

Sedbergh & District

LOOKAROUND

August 2013

Issue 313

Donation £1

Welcome to the latest issue of Lookaround and a warm welcome to all our visitors.

There is a lot of work that goes into the production of the Lookaround every month but once it has been compiled and sent to the Printers,

work still continues to produce a Large Print and Audio version, both of which have had a recent increase of recipients. If you know of anyone that would like to receive one, please contact the Office with details.

Dennis & Jacky Whicker

farfieldmill



Exhibitions in August

John Cooke 'Paintings & Drawings' Sat 08 Jun - Sun 4 Aug

Textile Hub 'Trio: A Textile Hub Exhibition' Sat 08 Jun - Sun 11 Aug

flax 'Diversity' Sat 10 Aug - Sun 29 Sept

Jamie Barnes 'Summit Structures' Sat 10 Aug - Sun 29 Sept

'Print!' Sat 17 Aug - Sun 06 Oct

Details on Website

Workshops - for more info see website

Weds 25 Sept £40 'Weaving - Playing with Texture' with Weaving Friends of Farfield Mill

Sat 12 Oct £40 'Learn to Crochet' with Stella Adams-Schofield

Sun 13 Oct £40 'Weaving - Playing with Colour' with Weaving Friends of Farfield Mill



Weavers Café open daily 10-5, for homemade soups, specials, bakes, lovely teas and

coffees. Weavers fabulous 'All Day Breakfast' & Sunday Lunches (book ahead 01539621159).

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Farfield Mill is open daily 10 - 5, £3.50/£3, under 16's free. Weavers Café 10 - 5 (No entry charge)
Garsdale Rd, Sedbergh, LA10 5LW. www.farfieldmill.org 015396 21958 reg. charity (no.1026293)

FREE ENTRY for LA10 residents on Sundays

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

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

e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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AUGUST 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 recipients this month are:-
 Alex Cowin who is 11 years old on 16th August and
 Finn Thornton who is 11 years old on 23rd August.

Please collect your vouchers from
Sedbergh Office Services
 13 Kings Yard, Main Street,
 Sedbergh
 which can be used in any shop in
Sedbergh & Dent.



2			4	9	1			8
		9	6		3	7		
9	6							5 2
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Day	Name	Age
1	Annie RAINFORD	7
6	Malachi LONGFELLOW	2
10	Luke TROUGHTON	8
11	Lewis SEDGWICK	5
13	Elsa RAINFORD	5
13	Mercedes TAYLOR	10
15	Eva HOGGARTH	7
15	George CAPSTICK	11
16	Alex COWIN	11
17	Luke LEWIS	2
17	Lewis GARNETT	10
19	Michael CHARNLEY	7
20	Georgina BROWN	11
23	Finn THORNTON	11
27	Thomas CASH	6
29	Ellie MISSENDEN	10
29	John-Lucas STAINTON	2
30	Abbie WILSON	5
30	John SEDGWICK	9
30	Connor JOHNSON	11
Nonagenarian & Over		
11	Basil Appleyard	91
30	Arthur Porter	91



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Sedbergh Lookaround

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**PLACES OF INTEREST TO
VISIT IN THE AREA**

- Bruce Loch, Busk Lane
- Cautley Spout, A683 towards Kirkby Stephen
- Community Office, 72 Main Street
- Cumbria Wildlife Trust, Community Office
- Dent Heritage Centre, Laning, Dent *
- Farfield Mill, A684 Garsdale Road *
Free to LA10 Residents on Sundays
- Friends Quaker Meeting House, Brigflatts.
- George Fox's Quaker Pulpit, Firbank
- Golf Club, Catholes, Sedbergh *
- History Society, Community Office
- Holme Working Farm, Middleton *
- Holy Trinity Church, Howgill
- Jubilee Wood, Castlehaw Lane
- Langstone Fell, A684 Garsdale Foot
- Methodist Church, New Street
- Queen's Gardens, Station Road
- St. Andrew's Church, Dent
- St. Andrew's Church, Main Street, Sedbergh
- St. Gregory's Church, Vale of Lune
- St. John's Church, Cowgill
- St John's Church, Firbank
- St. John's Church, Garsdale
- St. Mark's Church, Cautley
- Sedbergh Embroidery, StAS
- United Reformed Church, Main Street
- Information Centre, 72 Main Street
- Winder Fell, above Sedbergh

* = Entry Fee Applicable

PERSONAL & SMALL ADS £1

BROOKS

Angela would like to say a big thank you to Lizzy Harrison and Joanne Orr for their quick response after my accident. when asked for a tissue !! and for staying with me all day. Also to Sedbergh Medical Centre for their care and attention, especially Tracy Thornton for sorting my diary and seeing to the ambulance etc. To Ches, Katherine, Vicki and Lewis for taking care of my shop for me (I would be lost without you all). Then the biggest Thank You goes to my Mum and Dad for looking after their baby girl once again. You are the best. And finally to everyone for their cards, flowers and kind words.

=====

CAPSTICK

George and Heather would like to thank family and friends for the lovely flowers, presents and cards they received for their Golden Wedding Anniversary.

=====

LABBATE

David and Rachael would like to thank all their family, friends and neighbours for all the cards and gifts they received following the birth of their baby boy George, David, James who was born on 23rd June weighing 7lbs. Also many thanks to everyone for their well wishes, this was very much appreciated.



STOKER

Michael, Sue, Tracey and their families would like to thank all relations, friends and neighbours for their kind messages and cards of condolence following the sudden and sad loss of their mother Evelyn. Thanks to Fr Hugh Pollock for a lovely service and special thanks to Brian Goad for all his help in arranging the funeral also to Dorothy for the tea. The donations of £450.00 has been sent to the Alzheimer's Society.

=====

WHITTLE

The family of the late Ray Whittle wish to thank the people of Sedbergh & district for their help and support after Ray's sudden death. We have been surprised and humbled by the many cards and expressions of sympathy. Special thanks to Brian Goad for helping us when we were floundering; the support of the Royal British Legion and also to Padre Andy for his sensitive handling of the memorial service. Avril, Kay & Sally.

=====

WOOF

Brian, Sue and family have been overwhelmed by the kindness shown to them following Sue's recent stay in hospital. Thank you so much for all the meals, baking, flowers, cards and good wishes received - it really has meant a lot to us.

PERSONAL & SMALL ADS £1

FOR SALE

Dutch Dresser. Dark wood in vgc. Base 3' x 3', 2 drawers, 2 cupboards, arched top 3' high with 3 plate shelves. £75. Tel: 21452.

=====

FREE/FOR SALE

Free - 5 litres Ecover Fabric Conditioner, 23 Sedbergh & District History Society Journals 1989-2012, Triumph VHS Video Cassette Recorder VR9500. OFFERS - Old style buoyancy aid, 2 wetsuit longjohns size 12/14, 1 wetsuit jacket size 12/14, 2 pairs wetsuit gloves, 1 pair wetsocks approx size 42. Ring Sedbergh 20828 evenings.

=====

LOST

A walking crutch on Bridleway in 1st field off Holme Fell. If found, please ring 20544.

=====

FOUND

Single earring, very pretty, in the form of a violet. Please contact 'Patch & Fettle'. Sedbergh 07967 638503.

MIDDLETON LANDSCAPES



GARDEN SERVICES	<table style="border: none; font-size: small;"> <tr> <td><i>Mobile</i></td> <td><i>Tree work</i></td> </tr> <tr> <td><i>Power Washing</i></td> <td><i>felling, logging</i></td> </tr> <tr> <td><i>Slippy Flags</i></td> <td><i>Chipping</i></td> </tr> <tr> <td><i>Drives etc</i></td> <td><i>Walling</i></td> </tr> <tr> <td><i>Hard & soft landscaping</i></td> <td><i>Grass cutting</i></td> </tr> <tr> <td></td> <td><i>fencing</i></td> </tr> </table>	<i>Mobile</i>	<i>Tree work</i>	<i>Power Washing</i>	<i>felling, logging</i>	<i>Slippy Flags</i>	<i>Chipping</i>	<i>Drives etc</i>	<i>Walling</i>	<i>Hard & soft landscaping</i>	<i>Grass cutting</i>		<i>fencing</i>
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<i>Drives etc</i>	<i>Walling</i>												
<i>Hard & soft landscaping</i>	<i>Grass cutting</i>												
	<i>fencing</i>												

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COUNCILLORS CORNER

Cllr Evelyn

On July 17th I had the great honour, as Chairman of South Lakeland District Council, of being presented to Her Majesty the Queen and to Her Royal Highness the Princess Royal, during the royal visit to Kendal. But the day was not without its challenges. The first problem was how to get through the packed streets from the council offices to the war memorial in Market Street half an hour before the royal party was due to arrive. The police told us we could go "barrierside" so the Mayor of Kendal and I decided we would form a procession of our own to make our way up Highgate. We marched up the

road with crowds cheering wildly on either side – quite an experience.

When we reached the war memorial the Lord Lieutenant's office lined us up in the order we were to be presented and we tried to wait patiently surrounded by the seething excitement of the crowd. Then as the Town Hall clock struck the half hour four police motorcyclist outriders with flashing blue lights drove up the road followed by a great wave of cheering rolling up the hill and the distant sound of the Town Crier's bell. The royal Bentley, with its mascot on the bonnet of what at first appeared to be a polo player, but on closer inspection turned out to be St George and the Dragon, slid to a stop in front of us.

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The Queen was wearing a striking blue green coat and hat – Kendal Green apparently. I was told the royal dressers try hard to associate the Queen's outfits with the places she visits. She appeared slightly unsteady getting out of the car but it is an awkward vehicle to clamber out of and royal protocol dictates that no one must touch Her Majesty so no steadying hand could be offered. We were then presented, trying desperately to remember the protocol – she offers her hand first, when first introduced address her as "Your Majesty", then subsequently ma'm as in ham not as in calm. She and Princess Anne were then presented to a line of servicemen and

representatives of other Kendal organisations and a group of small children who presented posies. Finally she viewed a selection of Made in Cumbria products on a specially erected stall and was presented with two hampers of goods which were carried ceremonially to the Bentley.

Then it was off to Cropper Paper Mill in Burneside for the Queen and to Miller Howe Hotel for me to attend the informal lunch arranged for the Queen at the end of her visit. We were instructed to arrive at least an hour early so we were able to watch the royal party on the Teal as it crossed Lake Windermere with a great flotilla of small boats in its wake.

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Tea in Garden

Saturday 10th August

2-5pm

“Rhumes”, Dent

Proceeds to

Marie Curie Cancer Care

All Welcome

undercover if wet!



Then we were all lined up again in “informal” groups to talk to the Queen and the Princess Royal before sitting down to a sumptuous lunch.

Alterations to the train time – the Queen travels in a special royal coach coupled to an ordinary train – meant the royal party had to rush off before pudding was finished. But the rest of us relaxed a bit and had coffee. Then it was back to Sedbergh and ordinary life.

Cllr Nick

Settlebeck School are the Himalayan Balsam Bashing Champions of Sedbergh! Following negotiations between Sedbergh Councillor Douglas Thomson and Andy Trull, the Headmaster at Settlebeck School, three work parties were arranged to help control the spread of Himalayan Balsam along the River Lune and its catchment area.

On three hot afternoons in July a group of approximately 15-20 Settlebeck pupils accompanied by two teachers met up at New Bridge and started clearing the beck that

runs parallel to the River Rawthey. They went at it with gusto and good humour, like a human combine harvester pulling up the plants, breaking off the roots, putting them into piles and stamping on the piles for good measure.

Himalayan Balsam is an invasive species that becomes a monoculture, crowding out all other species. When it dies off with the first hard frost in autumn it leaves river banks exposed to erosion. Clearing the Lune and its catchment area of Balsam will be a 10-year project consisting of hundreds of work parties up and down the river but as someone pointed out to me ‘How do you eat an elephant? One bit at a time’. So year by year we first stop it spreading then start to reduce its coverage.

In and around Sedbergh, there are occurrences of Balsam up Ashbeck Gill, Settlebeck Gill, west of Dowbiggin Foot, along much of the Rawthey, by the golf course and Abbot Holme Bridge and along Haverah Beck to the southwest of the town. It seems to start in the main River Lune about 3/4 mile north of Lincoln’s Inn Bridge on the A684, close to the old railway viaduct at the junction of Crosedale Beck with the River Lune.

The good news is that with the rare exception, most of the upper Lune, Dee, Clough and Rawthey are clear of Balsam, so a concerted effort around Sedbergh over the next few years should mean Balsam is brought under control and attention can move

south down the Lune valley towards Kirkby Lonsdale and Lancaster.

In the meantime we are also noting down occurrences of Japanese Knotweed, which needs to be treated professionally with spraying. I am hoping to find funding to carry out this work starting in autumn.

So, many thanks to Settlebeck School for showing Sedbergh the way in a community effort to protect and enhance our rivers.

*Also see Page 55
Cllr Ian*

I'm afraid that this month I can't match Evelyn's exciting news nor the intrepid exploits of Cllr Nick and his helpers as they clear vast tracts of local land of Himalayan Balsam.

Hopefully though my more mundane account of a new SLDC initiative might just help those of you who are looking for a small pot of funding to kick-start a small project that you may have in mind for the benefit of the community. The good news is that councillors at South Lakeland District Council have each been allocated £1000 a year to support community projects in their local areas. Councillors can use the funding to support community groups in their wards to help purchase equipment, hold events, or run services that will benefit local residents. The funding can also be used in combination with money from other organisations, to contribute to larger projects. The

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Kate Seymour is still our Sedbergh representative - please do not hesitate to contact her in the first instance on any legal matter.



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money can be used for new or existing projects or activities carried out by parish/town councils or community groups working in South Lakeland that support the delivery of local priorities. While it would be usual for a councillor to support a project in his or her ward area, it is possible for more than one councillor to “club together” to support a project that crosses ward boundaries, or for a District Councillor to work together with other funding providers such as a County Councillor. Projects covering the whole district are not considered suitable for this funding however. The idea is that wherever possible, payments from Member locality budgets should be used as a catalyst for attracting contributions from others towards more ambitious projects or activities. Projects should have the support of the local community. Projects that are included in a community or parish plan are particularly suitable for funding from the scheme.

The scheme is governed by a set of criteria to ensure that the funding has the greatest impact on the quality of life for residents in South Lakeland and ensures probity, value for money and accountability. The principal criteria are:

- 1) The payment must be at least £100
- 2) The funding must go to a parish/ town or community group, **not** an individual business
- 3) The granting of the funding is a one-off and does not imply an on-

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going commitment by the council or have a revenue implication for the council

- 4) The project or activity promotes communities working together and does not unfairly discriminate against people from different backgrounds
- 5) The funding can be used by the community group during the 12 months following receipt
- 6) As far as the Councillor is aware, making the payment to the community group would not result in fraudulent or illegal activity

So something to think about and if you would like to find out more then, as ever, please feel free to contact either Evelyn, Nick or myself as follows:

Evelyn Westwood:
evelyn@markwestwood.co.uk
Tel. 015396 20148

Ian McPherson:
ianmcpherson24@hotmail.com
Tel. 015396 20648

Nick Cotton:
red.pedal@virgin.net
Tel. 015242 71477

DENTDALE PARISH COUNCIL

Highways issues in Dentdale

Recently a number of highways problems have been reported direct to the Parish Council for action. The relevant authorities for highways issues are Cumbria County Council Highways and the Police.

Cumbria County Council Highways (CCCH) can be contacted on their 'hotline' by calling 0845 609 6609 or in more urgent cases the Police on 101. Alternatively, a report can be made to CCCH via their website www.cumbria.gov.uk following the road link, however, the hotline is a very effective method of contact.

It is requested that residents reporting highways issues and defects contact the Highways Hotline direct. You will need to give an exact location of the problem giving specific details of your report (eg size of the pothole etc). Your report will be logged and you should take a note of the reference number you are given at the time of the call. This number is important and will be used in all future calls relating to the problem reported. If the repair has not been carried out within 10 working days you should call the hotline again for an update quoting the reference number allowing a further 7 days for the matter to be resolved.

If you are not satisfied that a resolution has been achieved after following the above guidance you should register a complaint on the hotline and forward full details to the

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Clerk at dentparishclerk@live.com or by contacting 015396 21487 who will be pleased to support any valid complaints and attempt to obtain a resolution with CCCH on your behalf.

It is the Parish Council's experience that CCCH work hard to resolve highways issues and complaints against a background of less staff and limited funds. The recent work on the C5101 from Sedbergh to Dent Head and the back Cowgill to Dent road is testament to their efforts.

Any complaints relating to the driving of vehicles within the parish should be made direct to the Police on 101 or in an emergency by dialling 999, giving the day, time, exact location of the incident together with the make, colour and registered number of the vehicle concerned.

Andy Stephenson

Clerk to Dent Parish Council

SEDBERGH PARISH COUNCIL

This report covers the meeting on 11th July

YDNPA

The meeting was attended by Ann Brookes a member of Yorkshire Dales National Park. Ann gave a short update of current National Park Issues and there was a question & answer session.

PLANNING

Current planning applications were reported to the meeting and all were supported.

FINANCE

The meeting resolved to approve and accept the Annual Return which has been returned by the auditors with no matter to report.

PUBLIC PARTICIPATION

The meeting was given an update on the work at the People's Hall. A proposal was made relating to the reinstatement of an enlarged car park. The meeting gave its support in principle subject to the cost not exceeding £5,000 and receiving confirmation from YDNPA Planning that the alteration constituted permitted development.

The meeting was addressed regarding the Booktown Literary Trust's plans for a project to commemorate the 1914-1918 War. The meeting gave its support in principle and it is proposed that a grant application be submitted in September after a decision has been made on an application for EU funding for the international aspect of the project.

AMENITIES COMMITTEE

There is a great deal of work being

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- a) Provision of baby changing facilities at Joss Lane toilets.
- b) Repainting of local bus shelter.
- c) Refurbishment of seats around the town.
- d) Tendering for a rainwater collection system at Joss Lane toilets.
- e) Repairs to Joss Lane Car Park tarmac surface agreed for the end of the holiday season.
- f) Fencing and general maintenance at the football field.

