of the party decided to explore the town. We left Barrow at 3pm and were driven by the very scenic route alongside Morecambe beach to Allithwaite where the Allithwaite and Cartmel W.I welcomed us to a splendid High Tea. Suitably refreshed, we arrived back at Dent just before 7pm. A long, but most enjoyable day.

At a recent meeting of our Friday Club we were visited by Linda Greensmith. the new Village Agent for Sedbergh and Dent. During a lively discussion, where several ideas were raised, it was agreed that Linda would visit us on the second Friday every month when she can hear any concerns of Dentdale's Over-Sixties and support new and existing activities. Therefore, please look out for details in Lookaround publicising new ventures of the Friday Club.

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BOOKWORM

What I have been reading this month:

Nabeel's Song by Jo Tatchell
(*biography*)

Nabeel Yasin was one of Iraq's celebrated poets but publishing poetry was at variance with Saddam Hussein's regime so he was branded an enemy of the state. The Yasin family were viewed as having Communist sympathies and were therefore tortured, imprisoned and threatened for years. In 1979 Nabeel and his wife and son escaped and ultimately settled in London. This is a lifestory of endurance and hardship because of a desire to write poetry.

The Irrestible Inheritance of Wilberforce by Paul Torday (*fiction*)

Brought up by foster parents Wilberforce has a talent for maths and develops, by working all hours, a very successful computer software company in the North East. He then stumbles into a world of wine and posh friends which triggers a different obsession and a spiral downwards. (A side effect of reading this book was that I learnt a bit about

unaffordable wine!)

Moonshine in the Morning by Andrea McNicoll (*fiction*)

The author spent 12 years in Northern Thailand and this book is a fictional portrayal of village life there. Local dramas and notable characters mix with traditional Buddhist rites and the invasion of 21st century lifestyles bringing with it Western tourism. This is an easy glimpse into daily life in a distant Thai village without the difficulties of travelling there.

RM Bookworm

SEDBERGH SCHOOL CHORAL SOCIETY

The new season begins on Monday, 13th September. This year we are singing the Chichester Psalms by Bernstein, Benedicite by Andrew Carter and the Durufle Requiem, possibly only two of these but John wants us to learn them all! We meet in Powell Hall, Sedbergh School at 6.25pm.

We are giving two performances as usual, one this time in Ripon Cathedral and one in Powell Hall on the 12th and 13th March 2011.

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Everyone who enjoys singing is very welcome, and do bring along any friends. It will cost a bit more this year because the hiring of the books has gone up a lot. Do come and join us.

Please check in the September Lookaround for dates and times. This is because I have not been able to see John before he went away to verify them, but as far as I know they are correct.

Please note the first rehearsal begins at 6.10pm. If you need any further information, please contact Mrs. Lesley Alban at The Old Vicarage, behind Sedbergh Primary School, or telephone her on Sedbergh 20233.

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PEOPLE'S HALL SERVICE

The monthly Peoples Hall Service was held on Sunday 15th August where the speaker was Dick Gorst. This has an open and relaxed feel with coffee, tea and biscuits served before and after.

The service opened with a selection of modern worship songs followed by prayer and a bible reading. Dick then set the challenge of trying to remove a building block from a tower. This

proved impossible for the brave children and adults who gave it a go but illustrated how God is the foundation of our lives. The children then had the opportunity to take part in a craft activity, this month decorating and building paper houses. The main theme was perseverance and a video was shown of the athlete Derek Redmond running in the 1992 Barcelona Olympics where he sustained an injury but he persevered, with help from his father, to complete the race. We can all complete the 'race of life' with Gods help.

The next Peoples Hall Service will be held on Sunday 19th September at 10.30am, all are welcome to come along.

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UNITED REFORMED CHURCH

Bookings are now being take for Coffee Mornings in 2011. Please contact Doris Howarth on 20428 in the first instance to book a date. A booking form must then be completed and returned to the church before your event. Forms will be available from the church porch from the beginning of September. *C Marsden*

SEDBERGH LUNCH CLUB

Age UK South Lakeland are opening a Sedbergh Lunch Club which will dine in the Red Lion, Finkle Street at 12 noon on the 2nd Thursday every month.

The cost will be £8 per person and include a Main Course followed by a Pudding and tea or coffee and is open to everyone over the age of 50. This will be an opportunity for the community of Sedbergh to meet for a social gathering and eat together on a regular basis. The first Lunch Club will take place on Thursday 9th September.

If you are interested in attending, not necessarily every month, then either leave your details at the Red Lion or contact Jean Park, Lunch Club Coordinator. Her number is 01539 728118. *Linda Greensmith!*

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FARFIELD MILL

All kinds of exciting things are on offer to watch and do, when you visit Farfield Mill on Saturday 11 & Sunday 12 September for this year's Heritage Open Days at your local heritage centre.

Between 11am and 4pm, you can

watch or try out spinning, weaving, rug-making, lace-making, tatting, bulb-planting and more. There will be storytelling and a great Treasure Hunt.

What do you know about the Victorians? Find out how they dressed and come dressed up to have *your* photo taken in a Victorian setting – and get Mum and Dad, or Granny and Grandpa to dress up, too! Did your grandparents or great grandparents work in the Sedbergh Mills? They could be on the huge photograph we have of mill workers. Take a closer look! Find out what it was like, as a child, to work in the Sedbergh Mills in Victorian times.

Enjoy one of Farfield Mill's wonderful lunches, or afternoon teas with Farfield-made cakes and scones, then take your time to wander around the Centre, talking to present-day artists and craftspeople who will be happy to tell you about their skills.

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DENT GALA

Many thanks to all who assisted before / during / after .. more info next month. *SE Woof (Chair)*

DENTDALE CHOIR

Dentdale choir starts its Autumn term, after the Summer break, on Tuesday 7th September. We meet in Dent Memorial Hall at 7.30 p.m. for about an hour and a half every Tuesday night.

This term, along with practicing carols for the Christmas carol services in Dent and Cowgill, we will be rehearsing for our next concert, in April 2011, when we will be performing "The Armed Man" by Karl Jenkins.

We are always pleased to welcome new members and, remember (!), no auditions are necessary – so do come along and give it a go!

If you would like to have a chat with someone about joining us, do call Catherine Sugden on Dent 25303 or just turn up on the day.

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SEDBERGH HEALTH PRACTICE

Flu Clinics

We will be running our flu clinics on the following Saturdays:

Saturday 25th September 2010

Saturday 16th October 2010

Saturday 30th October 2010

Clinics will run from 9am-11.30am

We will also be running a clinic at Dent Methodist Church on Monday 18th October 11.30am-12.30pm; patients living in Dent have the option of attending this clinic or any of the

Saturday clinics.

Important information – In previous years patients would have received a letter inviting them for a flu vaccination, this service is no longer available and therefore patients will NOT receive a letter of invite.