SEDBERGH TOWSCAPE PROJECT

A detailed site survey plan has been completed by Spatial Data Ltd. of Kendal and draft schemes for possible improvements are now being prepared by Garsdale Design.

Progress is being made on the replacement bus shelter in Station Road, a footway widening scheme in Main Street and a sign decluttering project being undertaken by Cumbria Highways.

72 MAIN STREET

The meeting received a report of the formal opening of the Community Centre at 72 Main Street by YDNPA Chairman Carl Lis which was a great

success.

QUEENS GARDENS

The survey specification has been agreed and two estimates obtained. A £10,000 HLF grant is to be applied for to cover the anticipated cost of commissioning a conservation & management plan and the meeting expressed strong support for the project.

PARISH COUNCIL LAND BY NEW BRIDGE

It was agreed that 30 free trees from the Woodland Trust will be planted on Council land East of New Bridge.

THE NEXT MEETING

will be on August 8th at 7.30pm at the People's Hall committee room. There is always an opportunity around

8.30pm for you to participate. The agenda will be posted in the Parish notice board, at the Community Office and on the Council Website before the meeting.

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)

All Committee minutes can be accessed on the Council website <http://www.sedberghparishcouncil.org.uk/> and minutes together with all other reports are available in paper form at the Council's office, 72 Main Street, Sedbergh.

Colin Robertshaw

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TIM FARRON MP

Please put the afternoon of 5th of August in your diaries. As in previous years I am doing my summer tour of the constituency in August, visiting 49 places in just under two weeks. Next year we really must crack the 50.

Anyway we will be in the Joss Lane Car Park from 3.00 pm till 4.00 pm on the 5th. If Dent is more convenient for you we will be at Dent Stores between 2.00pm and 2.30pm. Please do come along, unlike my surgeries, which people tend to come along to when they have specific issues they would like me to take up, the summer tour is really about finding out what people think about things in general. As a result the more people I hear

from the better. Please don't worry about not having anything to tell me, there must be issues that preoccupy you a bit, whether it is local schools, roads, your job, anything where politics can play some role. Talking to people about these things helps me no end in prioritising my work over the coming year, the discussions I have with ministers, even the speeches I get to make whether in Parliament or in the media.

So if you have any time to spare on the afternoon of the 5th August please do come along I really want to hear what you have to say.

One of the more general issues that people have raised with me many times over the past years has been

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Monday - Thursday 5pm - Close

Friday 12 - 2pm ~ 5pm - Close

Bookings welcome at any other times

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the disturbance created by low flying jets. Now clearly the RAF need to practice their flying somewhere and the Western Dales and the Lakes provide a really good test of low flying skills. However, I have regularly been in contact with the Ministry of Defence to see if there is anything that can be done to ease the disturbance some people suffer. As a result I was very pleased to hear from the Ministry the other day that they agree that flying in the same place for 3 evenings in a row is too much for any place and that flying after 11.00pm is also unreasonable and they will try to ensure that this does not happen in the future. Clearly this is just a start, I will continue to work to see if there are other areas where we can find a compromise between the needs of our defence forces and the residents of these beautiful and largely peaceful valleys.

Finally, I am working with other MPs

 * *As part of the year celebrations to mark* *
 * *the 175th anniversary of Cowgill Church,* *
 * we are holding an *
 * **ARTS, CRAFT** *
 * **& FLOWER FESTIVAL** *
 * Saturday August 17th *
 * from 9.00 am - 4.30 pm *
 * Sunday, August 18th *
 * from 10.00 am – 4.00 pm *
 * St John's Church, Cowgill *
 * Refreshments, raffle, historical *
 * photographic display of Dentdale *
 * Informal service at *
 * 2.30pm on the Sunday *
 * *All welcome* *

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who represent rural areas to try to get the Government to change its mind over plans to phase out the minimum practice income guarantee for GP surgeries. This has been in place for nearly ten years to support small local surgeries, particularly in rural areas. If this payment is phased the result will be that these will become increasingly uneconomic and many will undoubtedly close. Yet another thing to make it ever harder for people to live in rural areas. If you would like to support this campaign then please get in touch or sign the petition on the Government's website (just put Government epetition into Google).

As ever if you want to get in touch please do contact me by writing to, Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at tim@timfarron.co.uk

Tim Farron MP

NEIGHBOURHOODALERT

Has an unknown Good Samaritan rescued you by making a split decision that made a difference between life and death? Would you like help finding them to say thank you? Or have you stepped in to help a stranger in an emergency and want to know what happened to them after?

The Garden Productions, the team behind BAFTA award winning Channel 4 series One Born Every Minute and 24 Hours in A&E are making a one off special for ITV1 and would like to hear from you if you can help.

This inspirational programme will tell the amazing stories of people who

have either helped or been helped by others in an emergency. The production team are keen to highlight the amazing bravery and kindness of individuals who have become someone's hero in an unexpected circumstance.

If you have experience of this, the production team would love to hear from you.

Please contact Katy at takepart@thegardenproductions.tv if you are interested or call 0207 2611252.

The Garden Productions have experience in making sensitive documentaries where it is incredibly important to have a high regard for the care of those taking part. They



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To find out more, please contact Angela on 015396 20303 or email at: ab@sedberghschool.org

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also made the BBC2 series Inside Claridge's and the highly acclaimed Keeping Britain Alive: The NHS in a Day. More information about the company can be found at www.thegardenproductions.tv



NEIGHBOURHOODALERT

Trading Standards are reminding residents to be on the look out for an inheritance fraud scam which has already targeted a number of people in the County. The scam involves a letter which claims to come from a private investment manager from China. They tell you that a person sharing your family name has died and left behind money. None of the

deceased person's relatives have claimed the inheritance and as a result, the money will go to the government. The investment manager suggests that, because you share the same family name as the deceased, you could work together to legally secure the money in full compliance with the laws of China. However, there is no inheritance and the person contacting you isn't an investment manager or legal official. If you respond to the fraudsters, they'll ask you to pay various fees - for example: taxes, legal fees, banking fees etc - so they can release your non-existent inheritance. The letters have an email contact

which is a yahoo.com.hk address with Chinese lettering above it. If you receive one of these letters please report it as a fraud at www.actionfraud.police.uk or telephone 0300 123 2040. Please look out for vulnerable relatives or friends and warn them of this scam. 

NEIGHBOURHOODALERT

Cumbria Police have been contacted by a research company who would like to speak to farmers who have been the victims of crimes in the last 12 months. The company indicate that they will pay the participant £75 to take part in a 30-45 minute telephone interview. Cumbria Constabulary will not release victims

details to unauthorised sources, but if you are interested in taking part or would like further information please email:

research@recruitmentforresearch.com (Laura Ivory - 02072634180).

You are asked to include in the response answers to the following questions:

- a) a contact telephone number
- b) how many people work for you?
- c) how many crimes have been committed on your farm in the last 12 months e.g. trespass, fly tipping, theft, criminal damage, burglary.

Cumbria Constabulary are advised that it is a research project and that they will not attempt to sell you anything now or in the future. Any

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'DENTDALE OVER 60S'



Wednesday 21st August

Depart Dent Car Park: 9.00am Return Dent: 6.30pm (approx)

Transport cost only - £10 (Bibby's coach)

Morning Coffee at Boundary Mill, Colne

& drop off those who wish to stay on for a day of shopping, then on to:



Gawthorpe Hall (National Trust)

an Elizabethan house with rich interiors and an important textile collection.

[Open - house at 12 noon, Cafe at 11.00am]

Entry for non-NT members: **£4/concessions** £3 (not included in the £10 travel cost)

Towneley Hall's Art Gallery & Museum

is set in a large park with exhibitions, woodland walks, sculpture trails, ornamental & organic gardens, a cafe and gift shop.

[Open from 12-5pm]

Entry for non-Burnley residents - **£4.00** (not included in the £10 travel cost)



Refreshments/catering: we will travel to the venues where you are free to make your own arrangements for coffee and/or lunch.

If you would like to join this trip, please confirm your booking with name/s, telephone number and total cost to: Dorothy Vernon, The Laning, Dent.

Should there be insufficient interest and the event therefore cancelled, any money paid will be returned.

participation is voluntary and any 'contract' is between the participant and the researcher. Cumbria Constabulary or any partner associated with this messaging system cannot be held liable for non-payment of the aforementioned fee.

NEIGHBOURHOODALERT

Trading Standards are recruiting volunteers for the 'Nominated Neighbour Scheme' which helps householders to feel safe when dealing with unwanted or unexpected callers at home.

Many people already keep an eye out for older or more vulnerable neighbours but this scheme provides

a formal mechanism to protect against rogue traders and Trading Standards are calling for more volunteers. The nominated neighbour will often be someone who is already looking out for the householder or a relative and makes the most of our extremely strong community relationships.

Sometimes a bogus trader or doorstep criminal will target the elderly or vulnerable. The Police and Trading Standards work hard to tackle this crime but this scheme helps residents get involved in deterring these criminals.

The scheme works by the vulnerable person being given a card

that they hold up to a window or door which advises any unidentified or unexpected caller to go to the address of a 'Nominated Neighbour'. The neighbour will check the caller's identity and if they are genuine return with them and supervise the visit to make sure that nothing untoward takes place and will remain there until the caller has left. In many cases the presence of the scheme's door cards acts as a visible deterrent, and rogue traders may not even bother to call.

If you are uncertain or have doubts about the identity of the caller, or if you wish to report a doorstep crime please contact Cumbria Trading Standards via the Citizens Advice Consumer Helpline on 08454 040506

or Cumbria Police on their non-urgent number 101.

If you would like to volunteer as a Nominated Neighbour please contact Trading Standards on 01539 713594 or email trading.standards@cumbria.gov.uk

NEIGHBOURHOODALERT

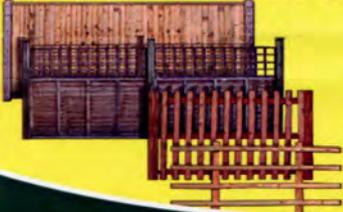
There has been a theft of a quad bike from Grisdale, near to Garsdale at the end of June. Please ensure that all property and vehicles are secure and valuables are kept out of sight. If you have any information regarding this please contact Police via 101 and quote CP-20130701-0074. Please report any suspicious vehicles or persons to the Police.

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This Team Leaves It Clean

SLOVENIA STUDENT EXCHANGE

There is still time to obtain/return your application forms to take part in this exciting venture. A group of Sedbergh youngsters (aged 13 to 15) will travel to Zreče our Twin Town in February half-term 2014 and host a group from there in the following summer.

The purpose of the trip will be to continue to promote the relationship and close links we've developed between our two communities; to enable the young people of both towns to meet in a spirit of friendship and mutual respect; to explore our common interests; to learn from each other and to have a lot of fun! During the visit we will be hosted by teachers and students from the Zreče Primary School (equivalent to our Secondary school). There will be organized opportunities both before and during the trip to learn about the culture, history, geography and language of the country and in Zreče there will be outdoor activities including skiing, sport, trips to beautiful and interesting Slovenian sites and of course the chance to enjoy being a member of the group.

The cost will be subsidised by the town twinning group and a number of local charities, from which we intend to raise £300 per person to offset against the total cost. Each participant will then pay about £250 - £300 to include full bed, board and all transport and activities but families will need to factor in the extra cost of spending money.

A meeting for applicants and

parents/guardians will take place early in September. At this meeting a non-returnable deposit of £100 must be paid in order for us to book the flights quickly. The remaining money must then be paid, either in full or in two instalments in October and November.

As we need to be making firm bookings by the end of August we would like to have completed forms as soon as possible.

Any young person living or receiving their full time education in Sedbergh and district is eligible.

To obtain forms or for further information please contact the exchange leaders:

Dave Smith on either dsfatherhaw@hotmail.com or by phone on 015396 20937 or mobile 07717585519 or Susan Garnett msg@wardses.org.uk and 21138 and mobile 07968254531.

Also see page 69



Lego Club

The fun never ends at Lego Club, for the creative, D.T. experts. The children never stop creating masterpieces from a couple of Lego pieces. The staff are Mrs Edward's, Adrian and Bridget. We all love Lego club and it is proved as 21 children attend Lego Club every week. You can experience the fun and excitement while learning at the same time at Lego Club at Dent C.E Primary School.

by Rhiannon Winder Year 3 &
Ted Hodgson Year 4



BARBON SHOW

Barbon Manor Park, Barbon
Saturday 24th August



- Sheepdog Trials ----- 8:00 am
- Sheep Show ----- 10:00 am
- Stick Show ----- 11:30 am
- Children's Sports ----- 2:30 pm

For further details, call Secretary
Tel: Pauline 07800 990 689

SEDBERGH CRICKET CLUB

Another game was lost due to weather, at home to Heysham and then on the 29th June at home to Bare we got our first win on a soft and testing wicket. Losing the toss and batting first we scraped to a total of 100 all out, with John Brown scoring 41 and Luke Cragg scoring a quick 25. Knowing a 100 would give us chance of a victory, with some good tight fielding and bowling we got the result we needed, with some great

catching and some tight bowling at the start of the innings by Steve Cayleigh and Paul Metcalfe and John Brown and Fergus Connelly sharing the wickets between them. With Bare needing 17 runs to win, Steve Troughton came on to bowl to pick up 2 wickets for 9 runs off 7 overs to win the game, with young Keiran Touey taking a great catch to clinch it for Sedbergh. Thanks go to Colin & Kirsten Wilson for yet again providing a lovely tea and doing the scoring for us. The raffle this week made £23 pounds and was won by Luke Cragg and Many Ferguson.

The junior sides are doing well under the coaching and guidance of Dick Gorst, the U12s have played 7 games and won them all, the U14s should have played 5 games however 4 of them have been rained off, they did win the one game they've played. For the U12s, Toby Wheatley has taken 12 wickets, Sam Gorst has got over 120 runs, Jay Ferguson has 50 runs with Gabe Connelly also having 50 runs. With over 30 children attending practice nights, Dick Gorst would like to thank all of them for

SATURDAY MARKET

Dent Memorial Hall

Saturday 24th August
11am to 4pm

GIGANTIC
WHITE
ELEPHANT
STALL



Sakes ~ Books ~ etc
Competitions
Refreshments all day
ALL WELCOME

being patient with him, he's trying to get everyone a game eventually.

Summer has arrived, a hard track at Sedgewick's picturesque cricket ground on 6th July, a batsman's paradise. Sedgewick won the toss and batted first, at 104 for 0, off 30 overs they looked like setting a score of over 200 but after the tight bowling of Julian Cann, 2 for 24 and Steve Cayley of 0 for 21, Paul Metcalfe came into the attack to take 4 for 15 off 11 overs. Sedgewick then ran out of overs and set a total of 137 for 6 off 45 overs, which to me was a score we should reach with ease so Luke Cragg and Julian Cann set about it with the score on 42, we then lost Luke Cragg for 19, Steve Cayley



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Morning Refreshments



@ Dent Gala

& monthly Refreshments

Dentdale Christian Fellowship

@ "Rhumes", Dent



7pm 4th Sunday every month

All Welcome

arrived at the crease batting at number 3 only to score a measly 6, John Brown came in at number 4 and Sedbergh never looked like losing another wicket, this was the case as Julian Cann, 61 not out and John Brown, 44 not out, finished the game and another vital 15 points for Sedbergh.

On a red hot day down on Settlebeck's cricket pitch, which is now more like a cricket pitch due to the hard work put in by Paul Metcalfe, the return game between Sedbergh and Sedgewick was to take place on the 13th July.

Sedgewick won the toss and put Sedbergh in to bat on what was looking to be a good, hard track. Sedbergh started their innings however 2 overs in, we lost Luke Cragg for 0. David Cope then went in to join Julian Cann and they started to build an innings. We lost David Cope for 15 and the score was 42 for 2. John Brown went in next and started spraying the ball all around the park which livened up Julian Cann, who was fiddling around at the crease, he also started spraying the ball around

the park. With a big score looking good we then lost Julian Cann for 76 and then entered Sedbergh's very own Mr Boycott, Richard Oughton. When Boycott went for 7, Fergus Connolley went in for a quick 13 and we finished on 204 for 6, with John Brown finishing on 77 not out.

A total which I thought we could defend, with some tight bowling from Steve Cayley, finishing with 3 for 9 off 7 overs and Julian Cann, 0 for 6 off 7, then entered Steve Troughton who came on to take the vital wicket of Sedgewick's main batsman, with a stunning short bowl which took the batsman by surprise and he spooned it up into the air and was caught by Steve Cayley. Other main wicket takers were Fergus Connolley, 3 for 2 and Sam Moore, 2 for 6, which ended Sedgewick's innings on 55 all out, another vital 15 points for Sedbergh.

In the Cup on Sunday 14th July against Trimpell, we took a heavy

defeat, the one positive thing coming out of the game was Sam Moore scoring 50 runs, Sedbergh loosing the game by 8 wickets.

On behalf of the Cricket Club, I would like to thank everyone who is coming down to support us at home games, buying raffle ticket etc. Kirsten and Colin Wilson yet again provided wonderful teas and thanks go to Ian Donoghue for helping Colin in the drinks breaks. Everyone is welcome to come and support us.

Grateful thanks to all the Match Ball Sponsors which includes:- Happy Paddock (*not Happy Haddock as appeared in last month's Lookaround. Ed*); R S Morphet Ltd, Lookaround; Alan Hogg of Firnank; RN & HE Hoggarth Builders; D Bateman of Firbank; Mel Cragg Builder & Stuart Metcalfe Mobile sheep Scanning & Clipping.

Stephen Troughton



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Competitions
for all ages

DENT GALA



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11am to 4pm
Dent Primary School Playground and Field

Annual Dog Show
Entries taken from 11am



Pillow Fight
Bouncy Castle
Coconut Shy

FREE ADMISSION
Everybody Welcome

Refreshments
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BBQ &
Morning
Refreshments

Proceeds to Dent Memorial Hall Funding & Refurbishment

For more information or offers of help, please contact Sarah on 25212 at 'Rhumes' LA10 5QL
Advert Donated by Sarah's Care



FAMILY MUSINGS

Glorious weather everywhere and during the journey in between has not as yet caused me any problems although stuck in traffic in Ilkley did make me perspire and envy the lady in the open topped car next to me. A lovely ride out from Hull found a delightful farm shop and café for a cup of tea and a cake, and a loyalty card, another trip to Driffield and a lovely café for coffee & scones, and another loyalty card! Perhaps the idea could catch on over here in the West of the north country? Evening meal at a favourite pub in the village of Walkington where they serve a carvery every day is it any wonder I am plump?

In two weeks hubby and I will be camping on Stafford Showground with about 15 young people and four other leaders, as I write this we are still trying to find the time to erect a frame tent which has not been used

for over 10 years which hopefully is to be our cooking tent, check another tent for one of the leaders AND locate a Gazebo or two for use while away. On top of this we as a family will be gathering in our garden for Ballantyne Thomas Dedication, along with one or two fund raising events. On the weather forecast they have just said the weather may break down next week from the north.. better pack the wellies then! Stafford is maybe in the midlands..

Putting a house name sign on the wall at the bottom of our drive and including our surname a little girl went by and told her Daddy "The doggies must live there!" We do actually have a banner showing dogs and saying "The Woofs live here!" but hesitate to use it in case people think we run a kennel business, and an not sure Mitts would appreciate that.

Research says Gardening is good for us, I certainly enjoy it and appreciate more time to do so, the Apple tree which only gave 1 apple for two years has 6-7 on it now, Pears on the Pear tree, loads Blackcurrants and Redcurrants but the Gooseberries are tarnished. Peas, Beans, Cabbage, Beetroot and Potatoes doing well outside along with Courgettes, Tomatoes and Strawberries in the Greenhouse. Then the Celery and Aubergine along with a Melon, we are in production! Oh and three small bunches of Grapes are slowly swelling.. exciting times. Enjoy the glorious weather and be careful in the garden, accidents can occur.

Sarah

Philip Horner
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PEOPLE'S HALL REDEVELOPMENT APPEAL

There is still time to donate to our Redevelopment Fund
– don't wait do it **NOW!**

If you are able to Gift Aid your donation and we can then claim 25% back from the tax man.

Progress can be viewed at:

sedberghpeopleshall.blogspot.com

Forms available from Sedbergh Office Services or
a Committee Member

SEDBERGH WANDERERS FOOTBALL CLUB

Just as the country began basking in glorious sunshine amidst the summer heat-wave, we decided it would be a great idea to return to pre-season training and run around a lot. Not the wisest idea we've ever had but needs must. It was our earliest start to pre-season for many years as we took to Back Lane field for our first session on Monday 24th June. Each session has been very tough so far but most

are beginning to reap the benefits and, fingers crossed, we will head into this season in great physical condition. We train on Monday's and Wednesday's from 6.30pm on Back Lane and all are welcome. We have two friendlies arranged, one against Kirby Lonsdale and one against Caton with a few others in the pipeline but not yet confirmed.

The season starts for us on Tuesday 27th August. Off the field, it has been an exciting summer after we secured a £42k grant from the Football Stadia Improvement Fund. This is funding the building of brand new changing rooms for us and a complete refurbishment of the current building into larger changing rooms with new showers for the away team, a bigger officials' room and a public toilet. This is on course to be completed by the end of August in time for the new season. We are over the moon that we will have these brand new facilities, which will rank as some of the best in the league. We would like to thank Dr Gina Barney who has worked tirelessly on our behalf with the FSIF to help secure the grant. Her

**Paul
Hoggarth**



Building Contractor

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expertise, persistence and knowledge were second to none. Without her help, the grant would most likely not have been received. We would also like to thank Barbara Hartley and the team at Garsdale Design who provided all the plans for the new build and refurbishment which were submitted to the FSIF. They constantly had to tweak the plans and, in some cases, change whole sections, to match the criteria required to help secure the grant.

Finally, thank you to MK conversions for all their work. After taking a sneaky peek inside last week, everything looks great so far. Once everything is complete, we are looking at putting up a display board with old shirts / photos etc. If anyone has any photos, old or recent, of Sedbergh Wanderers which they would be willing to donate to the display, we would be very grateful. Please get in touch with Dan Mason,

Simon Parkin, Craig Gardner, Graham Gardner, Chris Milburn, Luke Packham or me, or, contact us through Facebook or Twitter.

We will be holding a 'grand opening' for the new changing rooms which will consist of a friendly between past and current members of the squad followed by a BBQ – this is likely to be on Sunday 15th September but we will confirm nearer the time. We will also be holding a 'Wine and Savouries' night on 19th October, more info and advert will appear in the future. Please do feel free to contact any of us if you have any suggestions for events you would like us to consider holding in the future, we would love to hear from you. Thank you to you all from all at SWFC for your constant support, it is greatly appreciated.

Ben Close
For and on behalf of Sedbergh Wanderer Football Club.


SEDBERGH PEPPERPOT CLUB
presents
MUSIC at ST ANDREW'S
'There is music in the air this summer!'
VACATION CHAMBER ORCHESTRA


SUMMER CONCERT

From MOZART to MARTINU and PURCELL
to PIAZOLLA . . . and more!

THURSDAY 29th AUGUST 7.30pm
Adults £10.00 18 & under free

Light refreshments will be available during the interval


 Tickets from Sedbergh Pepperpot Club, tel: 015396 21196 email: yantethera@gmail.com or at the door

HARRIERS NEWS

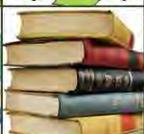
Born to Run? Whether the words come from Bruce Springsteen or from the book cited by June Parker in her article last month (an excellent introduction to ultra and barefoot running), it seems that many disagree, believing they are simply not 'born to run'. The majority of our club members have shared this view strongly at some point in their lives; yet in the last few months have continued to contradict it. Indeed, thanks to the weather the only Springsteen words we have had to worry about are 'Blinded by the Light'...

25 Harriers (1 in 7 of the 177 who took part) travelled to the ever-

popular Hawkshead 10k this year, which was again part of our senior club championship. Rob and Dan took top ten spots in fifth and eighth, with Heidi finishing as seventh lady.

This year's Kirkby Stephen Sports enjoyed another good turnout supported by the club. As well as the traditional family sports some members also took on the fell races, with particularly good results from our juniors. Ollie, Lee, Isaac and Alistair took the first four spots in the U9 category, with Bobby also taking seventh place. Matthew and Finlay were second and third in the u12 race, in which Annie and Leah were also first and third girls. In the longer U14 race Michael took second

Sedbergh Saturday Markets



2013

29th June *mainly Art*

27th July *mainly Crafts*

31st August *mainly Books*

28th September *mainly Produce*

Organised by the Sedbergh & District
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spot. Fourteen club members completed the senior fell event, with Pat and Rob finishing third and fourth and Heidi second lady. Full results available on our website.

Rob, Sean and Adrian were back in action two days later at the ten mile Cronkley fell race, finishing 4th, 12th and 17th respectively in a field of 50 runners, whilst at the Carnforth 20 Barriers race Ollie swooped onto the podium in third spot out of 142.

Marcus dominated from start to finish in hot conditions to earn first place at the Coniston Trail Marathon. In these popular events which attract thousands, Kev K also tackled the heat to finish 37th in the challenge category, whilst Jane O finished as 120th lady in the half Marathon course.

After the disappointment of having to cancel last year's event due to bad weather, Sedbergh Sports was back



COFFEE MORNING

Saturday 31st August

10 am to 12 noon

Waterside Farm, Firbank

Usual Stalls

Proceeds for

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at its best and blessed with warm conditions and clear skies on the fields of Buckbank Farm. Locals and visitors took part and watched as the evening's programme included the ever popular sack, flat, potato, wheelbarrow and 'WAG' (wife/girlfriend-carrying) races, to name but a few of the events open to all.

If you're not quite ready for your first WAG or ultra race yet, why not come along to our very own Great Westmorland Trail Race next month?

This popular event attracts a wide variety of runners from those looking to get on the 'podium', to those looking to complete their first trail race. The route covers eight miles over gently undulating paths and tracks, starting and ending at the sleepy village of Crosby Garrett. Junior races start at 1pm, seniors at 2.30, and with the playground and refreshments to hand it is a great afternoon for all the family. Full details, race map and photos/results from last year on our website howgillharriers.co.uk.

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DENTDALE INDOOR BOWLING

There will be no Wed eve bowling until September, the Sat Coffee morning will continue in the Haygarth Room but with no Bowling. SEW

SEDBERGH CRICKET U12

Sedbergh U12s have retained the Westmorland League title this year with impressive statistics of played 10, won 10. This has been due to some impressive individual performances coupled with a great team spirit. Some of the younger, less experienced, boys have improved immeasurably, like Sean Tebbit and Joe Fell.

Leading run scorers have been Sam Gorst (207), Jay Ferguson (148), Gabe Connolly (121), Roman Wheatley (86), Joe Fell (68) and Toby Wheatley (67). All of the boys have bowled at some point in the season with the leading wicket takers being Toby Wheatley (13), Sam Gorst (9),

Will Mullins (9) and Roman Wheatley (7).

The highlights have been the 3 wins against Netherfield, Sedgwick and Kendal. In the final game of the league season against Kendal, the team was a little depleted, but they still managed to chase down 126 with 3 overs to spare.

The boys now are looking forward to the league play off against the southern section winners, Morecambe, which will be played at the end of the summer holidays. Before that, they have the cup competition.

Meanwhile, the U14s have had a frustrating season, up to yet, having had 4 of their 6 league games rained off. Despite winning the 2 games they had played the rained off games scuppered any chance of winning the league. Hopefully, they can make up for it with a good run in the cup.

Richard Gorst

Jenette Hardy
BA (Hons) AICB CB.Cert

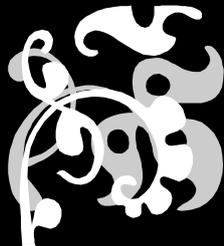
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WATERSIDE COFFEE MORNING

For those who have seen the advert for a Coffee Morning at Waterside Farm, Firbank, you will have noticed it is not for a local or well known Charity, so I feel I should explain.

To our family Brooklands is a "very special" school, as it is where our eldest grandson Sam, who has Downs Syndrome, has attended for the past 16 years. By the time this article goes to press, he will have left. He has been very happy at the School, and is going to miss all his friends, also the staff, whose patience, commitment, and dedication is amazing.

They have been taken on days out, even holidays. At Christmas they put on a wonderful Nativity (you should hear them sing!). Every child is involved, no matter how badly disabled. As a family we feel we would like to say "Thank You" to the school, and feel a Coffee Morning would be an ideal way of doing this.

We hope you will give us your usual excellent support. We look forward to seeing you and hope for a fine day.

Mary Airey

CUMBRIA HIGH SHERIFF

Visit to Sedbergh

Mrs Diana Matthews, the High Sheriff of Cumbria, visited the almshouse at Palmer Hill on 15th July. She was accompanied by Mrs Margaret Stewart the representative of the Almshouse Association for the North West. During her year in office Mrs Matthews intends to visit all eighteen almshouses in Cumbria.

They were greeted by the chairman and clerk to Sedbergh Widows' Hospital who escorted them to Palmer Hill where they met the residents. They were impressed by the facilities and particularly liked the delightful gardens cared for by the residents. Afterwards a useful discussion was held on the problems associated with running an almshouse. In the afternoon they left to visit another almshouse in Milnthorpe.



Palmer Hill was founded in 1848 by Thomas Palmer, a local solicitor. Originally it was for six widows over 55 years of age but in the 1960s it was converted into accommodation for three ladies.

Richard Cann

LOCAL TALENT RETURNS TO SEDBERGH

In the mid-thirties the church organist, Bert Trotter, walked up Howgill Lane and climbed Lockbank Brow to The Mount. Tears are reported to have come to his eyes as he listened to the beautiful soprano voice of an elderly lady, Mrs Elizabeth Sedgwick. Mrs Sedgwick was a truly lovely singer and, four generations down the line, her great-granddaughter is maintaining the tradition. Jessica Hurst is the granddaughter of Geoffrey Sedgwick of Lockbank Farm.

Jessica went to Sedbergh School where she played an active part in its musical activities before gaining a Scholarship to the prestigious Royal Conservatory of Scotland based in Glasgow. Some of you may remember her playing the role of Maria a few years ago in the school production of the musical "West Side Story", opposite Patrick Relph as Tony who falls in love with Maria who is a member of the rival "clan". Jessica and Patrick are still a musical duo and will be singing in Sedbergh during this month.

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Patrick is also a native Cumbrian and grew up in the North Lakes. The two met at Sedbergh School, and have since sung frequently with Encore, the excellent Cumbrian Opera Group. Both went to Florence to study Italian after leaving school, an important ingredient in the making of any future opera singer. Patrick is now a student at the Royal Northern College of Music. The duo love making music together and have performed on behalf of many charities such as Hospice at Home and the Sunbeams Musi Trust.

The talented pair will be singing in St Andrew's Church, Sedbergh, in late August this year. It is good that they are making a return. *G D. Handley*



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JUNE WEATHER

The month got off to a dry start with 11 days without rain. We finished up with 2.08 inches, a very dry June. The early part of the month was fairly warm with temperature about normal with a maximum of 76.5F. It was the first month in which we did not have a minimum below freezing with a low of 37.4F. On only 4 days did the wind speed not get into double figures with a maximum gust of 19 mph.

With the warmer temperatures vegetation generally really got going and quickly caught up with itself. Trees seem to have shot up over the last couple of years. I've had to move a couple that were getting too big for their present site. In spite of my fears it seems that fruit, apples in particular, have fruited well and we didn't see much of a June drop this year. It now depends on whether the blackbirds let us have any soft fruit. They pick it before its ripe!! The tremendous show of buttercups is a result of the very wet previous years which enhances their growth apparently. If May is the month in which plant growth spurts then June is the month that birds hatch off and fledge. We've had 5 baby swallows, 3 blackbirds, 16 blue tits from 3 nest boxes, countless house sparrows and 4 wrens hatch around the property. On the internet someone was querying where the wasps had gone this year. Well we've got at least two nests in the house walls. I've killed several as they chewed wood to make their nests. You can actually hear them crunching! Coloured butterflies are



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noticeable by their absence. There are a few whites about but nothing else. The insects that seem to be doing well are bumblebees, especially the smaller ones. Normally bumblebees have a reputation of being easy going and unlikely to sting. Over the years I have picked up hundreds and thrown them outside. However this month I have been stung twice when picking them up to throw them out of the greenhouse!!

SEDBERGH WI

July's meeting was held on a very hot evening, what a joy not to have to scurry into Peoples Hall trying to keep dry! Unfortunately our speaker had given back word so our President stepped in and gave a talk about the time she spent demonstrating to Flower Clubs in the North of England and Southern Scotland, this was illustrated with floral designs, which were raffled at the end of the evening. Members were thanked for participating in a very successful coffee morning. Future plans include a craft swap session, (all those bits and bobs you buy to try some craft or other and never use) which will take place in the Autumn and possibly a

theatre visit.

The book club have been reading The Colour by Rose Tremain, an account of life in New Zealand during the gold rush. Most members had enjoyed the book, although we felt that some of the characters were quite unlikeable: We learnt more than most of us knew about how much gold was mined in New Zealand, and how tough life was for early settlers. We gave the book 7/10 for readability.

Our walk last month started and finished in Leck church car park. A pleasant walk along Leck beck then across Leck Fell to a road which led back into the village, with a short detour to look at Lost John's cave. The walk was followed by delicious

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If you would like to come and try WI we meet on the second Wednesday of the month, at 7.30pm in the Committee Room of the Peoples Hall. We are a friendly group and you would be made most welcome.

For more information telephone the Secretary, Pat Ramsden on 20828 or the President, Linda Hopkins on 21455.

DENTDALE WI

Suddenly it is summer and Dentdale WI business meeting reflected this as we were given details of the events happening in the coming weeks. The annual Mini Market fund

raiser is on the morning of July 27th outside the Memorial Hall. Contributions of baking needed for sale and this year, there have been a couple of Craft Mornings making items that we hope, will interest the public to buy!

More requests for baking as Dentdale have been asked to provide refreshments for a Walling Competition to be held on the Sports Field on August 25th and of course, more cakes and a few savouries for the Gala teas between 2 and 4 o'clock on Bank Holiday Monday 27th. A list for request for help with the teas was put out.

The Summer Outing to Harlow Carr is on Wednesday 14th August and those going are to meet in Dent car park for the early start at 8.45 am.

Some members have been taking advantage of Federation events. Dale and Lynn have made stone garden troughs and Dale, Pat and Thelma are going to try Painting for Pleasure in Hawkshead.

Our speaker for the evening was Duncan Hamlett talking about MAF Flying for Life. None of us present had ever heard of the organization and apparently according to Mr Hamlett the new Archbishop of Canterbury, Justin Welby, had never heard of it either until he used the service recently. It had been set up initially in 1945 and the first flight in 1950. MAF have a staff of 1400 and fly to 35 different countries. The flights support critical development work by leading international charities and agencies and are often the only

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link to the most vulnerable especially when land routs are no more than deep rutted tracks. The sight of a MAF plane arriving is always an event in these far flung communities. It is not a luxury, but a lifeline. It was a very thought provoking evening. Obviously, funds are always needed and one small way is to offer old postcards which are sold on. Dent WI now has a collection box and if anyone out there has any postcards tucked away that they would like to offer, it will all go to help this vital work.

Next month is the outing as above and we are back in the Hall on September 11th for a talk on the

Female Brain. Visitors and new members always welcome.

Pat Allen

KILLINGTON W I
THE AFTERNOON WI FOR THE
ENTIRE DISTRICT

*In July the sun is hot,
Is it shining? No it's not.*

So sang Flanders and Swann in their 'Song of The Weather', in their revue, 'At the Drop of a Hat', and if you can remember that you must be as old as I am. Sadly, although by the middle of the month it certainly was shining, it refused to oblige us for our annual Tea Party at Shirley's house on 2nd July. Never mind – we all had a

PEOPLE'S HALL REDEVELOPMENT APPEAL



If your name is ...