Please attend any of the above clinics for your flu vaccination.



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KIRKBY LONSDALE CHORAL SOCIETY

A reminder for new members and old friends that rehearsals begin on Thursday 9 September at 7.15 for 7.30 pm in the Queen Elizabeth School. (Please ring Rosie on 71068 for directions)

We shall start work on one of Vivaldi's most stunning masterpieces: the *Gloria*, a work of rich contrasts and mood opposites - joyful/dark, playful/majestic, personal/universal- greatly loved for these almost theatrical qualities.

Later there will be carols from the Oxford Book, possibly the most famous and complete of all carol collections, greatly respected for being edited by Ralph Vaughan Williams and friends.

COUNCILLOR KEVIN

Today I have been in Cockermouth with my fellow Conservative County Councillors for an "Awayday" where we were looking at service delivery and county budgets for future years. I cannot say that there was anything which came as a great surprise. Cumbria post Capita and post Amey is being addressed. But, the most significant local as opposed to national issue for the county is Job Evaluation, Single Status and pay equalisation. There has been a duty on public bodies to undertake this work since about 1998. To its credit YDNP made the adjustment as soon as it came in, about 2001. SLDC did it when I was Resources

Portfolioholder. It was because of the problems with implementation that we parted company with the then Chief Executive. Regrettably SLDC is now held up as an example of what can go wrong. It is a measure of the intractability of Single Status that few counties or large unitaries have made progress to date.

THE BIG SOCIETY:

As chairman of the Yorkshire Dales and Nidderdale Leader Local Action Group I spent an afternoon last month at the HQ of the soon to be former Yorkshire Forward in Leeds. The next evening I was in Swaledale concerning Hudson House which has provided public services for the county, district, parishes, National



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Park and many other things from one building for the last six years.

Faced with massive reductions in free government money many quasi-public sector organisations are quick to say “we can help to provide the Big Society”. This will cut no ice. Last year, as county councillor I was able to give £12,000 between the play partnerships for Kirkby Lonsdale and Sedbergh. This year I have made a sizeable grant to Dent and I hope in the very near future to contribute towards major projects in Middleton and Barbon. For many years I and my predecessor have made a large number of Neighbourhood Forum grants, to every local community organisation imaginable. This is not

“providing the Big Society”: this IS the Big Society.

AFFORDABLE HOUSING IN THE BIG SOCIETY:

Over the last thirteen years a process has grown up where there is a lot of public sector talk about affordable housing. Some, but not enough, has been provided, but even before the change of government we were at a crossroads. The system of “Exception Sites” outside of development lines had been seen to have failed and so most planning authorities were working on a new compensations based system where local housing would be allowed for an equal provision of affordable. That is the basis of the YDNP offer.

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Meanwhile there were housing targets for Key Service Centres or as we used to call them "towns" which meant there could be a large and largely unwanted new housing estate for Kirkby Lonsdale. Grant Shapps, the new Housing Minister has certainly ruffled the feathers of the Affordable Housing Industry. To me what he is suggesting is both common sense and what local people want. I think he will be good news both inside and outside of the National Park.

SEDBERGH COMMUNITY OFFICE:

The purchase of what is now the National Park Building, by the park many moons ago was at best eccentric. No doubt it was felt that it was a good place from which to provide National Park Information. It was definitely a boon to the local community when the Community Office was given the chance to run from the upper floor of the building. As everyone is aware there are many members of the authority who now want to dispose of the building. At the moment they are talking with a group of users with a view to selling it at something close to an open market value. I sincerely think this is a mistake for two reasons. Firstly, the park has an unrealistic idea of the value of the building and at the same time they are ignoring the value to the community of the "Big Society" facilities provided from it. On the other hand I am very concerned by the amount of capital which any community enterprise will have to borrow if it is to pay anything like the

figure being suggested by the park. I know from personal experience with Hudson House in Reeth that a body of debt can dominate the activities of the management group to the detriment of service provision.

In law as I have a foot in all of the camps I cannot be involved with the negotiations. But, I think the park will be very foolish not to allow the community to have the building at a very modest non-commercial cost. But, likewise I think the community groups must be prepared to walk away and provide their services from other buildings rather than cripple themselves with an unrealistic and in truth unnecessary mortgage debt.

A684:

And finally, the county intends to close the A684 from Ingmire Park to Lincoln's Inn Bridge for a few days in the middle of September in order to complete the last 800 yards of repairs. What a difference there has been in the road over the last eight months !

Councillor Kevin Lancaster – 015396 20800, 07980 844 695, kjlanc@kjlanc.demon.co.uk, Fellgate, Dowbiggin, SEDBERGH, LA10 5LS

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SEDBERGH SWIMMING CLUB

The new season will soon be starting and will run from Tuesday 14th September. All members of the community are invited to attend and enjoy this marvellous facility that we have in Sedbergh.

ENROLMENT DETAILS

The Swim will be for existing members and Enrolment is only for new ones.

Enrolment for Junior Lessons (Year 1 and above) will be held on Tuesday 14th or Thursday 16th September at 6:30pm, depending on which night you prefer for lessons. Dates for the year's sessions and cards will be issued to all members/parents.

Lessons follow the National Plan for

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You are reminded that no outdoor footwear is to worn on the poolside and the balcony is for spectators. Thank you for your co-operation with this.

Junior Recreation will be from 6:30 on Tuesdays and Thursdays.

Adult Recreational will be Tuesdays 8.00 - 8.30, Thursdays 7.30 - 8.30

All ages Saturdays 10.00 - 11.00

Membership Information 2010 - 2011

Membership fees: Adults £15 year, juniors £8 year

Swimming session fees: Adults £2 (£1.50 Tues), children £1

Swimming lesson fees: £18 term, average of 9 lessons. Lesson fees due 14th or 16th September, January 2011, April 2011. Cheques payable to Sedbergh Swimming Club

If you have any enquiries, please ring 20760 or 20574.

KT

COUNCILLORS CORNER

Political journalists call August the "silly season". Parliament is in recess, MP's are enjoying their holidays and there is usually little hard news to report. So journalists fill in with stories that are curious or bizarre. So also with life at SLDC at this time of the year. There are fewer meetings and committee sessions, officers and councillors are on holiday, and generally there is just far less going on than normal. There are exceptions: the Planning Committee needs to sit once a month to comply with statutory requirements and Parish and Town Council meetings tend to be ongoing as well.

There are a few tit-bits of news

however. At present SLDC and South Lakes Housing are consulting tenants regarding the way forward for the future management of its housing stock. A drop-in session was held at the Peoples Hall on the 30th July which sadly was very poorly attended. There are three possible options to consider ranging from basically no change to the present arrangements to the other extreme of SLDC divesting itself of both the ownership and management of its current stock and passing these responsibilities on to a Housing Association. It's slightly complicated so I won't go into detail here save to mention that SLDC has already sent a Newsletter to tenants setting out

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very clearly the pros and cons of the different choices which are available. I really encourage tenants to consider the options carefully and then to make an informed choice – as what is decided now will affect the lives of tenants for many years to come. It is by far and away the most important decision that SLDC councillors have had to make for a long time and will come before full Council in October.

I chaired a further meeting of the Sedbergh & District Tourism Initiative on the 3rd August at Farfield Mill and was very pleased to welcome representatives from Dent and Middleton in addition to the Sedbergh reps as mentioned in my previous article. I hope that Garsdale will join us for future meetings. It was also a real bonus to have the Sedbergh School Bursar, Peter Marshall, join us, and all of us look forward to much closer partnership between the school and the town in the promotion of tourism for our joint benefit. Work on the new brochure continues and we hope to have much more joined-up communication between all the agencies and bodies working on tourism in the area.

I mentioned MP's holidays earlier. Well our own redoubtable MP, Tim Farron, will be taking time off from his holiday to go on his usual summer tour of the constituency. He will be in Sedbergh and Dent on the 19th August and I hope to join him then to hear what local people have to say to him! From September onwards Tim will be holding regular meetings with local Lib Dems to keep them fully

informed and involved with developments in the coalition government and to invite their input and contributions to the formulation of future policies. Exciting times indeed! And sorry I don't have any "silly" stories for you, by the way ...

As ever Peter Woof and I may be contacted at any time as follows:

Peter Woof: 015396 20857

Email: peterwoof@hotmail.co.uk

Ian McPherson: 015396 20648

Email: ianmcperson24@hotmail.com

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ONE BIG WEEKEND

Sedbergh Wanderers second annual 'One Big Weekend' took place over the weekend of 9th - 11th July 2010 where a wide range of events took place on or around the football pitch and people's hall.

After months of dry weather, the gods decided that this was the time for it to end and for the rain to come. Which it did. In bucket loads. Unfortunately this was a major contributing factor for the weekend not being as successful as last years. After all, who wants to be outdoors at a barbecue or at kids sports in the pouring rain?! We decided to keep the weekend's events along a similar format to last year, as last year was

such a great success. Why change a winning formula? However, in hindsight (such a wonderful thing) it maybe would have been wise to "freshen up" a bit with a few different attractions. The Junior Disco on Friday night was a success with around 35-40 primary school kids turning up (even though they had to put up with 'DJ Daniel Mason') for a dance and impromptu game of musical statues. The second half of the Disco was for Settlebeck kids and the turnout was disappointing to say the least. Not one person turned up. Cola, crisps and pop music are maybe not what teenagers are into nowadays?! Saturday was a washout with very few people in attendance

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due to the awful weather. Bomber and Julie soldiered on bravely with the barbecue but with limited customers, I was forced to polish off 3 or 4 burgers myself just to give them something to do! The 5 a side football was played in typically competitive spirit even though only 4 teams contested for the £100 prize. Again, due to the weather, the kids Fun Sports Day didn't have a single taker.

Onto Saturday night and to our main event, the ABBA tribute band and disco. We brought ABBA back due to public demand as they went down so well last year. To only then have 70 people turn up after so many asked for them was disappointing. However, we have to acknowledge that we perhaps did not advertise the event all that well and the tickets were not clearly on sale anywhere other than from the footballers. We live and learn. The Disco was a redeeming feature with the People's Hall packed by midnight. The final day came and went with a whimper as, yet again, the rain did not stop falling, forcing those few hardy souls who turned up to the car boot indoors for a hastily arranged table top sale. The Road Race went very well, albeit with a third of the entrants of last year. All in all, an extremely disappointing weekend after all the hard work that went into planning and organising. A loss of £496.66 for the weekend as a whole makes depressing reading. The only real plus point for the weekend was the prize draw which made a decent profit.

The prize winners are printed below.

We are already planning next year's event to make it as successful as possible and we will keep you updated on a monthly or two monthly basis as to our progress. The first 'improvement' on next years event is the introduction of a Beer Tent. Rain or shine, beer can be served and enjoyed en masse. The football club cannot keep going without the support of the locals, all of whom we are extremely grateful to for supporting our events throughout the year. All money raised at any of the disco's or events advertised as being a Sedbergh Wanderers Football Club event is put back into the club to keep it going. Without your support and without these fundraising events, there would be no club. Our accounts for the year ending June 30th 2010 show income of £3979.75 - not bad. However, what is also shown is expenditure of £4004.40. A net loss for the year of £24.65. However, the

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balance sheet also shows total creditors currently standing at £3045.00. When compared to a current bank balance of £927.66 it is clear that things are not looking great at the moment. Every penny we can make is so important for the future of the club but we cannot do these things without your support so on behalf of the club, thank you for this support, be it from the past, the present or at any of our future events. Back to the one big weekend and we have some people to thank!

Apologies if I miss anybody off the list. Firstly, thank you to Ed Waller and Able Memorials for sponsoring the event and also for donating the

..... trophies for the Road Race. Thanks to Mags and Anj Brooks for allowing us to sell ABBA tickets in Premier. Thanks to Pete Hartley and Stramongate Press for printing the entry forms for the road race. Thank you to Anne Fell and St Andrew's Church for allowing us to hang our banner on their railings on Finkle Street. Thank you to Mike Clarke for advertising our events on the Sedbergh Website. Thank you to Anne Benville and JMP foodservice for lending us a refrigerated wagon for the weekend. Thank you to Stuart Procter and Nicky Ross for cycling round the road race circuit during the race, Stuart at the front leading the

way and Nicky at the back ensuring all runners kept going. Thank you to Sandra Gold-Wood for giving us a write up in her section of the Westmorland Gazette and also to Dennis Whicker for the adverts in the Lookaround. Thank you to Eddie Lord for lending us his DJ equipment free of charge for the Friday night. Thank you to Duo, The Red Lion and The Dalesman for donating vouchers for raffle prizes. Thank you to Frazer Livesey and Howgill Harriers for allowing us to borrow signs and marshal bibs for the road race. Thank you to Sedbergh School to the loan of signs and an airhorn for the road race. Also thank you to Sedbergh Golf Club for donating a round of golf for 2 as a raffle prize and also to Simon and Lester Close for donating a fuel voucher as a raffle prize. Thank you to Martin Powell for his donation of fruit for the runners on Sunday. Thank you also to Shaun Gardner for dragging himself out of bed early on Sunday morning and bringing his van to take water and tables to the water stations around the road race circuit, all that with a heavily pregnant girlfriend at home (Congratulations to Shaun and Dom by the way from everyone at the club on the safe arrival of Louis - well done). Thank you to Pete and Jacqueline Alderson, James and Sonia Crawford and Lorraine Kirby for their work on the bar and as doormen on the Saturday

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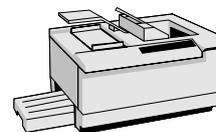
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night. Thank you to Mags Hall for her sterling work serving tea and coffee on the Sunday and for also selling raffle tickets with Lorraine in the bus shelter on Main Street during the day on Saturday. Finally, and most importantly, thank you to everyone who attended any of the events and gave us your support.