Alban, Allan, Bainbridge, Baines, Beare, Bramham, Burbidge, Chamley, Chippendale, Close, Cullen, Dawson, Denton, Dixon, Dodds, Donaldson, Fearnhead, Fell, Garnett, Hall, Harkness, Harrison, Haygarth, Hildrew, Hinson, Hodge, Hutchings, Joice, Lewis, Marsden, Mason, Milburn, Mitchell, Morland, Packham, Park, Pearson, Pope, Richardson, Robertshaw, Robinson, Rochford, Steadman, Stephenson, Thomson, Todd, Ward, Waters, Westgate, Whittle, Wood, Woof.
... then you could be in the "**Story of the People's Hall - 1945 – 2012**".

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wonderful time with a chance for leisurely conversation and lots of seasonal goodies. Sometimes our normal meetings are so busy that chatting gets squeezed out. Shirley, thank you for your hospitality. We all enjoyed ourselves yet again.

When I was a little girl at the beginning of the Second World War we were evacuated to Kirkburton, a small mill town about 8 miles from Huddersfield. This was where my mother had been born and brought up and we had lots of lovely aunts there. While we were there I learnt to talk and emerged speaking very broad Yorkshire. When we returned home to the Wirral everybody,

especially my school teachers, found this so amusing that I was perpetually encouraged to talk. Perhaps this explains a lot! I also recall that the local mental hospital (then-a-days it was OK to refer to it as 'the looney bin') was called Storrs Hall. Hence I was rather surprised when Susan announced that our summer outing was to be to Storrs Hall! However I needn't have worried as our destination was the magnificent Storrs Hall on the shores of Windermere. [Lest my memory is playing tricks I have just 'googled' Storrs Hall, Huddersfield and have learnt:-, a) it is Storthes Hall, Huddersfield, b) most of the hospital



Malcolm Sedgwick



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buildings on the Storthes Hall site have been reduced to rubble and c) it now provides student accommodation for the University.] As usual, I digress so back to Storrs Hall, Windermere.

Clever Sue! Not only had she found a superb place to visit but had provided us with wonderful weather. After finding a shady place to park we set off to hike all of 50 yards to the lake shore. It was already occupied by a swan which was intent on its toilette and getting rid of some of those pesky feathers. It totally ignored us so we walked out along the jetty and watched the tiddlers flitting about in the shallow water. A swan would have to eat a fair few of those to make a meal.

Soon the heat drove us back and we flopped down in deckchairs on the lawn and drank coffee.

I was surprised to see deck chairs for two people and was told that they were for courting couples.

All I can say is that they might end up in a heap on the ground if they try anything too energetic.

As we were finishing our coffee we were joined by FRED, a handsome young Kenyan who was to be our tutor and guide. He told us all about the history of the house and the estate. One of the early and most important owners was John Bolton, born in Ulverston and who had become a wealthy Liverpool merchant. He was deeply involved in

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the slave trade and we later saw the numerous cellars which had been holding points for the shackled slaves. Upstairs and on the other side of thick stone walls life had been very different. The cultured and famous were entertained at splendid parties; indeed William Wordsworth recited "Daffodils", in the Hall's drawing room.

Lunch followed in what must be one of the most beautiful and spacious dining rooms I have ever been in. The view of the lake was breathtaking and, as we were arranged in a horseshoe facing the lawns and the water, everybody could enjoy the view and the conversation could extend around the whole table. Very,

very civilized. I could certainly take to this life style. It goes without saying that the food was excellent and Fred popped up again to see that all was well. We were interested to learn a little about how he came to be at Storrs Hall. While training in the hospitality industry in his own country he had been selected as one of just 16 students to go to the most prestigious training establishments in Kenya. At the end of that course he had come out top and been sent to Europe to continue in his field and ended up in the Lake District. Now he returns to Kenya twice a year to teach other students. Here are some useful hints which he gave us. 1- Never blink when looking at a snake or it will attack you. 2-always stand uphill from a snake as they prefer to slither downhill 3-make eye contact with a lion before it makes eye contact with you. Then you will be the boss.

We were sorry that Margaret Denton was not able to be with us as, at long last, she has gone to Wrightington to have her hip sorted out. We are all thinking of you and send you our best wishes.

We have noticed that the church bells go DING, DONG, SPLAT without you. (Sorry Sue and your merry band of ringers!) We hope to see you back with us on Tuesday September 10th at 2-00pm in the People's Hall. We shall be learning more about the lives of Brontes. The competition is back on track with any item beginning with S.

Looking forward to seeing you all then. Everybody welcome.

Wendy Fraser-Urquhart.

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SEDBERGH ORCHESTRA

Although Editor of *Lookaround*, I never profess to be a good author of text but while enjoying 'Paris Connections' on Thursday 20th June by the Sedbergh Orchestra who gave a sterling performance in St Andrew's Church, I was asked to write a review.

The evening saw an appreciative audience give a warm welcome to the members of the Orchestra, many of whom had travelled many miles to be there.

Not being very musical either (have you ever heard me sing???) it was a joy to listen to the four pieces composed by Offenbach, Fauré, Bizet & Mozart which was enhanced by being performed in the Church, conducted by Peter Crompton and Karen Giudici and led by First Violinist Sue Armstrong.

During the interval, it was nice to be able to walk and talk with the members of the Orchestra, (which

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doesn't happen in the Royal Albert Hall) and listen to the 'Buzz' which evolved while taking coffee, tea and wine.

The proceeds from the evening went to the Alison Armstrong Pepperpot Fund which supports the Pepperpot Club with Sedbergh Orchestra and young local musicians.

If you are interested in learning more about the Pepperpot Club or Sedbergh Orchestra, please contact Shirley Smith on 21196 or yantethera@gmail.com.

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SEDBERGH TOWN BAND

Country Harvest

On Wednesday 19th June the Band provided entertainment for the diners at the Country Harvest's inaugural evening meal event. Situated on the A65 between Cowan Bridge and Ingleton the Country Harvest has a well-deserved reputation as a treasure trove of excellent foods and gifts. Shoppers can also enjoy first rate refreshments from an extensive menu in its dining room attached to the retail sections of the business.

However the provision of a three course evening meal marks a fresh initiative introduced by the owners.

In the afternoon members of the Band erected their performance marquee outside the restaurant and positioned all paraphernalia required for a concert - stands, banners, chairs etc. At 6.30 the thirty five members of the Band assembled and were welcomed by Gillian who had thrown open the doors of the restaurant to enable the diners to see the Band and enjoy the music. At seven the diners arrived and were treated as background to half an hour of some popular numbers from the Band's repertoire.

A lengthy intermission then followed

whilst the diners (about fifty in number) enjoyed their meal and the Band tucked into refreshments provided by Country Harvest.

At 8.45 the main part of the entertainment was delivered. A programme of music was presented that was largely comprised of that heard in St. Andrew's ten days earlier. Besides the complete Band pieces Carole Marsden again awed the audience with her playing of "Gabriel's Oboe". A most entertaining and amusing solo performance was given on the euphonium by James McCleod . James attended Sedbergh School and frequently played with the Town Band during his time at the school. He intends following a

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musical career - he was a finalist in the B.B.C. Young Musician of the Year contest and is at present in the middle of a course at the Cardiff School of Music and drama. Rather than play recognizable tunes James treated the audience to a remarkable virtuoso display of the instrument's capabilities when in the hands of an expert.

Congratulations are due to Paul Gray who practiced and conducted the Band in preparation for this concert. Besides his inspired and good humoured conducting of the Band, Paul's informative and interesting introduction of each item to the audience was most warmly received.

Variety was provided by Tony Playfoot and Tom Skelhome on the bagpipes. Their performance in the open air, on an idyllic, balmy evening with Whernside in the background was memorable.

Information and Community Office

On Saturday 29th June an octet, selected from the Band, together with a bagpiper and a percussionist gathered in a gazebo erected outside

the Community Office in an exercise designed to assist in raising funds towards the completion of the purchase of the building.

Although the weather was fine the passing audience was disappointingly small, but those attending were treated to a fine selection of expertly played numbers as well as witnessing the splendid skirling of the pipes as played by Tony Playfoot.

Thanks to the generosity of those who listened to the Band £87 was collected and given to the Community Office fund.

Annual General Meeting

The Annual General Meeting of the Town Band was held on Wednesday 10th July in the Sedbergh School Bandroom.

Apologies for non-attendance were read out. The minutes for 2012 were agreed as being a true record and there were no matters arising from them.

The meeting was then given over to the Chairman's Annual Report. Sandra Waters began by commenting that the Band has had yet another successful year. The success

includes an increase in the size of the main Band and the fact that the Youth Band now participates in band concerts means that the People's Hall is no longer able to accommodate the concerts. Consequently both the Christmas and the delayed Spring Concerts were held in St. Andrew's Church which proved to be an ideal venue.

Although very much a community rather than a competing band an invitation to take part in the Kirkby Stephen Festival of Brass was accepted and four of the six prizes on offer were won. With confidence high the Band entered the Hardraw contest in September and much to everyone's delight were placed 3rd in the 4th and unregistered bands section. Paul Gray won the solo prize for this section.

A successful event was a coffee morning in the U.R.C. rooms combined with band members playing sponsored solo pieces. Whilst a stressful activity for most participants it proved an excellent fundraising exercise. The Band played at the usual community events, including Remembrance Day and the Town Gala. Other communities were visited - concerts were appreciated by audiences at Barbon Village Hall and Country Harvest, Ingleton.

Under the leadership of Carole Marsden the Youth Band has continued to prosper with a number of youngsters progressing to the main band. A grant was obtained from the Sedbergh Community Fund to enable music stands to be purchased. A

corps of drums has been set up and it led the Youth Band in at the Spring Concert. Director of Music Alan Lewis has composed music especially for the youngsters to play.

Social events have included a summer B.B.Q. and an Annual Dinner held at the Sedbergh Golf Club. A presentation was made to Tony Crofts in recognition of his invaluable role as performer and Assistant Bandmaster. The Band wished Tony and Shirley all happiness in their move to Wales. It was good to welcome back Iwan Lewis and his family and to be able to announce that there are now three Assistant Bandmasters, Iwan, Paul and Carole.

The Chairman concluded her report by expressing the main disappointment of the year. Owing to the fact that various members or their spouses were experiencing ill health or needing surgery the planned trip to play at the Menim Gate at Ypres sadly had to be cancelled.

The Treasurer, Chris Chambers, then presented the financial statements for the year up to 31st March 2013. These comprised an

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Income and Expenditure Account together with notes and a Balance Sheet. In dealing with the Income and Expenditure Account reference was also made to the comparative figures shown for the previous year. The Treasurer was able to report a healthy financial situation though emphasis was placed on the need to keep generating income and to establish a contingency fund. The Chairman thanked Chris for his work as treasurer and for presenting such a clear and comprehensive account of the year's finances.

The final piece of business concerned the composition of the Committee: it was unanimously accepted that the present committee should continue to serve unchanged for another year.

Alan Lewis

It is with great sadness that the Band learned of the death of Director of Music, Alan Lewis, on Saturday 13th July. He underwent a serious operation in the Royal Lancaster Infirmary some four weeks earlier and was subsequently beset by complications.

Alan was responsible for the creation of the Town Band and his energetic and inspired contribution over its fourteen years of existence as Director of Music, teacher, composer, organiser of the Band's expanding list of engagements, moving spirit behind every addition and innovation has been immense.

A full appreciation of the life and career of Alan will appear in next month's issue of *Lookaround*.

SEDBERGH SCHOOL CHORAL SOCIETY

The new season begins on Monday, 9th September. We meet in Powell Hall, Sedbergh School at 6.25pm.

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.

This year we are singing Vivaldi's 'Magnificat', Britten's 'Rejoice the Lamb' and Elgar's 'The Snow'. We are only giving one performance this year which will be in Ripon Cathedral on 7th December. Further details will be given nearer the time.

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.

VACATION CHAMBER ORCHESTRA

Every two years or so Sedbergh Pepperpot Club gets the chance to sponsor a concert by the Vacation Chamber Orchestras when they do their tour of the northern dales, so please book Thursday 29th August in your diaries. This small set of talented music students, whether in a string group or woodwind/brass ensemble,

offer the cream of the repertoire, and this time we are promised Purcell and Mozart from the earlier periods and the Czech Martinu and the Argentinian Piazzolla (he of the evergreen tangos) from more recent times.

Tickets @ £10 can be bought at the door up to 7.30 when the concert begins or you can order in advance from the Pepperpot Club at 015396 21196 or yantethera@gmail.com and they are free for those aged 18 or under. Light refreshments will be available in the interval.

This is a great chance to hear a talented set of young musicians, at St Andrew's Church, so roll up: they are not to be missed! *Donald Smith*



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PEOPLE'S HALL NEWS

People's Hall & Sedbergh Wanderers Football Club

We are very pleased to announce an award of nearly £50,000 from the Football Stadia Improvement Fund. The People's Hall has allocated £32,500 from our funds to match this funding.

Initially we applied to the Football Foundation and were advised to approach the Football Stadia Improvement Fund. Our first bid was for £36,000 to simply fit out the new build changing rooms. However, we were informed that if SWFC were to be **promoted** then a second official's room and spectator's toilet would be required. (SWFC are at Step 7 in the League – Step 8 is a patch of grass and two coats as the goal posts.) In the course of discussions we asked if we could refurbish the existing changing rooms and this was approved. The FSIF assessors were very helpful in the course of these discussions. MK Conversions will be doing the work.



REDEVELOPMENT CONSTRUCTION

At the time of writing the construction the roof structure is up and the felting is being applied. Internal work is progressing. For photographic progress please visit sedberghpeopleshall.blogspot.com.

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Chairman Steve (Longlands) and I are heavily involved in detailing the work against the outline specification, which MK Conversions tendered to. Such details as external flagging, internal walls, steelwork, fire routes, electrical and plumbing routes, positions of this and that, door furniture, etc. We are there at least once a day.

So far we have avoided disrupting users. However, very soon we will have to create the back lobby (outside the Committee Room/ Kitchen) and install the doors to the new side lobby. We will also have to install the new doors between the main hall and the new side lobby. Hopefully this can be carried out in between bookings.

The Builders had a bouquet from the Killington WI. The President (Wendy F-U) writes:

"[A] word of appreciation for your contractors. When we held our last meeting on Tuesday 14 May, work in progress was evident because of the loud noise. I know I have a very loud voice but even I couldn't have made myself heard to the meeting.



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Forms available from Sedbergh Office Services or
a Committee Member

However, I needn't have worried because the gentleman in question kindly asked when we would like him to stop and did so promptly and completely. I should expect no less in Sedbergh!"

FUNDRAISING

We are now trying to raise the last £25,000 for our project.

We have had donations from the Sedbergh WI, the Killington WI, the Sedbergh Ladies NFU, SWFC and other generous donations which have totalled over £2,000 in the past month

The **Midsummer Literary Festival** kicked off to a good start with over 50 in the audience to hear Kevin Lancaster tell us many facts about Sedbergh. I didn't know that in days gone by Sedbergh was a border town with the Scottish border just to the north of us. The second event saw Michael Beecroft and Diane Elphick with a photographic record of the hall since 1945. This event was completed with a "*Chat Show*" hosted by Sandra Gold-Wood. The final event on mid summers day was a return visit by Roy Bainton telling us about "*things that go bump in the*

night" and an enactment of a séance. These events with the Barclays Bank "top up" added £1,150 to the funds.

The "**Adopt a Brick**" campaign is gaining momentum with about 20 bricks sold. Forms available from SOS (Sedbergh Office Services).

Our book "**Story of the People's Hall - 1945 – 2012**" is now on sale in all good bookshops including the Sleepy Elephant, Craftwork Shop, SOS, CIC, price £6.25. If your name is: Alban, Allan, Bainbridge, Baines, Beare, Bramham, Burbidge, Chamley, Chippendale, Close, Cullen, Dawson, Denton, Dixon, Dodds, Donaldson, Fearnhead, Fell, Garnett, Hall, Harkness, Harrison, Haygarth, Hildrew, Hinson, Hodge, Hutchings, Joice, Lewis, Marsden, Mason, Milburn, Mitchell, Morland, Packham, Park, Pearson, Pope, Richardson, Robertshaw, Robinson, Rochford, Steadman, Stephenson, Thomson, Todd, Ward, Waters, Westgate, Whittle, Wood, Woof ... you with others could be in it. Would make a useful Christmas present.

Dr Gina Barney, Hon Sec / 20790

AGE UK

The report on Page 81 of the July Lookaround listed an incorrect telephone number. The correct one is 01539 728180 which now appears in the Organisations Page.

Linda Greensmith

Dru Yoga for All

Daytime Course on Wednesday mornings:
10 – 11.30a.m. starting on 4th September
At: Conference Centre, The Bull Hotel (on 1st floor)
Free parking in the car park behind The Bull
Cost: £45 for 7 weeks or £85 for 14 weeks

To book email:
deyna@innerfire.org.uk or
ring Deyna on 01539 738766



DAYTIME YOGA

in Sedbergh is back!

Here's to catching up with former yoga students and meeting new ones in the lovely carpeted conference room of the Bull Hotel.

A word or two about yoga ...

The word 'yoga' originates from the Sanskrit language and translates as 'union' or 'harmony' and that's exactly what yoga assists us in: through activation, posture and sequence work, breathing techniques and relaxation it harmonises the mind, body and breath to improve physical, mental and emotional health.

Yoga doesn't prevent potentially stressful events occurring but it can help you to feel strong, resilient, balanced and feeling better able to deal with them and gain perspective of immediate and life challenges.