Prize Draw Winners

Flat screen TV - Tim Baines

Ferrari Car Test Drive - Marylyn Close

Nintendo Wii - Kelly Horner

Digital Camera - Ray Wood

Microwave - Derek Close

Duo Voucher - Debbie Corney

Premium Bonds - Craig Gardner

Red Lion Voucher- Rebecca Wheaten

Dalesman Voucher - Ray Wood

Petrol Voucher - Carol Milburn

Beer Hamper- David Lord

Food Hamper-Graham Bradley

Windermere Lake Cruise-James Morgan

Beer Hamper 2 - Kelly Procter

Food Hamper 2 - Mags Hall

Round of Golf for 2 - N Chornley

iTunes voucher - Sandra Longlands

£20 Morrisons voucher - Karen

Ellison

£20 Morrisons voucher - Derek

Gibson

£20 Morrisons voucher-Claire

Longfellow

*Ben Close for and on behalf of
Sedbergh Wanderers Football Club*

FROSTROW WI

This month Peter Stephenson gave a talk entitled "From Burnley to Hollywood" in which he told the story of his father's rise to fame. His father, James was born in 1889, the eldest of three sons. After gaining a scholarship to Grammar School he became a bank clerk in Burnley. He was always interested in entertainment and did quite a lot of choral singing, including "Messiah". The First World War intervened and so when he came home in 1919 he set up a cotton business with his brother. He later joined Burnley Players and Burnley Operatic Society. He had a broad Lancashire accent and spent time refining this. He then joined Liverpool Repertory Company and served an apprenticeship. The company performed sixteen plays a year. In 1936 they were performing at the Winter Gardens in New Brighton and it was here that James met the girl who would become his wife. After their marriage they moved to London where James worked at the Garrick Theatre. He was talent spotted by someone from Warner Bros. Teddington Studio and invited to do a screen test in America. At first he acted in lots of "B" films until William Wyler from Paramount came looking for an actor to play the role of the lawyer in "The Letter". James got the part, playing opposite Bette Davis. His first "A" film was a resounding success and he was nominated for an Oscar. Sadly, having just got into "A" films, James died of a heart attack.

Our thanks to Peter for such a fascinating talk and for letting us see all the memorabilia relating to his father's life and film career.

Joan Mitchell gave the vote of thanks AND won the raffle!

The walking group had an excellent walk in Swaledale. The weather was atrocious in Sedbergh as we set off but we very cleverly managed to avoid the rain by having morning coffee and later afternoon tea in Thwaite. I'm not sure which we enjoyed most – the excellent tea shop or the picturesque walk along the river. Thanks to Pat Ramsden for a lovely day.

The Book Club met at Denise Thomson's where we had a lively discussion about "Broken Biscuits" by Liz Ketter. Although fictional, this book gave us a real insight into the difficulties faced by people with mental health problems.

Our next meeting is on Wednesday 1st September when our talk will be by Churchmouse Cheeses from Kirkby Lonsdale. We would love to welcome any visitors – you don't have to join – just come and enjoy the evening!
Denise Thomson

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SEDBERGH TOWN BAND

News from the Past

Besides unearthing fascinating glimpses of the activities of the Town Band in 1909 as recorded in the Parish Council Minutes (see last month's edition of *Lookaround*) we are indebted to Elspeth Griffiths again who in the course of her research has discovered references in two 1911 issues of 'The Westmorland Gazette'.

The publication of May 27, 1911, carries a full account of the 'Sedbergh Sports' that took place in 'weather of almost tropical brilliance.' They were held on 'Mr R. Capstick's field adjoining Station Road' where there was 'a great gathering of spectators.' The president of the games was the Headmaster of Sedbergh School, Mr F. B. Malim, and he was able to oversee a day of excellent sport that was 'thoroughly enjoyed.' Amongst a wide range of sports 'trotting races' and wrestling were particularly prominent. Throughout the day 'the Sedbergh Brass Band played.'

A month later the 'Westmorland Gazette' on the 24th June, 1911, reported the marking in Sedbergh of the Coronation of George V. Unlike for the sports the previous month 'the weather was wild, wet and windy' and 'heavy rain during the night had played havoc with the decorations.'

'The historic day' started with a Holy Communion Service at the Parish Church, after which merry peals were rung on the bells.' The 'advertised starting place for the procession' was 'the school gymnasium.' Here 'the

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Sedbergh School Officers Training Corps paraded under Capt. Malim' and fired a 'feu de joie' after 'selections of patriotic music had been played by the Sedbergh Town Band.

The Town Band followed 'the corps, buglers and drummers' who 'performed in the most inspiring (sic) fashion' and relieved the cadets when 'the east side of the town was reached. The corps then 'marched back to the Armoury' leaving the Town Band to entertain 'the crowd to further strains of popular music.'

Later 'an impressive Coronation Service was conducted in the Parish Church' when 'the choir excelled itself' in the singing of an anthem 'and a large congregation joined heartily in the singing of the hymn "O God our help in ages past" and the National Anthem' both of which were accompanied by the Town Band.

After the service 'the children assembled in the Market Place' and were then 'headed by the Band to the school football field for the sports and fancy dress competition.' GB

POST SCHOOL GRANTS

Sedbergh United Charities & Widows Hospital make grants available for apprenticeships and for tertiary education. They are designed to help pay for the purchase of tools or books. Applicants must be under 25 and live in the Civil Parish of Sedbergh. Anyone interested in obtaining a grant should apply to the address below supplying name, address, date of birth and details of the educational course or apprenticeship involved. The closing date for applications is 11th October 2010.

Clerk to SUC&WH
31 Loftus Hill
Sedbergh
Cumbria
LA10 5RX

Richard Cann

PRAISE AND TESTIMONY

These "alternative" Services happen one Sunday Eve a month in our home in the village of Dent. In July Mr Kelly France filled the Speakers Chair, in August Mr Dave Perry and someone will be leading every month. Buffet Supper to follow, all welcome.

Jn & S Woof

"Rhumes" Laning DENT, LA10 5QJ

SEDBERGH

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The Gateway to the Dales.
You must try our pub grub
And drink traditional ales.

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Never feel that you are lost
There are places you can go.



When you visit Sedbergh
Take the rucksacks off your backs,
Call in at our Tea Rooms
The best place to relax.

When you visit Sedbergh
The convenient place to meet,
Before you set off on your walk
Is in our quaint Main Street.

When you visit Sedbergh
Our shops demand a call,
But do not single any one out
Go and visit them all.

When you visit Sedbergh
By car or foot or bike,
Take advantage of our countryside
Leave your worries behind and hike.