There are many reported benefits of yoga including:

Physical Wellbeing

- Maintains & enhances general physical health
- Tones and strengthens muscles aiding posture and alignment
- Increases lubrication & flexibility of the joints
- Improves back weakness by strengthening core muscles
- Boosts organs of the immune system
- Massages & stimulates internal systems and organs
- Aids effective detoxification, flushing away toxins
- Assists sleep regulation
- Can help lose weight & maintain weight control
- Increases energy levels and reduces tiredness

Mental Wellbeing

- Growth of self-esteem and confidence
- Better concentration
- Enhanced creativity
- Calms the mind and reduces anxiety

Emotional Wellbeing

- Balances mood swings by calming the nerves
- Increases awareness to encourage a constructive outlook on life
- Generates a sense of being grounded and able to cope
- Encourages emotional resilience

Yoga has certainly been my main internal support over the years, helping me through times of physical, mental and emotional challenges. As

a teacher it gives me great pleasure to share what I know that has helped and supported me. The style of Yoga I teach – Dru Yoga - is a graceful and potent form of yoga. It is based on flowing movement, directed breathing and visualisation, drawing on the complementary techniques of T'ai chi and Pilates as well as ancient Yoga postures. It is an excellent style of yoga for all ages and all abilities as you work with your unique body, mind and breath, working as strongly or as gently as you need in each class.

I am trained in general 'Hatha Yoga' but specialise in 'Dru Yoga', completing this training in 2008. I have worked as a yoga teacher in this area for 12+ years doing contracts for Sedbergh Adult Education, Brewery Arts Centre and in partnership with Lakeland Climbing Centre. I continue to develop professionally through yoga courses and also as a member of the South Lakes Yoga Teachers

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My website can be found at: www.innerfireyoga.co.uk where you can book for the new course starting on Wednesday 4th September at 10a.m.. If you have any concerns about whether yoga is suitable for you, please feel free to ring me on 01539 738766. Places are limited so booking is essential and I'll look forward to welcoming you there!

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37 - 39 MAIN STREET

At long, long last. Udales, 37-39 High Street

The former butcher's shop "Udales" in Sedbergh, has been vacant for nearly 20 years and has been in a state of disrepair. The great news is that it will once again become a thriving spot on the Main Street in Sedbergh. With support from SLDC, and district counsellors Evelyn Westwood and Ian McPherson, and the owner, Neil Udale, the property has been successful in attracting Rural Growth Network (RGN) funding from DEFRA to create an exciting new business hub in the heart of Sedbergh.

Work on site should commence in

early August and be completed within 14 weeks.

The Sedbergh Business Hub will be up and running by November.

The new business hub will be a focal point to help businesses of all shapes and sizes within the Sedbergh area and wider rural district. 37-39 Main Street will be transformed into a dedicated centre helping to deliver business support, networking opportunities and specialist advice in Sedbergh. The site will have 2 multi-use rooms for client meetings, seminars, advice/mentoring, 2 hot-desking stations, networking, remote learning and training. The site will be co-managed with one of the other RGN business

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hubs in Burton in Kendal.

The overall scheme is an investment of £120,000 into Sedbergh from the RGN programme and the owner. There will be a further £10000 per annum to run the hub for 3 years to help support the staffing, marketing and promotion of the hub. All 11 RGN hubs across Cumbria will be equipped with superfast broadband. 37-39 Main Street will be a real focal point for a range of support for the micro and small business sector. The business hub will also help increase the profile of Sedbergh as a place for business.

The next phase of the project to breathe life into 37-39 Main Street is

to renovate the upper floors into affordable apartments and planning permission for conversion will be sought over the next few weeks.

Objectives of the Project

- 1) To deliver a new business hub in Sedbergh for rural businesses by December 2013.
- 2) To create a multi-use double room for hub activity, meetings, advice/mentoring, networking, remote learning and training. This is to include on-site services of managed reception service, food and drink facility, hot desking and meeting room hire.

Benefits

- 1) More accessible space for businesses to access within a rural area
- 2) A positive impact on Sedbergh Main Street
- 3) A positive impact on economy and vitality of Sedbergh as a centre for business.
- 4) Attracting new inward investment to the area
- 5) Bringing a derelict building back into use including new affordable housing in next phase.
- 6) Creating new linkages between suppliers and customers
- 7) Providing support and business advice to rural businesses
- 8) Sustainable building through the use of energy efficient solutions, good environmental design and the use of local materials in construction.

Evelyn Westwood

1st SEDBERGH BEAVERS

What an exciting term we have had at Beavers. We have completed 4 challenge badges, which means Antony, Millie, Thomas, Imogen, Daniel and Jack have been awarded the Chief Scout Bronze award, which is the highest award for Beavers.



Some Beavers took part in the Scout community week, which involved helping tidy up Queen's Gardens. It was great to see everyone working together. A big Thank You to all parents who helped as well.

Tim and Hiliary Deighton organised an evenings entertainment which involved a scavenger hunt, a run up the hill to the pepperpot, finishing with the beavers cooking bread dough on a fire in Akay wood. It was an exciting time. Thank you to Tim & Hiliary. Julie Sen organised an evening based around Turkey as part of the Friendship Challenge badge. Thank you Julie.

The beavers have also learnt other Scout promises from around the world, played different musical instruments.

We also had a visit to the fire station.

A big thank you to Phil and Ean for organising the visit, in which I ended up in full protective clothing etc. The Beavers thought that was very funny. A Big Thank you has to go Phil & Marie for putting together a dvd of photo's for the beavers from the past year.

I would like to say a Big Thank You to Heather & Georgie for their help each week. Also to all the parents who have helped with the rota, we couldn't run Beavers with out the parents help.

We have 4 Beavers starting Cubs in September, which will mean Sedbergh will have Beavers, Cubs, Scouts and Explorers groups running for the first time.

It is great that the children of Sedbergh have so much choice of activities, which is only possible with all the volunteers.

I have enjoyed my first year as Beaver Leader.



If your child is aged between 6-8 yrs old and would like to join Beavers, please contact me.

I would like to wish all of 1st Sedbergh Scout group a very happy summer holiday.

Trish Woof (1st Sedbergh Beaver Leader) 07890 302038.

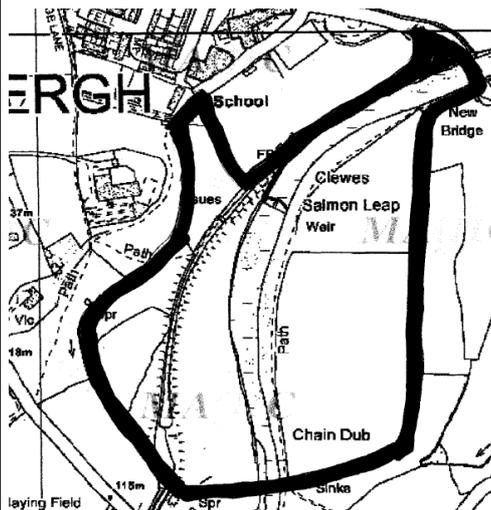
SETTLEBECK SCHOOL

Goes Balsam Bashing

It's a delicate plant with a pretty pink flower much loved by bees. Unfortunately it smothers other plants leaving bare ground when it dies back in the autumn. It spreads effectively with exploding seeds pods that if fired into a river they float happily until landing to infest further down. Not a plant to be loved!

Settlebeck School pupils have started the fight back. Three sessions of pulling up this weed just west of New Bridge has been the start of a campaign in the area to control this invader. Fortunately it is easily pulled from the ground and a quick cutting or twisting off of its roots is enough to give it the *coup de grace*; though just in case it is best to pile up the plants and jump on them. Settlebeck pupils naturally hated this part of the exercise!

Settlebeck are to be thanked for starting this exercise. Now can I encourage you to have a go?



Identification of this monster can be found at http://en.wikipedia.org/wiki/Impatiens_glandulifera. No training is required – just pull up and snip or twist off the root. No need to plan a session though that would be good. Just pull up one, or two, maybe a few more when you are out for a walk.

However, it is essential to have the landowner's permission. Farmers are very pleased to have this weed removed from their land as it destroys the pasture but permission to enter a field must be sought first. Permission has been given for all the land enclosed by the thick black line on the map below. **HOWEVER, DO NOT ENTER A FIELD THAT IS GROWING A HAY CROP.** The absence of animals is a good indicator of a hay field. So, please do go and have a pull. Some will pop up again next year but this is an effective way of controlling this weed if we keep at it.

Then, of course, there is Japanese Knotweed. Another one not to be loved! There are plans to destroy this one in our area but this must be left to the experts.

Also see Page 11.

Douglas Thomson

**SEDBERGH & DISTRICT
CHAMBER OF TRADE &
BUSINESS**

The Art Market was held on Saturday 29 June and the feedback we have had from Main Street has been really good although the trader's success was a little mixed. Some stall holders said they had done brilliantly and have booked again whilst others did not do so well. But the consensus from all has been that it was a very enjoyable and fun day and that it really livened up the trading on Main Street. The Craft market will be over by the time you read this article so the next market will be themed on books. If you have a loft full of books you don't need or you represent a charity and would like to raise money by selling books come and take a stall at the next Saturday market on 31 August.

The Chamber's bimonthly meeting held on Monday July 15 was well attended with some new faces which was great. There was some lively discussion on promoting business through social media and web sites and how the Chamber can help small businesses promote themselves through this medium. The result of the discussion is that a group will be set up to pool knowledge about ways forward and if you would be interested in being part of this (and you don't have to be a Chamber member) please contact Elliot Hartley on 01539620875. There is also going to be a dedicated Chamber Web site so that minutes of meetings, events

etc can be posted.

The main aim of the Chamber is to help promote the economic welfare of Sedbergh and Dent and the surrounding district and the more diverse the views represented in the Chamber the better we can target this help. So we would really like to have more people join the Chamber. You don't have to be active in business - you should just have an interest in making Sedbergh, Dent and district thrive and be willing to help every now and again. And you don't have to come to the meetings every time- we know everyone is busy. In particular we would really like to have some members from Dent as well as some more representatives from the small artisan type business - artists, electricians, plumbers, chutney makers, crafts etc. It's not just about shopping on Main Street in Sedbergh - although of course this is important too!!

There are lots of small businesses in Dent and Dentedale and Garsdale and the Chamber would like to be in a position to help promote these. We have produced a leaflet for shopping in Sedbergh and are planning a leaflet for arts and crafts in the district. It would be very good if we could persuade more people from Dentedale and Garsdale to join the Chamber to make sure we will be representing their interests properly and accurately. If anyone is interested we would really like to hear from you!! You can contact the Chambers secretary Victoria Sayner on 20935.

OUR SWIFTS

A good audience came to the People's Hall on June 28th to hear a talk on "Our Swifts", which was given to raise funds for the current People's Hall Renovation Project. Such interest and enthusiasm was shown that we are proposing to set up a local Sedbergh and District Swift group – more details on that below.

Swifts are the birds that come here from Africa to breed, and zoom around houses in 'screaming parties' in early summer. The talk showed video footage from cameras in the nest sites in the eaves of a house in Lowgill, revealing secret details of their lives and the rearing of their young. Installation of cameras during the renovation of the roof was described, done in such a way as to not only maintain the colony but also to encourage more swifts. The latest information about where they go in winter and their migration routes was also shown, from research using tiny geolocators attached to swifts.

Renovation of houses, causing loss of nest sites, is the main reason that swifts are in great decline and a number of projects were described that showed that it is possible to do this without jeopardising a colony. Churches, civic buildings and schools could play an important part in maintaining suitable nest sites and creating new colonies – even in newer properties. Raising people's awareness, and that of builders, planners and architects is essential if we are not to lose these birds forever. An excellent and searching range of

questions prompted considerable discussion afterwards. Sedbergh is a very suitable town for swifts, with lots of old tall buildings, and already has established swift colonies. It was suggested that a swift group could be formed to pursue conservation activities as some other towns, such as Ludlow, have done. Among other initiatives there, for example, swifts have become a tourist attraction, when the town and visitors turn out for a welcoming ceremony in May.

Anyone who would like to let us know where swifts nest, or who would be interested in a group in Sedbergh, or to follow anything up, please get in touch via our details below.

Websites that give a huge amount of information about swifts, including practical nest box information and leaflets on house renovation, are:

- 1) www.swift-conservation.org
- 2) *Action for Swifts* <http://actionforswifts.blogspot.co.uk/> .
- 3) The Ludlow group activities and newsletter can be found at www.ludlow21.org.UK , click on 'Other activities' then 'Swift conservation group'.



The picture is of a nesting pair at Lowgill.

Tanya & Edmund Hoare
ta.hoare@btinternet.com
01539 824043

YORKSHIRE DALES NATIONAL PARK

New faces on National Park Authority

Former barrister and circuit judge Peter Charlesworth has been elected chairman of the Yorkshire Dales National Park Authority (YDNPA) for the next year.

Speaking after his election at an Authority meeting on June 25, Mr Charlesworth said: "It is an honour to be elected chairman and I look forward to serving the Authority and the communities within this wonderful National Park."

The former deputy chairman of the Authority, who lives in Ilkley, takes over from Carl Lis, who stepped down after a total of eight years as chairman. He will continue as a Member.

He paid tribute to Mr Lis, who he described as "a massive chairman in many ways" and he added: "You have carried us forward and led us with distinction."

Mr Charlesworth became a trustee and a chairman of the Yorkshire Dales Millennium Trust and is a member of the Council of

Management of the Yorkshire Dales Society. He is also chairman of the Rugby League Disciplinary Panel.

Members voted to elect the Authority's Planning Committee chairman Harold Brown as the Authority's deputy chairman.

Mr Brown is a farmer from Grinton in Swaledale and has been chairman of Grinton Parish Council since 1975. He is also a member of various organisations and committees including the Country Landowners Association and the Yorkshire Agricultural Society.

The YDNPA also has two new Members who have been appointed following local elections last month.

Cumbria County Councillor Nick Cotton, who lives in Kirkby Lonsdale, has travelled extensively, combining his love of walking and climbing with a business importing handicraft to Britain, most notably articulated wooden snakes from South America.

During the past 20 years he has written more than 50 books on cycle rides in the UK and he has been involved in promoting the concept of an Electric Bike Network in the Yorkshire Dales, enabling people who do not have legs of steel to enjoy the scenery by bike on the area's network of lanes.

The other new Member is North Yorkshire County Councillor Polly English, who lives in Skipton and runs a mobile dog grooming business part time.

She is currently vice chair of the Scrutiny of Health Committee at the County Council and serves as a

Daphne Jackson

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Mental Health Act Manager for Leeds and York Partnership NHS Foundation Trust where she sits on appeal and renewal hearings under the Mental Health Act, and serves in the same capacity on two private trusts as well.

Mr Charlesworth also paid tribute to Richard Parkin, who is retiring after 15 years as the Authority's Committees Officer.

Nick Oldham

YORKSHIRE DALES NATIONAL PARK

Take your rubbish home plea to visitors

Visitors to the Yorkshire Dales National Park this summer are being asked to make a special effort to help keep it beautiful – by taking their litter home with them.

Rubbish is a problem all the year round – ranging from dog poo bags left hanging on fences to drinks bottles and food wrappers dumped on paths. But it increases dramatically when the summer arrives, according to Alan Hulme, the Yorkshire Dales National Park Authority's Head of Ranger Services "Rangers and Dales Volunteers have already noticed a huge increase in the amount of rubbish dumped in the fragile landscape over the past two weeks – everything from used disposable barbeques and soiled nappies to empty bottles and plastic food containers," he said.

"The warm weather means we see far more people coming into the



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National Park and, while the vast majority are responsible and caring enough to take their litter home, there are always some thoughtless litterbugs who are too selfish or lazy to do that.

"Instead they create an eyesore for other visitors and potentially fatal dangers for wildlife. Animals can easily get their heads or bodies stuck in discarded jars and cans and six-pack plastic loops, and that can lead to a slow, painful death.

"Discarded bottles can also cause another problem in sunny weather – they can act as magnifying glasses and start fires which, when the vegetation is dry, could be absolutely devastating for the landscape and the wildlife."

In the area of the National Park covered by Craven District Council, the YDNPA Lower Wharfedale Rangers have been given the power to issue fixed penalty notices to people who leave litter behind and to dog owners who fail to clean up after their pets.

Nick Oldham

CHURCHES TOGETHER

You will see from this month's edition of Lookaround that the news and service details from all the churches who form part of Churches Together in Sedbergh and District have been brought together in one place. All the contributing churches hope that this will make it easier for readers and church members to keep up-to-date with what is happening in the churches in our area.

As I write this, the second Ashes Test Match is underway at Lords and the performance of the teams reminded me of the words of an old PE teacher of mine who was always telling us, 'What you lads need is team spirit.' At the time I thought he

meant we should all play to win. It took me some years of working with others to realise that what he was getting at was that a team is 'so much greater than the sum of its parts.'

Once you begin to work together you can achieve so much more as a team than as a group of individuals.

Jesus himself saw this. He gathered twelve disciples around him and when he sent the first ones out without him he sent them out, not alone, but in pairs.

The local Church of England parishes recently transferred to the Carlisle diocese which is working toward having an increasingly ecumenical focus, i.e one in which Anglicans, Methodists and the United

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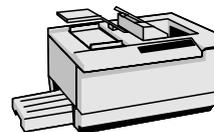
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Reformed Church members work together. In this way it is hoped that the Good News of Christ may be more effectively brought into the lives of local people, whilst at the same time respecting the various Christian traditions that exist within our communities.

The process will be a challenge to us all but I hope we can remember that what is needed is 'team spirit'.

*Vic Hopkins, Curate
St Andrew's, Sedbergh*

News from the Methodist Church

A Songs of Praise Evening is planned in Sedbergh for Sunday 11 August. The Methodist Church in New Street will host the event at 7.00pm. Of course you don't have to be a Methodist to come and join in this evening of Praise and Worship! It is a few years now since such an event was held, but we hope to be able at least to match the quality and enthusiasm of the singing

and worship that we remember! There will be light refreshments afterwards too.

A Goodbye and a Hello!

For the past year the Methodist circuit in town and dales has enjoyed and appreciated the ministry and encouragement of Rev John Millard and his wife Maureen. They came to us out of retirement, to help us through a year in which we had been unable to find a minister. They have been a blessing to us during this year. Building on what has gone before, John has helped to steer us into the waters of change that are facing all churches, while maintaining a caring pastoral presence. His ministry owes much to Maureen's active support, and she too has been a significant presence and encourager in our life as a Circuit. They were welcomed last September, and soon we knew they felt at home amongst us, and we with them. Now they are returning to

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their retirement in their home at Wigton. Not that we will imagine them sat in the garden or in front of the telly just taking their ease. They will both continue preaching in the Wigton area. John will resume his chaplaincy duties with the Silloth lifeboat. Maureen will continue her involvement with the Wigton Credit Union. Despite having been with us for only 11 months, we have come to respect, admire and love them as long-term Christian friends, and we hope to keep in touch. Thank you both very much.

Methodist ministers are 'itinerant'. That is, they are expected to move on regularly [now the standard period is usually 5 years] as part of the life of the national church. This regular movement means that something between 100 and 200 ministers are likely to be on the move every year. This is all arranged by a clever mixture of local invitation and central management, which is only possible because all moves take place in August, in time for the beginning of the new administrative year for the church on 1 September. This system

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means that an 'interregnum' is something of a rarity in Methodism, but each year there usually some ministers and/or circuits who are not 'matched'. This is what we experienced locally, and this is the situation to which John and Maureen responded by offering a year until the opportunity came after 12 months to go into the invitation process again.

This time we are fortunate to have a minister coming to take up the job of superintendent in the normal way. Rev Harold Stuteley, with his wife Glynis and their daughter Sarah, has accepted our invitation to come to the Circuit to begin ministry in September this year. At present they are in north Birmingham, but the itinerant system means they have experience of other places too. We look forward to welcoming them and working with them, not only among the 'people called Methodists' but with our ecumenical friends and partners as together we look for the way forward for the churches in changing times and conditions.

*Martin Dodds & Liz Hutchinson,
 Circuit stewards.*

News from the Pews



Phew! Not only for the heat but also for our Summer Fair together with Finkle Street Fun went off very well and in glorious sunshine. We could not have asked for a better day for the events.

Locals and visitors mingled together browsing the craft stalls, enjoying the entertainment, the music, Joel the magician and juggler, the food on offer or just generally relaxing on the grass or straw bales in the

churchyard; many with ice cream in their hands. This was just what we had envisaged in the planning of the event. A lovely day, the aim of which was not to make a huge profit but to provide a pleasant time for everyone in and around our lovely old parish church.

Thank you for coming to the Fair and thank you to all our friends who helped and donated in any way towards the day, we could not have done it without you.

Vic is back from his month long holiday in the sun (he could have got the same tan at home here had he but known we were in for a "proper" summer). He is getting back into the swing of taking services again,

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allowing the Vicar to take services in Cautley and Garsdale with time to draw breath.

Having the church doors open throughout services is quite novel and the pleasantly cool temperature inside the building has been very welcome during the last few weeks.

Many people have come through the doors in July to join in a Thanksgiving Service and funeral services of members of our community.

Memories of times past of lives lived in and around Sedbergh and further afield have been shared, often bringing smiles to the congregation. Our town is the richer for having had their presence in it.

Will our luck with the weather extend to the church BBQ? We hope so.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

News from St Mark's Church, Cautley

For many years we have thought that a toilet would be a very useful addition to St Mark's, for church and community events. The lack of a water supply has always been a problem in this respect. Now, thanks to a generous grant from Sedbergh Community Fund, we have bought a chemical toilet, which is sited behind the church. The package consists of a sturdy cubicle, a chemical camping toilet and antibacterial handwash. It has already proved useful, especially to those travelling long distances to weddings and funerals.

On Saturday 1st June we held a community picnic and plant swap in the churchyard. The coronation

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jubilee gave us a good excuse to host a community event for Cautley residents. The weather was reasonably kind to us and we enjoyed the chance to chat to neighbours we don't often see, whilst the children romped on the grass. The youngest participants, twins Leo and Aaron, slept peacefully throughout the event.

DENTDALE CHRISTIAN FELLOWSHIP

We were very encouraged by the visit of Eric and Dorothy Brennan from Grange at our June meeting, Dorothy read a poem she had written about being a preachers wife and where they had been over the years. Over supper we talked about a lot of events which are coming up including the anniversary of DDCF which is in August. In June we held a Sunday lunch which was much enjoyed outside in glorious sunshine. Later in June we were the venue for an "Away Day" for two groups, Divorce Care & ngm Ladies. Again the sun came out for us although at times we huddled under blankets. NGM is a ministry run by Nancy & Ray Goudie, including

weekends for ladies held every year in Bristol & Preston, the next ones are Oasis of Laughter, filled with friendship, relaxation and encounters with God. Ray has written a musical "The Prodigals" and it is being performed at The Belgrade Theatre in Coventry from Aug 30th-Sept 14th. For more details on any of these do get in touch.

*John & Sarah Woof, 25212
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CHARITY TRACTOR RUN

Macmillan Nurses Cancer Care

On a sunny Sunday June 9th 2013 tractor enthusiasts met at Watercrock, Kendal for the annual tractor run in aid of the Macmillan

Nurses.

The route taken, avoiding main roads where possible, was via Gatebeck and Old Town and on to Rigmaden to cross the Lune riverbridge to Barbon. From Barbon up on to the open fell road, over Barbondale then dropping down into Gawthrop and on to Dent for the lunch stop.

Parking for the 37 tractors was at the Camp site and Heritage Centre by kind permission of Mr and Mrs Taylor.

An excellent lunch was had at the George and Dragon followed by the



raffle of donated gifts.

After lunch many of the tractor drivers visited the Heritage Centre before the run back down Dentdale on the narrow back road, again avoiding the main roads, then through Killington to Old Hutton, over the Helm road and Natland back to Kendal.

The tractor run, now led by Peter Williamson, is in early June in memory of Jim Ellis who organised the first tractor runs in the area.

The donations, £650 this year, will be split between the Macmillan Nurses and Cancer Care.

John Bateman

ITALIAN JOB

My Final Trip to Italy

It all started many years ago when I suggested to Pierluigi, my Italian friend, that it would be pleasant and also valuable to bring my Sedbergh students of Italian to his country. We would have language lessons in the mornings and he could organise visits for us in the afternoons. The suggestion was accepted and thirteen lovely trips to Italy have followed, the last one in May of this year. Every one has been an enjoyable and educational experience.

We had ten trips to the Rome area and the last three have been to Emilia-Romagna, just at the northern edge of the popular region of Tuscany, and close to the amazing city of Florence. My opposite number in the last few years has been Giovanni (Johnny) who has arranged lovely excursions for our groups. We have been to cities like Bologna (with the oldest university in Europe), Ravenna (with its impressive mosaics), and Ferrara (where Lucrezia Borgia at one time was Duchess). Italy is the most amazing country for those who love art, architecture, music and history - not to mention the food!

Twenty-seven of us went from here in late May to one of Italy's most beautiful villages, Brisighella, staying in the delightful "Hotel La Meridiana" with its riverside garden, just outside the village. The town band came to play for us, and once again we heard the whip-crack-away of the "frusta"(whip) in the garden, followed by dancing in the spacious saloon.

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Our food was lovely and the local wine so generously provided. One member of the group had a birthday celebration for which our hotel provided a large and delicious cake.

We had some local visits and some more distant ones. We visited the Convent where we were shown round and also learned how to make those two particularly Italian products - pizza and icecream. We visited a lovely garden in a spectacular hillside setting and were treated to floral cocktails. Silvia, our friendly local guide, took us to the market where we could practise our Italian with the stall-holders, and we were given some masterly lithographs produced by a local artist with an exhibition there. We were shown round the extensive grounds of The Villa by the Count who owned it and told us its story. We had a splendid evening in the hotel conversing in pairs with about twenty local adults who were learning our language, speaking half the time in English, the other half in Italian.

By coach we travelled to San Marino, a separate country within

Italy, spectacularly sited high above the plain, within sight of the Adriatic. We also visited Faenza, traditionally the home of Italian ceramics, where we were privileged to visit the home of a 19th century, self-educated vulcanologist/seismologist/astronomer, now a fascinating museum. We also were taken round the Palazzo Milzetti to see the sensational eighteenth-century decors in every room. We visited the lovely seaside town of Cesenatico with its canal harbour actually designed by Leonardo da Vinci, and its spectacular Maritime Museum. Some of us went by train to Florence and explored the amazing Pitti Palace, one of its finest buildings once inhabited by the Italian Royal Family.

Once again our visits were greatly enhanced by the historical background provided by James, our young classical historian, now living and working in Rome. His commentaries, never dull, help us to re-live the world of yesteryear.

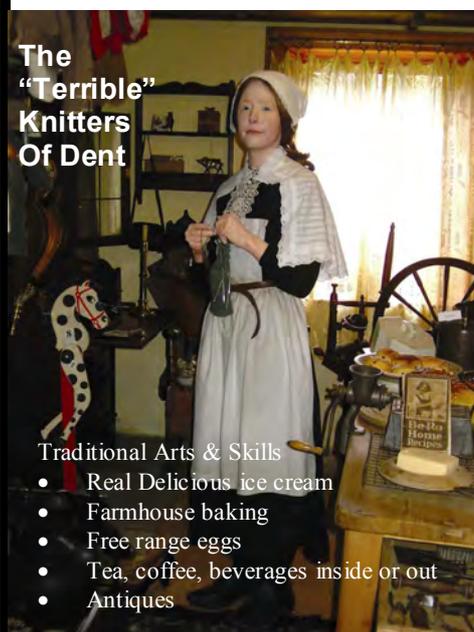
We had a wonderful week and there are those who are asking about coming with us next year. I would love to see the tradition continue, and hope this will be the case. Giovanni and James are willing to continue, and my replacement in the "team" is likely to be Mark Barker of Ravenstonedale with whom I shall work in the transition period. In the meantime, may your passion for Italy continue - and I hope there will be some future Salotto Italiano evenings for you to enjoy. *George D. Handley*

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IN MEMORIAM

of Barbara Morrison.

Some people will remember the late Raymor & Barbara Morrison of Sedbergh, they lived in so many houses it is hard to say of any one though the last one for Barbara was Holmwood. At Barbaras funeral in 2005 at the Methodist Church where she had enjoyed being part of the congregation & appreciated the many friendships she made there, the collection was banked to be used for a seat in her memory. My idea was to erect the seat on one of her favourite walks or on the main street of the town she loved so much, sadly I came up against red-tape and refusals. Disheartened I put it on hold for a while until the then Minister suggested putting the seat outside the Methodist church, the church council however were unable to proceed as there were proposed building works to be done first. Time marched on and last year I approached them again with the plea, could the seat be purchased and situated somewhere?

All is well. A very splendid seat is outside the main door of the chapel to be used and enjoyed. I am sorry for my part in this terrible long delay and do invite Barbara's friends to go and sit on the seat. Patience is a virtue few possess, my thanks to all who have finally brought the idea to fruition, even 8 years after her death. If anyone feels we should hold a little act of remembrance followed by a cup of tea, do get in touch. One of her expressions was "Oh! for goodness

sake!" I can hear it now. God Bless Barbara.

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SLOVENIAN VISIT TO THE HOUSES OF PARLIAMENT

Some of you may remember when a few years ago the Parents and Teachers choir from the Ljubljana Steiner School came to do a concert in Dent and Sedbergh, and sang in the church service in St Andrews while their kindergarten teachers helped at the children's meeting at Brigflatts Quaker Meeting house. The singers stayed with local families and visited local schools - and we all enjoyed meals and a ceilidh dance together as well as the concerts.

You may also remember last October the visit to Sedbergh of the Slovenian Ambassador HE Iztok Jarc, MP Neil Parish - the chair of the British Slovenia All Party Parliamentary group - and their wives Helena and Sue, who visited the primary school, met with our town twinning group and others, and stayed with George Handley in Sedbergh.

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We all met again at the end of June in the Houses of Parliament to celebrate Slovenia Independence day - with the choir singing some Slovenian songs on the terrace by the Thames, believed to be the first time this has ever happened. As well as charming the MPs with their songs, the choir was treated to a fascinating tour of the many halls making up Parliament, with some wonderful anecdotes provided by Neil's researcher Tim Jenkins.

We were also told about Parliamentary procedure like the way MPs are not allowed to call each other a liar - hence the use of other terms like "being economical with the truth," or Winston Churchill's famous substitute: "a terminological inexactitude." MPs are also not allowed to insult each other so when one described another as a "sewer rat" he was asked to apologise - which he did: to all sewer rats for making such an insulting comparison!

I also organised for the choir to visit Oxford which involved them doing a concert in a city centre church, having a very informative tour of the

University and old city with one of our comrade choir leaders, and then meeting with local choirs in the evening.

As you may know Slovenia has recently joined other EU countries facing economic problems so I was very pleased that we could keep the costs really low. The choir drove from Slovenia, and we camped in a few local Steiner Schools allowing the cost for a week including travel to be around £150 - proving that foreign travel and international harmony need not be the preserve of the wealthy.

Many of those from Zrece who keep in touch via Facebook send their love to the good people of Sedbergh - we'll be seeing them in a few weeks when we go to climb Slovenia's highest mountain and start work on the new Zrece house. I will of course be taking the best wishes from people in Sedbergh in return.



The photo shows the Slovenia Ambassador and his wife, Slovenian singers, choir leader Igor Velepik, MP Neil Parish's researcher Tim Jenkins, and myself at the Houses of Parliament. *Also see Page 23.*

David Burbidge

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

INGLETON

16 members from as far afield as Hull were led around the historic heart of Ingleton by John Bentley, author of a number of books about the village including "The History of Ingleton".

The walk started at the Community Centre which was once the site of the Ingleton Midland Railway Station at one end of the 800 foot long viaduct with its 11 arches, 80 feet above the River Greta at the other end of which was the Ingleton Thornton Railway Station where trains departed for Sedbergh and Lowgill with the last scheduled passenger service running in 1954. The stations were operated by different rail companies who could not agree on sharing a station which is why two were built and who deliberately designed their timetables so that a train from one station left before the train arrived at the other station. This impasse led to the building of the Settle Carlisle line whose Ribbleshead Station is on the edge of Ingleton Parish.

Ingleton is also the point where the turnpike road from Keighley to Kendal crossed the turnpike from Richmond to Lancaster – indeed for around a mile the routes shared the same road through the centre of the village. The village was bypassed as early as the 1820s however.

The church of St Mary commands a prominent site overlooking the river valley below and was rebuilt in 1886, though the first church was built in Norman times. By contrast the Wesleyan Methodist Chapel (built 1838 and enlarged in 1884) is tucked away behind the main street. The earliest school was built in the 16th century and was sited next to St Mary's churchyard.

Much of the industry in Ingleton was centred on the several mills that operated by the river which included a fulling mill for the processing of wool into cloth (records of which go back to the 13th century), a corn mill, a tannery and a woodworking business. To the north of the village were a number of quarries, one of which contained a Hoffman Kiln for the processing of lime (now demolished but like the one that has survived at nearby Langcliffe). Coal was also mined to the south of the village which was started by the Lowther family about 1600 and which went through a number of different owners over the centuries. At one time 4-500 were employed mining coal which ceased in 1936.

Tourism was also important to Ingleton, especially after the coming of the railways in the mid 19th century.



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As many as 6,000 visitors came on some weekends from all over Yorkshire and Lancashire. The waterfalls walk was particularly popular, as it still is today, with others coming to climb Ingleborough or simply to stroll around the village. The rather large Ingleborough Hotel (now a nursing home) was built in 1872 to accommodate and feed the visitors though there were many other long established Inns in the village to serve their needs including the Three Horseshoes and the Wheatsheaf. What was once the cinema is now a shop.

The tour ended with a look at what is left of Ingleton Hall. Now a private residence, it was where the Lord of the Manor lived and was originally surrounded by a moat, so was possibly the site of the settlement dating back to Saxon times.

Mike Kingsbury

SEDBERGH & DISTRICT HISTORY SOCIETY

Killington Visit

Forty members of the society were greeted by local resident Maureen Lamb for a guided tour. We assembled alongside Killington Bridge by the present parish hall. The bridge carried the old Kendal – Sedbergh road over Hall Beck. This road, via Old Hutton, was a carrier route, not for stagecoaches, fording the R. Lune emerging as the fourth lane, still a bridleway, at Four Lane Ends.

The school, dating from about 1670, once a grammar school, survived

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until the 1950s. Sixty pupils were recorded in the 1930s. Following closure it was converted into the parish hall which opened in 1964. Now only some of its thick walls betray its former use.

Ambling up the hill we came to what was the Red Lion Inn, now a private residence. This was very handy for parishioners worshipping in the adjacent church in the days of the Revd. Leek who frequently had to admonish them for their rowdy behaviour and their unseemly dash to this hostelry after, or even during, his services.

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the village appeared, the hall and church

William de Killington lived here in a probably fortified house on the banks of Hall Beck in 12c, the beck possibly forming part of a moat with drawbridge. By 1160 the whole estate was fortified. The estate passed into the Pickering family and by 1360 a medieval house with two wings was built. It remained in their hands until about 1585 eventually being acquired by the Kitson family in 1619 who rebuilt it. The Uptons of Ingmire owned it from 1809 along with the whole estate but never lived there. The present Hall and the restored inhabited outbuildings are all in

private ownership. The west end of the hall, probably a pele tower, is at present undergoing restoration.

Maureen then gave us a guided tour of the present All Saints Parish Church, originally built as a knightly chapel to the hall. The early families were papists and according to legend a tunnel linked it to the hall. By the late 16c, being in a state of disrepair, the locals had the idea of using it for C of E worship as it was a long way to the nearest church in Kirkby Lonsdale. It was licenced by the Bishop of Chester in 1585 and major restorations took place in 19c.

Items of significance pointed out were a holy water stoup dating from catholic use days, a 17c chest, two bells dated 1709, fragments of medieval glass and two impressive wall hangings from a much later era, autumn and spring, bringing God's beauty from the outside into the church.