When you visit Sedbergh
You'll be impressed in all you see,
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The ideal place to be.

When you visit Sedbergh
You won't want to go away,
The friendliness of our people
Will help you enjoy your stay.

When you have visited Sedbergh
Explored our streets and hills and
vales,
Go back and tell your friends
About the Gateway to the Dales.

Adult Education Courses in Sedbergh and Kirkby Lonsdalesdale

Subject	Tutor	Wks	Day	Start	Times	A	B	C	Venue
Arts, Crafts & Design									
Life Drawing	Judith Davies	12	Tue	21.09.10	19:00-21:00	£106	£92	£54	Kirkby Lonsdale
Life Drawing Day Workshop	Judith Davies	1	Sat	20.11.10	10:00-16:00	£35	£30	£10	Sedbergh
Landscape in Acrylics	Frances Winder	1	Sat	30.10.10	10:00-16:00	£28	£23	£7	Sedbergh
Silk Painting	Shirley Williams	1	Sat	27.11.10	10:00-16:00	£28	£23	£7	Kirkby Lonsdale
Felt - Handmade Felt Bags	Angela Barrow	1	Fri	22.10.10	10:00-16:00	£28	£23	£7	Kirkby Lonsdale
Felt - Handmade Slippers for Xmas	Angela Barrow	1	Fri	19.11.10	10:00-16:00	£28	£23	£7	Kirkby Lonsdale
Handmade Christmas Decorations	Katy Iliffe	1	Sat	04.12.10	10:00-16:00	£28	£23	£7	Sedbergh
Beaded Jewellery Workshop	Rachel Hearne	1	Sat	20.11.10	10:00-16:00	£28	£23	£7	Sedbergh
Woodwork & Joinery for All Levels	Bryan White	10	Wed	22.09.10	19:00-21:30	£73	£58	£19	Sedbergh
Computing & Digital Photography									
Entry Level Award in Digital Literacy*	Chris Wood	10	Tue	28.09.10	19:00-21:30	£80	£80	£25	Sedbergh
ITQ Level 1 Cert for IT Users*	Tba	18	Thu	07.10.10	19:00-21:30	£144	£144	£45	Kirkby Lonsdale
Intro to Using a Computer	Jeremy Ashworth	8	Mon	27.09.10	10:00-12:30	£58	£47	£15	Kirkby Lonsdale
Developing Your Computer Skills	Jeremy Ashworth	8	Mon	27.09.10	13:00-15:30	£58	£47	£15	Kirkby Lonsdale
Wednesday Afternoon Computing	Chris Wood	8	Wed	29.09.10	13:30-15:30	£47	£38	£12	Sedbergh
Intro to Microsoft Publisher	Chris Wood	4		Tba	19:00-21:30	£6	£6	£6	Sedbergh
How to Buy and Sell on eBay	Chris Wood	1	Tue	26.10.10	18:30-21:30	£12	£10	£5	Sedbergh
Get more from Google Earth	Chris Wood	1	Wed	27.10.10	19:00-21:30	£10	£8	£3	Sedbergh
Useful Software for Free	Chris Wood	1	Thu	28.10.10	18:30-21:30	£12	£10	£5	Sedbergh
Intro to Digital Cameras	Chris Wood	4	Mon	27.09.10	19:00-21:30	£6	£6	£6	Kirkby Lonsdale
Photography & Image Editing Begin	David Barrett	10	Wed	22.09.10	19:00-21:00	£58	£47	£15	Sedbergh
Healthy Living									
Pilates	Teresa Hill	6	Mon	13.09.10	16:30-17:30 or 17:45-18:45	£36	£36	£36	Sedbergh
Yoga, Sedbergh Daytime	David Burbidge	10	Tue	28.09.10	09:30-11:00	£44	£35	£11	Sedbergh
The Chinese Way to Better Health	June Parker	6	Wed	06.10.10	19:00-20:30	£54	£54	£54	Sedbergh
History, Music & Writing									
Find the History of Your House	Katy Iliffe	1	Sat	02.10.10	10:00-16:00	£28	£23	£7	Kirkby Lonsdale
Find Your Family History	Katy Iliffe	5	Mon	01.11.10	19:00-21:00	£29	£24	£8	Sedbergh

Play in a Ceilidh Band	Carolyn Francis	10	Mon	20.09.10	19:00-21:00	£58	£47	£15	Sedbergh
Start Playing in a Ceilidh Band	Carolyn Francis	6	Wed	03.11.10	19:00-21:00	£35	£28	£9	Sedbergh
Creative Writing	Janni Howker	12	Fri	24.09.10	13:30-15:30	£70	£56	£18	Sedbergh

Learning a Language

Resurrect Your French	Helene Shovlar	11	Tue	28.09.10	15:45-17:15	£48	£39	£12	Sedbergh
Italian Improvers	Laura Zambianchi	12	Thu	23.09.10	10:15-12:15	£70	£56	£18	Sedbergh
Italian Continuing	George Handley	11	Tue 21.09 or Wed 22.09		10:15-12:15	£64	£51	£16	Sedbergh
Italian Continuing	George Handley	11	Thu	23.09.10	19:00-21:00	£64	£51	£16	Kirkby Lonsdale

Understanding Ourselves

Understanding Depression	David Walton	5	Wed	03.11.10	10:00-12:00	£6	£6	£6	Kirkby Lonsdale
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Our Environment

Reducing Energy Bills in Old Houses	Diane Hubbard	4	Tue	02.11.10	19:00-21:30	£40	£40	£40	Sedbergh
Coppicing for Firewood	Rebecca Oaks	2	Sat	16.10.10	09:30-16:00	£74	£74	£74	Rav'dale
Hill Farming - 3 Farm Visits	Rosie Dent	3	Sat	Tba	10:00-14:00	£45	£45	£45	Tba

The Great Outdoors

Intro to General Navigation	Tim Deighton	3	Fri	08.10.10	10:00-17:00	£61	£49	£16	Dent
Basic GPS Navigation	Chris Wood	1	Sat	06.11.10	10:00-15:00	£25	£20	£6	Sedbergh
Lowland Navigation for the Less Fit	Tim Deighton	1	Fri	24.09.10	10:00-17:00	£37	£30	£10	Dent
Lowland Navigation day course	Tim Deighton	1	Sat 23.10 or Sat 04.12		10:00-17:00	£37	£30	£10	Dent
Feel Confident on the Fells	Tim Deighton	1	Sun	24.10.10	10:00-18:00	£39	£36	£10	Langdale
Mountain Adventure	Tim Deighton			13.11.10	& 26-28.11.10	£120	£100	£50	Tba
Rock Climbing Intro	Graham Little	2	Sat	02.10.10	10:00-12:30	£35	£31	£18	Kendal

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PHOTO CALL

Regrettably I didn't have any replies to last month's photo so the identity of the 2 young ladies must remain a mystery.

This month another one from Sedbergh Theatre archive. A right bunch of young charmers!