By now it was time for a cup of tea and Maureen kindly invited us all down to Mill House at Broad Raine situated by the remains of the old mill on the R. Lune, active until the last century. But the tour was not quite over as Maureen showed us all round her lovely home, the millers house, pointing out many original well preserved features.

So replete with tea and cakes we were brought firmly back into the 21c as we made our way home along Killington's narrow lanes confronted all too often by huge farm vehicles bringing the harvest in!

Tony Hannam

DENT PRIMARY SCHOOL

*Animal Adaptations by Ben Robinson
Year 5*

Introduction

Adaptation is where an animal changes something so it can survive in it's climate. Some animals change their body or their urine and faeces.

Camels Adaptations

A Dromedary Camel lives in Mongolia. The climate there is harsh and bitter winds spray up sand and snow. If the camel had not adapted it would not survive. A camels eyelashes are long to stop grains of sand getting in it's eyes and subsequently getting an eye infection. The hump on a camel stores fat made of food and water, so it doesn't have to travel long distances without water. A camels urine and faeces are dry to stop vital liquid from escaping. If it didn't stop water from escaping it would be dehydrated which could result in death. A camel also has a lot more adaptations.

Giraffe Adaptations

A Giraffe lives in the African savanna (grasslands) and open woodlands. A lot of the leaves are high up in the trees, so the Giraffe has adapted it's neck to be long so it can reach the leaves (particularly acacia leaves). It also uses its neck to fight by swinging it's neck at each other. The mouth and tongue of a Giraffe have no nerves and are really big so it can eat acacia leaves which have 3 inch long horns!

*Animal Adaptations by Zak Baines,
Year 5*

Introduction

An animal adaptation is when an animal changes to make itself suitable to its surroundings. An animal could change it's fur, skin, urine or faeces to adapt to its habitat like a tiger changes it's fur to hide in tall grass.

Reticulated Python

A reticulated pythons habitat is the Dimasea rainforest and it's colouration is coloured like the leaf litter surrounding it. Unlike other animals that hunt for their prey, this lazy creature just waits until mice and other rodents come too close. Another adaptation this animal has are tiny heat sensors which detects their prey. If a reticulated python was coloured brightly it would subsequently be seen and wouldn't be able to live in its habitat.

Other Animal Adaptations

A polar bear has big paws so that it doesn't sink in the snow. It also has thick fur and blubber. Arctic hares have short noses so that it won't get as cold as it would if it was long.



Year 6 Leaver's Sculpture - The Guardian of the Children, created in conjunction with local artist Rosie James .

Our children left from right are: Harry Brownbill, Sean Tebbett, Zelie May Wynne Jones and Lauren Charnley.



CUMBRIA WILDLIFE TRUST

Pennine Journey in a Day Sponsored Walk

The Wainwright Society, who generously supported the Cumbria Wildlife Trust as their designated charity on 2012 have now given us the opportunity to raise funds for the Trust by sponsorship in a "Pennine Journey in a Day" event on September 28th 2013.

Supporters of regional and national charities will all be involved with each walking a part of the Journey.

This walking event will be the main event on the opening day of the North Pennine Walking Festival to be held from 28th September to 6th October to mark the completion of the waymarking of the entire 247 mile route and the 75th anniversary of when Alfred Wainwright started his Pennine Journey in 1938. There will be a mixture of walks and talks throughout the North Pennines AONB.

Cumbria Wildlife Trust supporters have been allocated the route from Appleby to Church Brough and you are invited to walk all or part of it i.e. a ten or six mile section on September 28th. Sponsorship forms and route maps will be available to participants. We hope to be able to provide return transport on the day.

There is no entrance fee so all funds raised in sponsorship will be for the Cumbria Wildlife Trust.

Anyone is very welcome to take part either as a group or individually

For more information about the Pennine Journey please visit:

<http://www.penninejourney.org.uk>

A book "A Pennine Journey from Settle to Hadrian's Wall in Wainwright's Footsteps" edited by David Pitt is on sale in the Sedbergh Information Centre at 72 Main Street.

If you would like be involved in walking or stewarding our section then please get in touch with Susan Garnett in Sedbergh. 015396 21138 msg@wardses.org.uk or Jackie Hooley 015396 22067 jackie.hooley57@gmail.com

TEA IN THE GARDEN

Fantastic to need a gazebo to provide shade and not rain protection for our Action For Children Tea in the garden at Rhumes, Dent on Saturday July 6th and also fantastic that the event raised £87! This includes a donation from the LAFFS, a group at the Free Methodist Church, Carnforth for people 55 years old and above. (Life After Fifty Five!). They came for tea on the following Monday and wanted to support the cause. Many thanks to all.

We hope to do it all again on Saturday 10th August with tea in the garden for Marie Curie Cancer Care, do see the advert.

On Sat July 13th the Memorial Hall coffee morning moved into our garden and proved popular with both locals and visitors, much cooler than sitting inside.

Long may we need a gazebo for shade!

*Sarah & John Woof. "Rhumes"
Laning DENT LA10 5QJ*

**GARSDALE
FIRST RESPONDER GROUP**

Plans are afoot in Garsdale to create a Community First Responder Group which has received support from the Parish Council. Additional volunteers from the area are now required to form the group. Community First Responder volunteers are trained to attend emergency calls received by the ambulance service and provide care until the ambulance arrives. Due to the remote location of Garsdale and the possible time it may take an ambulance to arrive at an emergency scene, it is felt the group will provide a very beneficial service to the community. Volunteers will operate on a rota system, need use of their own personal car to attend emergency scenes and will need to attend a free approved training course which requires annual assessment.

For more information see <http://www.sja.org.uk/sja/what-we-do/community-first-responders.aspx>. Interested? Contact Sue Ryall at [sjc.ryall@btinternet.com](mailto:ryall@btinternet.com) or phone 07990 517798.

Sue Ryall

**SEDBERGH & DISTRICT
ART SOCIETY**

The Sedbergh and District Art Society has completed a very successful winter programme with many interesting speakers who have inspired members to new ideas in their artwork. The portrait group thanks the sitters who have made these meetings possible and enjoyable, and the Wednesday afternoon group has continued its painting sessions in the URC rooms.

We are now looking forward to the annual exhibition which will open on the 16th August in the Sedbergh School Library, and run until the 27th Aug. New members are always welcome, and if they join at the exhibition will have free membership until the new year.

Margaret Copestake

COFFEE MORNINGS

Every Wednesday, come rain or shine, there is a Coffee Morning in the URC Rooms opposite Joss Lane weekly Market. These are held by various organisations in town and a list of these are held in the Diary Page at the back of Lookaround as well as the Calendar held in the Entrance Hall to the Rooms.

However, there are a few gaps missing from the listings. If you have one organised and it is not listed, could you please pass on the details to the Office and also update the Calendar.

Dennis J Whicker

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DENT GRAMMAR SCHOOL

Educational Grants

Students or potential Students under the age of 25 years are invited to apply for a grant in respect of the academic year 2013-2014.

You must have attended Dent C of E Primary School or your parents must presently live, full time, in the Parish of Dent with Cowgill.

Grants are made in respect of study at any School, University or Institution of Further or Higher Education approved for the purpose by the Governors. The money awarded may go towards, for example: rooms, equipment, reasonable travel expenses, field courses and

placement essential to the course of study. Governors have the powers of decision under the rules of the Charity.

The number and size of grants will be decided at the September Committee meeting, when the amount of funds will be confirmed, and grants made available in October 2013.



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www.killingtonmarquees.co.uk

Applications forms can be downloaded from <http://www.dentdale.com/DGSEF>.

Please return completed requests to the Clerk, Closing date Thursday 12th September 2013.

Reply to: Miss D M Vernon, Clerk,
Dent Grammar School Educational
Foundation, The Laning, Dent,
Sedbergh, Cumbria, LA10 5QJ
e-mail dgsef@btinternet.com

AUGUST GARDENING

The height of summer may be a strange time to be thinking of spring flowers, but it is at this time of year, that shrubs such as, Camellias, Rhododendrons, Skimmias and Magnolias are channelling their energies into new flower bud formation. In order to do this they need potassium, the chemical which is found in high potash fertilisers. Fresh, dry bonfire ash – from the burning of garden waste is a good source of this, and there are several other forms of fertiliser which contain potash, from the concentrated “sulphate of potash “ to balanced feeds containing a mixture of nutrients.

Whenever you buy fertiliser of any type you should find on it, a chemical analysis which lists details of the nitrogen, phosphorous and potassium which the fertiliser contains. The analysis is usually in the form of a ratio of N:P:K.

N – Nitrogen is for leaf growth, so a fertiliser with a high proportion of nitrogen would be used as a lawn fertiliser to encourage new green growth in spring. P – Phosphorous promotes root growth and is often used in the form of bonemeal when new shrubs and trees are being planted. K – Potassium is for flowers and fruit, and also ripens, or hardens up new stems, making them tougher and less susceptible to frost damage.

Potassium can be applied at this time of year directly in the form of sulphate of potash, but I prefer to use a fertiliser with more of a balance of nutrients. Rose Fertiliser, or Tomato food are both a good source of supply applied with plenty of water. A lack of moisture at the root at this time of year is vital for flower bud formation, so, if our hot dry summer weather continues in to August, be prepared to water regularly throughout this and next month to avoid bud drop, and disappointment next spring.

Elaine Horne



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Ian Higginbotham

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e-mail: painter.ian@btinternet.com

J N & E CAPSTICK

*J N & E Capstick Insurance
Consultants and J N & E Capstick
Financial Services Ltd. – Kirkby
Stephen & Sedbergh*

The Open Day was held on 28th
June and the winners of the free
Draw were:-

Jackie Collins - Hamper

Richard Hunter - Harrogate show
tickets

Anne Dinsdale

BOOKWORM

What I have been reading this month :

1. 'Breakdown' by Sara Paretsky (fiction)

This is the latest in the VI Warshawski Chicago private detective series and it doesn't disappoint. An exciting and skilled plot construction starting with a group of teenage girls in a cemetery at night for an initiation ceremony of their 'club'. A man is found stabbed through the heart at the scene. VI is bright and fiery and the story is fast paced, clever plus lots of political strands. What links the string of deaths that follow and why is an old newspaper cutting so important to the killer/s ?

2. 'The Confession' by John Gresham (fiction)

A sermon by a Lutheran minister preaching forgiveness kickstarts a train of events in which a young man on deathrow is about to be executed (via lethal injection) for a murder he did not commit. The man who knows 'the truth' is an ex convict on parole so who will believe him ? Some very interesting characters in this book and it raises provocative issues about the death penalty. A good read.

RM Bookworm

DENT MEMORIAL HALL & GALA

These two are entwined! The main HALL which is shared by the community but belongs to the School (to put it simply) is going to be out of action for all the school summer

holidays BUT the rooms the Dentdale Memorial Hall Trustees look after, ie Sedgwick and Haygarth Rooms and kitchen will still be available for community use! To hire them please contact Mrs Ann Mclurg, for any other matters please get in touch with me.

GALA on Aug Bank Holiday Monday, the Hall will be available, it will also be available for the Sat and Sun as we hold our Saturday Market with refreshments and prepare for Gala.

The decoration in the main hall is tired, there is equipment no longer used dotted about, it is going to be transformed .. watch this space and help where you can.

GALA. what would you like best to help with on the day? Do get in touch. An hours help is very much appreciated.

Your business may have had a letter from us re sponsoring something, to have your advert included in our programme you have to respond to us by Aug. 9th, we cannot include any adverts after this date.

The Gala includes (weather permitting for some activities!) Dog Show, WI Teas, Pillow Fights, BBQ, Skittles, Coconut Shy, raffle, tombola, Bouncy Castle. We will be making contingency plans to cope if we have another wet day!

Comments, encouragement, offers of help, items to sell or as prizes are most welcome.

Sarah E Woof

*"Rhumes" Laning Dent LA10 5QJ.
015396 25212. (Chairman)*

COMMUNITY OFFICER REPORT

Over the past month in the Sedbergh area there has been a report of a stolen quad, 2 thefts from out buildings and a burglary from a dwelling. There has also been a theft of a calf reported in the area.

Police in Kendal have launched Operation Stroke in a bid to tackle rural crime and to encourage rural communities to assist the Police in fighting crime.

The aim of Operation Stroke is twofold: firstly to focus police activity in key rural areas and secondly to encourage rural communities to join the fight against crime.

Sergeant John Stephens of the Neighbourhood Policing Team at Kendal said: "Rural crime, particularly in the Kirkby Lonsdale and Sedbergh areas, is on the increase. Although the actual figures remain relatively low, the impact and fear of crime are often magnified by the feeling of isolation and helplessness.

"Operation Stroke will ensure police activity is intelligence led, targeting the road network and criminals and their vehicles known to be active in rural crime."

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and Junior Races

Sat 14th Sept

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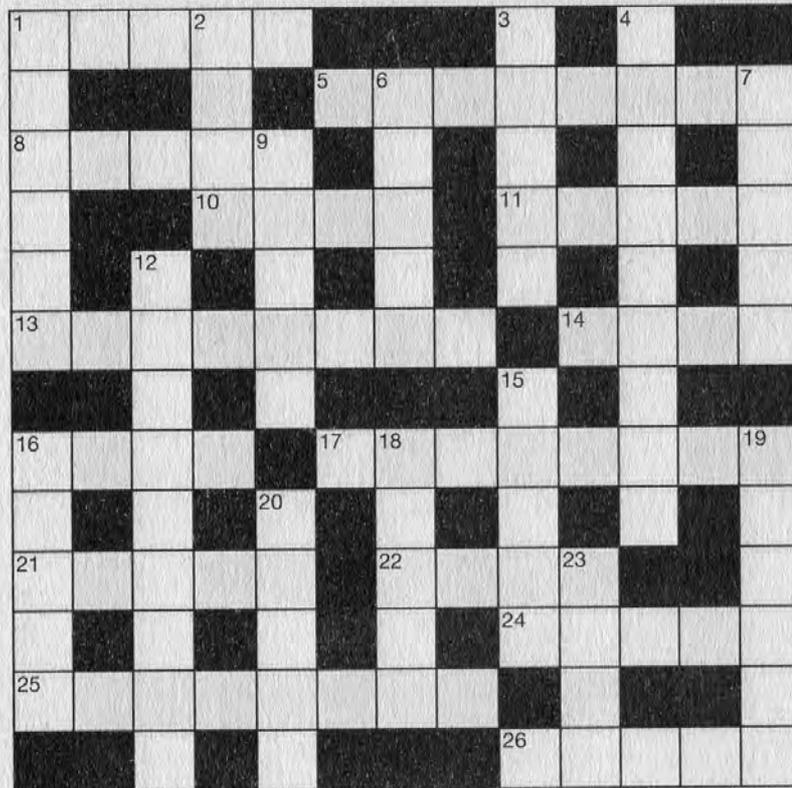
Cumbria Police statistics show that it is acquisitive crime that is on the increase in rural areas. This includes burglary of farm buildings and theft of farm machinery and vehicles, theft of metal and fuel, and in some cases livestock.

Farm Watch brings communities together in the fight against rural crime"

Anybody interested in joining Farm Watch is asked to contact Cumbria Police on 101 and ask for Kendal Police or visit www.cumbriacommunitymessaging.co.uk.

To suggest future community priorities please feel free to attend contact us on 101 or email us on karen.dakin@cumbria.police.uk Or Amanda.coleman@cumbria.police.uk or alternatively you can speak to us during our regular drop in surgery at The Spar, on the 3rd Saturday of each month between 12:00 and 13:00 and at the auction mart at Crooklands on the third Tuesday from 12:30. We would be pleased to meet you all to discuss any issues or simply for a chat.

CSO 5206 Karen Dakin CSO 5244
Mandy Coleman.



ACROSS

- 1 Shaving implement (5)
- 5 Blunt criticism (8)
- 8 Window pane material (5)
- 10 Aristocrat (4)
- 11 Salt solution for preserving (5)
- 13 Running shoes (8)
- 14 Be sullen (4)
- 16 One of a pair (4)
- 17 Brawny (8)
- 21 Intense (5)
- 22 Soil (4)
- 24 Ben - - -, mountain (5)
- 25 English hill range (8)
- 26 Obscure, darken (5)

DOWN

- 1 Feel remorse (6)
- 2 British river (4)
- 3 Diving apparatus (5)
- 4 Clearly (9)
- 6 Governor, chief (5)
- 7 Modify slightly (5)
- 9 Finnish steam bath (5)
- 12 Dried hemp leaves (9)
- 15 Oak fruit (5)
- 16 Vagrant (5)
- 18 Excessive (5)
- 19 Lifted (6)
- 20 Jeans fabric (5)
- 23 Inform (4)

A B C D E F G H I J K L M

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	3		26		1		20		14			11	3	13
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N O P Q R S T U V W X Y Z

REFERENCE GRID

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14	15	16	17	18	19	20	21	22	23	24	25	26
		R										

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0740 (C)	0817	M - F	564	GPS	0825	0858	M - F	564	GPS
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1002 (C, H)	1044	M - S	564	GPS	1055 (C)	1128	M - S	564	GPS
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	WDB	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	GPS
1310 (C)	1347	M - S	564	GPS	1425 (H)	1500 (L)	Sat	564A	WDB
1545	1620	M - S	564	GPS	1625 (C)	1658	M - S	564	GPS
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0855 (L)	0932	M - F	564	GPS	0705	0740	M - F	564	GPS
1125 (L)	1202	M - S	564	GPS	0935	1002	M - S	564	GPS
1440 (L)	1505	M - S	564	GPS	1235	1310	M - S	564	GPS
1655 (L)	1732	M - S	564	GPS	1510	1545	M - S	564	GPS
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0825	0840	Sat	564A	WDB	0950 (CG)	1000	Wed	548B	W
1330	1345	Wed	564B	W	0910	0925	Sat	564A	WDB
1500	1515	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1650	1705	Sat	564A	WDB	1615	1630	Sat	564A	WDB
1840 #	1855	Sat	564A	WDB	1740	1755	Sat	564A	WDB
					1930 #	1945	Sat	564A	WDB
Dent to Dent Station					Dent to Sedbergh				
0840	0855	Sat	564A	WDB	1000	1015	Wed	548B	W
0950	1005	Sat	564A	WDB	1035	1050 (L)	Sat	564A	WDB
1345	1355 CG	Wed	564B	W	1630	1645	Sat	564A	WDB
1515	1530	Sat	564A	WDB	1755	1810			WDB
1705	1720	Sat	564A	WDB	1945 #	2000			WDB
1855 #	1910	Sat	564A	WDB	Last Update: June 2013				
L = Sedbergh Library					H = Via Westmorland General Hospital (Request Only)				
C = Via Kendal College					CG = Cowgill				
W = Woof's of Sedbergh					WDB = Western Dales Bus				
GPS = Grand Prix					# = British Summer Time Only				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
All times from Sedbergh are from and to Thorns Bank unless stated (L)					For Comprehensive up-to-date information ring :- Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)				

Dent Station Western Dales Bus Saturday Service 564A					
Train connection From Leeds		1016	1611		1923
Train connection From Carlisle	0905			1732	1920
Buses leaving Dent Station	0910	1020	1615	1740	1930
Buses Arriving Dent Station	0855	1005	1530	1720	1910
Train connection To Carlisle		1016	1611		1923
Train connection To Leeds	0905	1040	1540	1732	1920
Dent Station Western Dales Bus Sunday Service 564A between 19th May and 8th September 2013					
Sedbergh, Dalesman	1000		1430	1735	
Dent Village	1015	1100	1445	1750	1835
Dent Station	1030	1115	1500	1805	1850
Train connection to Carlisle	1037	1102	1523		1903
Train connection to Leeds	1040			1816	
Train connection to Blackpool					1857
Train connection from Leeds	1037		1523		1903
Train connection from Carlisle	1040			1816	1857
Train connection from Blackpool		1102			
Dent Station	1045	1120	1530	1820	1910
Dent Village	1100	1135	1545	1835	1925
Sedbergh, Dalesman arr.		1150	1600		1940
Sedbergh, Dalesman dep.		1200	1600		
Farfield Mill entrance		1204	1604		
Garsdale Station		1220	1620		
Hawes, National Park Centre		1240	1640		
Snaizeholme Lane End		1248	1648		
Newby Head		1252	1652		
Cowgill		1304	1704		
Dent Village		1317	1717		
Sedbergh, Dalesman		1332	1732		

Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland *	08/13	Mrs Greensmith	01539	728180
Allotments Association - Dent	08/09	Mr Smith	Dent:	25688
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/08	Mrs Leigh	Sed:	20794
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association	01/09	Mrs Whitton	015242	72004
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Queen's Gardens	01/09	Mr Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Dent	01/09	Mr Hyde	Dent:	25503
Cricket Club - Sedbergh	01/09	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	09/10	Mrs Sugden	Dent:	25303
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club - Sedbergh	06/09	Mr Kirby	Sed:	21214
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665

Kent Lune Trefoil Guild	01/09	Mrs Mitchell	Sed:	21144
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Methodist Church Hall	01/09	Mrs Jackson	Sed:	20530
Over 60's - Dent	02/09	Mrs Burrow	Dent:	25203
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	01/09	Mrs Donaldson	07967	972160
Parish Council - Sedbergh	10/08	Mr Robertshaw	01539	730597
People's Hall	01/09	SOS	Sed:	20788
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	10/09	Mrs Rice	Sed:	22100
Playgroup - Sedbergh	01/09	Mrs Gunning	Sed:	20226
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	02/09	Mrs Foott	Dent:	25453
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	01/09	Mrs Storey	Sed:	21593
Sight Advice South Lakeland	12/10	Mrs Levitt	Dent:	25162
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	09/10	Mr Thomson	Sed:	21747
Slimming Club	01/09	Mrs Uttley	01539	722568
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Toy Library	11/09	Mrs Osborne	015242	61029
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	02/11	Mrs Smith	Dent:	25688
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/10	Mrs Ramsden	Sed:	20828
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	12/09	Mrs Wilson	Sed:	20238
Young Kidz	01/09	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	08/12	Ms Gardner	Sed:	20570

* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect,
please supply details to the Lookaround Office

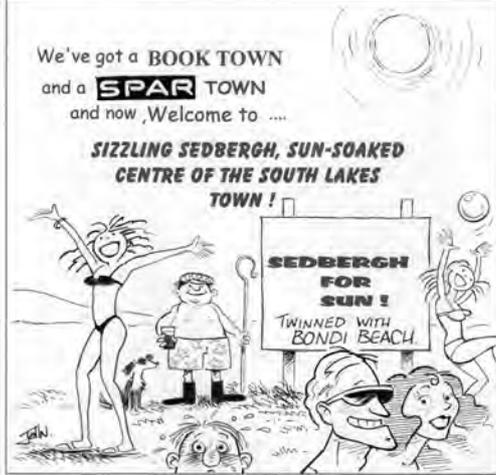
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 HC BR COW
 QUEASY PINKIE E
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 MAT UNFOUNDED D





BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail: wheelwright.cottage@homecall.co.uk	20251
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) <i>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW</i>	21789
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB;</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft, Station Road, Sedbergh LA10 5DW (2013/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i>	20360
Mrs Tallentire	Ingmire Hall, Sedbergh (2013/02) <i>D & PB Flat; £395 pcm; References & Deposit required</i>	07944 859456

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; DA = Disabled
 Access; 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; TL = Table Licence; DFB = Dairy Free Breakfast

CHURCH SERVICES					
St. Andrew's	4th August	11th August	18th August	25th August	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC BCP	HC NSV	HC CW	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesdays 11.15	7th August HC	14th August HC	21st August HC	28th August HC	
St. Mark's	4th August	11th August	18th August	25th August	
9.30 am	HC	MP	HC		
2.30 pm				M & P	
St. John's	4th August	11th August	18th August	25th August	
10.00 am	MP	HC	MP	HC	
LUNE PARISH SERVICES					
	4th August	11th August	18th August	25th August	
St John.s Firbank	10.30 am HC	10.30 am MP @ Firbank	10.30 am MP @ Killington	10.30 am MP @ Howgill	
Holy Trinity Howgill	10.30 am HC				
All Saints Killington	9.00 am HC				
DENT & COWGILL PARISH SERVICES					
	4th August	11th August	18th August	25th August	
St. Andrew's	10.30 am HC	10.30 am HC	10.30 am HC	10.30 am HC	
St. John's	9.00 am HC		2.30 pm EP		
HC = Holy Communion				SS = Sunday School	
BCP = Book of Common Prayer				MP = Morning Prayer	
CW = Common Worship				EP = Evening Prayer	

**SOUTH LAKELAND
CARERS SUPPORT GROUP**

The South Lakeland Carers Support Group, which has been held at the URG on the first Tuesday of the month, has been suspended. Due to lack of attendees, South Lakeland Carers will no longer be providing a support group for carers in Sedbergh.

Many thanks to Sarah Woof who has run the group as a volunteer for 3

years.

If you are a carer in the Sedbergh/ Kirby Lonsdale area, and would like support in your caring role, please contact South Lakeland Carers on 01539 815970. Also, if you are interested in attending a support group, please let us know, as once there is more interest we will be happy to resume the group.

Kathy Collins

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
 Sunday 08.00, 10.30 & 18.30
 Wednesday 11.15
Rev. A. McMullon Tel: 20018
Church Wardens:
 Tony Reed Screen 21081
 & Susan Sharrocks 20754
www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

St. Andrew's Parish Church
 Sunday 12.00
 Holy Days 19.30
Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
 Sunday 10.30
Rev. J. Millard

UNITED REFORMED CHURCH

Main Street
 Sunday 10.30
Rev. C. Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS
 Brigflatts
 Sunday 10.30
Tess & Philip Satchell Tel: 20005

DENTDALE

CHRISTIAN FELLOWSHIP
 Rhumes, Dent LA10 5QJ
 Every 4th Sunday 1900
Sarah Woof Tel: 25212

*Enquiries for the following services,
 please ring the relevant telephone number*

CHURCH OF ENGLAND

Cautley & Garsdale
Rev. V Hopkins Tel: 21455
Church Wardens:
 Cautley: Judith Bush 20058 & Linda Hopkins 21455
 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723
 Firbank: Colin Wilson 20952 & Jean Dixon 20435
 Howgill: Mary Stainton 20426 & Dorothy Parker 20493
 Killington: Jennifer Thornley 20444 & John Mather
 015242 76333

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
 Cautley; Fell End;
 Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostron
Rev. J. Millard 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 20588 or 20503
www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am Sunday

Beth & Sandy Roy Tel: 20785

CAFÉ CHURCH

7:00pm every first Sunday
 United Reformed Church, Sedbergh
Andy & Tina Woof 01524 730259

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
 Sunday 11.00
 Wednesday 19.30
Rev. G. Jones Tel: 01539 722079

Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£2.00
Postal Overseas	=	£4.00

All enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ
 Adverts by 15th of every month.
*Can all adverts please be
 accompanied with the correct money
 at the time of submission.*
 Articles etc. by 19th of every month
Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 15th June 2014

AUGUST			SEPTEMBER		
1 - 4	Paintings & Drawings Exhibition (1)	FM	31 1000	Brooklands Coffee Morn (31)	Waterside Farm
1 - 11	Textile Hub Exhibition (1)	FM	1 - 29	Flax Diversity Exhibition (1)	FM
1	1930 WIH - Humourous Garsdale Tales	FCH	1 - 29	Summit Structures Exhibition (1)	FM
2	1400 Age UK - Past Seasonal Cooking	DMH	1 - 30	Print Exhibition (1)	FM
3	1800 American Morrice Dancers	STO	1	1100 Cricket Club Fun Day	SSAT
3	1930 Flicks in the Fells	PH	3	1900 Aglow International	KLI
5	1400 Tim Farron MP Walk-About	DCP	4	1000 Coffee Morning - Garsdale Church	URCR
5	1500 Tim Farron MP Walk-About	JLCP	5	1930 WIH - Great Wall of China	HVH
7	1000 Coffee Morning - Howgill Church	URCR	6	1400 Age UK - Birding	DMH
7	1300 Pastel Portraits	CWS	7	1930 Flicks in the Fells	PH
8	1200 Lunch Club	Red Lion	7	1930 Harvest Supper + Sale	HJC
8	1900 RBL Branch Meeting	WHC	10	1400 WIK - The Brontes	PH
10	1400 Tea in Garden (10)	RD	10	1930 FCH Domino Drive	FCH
10 - 31	Flax Diversity Exhibition (1)	FM	11	1000 Coffee Morning - A&LP Lookaround	URCR
10 - 31	Summit Structures Exhibition (1)	FM	11	1930 WIS - The Seasons	PH
10	1330 Guided Walk in Cotterdale + Tea	HJC	11	1915 WID - The Female Brain	DMH
10	1400 Cricket Club v Barrow	SSAT	12	0800 Westmorland County Show	Crooklands
10	1930 Harry Allen's "Up North" Videos	HJC	12	1200 Lunch Club	Red Lion
11	1530 Songs of Praise with Janet & Andy	HJC	12	1900 RBL Branch Meeting	WHC
11	1900 Songs of Praise	SMC	14	1000 Heritage Open Day	FM
13	1930 FCH Domino Drive	FCH	14	1300 Gt Westmorland Trail Race (79)	Crosby Garrett
14	1000 Coffee Morning -StAS Mission	URCR	14	1400 Harvest Festival	GSC
14	1300 Making Small Books	CWS	14	1800 Harvest Festival	GSC
14	1915 WID - Flying for Life	DMH	15	Grand Opening of Changing Rooms	PH
14	1930 WIS - Hypnotherapy	PH	16	1930 FC Harvest Sale	FCH
16 - 27	Art Society Exhibition	SSL	17	1400 SASL Meeting	PH
17	0900 Arts, Craft & Flower Festival (17)	StJC	18	1000 Coffee Morning - Beavers	URCR
17	1000 DMC Coffee Morning	DMC	21	1000 Sedbergh's Got Talent (*)	PH
17-31	Print Exhibition (1)	FM	21	1900 Flicks in the Dentdale Fells (*)	DMH
18	1000 Arts, Craft & Flower Festival (17)	StJC	22	1900 Dentdale Christian Fellowship (25)	RD
21	0900 Dent Over 60's Coach Trip (21)	DCP	22	McMillan Sunday Ramble	TBA
21	1000 Coffee Morning - N W Cancer	URCR	25	1000 Coffee Morning - TBA	URCR
21	1300 Demonstration	CWS	25	1030 Weaving - Playing with Texture (1)	FM
24	0800 Barbon Show (24)	Barbon Manor Park	25	1930 CWT AGM	SSAT
24	1100 Saturday Market (24)	DMH	28	1000 Saturday Markets (30)	Sedbergh
24	1400 Cricket Club v Galgate	SSAT	28	CWT Pennine Journey in a Day	tba
25	1330 CWT Barking up the Right Dent Tree	LHCP	OCTOBER		
25	1900 Dentdale Christian Fellowship (25)	RD	1 - 6	Print Exhibition (1)	FM
26	August Bank Holiday		1	1900 Aglow International	KLI
26	1100 Dent Gala (26)	Dent	2	1000 Coffee Morning - Firbank Church	URCR
28	1000 Coffee Morning - Beekeepers	URCR	3	1930 WIH - AGM & WI Advisor	FCH
28	1300 Pyrography	CWS	4	1400 Age UK - Life with Dogs	DMH
29	1930 Summer Concert (29)	StAS	5	1930 Flicks in the Fells	PH
31	1000 Saturday Markets (30)	Sedbergh	8	1400 WIK - Travels in India	PH

*The S & D Lookaround is edited, published & distributed monthly by
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Whilst every effort is made to ensure that information is correct, the Editors cannot
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Copies are available from Sedbergh Office Services,
Green Door, Premier, Howgills Bakery, Post Office and Dent Stores.*

COVER PICTURE
Sedbergh & District
Art Exhibition
By Sheila Hollaway

8	1930	FCH Bingo & Tattie Pie Supper	FCH
9	1000	Coffee Morning - Christian Aid	URCR
9	1915	WID - Cookery Demo	DMH
9	1930	WIS - Fire, Water & Ice	PH
10	1200	Lunch Club	Red Lion
10	1900	RBL Branch Meeting	WHC
12	1000	Learn to Crochet (1)	FM
12	1900	Flicks in the Dentdale Fells (*)	DMH
12	2000	Dancing to Roe Valley	PH
13	1000	Weaving - Playing with Colour (1)	FM
15	1400	SASL Meeting	PH
16	1000	Coffee Morning - URC Church	URCR
19		Wine & Savouries	PH
21	1930	Beetle Drive	GVH

Regular Events/Meetings

1000	Every Sunday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	URCR
1200	Every Monday	The Monday Club	SMCR
1930	1st Monday	Dent Parish Council	DMH
1900	3rd Monday	Chamber of Trade	Library
0930	Every Tuesday term time only	Casterton Baby and toddler Group	CS
1300	Every Tuesday	Knit & Natter	FM
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
1400	1st Tuesday	SL Carers Association	URCR
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Group	PH
1930	3rd Tuesday	Ladies NFU	PH
1000	Every Wednesday	Coffee Morning	URCR
1315	Every Wednesday	Art Society	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
1930	1st & 3rd Wednesday	History Society	SHS
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	1st Thursday	Toy Library	PH
1500	1st Thursday	Afternoon Teas	Cafe
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Lunch Club	Red
1915	2nd Thursday	Royal British Legion	WHC
1930	Last Thursday	Sed. Parish Council	PH
1330	Every Friday	Dent Over 60's	DMH
1400	1st Friday	Age UK Dentdale Club	DMH

23	1000	Coffee Morning - Town Band	URCR
26	1930	Autumn Dominoes	HVH
27		Clocks Fall Back	
27	1900	Dentdale Christian Fellowship (25)	RD
30	1000	Coffee Morning - Garsdale Church	URCR
31		Halloween	

NOVEMBER

1	1400	Age UK - PCSO & Fire Service	DMH
1	1915	Garsdale Bonfire & Fireworks	GVH
1	1930	WIH Domino Drive	HVH
5	1830	FC Bonfire & Skittles	FCH
6	1000	Coffee Morning - TBA	URCR
7	1930	WIH - Leighton Moss Birds	HVH
9	0930	Giant MS Table Top Sale	PH

DIARY KEY

BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CWS	= Craftworkshop 61 Main Street
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	= Fairfield Mill
GSC	= Garsdale Street Chapel
GVH	= Garsdale Village Hall
MC	= Medical Centre
HCJ	= Hawes Junction Chapel
HS	= History Society
HVH	= Howgill Village Hall
IRC	= Information Resource Centre
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
PH	= People's Hall
QG	= Queen's Gardens
RD	= Rhumes, Dent
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
SPS	= Sedbergh Primary School
StAS/D	= St Andrew's Church, Sedbergh/Dent
StJ	= St John's Church, Cowgill
SSAT	= Settlebeck School Academy Trust
SSTH	= Sedbergh School Thornely Hall
STO	= Sedbergh Tourist Office, Main Street
URC(R)	= United Reformed Church (Rooms)
WID	= Women's Institute, Dentdale
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

01539 718191 (Option 1) 24hr Prescription line

Surgery and Dispensary Opening Hours

Monday – Friday 8am – 6.30pm
(Doors open at 8.15am)

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.30am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Dent surgery by appointment only - Monday

Evening surgery by appointment only –
Monday/Tuesday & Thursday evening

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday

afternoons (By appointment only)

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

**Please telephone the surgery to make
appointments for all the above clinics.**

See our website www.sedberghmp.nhs.uk
for further details

When we are closed please contact
CHOC 03000 247 247 or 999 if appropriate

Collinge Optometrist

Friday only

0900 to 1300 by appointment only.

DENTAL SURGERY

Finkle Street 20626

Mr I R Dawson & Mr B Houghton

Monday to Thursday 0900 - 1700

Friday 0830 - 1400

Saturday *

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

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

Age UK SL @ 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

101 or 999

PUBLIC TOILETS

Main Street, 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