The boy at the bottom left is my brother Mike Packham and I know the girl top right but who are the others? Any suggestions to Shirley Tebay, Walnut Bungalow, Dent, Cumbria, LA105QT Tel: (015396) 25001 or email shirley.tebay@btinternet.com



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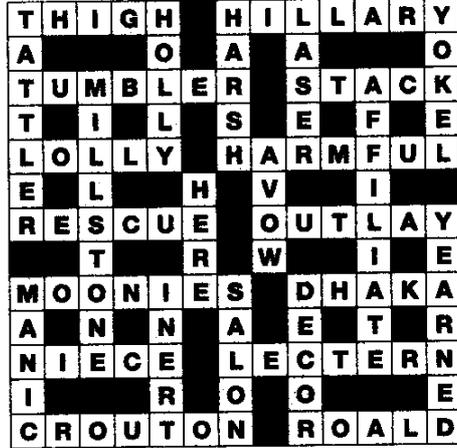
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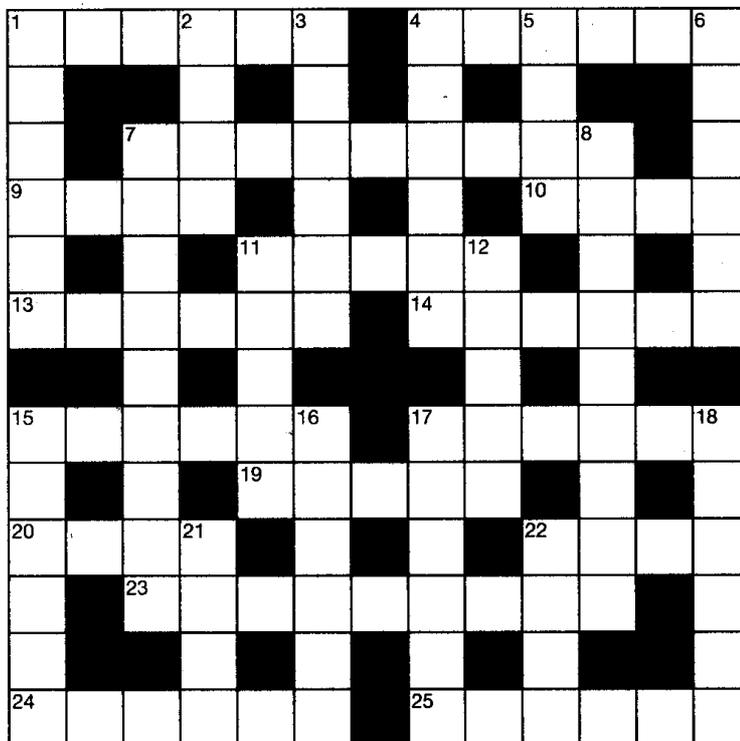
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QUIZ NIGHT AT THE RED LION

7	6	3	9	1	2	4	8	5
9	2	4	7	5	8	6	1	3
1	8	5	4	3	6	2	9	7
3	4	2	6	8	5	1	7	9
6	5	9	1	2	7	8	3	4
8	7	1	3	4	9	5	2	6
2	9	6	5	7	1	3	4	8
5	3	8	2	9	4	7	6	1
4	1	7	8	6	3	9	5	2



ACROSS

- 1 Hasty (6)
- 4 Powerful (6)
- 7 Sponger (9)
- 9 Mature (4)
- 10 Travel (4)
- 11 Loose outer garment (5)
- 13 North American Indian (6)
- 14 Posted missive (6)
- 15 Point in time (6)
- 17 Play's text (6)
- 19 Loyalty, fidelity (5)
- 20 Extensive (4)
- 22 Male deer (4)
- 23 Book of synonyms (9)
- 24 Too thin in consistency (6)
- 25 Kitchen appliance (6)

DOWN

- 1 Mongolian mountaineer? (6)
- 2 Freshwater fish (4)
- 3 Type of pasta (6)
- 4 Servile (6)
- 5 Developed (4)
- 6 Over there (6)
- 7 Chewing-gum flavour (9)
- 8 Limits (9)
- 11 Simple song (5)
- 12 Sailing boat (5)
- 15 Mould (6)
- 16 Reliable (6)
- 17 Hit (6)
- 18 Duffel coat fastener (6)
- 21 Clarified butter (4)
- 22 Hard cooking fat (4)

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Proprietor	Address	Phone (015396)
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2010/02) <i>ID (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB;</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2010/09) <i>ID(ES); IT(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2010/11) <i>ID; IT; IS; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2010/09) <i>ID (ES); ID/T (PB); TV; NS; CH; VB; P; NP(*)</i> ; Di (min 4 by arrangement) e-mail: kathryn.vigar@btopenworld.com	20447
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2009/12) <i>F/D (4 poster); IS; ES; CH; TV; P; NS; DW; CW; DR; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh (2010/11) <i>Sleeps 6-8 3D (IES), IT (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh (2010/12) <i>ID; IT; TVL; CH; DW; P; DR; VB</i> e-mail: - wheelwright.cottage@homecall.co.uk	20251

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Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2010/11) <i>Self-Catering Sleeps 6-8</i>	20360
Sycamore Cottage, Lunds, Sedbergh (2010/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356
Borrett Barn Flat, Marthwaite, Sedbergh (2010/09)	<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	21175
Borrett Barn Caravan, Marthwaite, Sedbergh (2010/09)	<i>4 Berth; H+C Shower; WC; TV; NS</i>	21175
Mrs Durie	Crossthwaite, Garsdale, Sedbergh (2011/06) <i>Sleeps 6/7 D, F, T, CH, TVL, P, NS, DW, DR, CW</i>	07900 531043

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking;
 NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); DW = Dogs Welcome
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; EM = Evening Meal
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence; DFB = Dairy Free Breakfast

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 Wednesday 11.15

Canon A W Fell Tel: 20283

Church Wardens:

Tony Reed Screen 21081 & Susan Sharrocks 20754

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 Holy Days 19.30

Rev. Dr. P Campbell Tel: 20918

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Rev. T Widdess Tel: 20329

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Rev. C Marsden Tel: 22030

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Church Wardens:

Cautley: Judith Bush 20058 & Linda Hopkins 21455
 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723
 Dent & Cowgill

Rev. P Boyles Tel: 25226

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Dent; Dent Foot;
 Cautley; Fell End;
 Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostron

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5.30 pm People's Hall every Sunday

Tel: 20588 or 20503

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 praying for you? Or do you have a
 relative, friend or neighbour in special
 need of prayer? In the
 Churches, we pray
 every Sunday for this
 community and we
 should like to hear of
 any special needs.
 Please ring any of the
 above telephone numbers
 so that we may pray for
 you and/or others.*



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DIARY OF EVENTS

Dates are held up to 26th March 2011

Entries marked (*) see Advert in previous Lookaround.			22 1930 The Write Idea (17)	PH
SEPTEMBER			24 1030 Illustrated Talk - Alice Kettle	FM
1 1000	Coffee Morning Beekeepers	URCR	24 1930 The Write Idea (17)	PH
1 1030	Watercolour Skies till 19th	FM	24 1930 Candlelit Supper	FM
1 1030	Jeanette Appleton Residency till 10th	FM	25 0900 Flu Clinic	HC
1 1930	WIF Visit from Churchmouse Cheeses	PH	25 1000 Squash Club Open Morning	SSSC
2 1230	Introduction to the YDNP	DCMH	25 1030 Alice Kettle till 14/11	FM
2 1930	WIH First Responders	HVH	25 1100 The Write Idea Workshop(17)	PH
4 1030	Emerging Talent 2010 till 3/10	FM	25 1930 Harvest Supper	HJC
4 1200	Moorcock Show	Moorcock	25 1100 The Write Idea Ends	PH
4 1900	Flicks in the Fells	PH	26 1000 Rugmaking Demonstration	DCMH
5 1030	Jubilee Blankets	FM	26 1030 Pathfinder Advanced Course	DCMH
5 1100	Weaving Demo, Dilys McCaffrey	DCMH	27 1900 Flicks in the Fells AGM	CO
7 1400	Dry Stone Walling Demonstration	DCMH	29 1000 Coffee Morning Firbank Church	URCR
7 1400	Spinning a Yarn Demonstration	DCMH	29 1030 Primitive Methodist Service & Lunch	HJC
8 1000	Coffee Morning Dent Foot Chapel	URCR	OCTOBER	
9 1000	Connections Exhibition till 31/10	DCMH	1 1000 Connections Exhibition till 31st	DCMH
9 1130	Thanksgiving Lunches (9)	StAs	1 1030 Cas Holmes 'Traces' till 14/11	FM
9 1915	RBL Committee Meeting	WHC	1 1030 Emerging Talent 2010 till 3rd	FM
10 0900	SS Chapman Exhibition	SSHC	1 1030 Alice Kettle till 14/11	FM
10 1330	Age UK & S&D History Society	DMH	2 1900 Flicks in The Fells	PH
11 1000	Coffee Morning Shoe Box Appeal (11)	URCR	4 1900 Community Play Meeting (*)	PH
11 1030	Cas Holmes 'Traces' till 14/11	FM	6 1000 Coffee Morning Barnardo's	URCR
11 1100	Pepperpot Orchestral Workshop (11)	PH	6 1930 WIF Travels in Venezuela	PH
11 1100	Heritage Open Day (1 & 12)	FM	6 1930 HS Yorkshire Sporting Identity	SHS
11 1300	Victorian Kitchen	DCMH	7 1930 WIH AGM & WI Advisor	FCH
12 1100	Heritage Open Day (1 & 12)	FM	9 tba MS Table Top Sale	PH
12 1400	Harvest Festival	GSC	9 2000 Old Tyme Dance	PH
14 1400	WIK Something I made earlier	PH	12 0930 Flu Clinic	KLI
14 1400	Sheep to Scarf Demonstration	DCMH	12 1400 WIK Slides of old Sedbergh	PH
14 1830	Swimming Club Starts (14)	SSB	12 1930 Bingo & Potato Pie Supper	FCH
14 1930	Domino Drive	FCH	13 0930 Flu Clinic	HI
15 1000	Coffee Morning Network	URCR	13 1000 Coffee Morning Christian Aid	URCR
16 1800	CDC Enrolment Evening (64)	CDC	14 1915 RBL Committee Meeting	WHC
17 1930	The Write Idea Events Start (17)	PH	15 1930 Domino Drive	KVH
17 1930	Friends of the Museum event	DCMH	15 1930 Pulse Gym Grand Quiz	PH
18 1000	The Write Idea (17)	PH	16 0900 Flu Clinic	HC
18 1300	Quiet Day in the Garden (18)	RD	16 1000 Squash Club Open Morning	SSSC
18 1400	The Write Idea (17)	PH	17 Eve Grand URC Rooms Opening	URCR
18 1930	Coldstream Guards in Afghanistan (18)	PH	18 1130 Flu Clinic	DMC
19 1200	The Write Idea (17) Sedbergh Cafes	PH	18 RBL Talk	SSJAC
21	Health Centre Closed for afternoon		20 1000 Coffee Morning Garsdale Church	URCR
20 1930	FC Harvest Sale	FCH	20 Health Centre Closed for afternoon	
22 1000	Coffee Morning Literary Festival	URCR	20 1930 HS Wrestlers, Crucks & Mullions	DMH
22 1930	CWT AGM	SHS	22 0930 Flu Clinic	KLI

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Whilst every effort is made to ensure that information is correct, the Editor cannot
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Copies are available from Sedbergh Office Services, Sedbergh Tourist Office,
Green Door, Premier, Howgills Tea Room, Post Office and Dent Stores.*

COVER PICTURE
St John's Church, Cowgill by DJW

22 1900	Domino Drive (A)	GRVH
23 1100	RBL Bikers Visit	Sedbergh
29 1930	HVH Domino Drive	HVH
30 0900	Flu Clinic	HC

NOVEMBER

1 1030	Cas Holmes 'Traces' till 14th	FM
1 1030	Alice Kettle till 14th	FM
3 1930	WIF AGM & Jacobs Join Social	PH
3 1930	HS Conscripton in WWI	SHS
4 1930	WIH Gardens of the Lake District	HVH
4 1915	RBL Committee Meeting	WHC
5 1830	FC Bonfire Night & Skittles Party	FCH
9 1400	WIK AGM & Desert Island Discs	PH
9 1930	FC Domino Drive	FCH
10 1000	Coffee Morning Bowling Club	URCR
11	RBL Band Concert & Service	URC
13 1400	SHS PTFA Jumble Sale	PH
13 1900	Flicks in The Fells	PH
14 1030	Remembrance Sunday	StAS/StAD
17 1000	Coffee Morning Audio & Large Print	URCR
17 1930	HS Afghanistan	SHS
18	Health Centre Closed for afternoon	
19 1930	WIH Domino Drive	HVH
20 2000	Olde Tyme Dance	PH
30 1930	Neighbourhood Forum	PH

DECEMBER

1 1000	Coffee Morning Ladies NFU	URCR
1 1930	HS Slides of Old Sedbergh	SHS

Regular Events

1000 Every Monday	Free Entry to Locals	FM
1200 Every Monday	The Monday Club	SMCR
1315 Every Monday	Howgill Toddlers	HVH
1930 1st Monday	Dent Parish Council	DMH
1930 Every Tuesday	T'ai Chi	URCR
1400 1st Tuesday	SL Carers Association	PH
1400 2nd Tuesday	Killington WI	PH
1400 3rd Tuesday	SLS Blind Group	PH
1930 3rd Tuesday	Ladies NFU	PH
1000 Every Wednesday	Coffee Morning	URCR
1315 Every Wednesday	Zebras	SMCR
1730 Every Wednesday	Sedbergh Juniors	PH
1730 Every Wednesday	Brownies (term time)	SMCR
1930 Every Wednesday	Sedbergh Seniors	PH
1000 1st Wednesday	Age UK	CO
1930 1st Wednesday	Frostrow WI	PH
1930 1st & 3rd Wednesday	History Society	SHS
1915 2nd Wednesday	Dentdale WI	DMH
1415 3rd Wednesday	SL Society Blind	PH
1930 1st Thursday	Howgill WI	FCH
1400 1st & 3rd Thurs	Child Health/Baby Club	PH
1430 1st & 3rd Thursday	Toy Library	PH
1915 2nd Thursday	Royal British Legion	WHC
1330 Every Friday	Dent Over 60's	DMH
1930 Last Thursday	Sed. Parish Council	PH
1930 Every Friday	Monkey House Café	Library

1 tba	WIF Christmas Party	tba
2 1930	WIH Christmas Party	tba
3 1000	Christmas Tree Festival	SMC
4 1000	Christmas Tree Festival	SMC
4 1900	Flicks in The Fells	PH
4 1930	An Evening of Music & Song	SMC
5 1400	Christmas Tree Festival	SMC
9 1915	RBL Committee Meeting	WHC
11	Dentdale Over 60's Christmas Lunch	DMH
14 1930	Domino Drive & Mince Pies	FCH
14 tba	WIK Christmas Lunch	tba
17 1930	Domino Drive	KVH
17	Dentdale Over 60's Friday Club Party	DMH
22 1000	Coffee Morning Town Band	URCR
22 1930	Christmas Domino Drive	HVH
25	Christmas Day	
26	Boxing Day	

DIARY KEY

BF	= Brigflatts	
BVH	= Barbon Village Hall	
CDC	= Community Development Centre	
CO	= Community Office, Main Street	
CTis	= Churches Together in Sedbergh	
CWT	= Cumbria Wildlife Trust	
DCMH	= Dales Countryside Museum, Hawes	
DCP	= Dent Car Park	
DMH	= Dent Memorial Hall	
DMC/S	= Dent Methodist Chapel/Schoolroom	
FCH	= Firbank Church Hall	
FM	= Farfield Mill	
GSC	= Garsdale Street Chapel	9
GRVH	= Grayrigg Village Hall	10
GVH	= Garsdale Village Hall	
HC	= Health Centre	10
HI	= Hornby Institute	10
HJC	= Hawes Junction Chapel	9
HS	= History Society	
HVH	= Howgill Village Hall	
JLCP	= Joss Lane Car Park	
KLI	= Kirkby Lonsdale Institute	10
KVH	= Killington Village Hall	
LHCP	= Loftus Hill Car Park	
PH	= People's Hall	
RD	= Rhumes, Dent	9
SHS	= Settlebeck High School	
SLSB	= South Lakeland Society for the Blind	
SMC(R)	= Sed. Methodist Church (Room)	
StAS/D	= St Andrew's Church, Sedbergh/Dent	
SSHC	= Sedbergh School Heritage Centre	
STO	= Sedbergh Tourist Office, Main Street	
URCR	= United Reformed Church Rooms	
WIB	= Women's Institute, Barbon	
WID	= Women's Institute, Dentdale	
WIF	= Women's Institute, Frostrow	
WIH	= Women's Institute, Howgill	
WIK	= Women's Institute, Killington	

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill & 015396 20218
Repeat Prescription & 015396 20239
Out of Hours & 01539 781999
Bay Call & 0845 0524 999

Monday	0830 - 1030 O	1500 - 1800 #
	0830 - 1100 P*	1500 - 1800 * 1500 - 1600 HC 1830 - 2030 W*
	1130 - 1215 Dent Surgery	
Tuesday	0830 - 1030 O	1430 - 1730 H*
	1045 - 1230 H*	1830 - 1915 W*
Wednesday	0830 - 1030 O	1430 - 1730 PD
	1045 - 1230 L*	1430 - 1800 L*
Thursday	0830 - 1030 O	1430 - 1730 H*
	1045 - 1230 L*	
Friday	0830 - 1030 O	1430 - 1730 L*
	1045 - 1230 L*	1430 - 1730 P*

Practice Nurses

Monday	0840 - 1300 JO	1400 - 1800 JO
	0820 - 1200 KB	1400 - 1600 DE
Tuesday	0840 - 1300 JO	1400 - 1720 JO
	0820 - 1200 KB	
Wednesday	0840 - 1300 JB	1400 - 1640 D 1640 - 1800 HV
	0840 - 1300 GH	1400 - 1600 GH
	0840 - 1200 KB	1400 - 1630 E
Thursday	0840 - 1300 JB	1400 - 1800 JB
	0840 - 1300 KB	
Friday		1400 - 1800 BD

*The Health Centre reserve the right to offer any
Doctor/Nurse Practitioner at any time
in the Open Surgeries.
Early Bird Surgery available,
please ask at Reception*

L = Dr Lumb	H = Dr Hunt
P = Nurse Pilling	O = Open Surgery
# = Book on Day	W = Workers Surgery
C = Women's Clinic	D = Diabetic Clinic
JB = J Batty	JO = J Orr
GH = G Houghton	B = K Baines
R = Respiratory Clinic	E = ECG Clinic
K = Kay Lumb	KB = Bloods
D = Dressings	
* = Appointment Only	HV = Holiday Vacc's
District Nurse	Health Visitor
& 015396 21690	& 015396 20979

A Collinge Optometrist

Friday only 0900 - 1300 1400 - 1730 *

* = By Appointment Only

DENTAL SURGERY

Finkle Street © 20626
Mr I R Dawson, Ms G Turner & Mr B Houghton
Monday to Thursday 0900 - 1700
Friday 0830 - 1500

LIBRARY Main Street © 20186

Monday 1700 - 1900
Wednesday 1000 - 1230 1400 - 1700
Friday 1400 - 1700
Saturday 1000 - 1230

SEDBERGH TOURIST OFFICE

Main Street © 20125

Open every day
1000 - 1700

www.sedbergh.org.uk/booktown/dlbc.html

COMMUNITY OFFICE © 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

e-mail office@sedbergh.org.uk

www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office

© 01539 738772

www.cabsouthlakeland.org.uk/kendal.html

PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600

© 01539 795000 or 0845 6060265

SLCVS @ Community Office

1st Wednesday every month

10 am to 12 noon

© 01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

www.sedberghcdc.org.uk

POLICE

© 0845 33 00 247

PUBLIC TOILETS

Main Street & Loftus Hill Car Park, Sedbergh

Main Street, Dent

VETERINARY SURGERY

14 Long Lane

© 015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY